

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST DAY	 <b>Walk/run</b> 15 x (1:00 walk/1:00 easy run)	REST DAY	 <b>Walk/run</b> 15 x (1:00 walk/1:00 easy run)	 <b>Walk</b> 30:00	REST DAY	 <b>Walk/run</b> 20 x (1:00 walk/1:00 easy run)
2		 <b>Walk/run</b> 10 x (2:00 walk/1:00 easy run)		 <b>Walk/run</b> 10 x (2:00 walk/1:00 easy run)	 <b>Walk</b> 35:00		 <b>Walk/run</b> 12 x (2:00 walk/1:00 easy run)
3		 <b>Walk/run</b> 8 x (3:00 walk/1:00 easy run)		 <b>Walk/run</b> 8 x (3:00 walk/1:00 easy run)	 <b>Walk</b> 40:00		 <b>Walk/run</b> 11 x (3:00 walk/1:00 easy run)
4		 <b>Walk/Run</b> 8 x (4:00 walk/1:00 easy run)		 <b>Walk/Run</b> 8 x (4:00 walk/1:00 easy run)	 <b>Walk</b> 45:00		 <b>Run</b> 2.5 miles easy
5		 <b>Run</b> 30:00		 <b>Run</b> 30:00	 <b>Walk</b> 50:00		 <b>Run</b> 3.5 miles easy
6		 <b>Run</b> 35:00		 <b>Run</b> 35:00	 <b>Walk</b> 55:00		 <b>Run</b> 4 miles easy
7		 <b>Run</b> 40:00		 <b>Run</b> 40:00	 <b>Walk</b> 1:00:00		 <b>Run</b> 5 miles easy
8		 <b>Run</b> 35:00		 <b>Run</b> 30:00	 <b>Walk</b> 30:00		 <b>10K RACE</b>

 EASY TO HARD