

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		<b>Walk/Run</b> Warm up: Brisk walk 5 min 10 x 30 seconds run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20 min	<b>Rest</b>	<b>Walk/Run</b> Warm up: Brisk walk 5 min 10 x 1 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20 min	<b>Walk/Run</b> Warm up: Brisk walk 5 min 12 x 1 min run / 1 min walk Cool down: 5 min walk	<b>Rest</b>
		<b>Walk/Run</b> Warm up: Brisk walk 5 min 10 x 90 sec run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20-30 min	<b>Rest</b>	<b>Walk/Run</b> Warm up: Brisk walk 5 min 8 x 2 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20 min	<b>Walk/Run</b> Warm up: Brisk walk 5 min 10 x 90 sec run / 30 sec walk Cool down: 5 min walk	<b>Rest</b>
3		<b>Walk/Run</b> Warm up: Brisk walk 5 min 8 x 2 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20-30 min	<b>Rest</b>	<b>Walk/Run</b> Warm up: Brisk walk 5 min 8 x 3 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20 min	<b>Walk/Run</b> Warm up: Brisk walk 5 min 6 x 4 min run / 1 min walk Cool down: 5 min walk	<b>Rest</b>
		<b>Walk/Run</b> Warm up: Brisk walk 5 min 5 x 5 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 30 min	<b>Rest</b>	<b>Walk/Run</b> Warm up: Brisk walk 5 min 3 x 8 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20-30 min	<b>Easy Run</b> Warm up: Brisk walk 5 min 10 min jog without stopping	<b>Rest</b>
5		<b>Walk/Run</b> Warm up: Brisk walk 5 min Run 15 min without stopping Cool down: 5 min walk	<b>Cross Training</b> 30 min	<b>Rest</b>	<b>Walk/Run</b> Warm up: Brisk walk 5 min 2 x 10 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 30 min	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 18 min without stopping Cool down: 5 min walk	<b>Rest</b>
		<b>Walk/Run</b> Warm up: Brisk walk 5 min Run 20 min without stopping Cool down: 5 min walk	<b>Cross Training</b> 35 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min Run 20 min without stopping running 10 x Cool down: Walk 5 min	<b>Cross Training</b> 30 min	<b>Walk/Run</b> Warm up: Brisk walk 5 min 2 x 15 min run / 30 sec walk Cool down: Walk 5 min	<b>Rest</b>
7		<b>Easy Run</b> Warm up: Brisk walk 5 min Run 2 miles easy without stopping Cool down: 5 min walk	<b>Cross Training</b> 40 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min Run 22 min without stopping with 10 x 30 Cool down: Walk 5 min	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 15 min	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 2.5 miles without stopping	<b>Rest</b>
		<b>Easy Run</b> Warm up: Brisk walk 5 min Run 2.5 miles without stopping	<b>Cross Training</b> 45 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min Run 25 min: 5 min easy and then 10 x 1 min hard / 1 min easy	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 20 min	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 3 miles without stopping	<b>Rest</b>
9		<b>Easy Run</b> Warm up: Brisk walk 5 min Run 2.5 miles without stopping	<b>Cross Training</b> 45 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min Run 30 min by running 5 min easy and then 5 x 90 sec hard, 1 min easy	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 20 min	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 3 miles with 4 x 50m strides	<b>Rest</b>
		<b>Easy Run</b> Warm up: Brisk walk 5 min Run 2.5 miles without stopping	<b>Cross Training</b> 45 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min Run 30 min by running 5 min easy and then 2 x 3 min hard, 3 min easy	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 20 min	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 3 miles with 4 x 50m strides	<b>Rest</b>
11		<b>Easy Run</b> Run 3 miles without stopping	<b>Cross Training</b> 45 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min Run 30 min with 1 X 8 min hard during the workout	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 20 min	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 3.5 miles without stopping	<b>Rest</b>
		<b>Easy Run</b> Warm up: Brisk walk 5 min Run 3 miles	<b>Cross Training</b> 35-40 min	<b>Run</b> Warm up: Brisk walk 5 min Run 2 miles running the first half of each mile hard, and the second half easy	<b>Rest</b>	<b>Easy Run</b> Run 15 min	<b>Race</b> 5k Race!	<b>Rest</b>