

Pre-week	Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.	misc
Workout /Time	walk 30min Try to keep a good pace. Breath evenly and walk fast in the middle	Rest/Walk You can walk, but take it easier on rest/walk days.	Walk 30min Think about your posture and relaxing your limbs. Walk tall!	Rest/Walk	Walk 30min Keep saying, "I can, I can, I can as the blood pumps to muscles.	Rest/Walk	Walk 30min Condition your heart for running. Are you ready for next week?	Move your arms while walking!
Pace	A good pace	leisure pace	Fast pace	leisure pace	Fast Pace	leisure pace	Fast pace	
Week - 1	Mon.	Tues.	Weds.	Thurs	Fri.	Sat.	Sun.	misc
Workout/Time <a href="http://www.runningmy.com">http://www.runningmy.com</a>	Walk 10min - Run 1min - Walk 2min Do 4X Cool down walk 10min to finish - 4minutes of total running!	Enjoy your rest days and keep active!	Walk 10min - Run 1min - Walk 2min Do 4X Cool down Walk 10min to finish	Rest - Try Yoga	Walk 30min - Think about takes breaths in expanding your belly using nice even breaths...	Rest Even though it is a rest day try to walk 10,000 steps.	Walk 10min - Run 1min - Walk 2min 4X Cool down Walk 10min to finish	Have fun! 12 minutes total running this week!
Pace	Slow	NA	slow	NA	Fast pace	NA	Slow	
Week - 2	Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.	misc
Workout/Time	Walk 10mi - Run 2min - Walk 1min Do 4X Cool down walk 10min to finish - 8minutes of total running today!	Walk 30min	Walk 10min - Run 2min - Walk 1min Do 4X Cool down walk 10min to finish	Rest	Change. Walk 20min - Run for 3min - Cool down walk for 10min to finish	Rest	Walk 10min - Run 2min - Walk 1min Do 4X Cool down walk 10min to finish	Don't forget to stretch after! 27minutes total this week!
Pace	Slow/R Fast/W	Fast/Walk	Slow/R Fast/W	NA	Fast/Walk - Slow/Run	NA	Slow/R Fast/W	
Week - 3	Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.	Misc

<b>Workout/Time</b>	Walk 10mi - Run 3min - Walk 1min Do 4X cool down walk 10min to finish - 12 minutes total running today!	Walk 30min	Walk 10mi - Run 3min - Walk 1min Do 4X Cool down walk 10min to finish	Rest	Change. Walk 20min - Run for 4min - Cool down walk for 10min	Rest	Walk 10mi - Run 3min - Walk 1min Do 4X Cool down walk 10min to finish	<b>Eat 45 min to 1 hour before a run 40minutes total running for this week! Awesome!</b>
<b>Pace</b>	Slow/R Fast/W	Fast/Walk	Slow/R Fast/W	NA	Fast/Walk	NA	Slow/R Fast/W	
<b>Week - 4</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Weds.</b>	<b>Thur.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>	<b>Misc</b>
<b>Workout/Time</b>	Walk 10mi - Run 4min - Walk 2min Do 4X Cool down walk 10min to finish - 16 minutes total running for today!	Walk 30min	Walk 10mi - Run 4min - Walk 2min Do 4X Cool down walk 10min to finish	Rest	Change. Walk 20min - Run for 5min -Cool down walk for 10min	Rest	Walk 10mi - Run 4min - Walk 2min Do 4X Cool down walk 10min to finish	<b>After drink water at room temp. 53minutes running total for this week!</b>
<b>Pace</b>	Slow/R Fast/W	Fast/Walk	Slow/R Fast/W	NA	Slow/R Fast/W	NA	Slow/R Fast/W	
<b>Week - 5</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Weds.</b>	<b>Thur.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>	<b>Misc</b>
<b>Workout/Time</b>	Walk 10mi - Run 4min - Walk 1min Do 5X Cool down walk 10min to finish - Today you ran for 20minutes!	Walk 30min	Walk 10mi - Run 4min - Walk 1min Do 5X Cool down walk 10min to finish	Rest	Change. Walk 20min - Run for 5min -Cool down walk for 10min	Rest	Walk 10mi - Run 4min - Walk 1min Do 5X Cool down walk 10min to finish	<b>Banana great running food. This week you ran for over an hour!</b>
<b>Pace</b>	Slow/R Fast/W	Fast/Walk	Slow/R Fast/W	NA	Slow/R Fast/W	NA	Slow/R Fast/W	
<b>Week - 6</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Weds.</b>	<b>Thur.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>	<b>Misc</b>

