| | Mark of | Com | Mon | Total | Wed | Thomas | Mon | Cat |
|------------------|-------------------|-----------|------------------------------|--|------|---|---------------------------------------|---|
| | Week of: | Sun | Cross Training | Tues Walk 5 min Brisk walk | | Thurs Walk 5 min Brisk walk | Cross Training | Sat Walk 5 min Brisk walk |
| Pre-Training | 8-Jan | Rest | (Optional) Cross Training | 5 min Walk 5 min Brisk walk | Rest | 5 min Walk 5 min Brisk walk | (Optional) Cross Training | 5 min Walk 5 min Brisk walk |
| Pre-Training | 15-Jan | Rest | (Optional) Cross Training | 5 min Walk 5 min Brisk walk | Rest | 5 min Walk 5 min Brisk walk | (Optional) Cross Training | 5 min Walk 5 min Brisk walk |
| Pre-Training | 22-Jan | Rest | (Optional) | 5 min | Rest | 5 min | (Optional) | 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 Week of: | Rest | Cross Training (Optional) | Walk 5 min Brisk walk 5 min Tues | Rest | Walk 5 min Brisk walk 5 min Thurs | Cross Training (Optional) | Walk 5 min Brisk walk 5 min |
| Start Training | 12-Feb | Rest | Cross Training (Optional) | Five minute warmup walk. Then alternate 60 seconds of jogging and 60 seconds of walking for a total of 15 minutes. | Rest | Five minute warmup walk. Then alternate 60 seconds of jogging and 60 seconds of walking for a total of 15 minutes. | Cross Training (Optional) | Five minute warmup walk. Then alternate 60 seconds of jogging and 60 seconds of walking for a total of 15 minutes. |
| | 19-Feb | Rest | Cross Training (Optional) | Five minute warmup walk. Then alternate 60 seconds of jogging and 60 seconds of walking for a total of 20 minutes. | Rest | Five minute warmup walk. Then alternate 60 seconds of jogging and 60 seconds of walking for a total of 20 minutes. | Cross Training | Five minute warmup walk. Then alternate 60 seconds of jogging and 60 seconds of walking for a total of 20 minutes. |
| WEEK 2 | 26-Feb | | Cross Training (Optional) | Five minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | Rest | Five minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | (Optional) Cross Training (Optional) | Five minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. |
| WEEK 4 | 5-Mar | Rest | Cross Training (Optional) | Brisk five-minute warmup walk, then do FOUR repetitions of the following: Jog 3 minutes Walk 3 minutes | Rest | Brisk five-minute warmup walk, then do FOUR repetitions of the following: Jog 3 minutes Walk 3 minutes | Cross Training (Optional) | Brisk five-minute warmup walk, then do FOUR repetitions of the following: Jog 3 minutes Walk 3 minutes |
| WEEK 5 | 12-Mar | Rest | Cross Training (Optional) | Brisk five-minute warmup walk, then do FOUR repetitions of the following: Jog 3 minutes Walk 3 minutes | Rest | Brisk five-minute warmup walk, then do FOUR repetitions of the following: Jog 3 minutes- Walk 3 minutes | Cross Training (Optional) | Brisk five-minute warmup walk, then do FOUR repetitions of the following: Jog 3 minutes Walk 3 minutes |
| WEEK 6 | 19-Mar | Rest | Cross Training (Optional) | Brisk five-minute warmup walk, then: Jog 3 minutes- Walk 90 seconds - Jog 5 minutes- Walk 2-1/2 minutes- Jog 3 minutes- Walk 90 seconds- Jog 5 minutes | Rest | Brisk five-minute warmup walk, then: Jog 3 minutes- Walk 90 seconds- Jog 5 minutes- Walk 2-1/2 minutes- Jog 3 minutes- Walk 90 seconds- Jog 5 minutes | Cross Training (Optional) | Brisk five-minute warmup walk, then: Jog 3 minutes- Walk 90 seconds- Jog 5 minutes- Walk 2-1/2 minutes- Jog 3 minutes- Walk 90 seconds- Jog 5 minutes |
| WEEK 7 | 26-Mar | Rest | Cross Training (Optional) | Brisk five-minute warmup walk, then: Jog 5 minutes- Walk 3 seconds- Jog 5 minutes- Walk 3 minutes- Jog 5 minutes | Rest | Brisk five-minute warmup walk, then: Jog 5 minutes- Walk 3 seconds- Jog 5 minutes- Walk 3 minutes- Jog 5 minutes | Cross Training (Optional) | Brisk five-minute warmup walk, then: Jog 8 minutes- Walk 5 minutes- Jog 8 minutes |
| WEEK 8 | 2-Apr | Rest | Cross Training (Optional) | Brisk five-minute warmup walk, then: Jog 3 minutes- Walk 90 seconds- Jog 5 minutes- Walk 2-1/2 minutes- Jog 3 minutes- Walk 90 seconds- Jog 5 minutes | Rest | Brisk five-minute warmup walk, then: Jog 3 minutes- Walk 90 seconds- Jog 5 minutes- Walk 2-1/2 minutes- Jog 3 minutes- Walk 90 seconds- Jog 5 minutes | Cross Training (Optional) | Brisk five-minute warmup walk, then:-Jog 5 minutes-Walk 3 minutes-Jog 8 minutes- Walk 3 minutes-Jog 5 minutes |
| WEEK 9 | 9-Apr | Rest | Cross Training (Optional) | Brisk five-minute warmup walk, then:-Jog 5 minutes-Walk 3 minutes-Jog 8 minutes- Walk 3 minutes-Jog 5 minutes | Rest | Brisk five-minute warmup walk, then:-Jog 5 minutes-Walk 3 minutes-Jog 8 minutes- Walk 3 minutes-Jog 5 minutes | Cross Training (Optional) | Brisk five-minute warmup walk, then: Jog 8 minutes-Walk 5 minutes-Jog 8 minutes |
| WEEK 10 | 16-Apr | Rest | Cross Training (Optional) | Brisk five-minute warmup walk, then: Jog 8 minutes-Walk 5 minutes-Jog 8 minutes | Rest | Brisk five-minute warmup walk, Jog 11 minutes, Walk 3 minutes, Jog 11 minutes | Cross Training (Optional) | Brisk five-minute warmup walk, Jog 11 minutes, Walk 3 minutes, Jog 11 minutes |
| WEEK 11 | 23-Apr | Rest | Cross Training (Optional) | Brisk five-minute warmup walk, then jog 2 miles (or 24 minutes). | Rest | Brisk five-minute warmup walk, Jog 11 minutes, Walk 3 minutes, Jog 11 minutes | Cross Training (Optional) | Brisk five-minute warmup walk, then jog 2.75 miles (or 29 minutes). |
| 5K WEEK! | 30-Apr | Rest | Rest | Brisk five-minute warmup walk, then jog 3.00 miles (or 32 minutes). | Rest | Brisk five-minute warmup walk, then jog 2.00 miles (or 24 minutes). | Rest | Flying Pig/Tri- State Running Company 5k! |
| Finish each work | kout with 5- | 10 minut | tes of stretching. | - | | | | |
| Use Tuesdavs ar | d Fidavs to | cross tra | in. (Optional) | | | | | |