

Week	Run 1	Run 2	Run 3	Run 4
1 5/1-5/7	5 min w/c walk Alt 2 min run 3 min walk for 30 min	5 min w/c walk Alt 2 min run 3 min walk for 30 min	5 min w/c walk Alt 2 min run 3 min walk for 30 min	10 min walk 10 min very easy run 10 min walk
2 5/8-5/14	5 min w/c walk Alt 3 min run 3 min walk for 30 min	5 min w/c walk Alt 3 min run 3 min walk for 30 min	5 min w/c walk Alt 3 min run 3 min walk for 30 min	10 min walk 12min very easy run 10 min walk
3 5/15-5/21	5 min w/c walk Alt 3 min run 2 min walk for 30 min	5 min w/c walk Alt 3 min run 2 min walk for 30 min	5 min w/c walk Alt 3 min run 2 min walk for 30 min	10 min walk 15 min very easy run 10 min walk
4 5/22-5/28	5 min w/c walk Alt 3 min run 1 min walk for 32 min	5 min w/c walk Alt 3 min run 1 min walk for 32 min	5 min w/c walk Alt 3 min run 1 min walk for 32 min	10 min walk 15min very easy run 10 min walk
5 5/29-6/4	5 min w/c walk Alt 4 min run 1 min walk for 35 min	5 min w/c walk Alt 5 min run 2 min walk for 35 min	5 min w/c walk Alt 4 min run 1 min walk for 35 min	10 min walk 20 min very easy run 10 min walk
6 6/5-6/11	5 min w/c walk Alt 5 min run 1 min walk for 30 min	5 min w/c walk Alt 3 min run 30 sec walk for 35 min	5 min w/c walk Alt 3 min run 30 sec walk for 35 min	10 min walk 20 min very easy run 10 min walk
7 6/12-6/18	5 min w/c walk Alt 6 min run 1 min walk for 35 min	5 min w/c walk Alt 4 min run 30 sec walk for 36 min	5 min w/c walk Alt 10 min run 2 min walk for 24 min	5 min walk 25 min very easy run 5 min walk
8 6/19-6/25	5 min w/c walk Alt 10 min run 2 min walk for 36 min	5 min walk 15 min very easy run 5 min walk	5 min w/c walk Alt 3 min run 1 min walk for 28 min	5 min walk 25 min very easy run 5 min walk

9 6/26-7/2	5 min w/c walk Alt 10 min run 2 min walk for 36 min	5 min walk 20 min very easy run 5 min walk	5 min w/c walk Alt 3 min run 1 min walk for 28 min	5 min walk 30 min very easy run 5 min walk
10 7/3-7/9	5 min w/c walk Alt 10 min run 2 min walk for 36 min	5 min walk 20 min very easy run 5 min walk	5 min w/c walk Alt 3 min run 1 min walk for 28 min	5 min walk 35 min very easy run 5 min walk

W/C	Warm up before and cool down after with a walk
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