

	Week of:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Pre-Training	8-Jan	Rest	Cross Training (Optional)	Walk 5 min	Rest	Walk 5 min	Cross Training (Optional)	Walk 5 min
Pre-Training	15-Jan	Rest	Cross Training (Optional)	Brisk walk 5 min	Rest	Brisk walk 5 min	Cross Training (Optional)	Brisk walk 5 min
Pre-Training	22-Jan	Rest	Cross Training (Optional)	Brisk walk 5 min	Rest	Brisk walk 5 min	Cross Training (Optional)	Brisk walk 5 min
Pre-Training	29-Jan	Rest	Cross Training (Optional)	Walk 5 min Brisk walk 5 min	Rest	Walk 5 min Brisk walk 5 min	Cross Training (Optional)	Walk 5 min Brisk walk 5 min
Pre-Training	5-Feb	Rest	Cross Training (Optional)	Walk 5 min Brisk walk 5 min	Rest	Walk 5 min Brisk walk 5 min	Cross Training (Optional)	Walk 5 min Brisk walk 5 min
	Week of:	Sun	Mon	Tues	Wed	Thurs	Mon	Sat
Start Training	12-Feb	Rest	Cross Training (Optional)	Walk 5 min Brisk walk 5 min	Rest	Walk 5 min Brisk walk 5 min	Cross Training (Optional)	Walk 5 min Brisk walk 5 min
WEEK 2	19-Feb	Rest	Cross Training (Optional)	Walk 5 min Brisk walk 5 min	Rest	Easy Walk 15 min	Cross Training (Optional)	Walk 5 min Brisk walk 10 min
WEEK 3	26-Feb	Rest	Cross Training (Optional)	Walk 5 min Brisk walk 10 min	Rest	Walk 5 min Brisk walk 10 min	Cross Training (Optional)	Easy Walk 20 minutes
WEEK 4	5-Mar	Rest	Cross Training (Optional)	Walk 5 min Brisk walk 10 min Walk 5 min	Rest	Walk 5 min Brisk walk 15 min	Cross Training (Optional)	Walk 5 min Brisk walk 15 min
WEEK 5	12-Mar	Rest	Cross Training (Optional)	Easy Walk 25 minutes	Rest	Walk 5 min Brisk walk 20 min	Cross Training (Optional)	Walk 5 min Brisk walk 20 min
WEEK 6	19-Mar	Rest	Cross Training (Optional)	Walk 5 min Brisk walk 20 min	Rest	Walk 5 min Brisk walk 20 min	Cross Training (Optional)	Easy Walk 30 minutes
WEEK 7	26-Mar	Rest	Cross Training (Optional)	Walk 5 min Brisk walk 25 min	Rest	Walk 5 min Brisk walk 25 min	Cross Training (Optional)	Walk 5 min Brisk walk 25 min
WEEK 8	2-Apr	Rest	Cross Training (Optional)	Easy Walk 35 minutes	Rest	Easy Walk 35 minutes	Cross Training (Optional)	Easy Walk 40 minutes
WEEK 9	9-Apr	Rest	Cross Training (Optional)	10 Walk min Brisk walk 30 min	Rest	10 Walk min Brisk walk 30 min	Cross Training (Optional)	10 Walk min Brisk walk 30 min
WEEK 10	16-Apr	Rest	Cross Training (Optional)	Easy Walk 45 minutes	Rest	10 Walk min Brisk walk 30 min	Cross Training (Optional)	Walk 15 min Brisk walk 15 min
WEEK 11	23-Apr	Rest	Cross Training (Optional)	Easy Walk 30 minutes	Rest	Walk 15 min Brisk walk 15 min	Cross Training (Optional)	Walk 15 min Brisk walk 10 min
5K WEEK!	30-Apr	Rest	Rest	Easy Walk 20 minutes	Rest	Easy Walk 20 minutes	Rest	5K!

Finish each workout with 5-10 minutes of stretching.

Use Tuesdays and Fidays to cross train. (Optional)