

TRAINING CALENDAR

		WEE	K OF AUGUST 1	61H		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Run 1 min,	Rest	Run 2 mins,	Rest	Rest	Run 2 mins,
	walk 1 min.		walk 4 mins.			walk 4 mins.
	Repeat 10 times		Repeat 5 times			Repeat 5 time
		WEE	K OF AUGUST 2	3RD		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Run 3 mins,	Rest	Run 3 mins,	Rest	Rest	Run 5 mins,
	walk 3 mins.		walk 3 mins.			walk 3 mins.
	Repeat 4 times		Repeat 4 times			Repeat 3 time
		\^/==	V OF AUGUST O			
		WEE	K OF AUGUST 3	01H		ı
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Run 7 mins,	Rest	Run 8 mins,	Rest	Rest	Run 8 mins,
	11 0 .		walk 2 mins.			walk 2 mins.
	walk 2 mins.					
	Walk 2 mins. Repeat 3 times		Repeat 3 times			
		WEEK	Repeat 3 times	2 4TH		
	Repeat 3 times		Repeat 3 times OF SEPTEMBEI			Repeat 3 time
MONDAY		WEEK	Repeat 3 times	R 6TH FRIDAY	SATURDAY	Repeat 3 time
MONDAY Rest	Repeat 3 times TUESDAY Run 8 mins,		OF SEPTEMBEI THURSDAY Run 10 mins,		SATURDAY Rest	SUNDAY Run 8 mins,
	Repeat 3 times TUESDAY	WEDNESDAY	Repeat 3 times OF SEPTEMBEI THURSDAY	FRIDAY		Repeat 3 time

WEEK OF SEPTEMBER 20TH										
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
Rest	Run 15 mins, walk 1 min.	Rest	Run 12 min, walk 2 min.	Rest	Rest	lt's RUN! GEEK! RUN!				
	Repeat 3 times.		Repeat 2 times,			5K Race Day!				

then run for 5 mins.

WEEK OF SEPTEMBER 13TH

THURSDAY

Run 12 mins,

walk 2 mins.

Repeat 2 times,

then run for 5 mins.

FRIDAY

Rest

SATURDAY

Rest

SUNDAY

Run 8 mins,

walk 2 mins.

Repeat 3 times

MONDAY

Rest

TUESDAY

Run 9 mins,

walk 1 mins.

Repeat 3 times

WEDNESDAY

Rest