

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Walk 20 minutes	Strength Training	Run 5 min easy 5 min moderate	Rest & Stretch	Walk 20 minutes	Strength Training	Walk 5 min Run 10 min Walk 5 min
2	Walk 30 minutes	Strength Training	Run 5 min easy 5 min moderate 5 min quick	Rest & Stretch	Walk 30 minutes	Strength Training	Walk 5 min Run 10 min Walk 5 min
3	Walk 30 minutes	Strength Training	Run 20 min (increase effort every 5 min)	Rest & Stretch	Walk 30 minutes	Strength Training	Walk 5 min Run 20 min Walk 5 min
4	Walk 30 minutes	Strength Training	Walk 5 min Run 20 min Walk 5 min	Rest & Stretch	Walk 30 minutes	Strength Training	Walk 5 min Run 20 min Walk 5 min
5	Walk 30 minutes	Strength Training	Run 20 min (increase effort every 5 min)	Rest & Stretch	Walk 30 minutes	Strength Training	Walk 5 min Run 35 min Walk 5 min
6	Walk 30 minutes	Strength Training	Walk 5 min Run 20 min Walk 5 min	Rest & Stretch	Walk 30 minutes	Strength Training	RACE DAY!