

2017 Jingle Bell Walking Program

Edgewood, KY

Week	Week Start	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	16-Oct	Stretch: 5 mins Warm up: 5 mins Workout: 20 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 20 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
2	23-Oct	Stretch: 5 mins Warm up: 5 mins Workout: 25 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 25 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
3	30-Oct	Stretch: 5 mins Warm up: 5 mins Workout: 30 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 30 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
4	6-Nov	Stretch: 5 mins Warm up: 5 mins Workout: 35 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 35 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
5	13-Nov	Stretch: 5 mins Warm up: 5 mins Workout: 45 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 45 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
6	20-Nov	Stretch: 5 mins Warm up: 5 mins Workout: 30 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 30 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
7	27-Nov	Stretch: 5 mins Warm up: 5 mins Workout: 25 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 25 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
8	4-Dec	Stretch: 5 mins Warm up: 5 mins Workout: 20 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 20 mins Stretch: 5 mins	Walk 10 mins	Race Day! 	