

Walk-Run Program

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Walk-Run 3/I 40 min EZ	XT 40-60 min.	Walk-Run 3/I 44 min EZ	XT 40-60 min.	Walk (no Run) 45 min EZ	Walk-Run 3/I 4 miles E	Rest
Week 2	Walk-Run 3/I 40 min EZ	XT 40-60 min.	Walk-Run 3/I 44 min EZ	XT 40-60 min.	Walk 45 min EZ	Walk-Run 3/I 5 miles E	Rest
Week 3	Walk-Run 3/I 40 min EZ	XT 40-60 min.	Walk-Run 3/I 44 min EZ	XT 40-60 min.	Walk 45 min EZ	Walk-Run 3/I 5 miles E	Rest
Week 4	Walk-Run 3/I 44 min EZ	XT 40-60 min.	Walk-Run 3/I 48 min EZ	XT 40-60 min.	Walk 45 min EZ	Walk-Run 3/I 6 miles E	Rest
Week 5	Walk-Run 3/I 44 min EZ	XT 30-40 min.	SI W-R	XT 30-40 min.	Rest	Walk-Run 3/I 5 miles E	Rest
Week 6	Walk-Run 3/I 48 min RR	XT 40-60 min.	Walk-Run 3/I 48 min EZ	XT 40-60 min.	Walk 45 min EZ	Walk-Run 3/I 7 miles E	Rest
Week 7	Walk-Run 3/I 48 min EZ	XT 40-60 min.	SI W-R	XT 40-60 min.	Walk 45 min EZ	Walk-Run 3/I 8 miles E	Rest
Week 8	Walk-Run 3/I 48 min RR	XT 30-40 min.	Walk-Run 3/I 48 min EZ	XT 30-40 min.	Walk 45 min EZ	Walk-Run 3/I 6 miles E	Rest
Week 9	Walk-Run 3/I 48 min EZ	XT 40-60 min.	SI W-R	XT 40-60 min.	Walk 45 min EZ	Walk-Run 3/I 10 miles E	Rest
Week 10	Walk-Run 3/I 44 min EZ	XT 40-60 min.	Walk-Run 3/I 48 min EZ	XT 40-60 min.	Walk 45 min EZ	Walk-Run 3/I 8 miles E	Rest
Week 11	Walk-Run 3/I 48 min EZ	XT 40 min.	Walk-Run 3/I 48 min EZ	XT 40 min.	Walk 45 min EZ	Walk-Run 3/I 6 miles E	Rest
Week 12	Walk-Run 3/I 40 min EZ	Rest	Walk-Run 3/I 36 min EZ	Rest	Walk 40 min EZ	Rest	Race! Walk-Run 3/I

TIMEX/GPS

Run anywhere with real-time pace and distance.