

07/08/2017

Race Date:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Apr 2	Apr 2 Walk 35 mins	Apr 3 Walk 30 mins	Apr 4 Rest	Apr 5 Walk 35 mins	Apr 6 Cross-Training 40 mins	Apr 7 Endurance-Walk 3 miles	Apr 8 Rest
Week 2 Apr 9	Apr 9 Walk 35 mins	Apr 10 Walk 30 mins	Apr 11 Rest	Apr 12 Walk 35 mins	Apr 13 Cross-Training 40 mins	Apr 14 Endurance-Walk 4 miles	Apr 15 Rest
Week 3 Apr 16	Apr 16 Walk 35 mins	Apr 17 Walk 35 mins	Apr 18 Rest	Apr 19 Walk 35 mins	Apr 20 Cross-Training 40 mins	Apr 21 Endurance-Walk 4 miles	Apr 22 Rest
Week 4 Apr 23	Apr 23 Walk 40 mins	Apr 24 Walk 35 mins	Apr 25 Rest	Apr 26 Walk 35 mins	Apr 27 Cross-Training 40 mins	Apr 28 Endurance-Walk 5 miles	Apr 29 Rest
Week 5 Apr 30	Apr 30 Walk 40 mins	May 1 Walk 35 mins	May 2 Rest	May 3 Walk 40 mins	May 4 Cross-Training 40 mins	May 5 Endurance-Walk 6 miles	May 6 Rest
Week 6 May 7	May 7 Walk 50 mins	May 8 Walk 35 mins	May 9 Rest	May 10 Walk 50 mins	May 11 Cross-Training 40 mins	May 12 Endurance-Walk 4 miles	May 13 Rest
Week 7 May 14	May 14 Walk 50 mins	May 15 Walk 45 mins	May 16 Rest	May 17 Walk 50 mins	May 18 Cross-Training 40 mins	May 19 Endurance-Walk 7 miles	May 20 Rest
Week 8 May 21	May 21 Walk 60 mins	May 22 Walk 45 mins	May 23 Rest	May 24 Walk 50 mins	May 25 Cross-Training 40 mins	May 26 Endurance-Walk 8 miles	May 27 Rest
Week 9 May 28	May 28 Walk 60 mins	May 29 Walk 45 mins	May 30 Rest	May 31 Walk 50 mins	Jun 1 Cross-Training 40 mins	Jun 2 Endurance-Walk 9 miles	Jun 3 Rest
Week 10 Jun 4	Jun 4 Walk 45 mins	Jun 5 Walk 40 mins	Jun 6 Rest	Jun 7 Walk 45 mins	Jun 8 Cross-Training 40 mins	Jun 9 Endurance-Walk 6 miles	Jun 10 Rest
Week 11 Jun 11	Jun 11 Walk 60 mins	Jun 12 Walk 40 mins	Jun 13 Rest	Jun 14 Walk 50 mins	Jun 15 Cross-Training 40 mins	Jun 16 Endurance-Walk 10 miles	Jun 17 Rest
Week 12 Jun 18	Jun 18 Walk 50 mins	Jun 19 Walk 40 mins	Jun 20 Rest	Jun 21 Walk 50 mins	Jun 22 Cross-Training 40 mins	Jun 23 Endurance-Walk 8 miles	Jun 24 Rest
Week 13 Jun 25	Jun 25 Walk 40 mins	Jun 26 Walk 40 mins	Jun 27 Rest	Jun 28 Walk 45 mins	Jun 29 Cross-Training 40 mins	Jun 30 Endurance-Walk 6 miles	Jul 1 Rest
Week 14 Jul 2	Jul 2 Walk 40 mins	Jul 3 Rest	Jul 4 Walk 30 mins	Jul 5 Rest	Jul 6 Walk 30 mins	Jul 7 Rest	Jul 8 Race Day! 13.1 miles