

A TRAINING SCHEDULE

START THIS TRAINING PROGRAM TO GET YOUR TEAM READY!

Date	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
Week 1	W4-R1 (6)	Walk 30 M	W4-R1 (6)	W4-R1 (3)	Walk 30 M	W4-R1 (6)	Off
	The first week you're walking the majority of the time. If you miss a day do not try to make it up. On the Walk/Run days, walk 4 minutes (W4) and then run 1 minute (R1). Do this cycle six times (6). Do not run too fast. You should NOT be huffing and puffing.						
Week 2	W3-R2 (6)	Walk 30 M	W3-R2 (6)	W3-R2 (6)	Walk 30 M	W3-R2 (6)	Off
	Are you doing your stretching? Warm up by walking for 5 minutes, then stretch. Do your walk/run.						
Week 3	W3-R2 (7)	Walk 35 M	W3-R2 (7)	W3-R2 (7)	Walk 30 M	W3-R2 (7)	Off
	The average American takes 20 years to get out of condition and he/she wants to get back in condition in 20 days!						
Wee 4	W3-R3 (6)	Walk 35 M	W3-R3 (6)	W3-R3 (3)	Walk 35 M	W3-R3 (6)	Off
	Keep a log of your walk/run each day. Write down weather and temperature, how you feel before and after, and general comments about each walk/run.						
Wee 5	W3-R3 (7)	Walk 35 M	W3-R3 (7)	W3-R3 (3)	Walk 35 M	W3-R3 (7)	Off
	Remember to drink a lot of water before, during and after each walk/run.						
Week 6	W2-R4 (6)	Walk 40 M	W2-R4 (6)	W2-R4 (3)	Walk 35 M	W2-R4 (6)	Off
	Wear light clothing. Avoid 100 cotton!						
Week 7	W2-R4 (7)	Walk 40 M	W2-R4 (7)	W2-R4 (3)	Walk 35 M	W2-R4 (7)	Off
	Now that you have stuck to the program this long, make sure to take care of your feet. How are your running shoes? Come into any 1st Place Sports store to get fitted for the best shoe for you!						
Race Week	W1-R5 (6)	W1-R5 (3)	Walk 35 M	Race Day			
	Race day tip #1: Have a light lunch and drink plenty of water; have a small snack around 3:30 PM. Race day tip #2: Arrive early and be patient the first mile until the crowd thins. Race day tip #3: Walk through the water stations, taking time to drink water.						

W: Walk R: Run M:Minutes