

July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<p>3</p> <p>Brisk five-minute warmup walk, then do two repetitions of the following:</p> <ul style="list-style-type: none"> •Jog 200 yards (or 90 seconds) •Walk 200 yards (or 90 seconds) •Jog 400 yards (or 3 minutes) •Walk 400 yards (or three minutes) 	<p>4</p> <p>Stretch & Strengthen</p>	<p>5</p> <p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes) •Walk 1/4 mile (or 2-1/2 minutes) •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes) 	<p>6</p> <p>Cross</p>	<p>7</p> <p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes) •Walk 1/4 mile (or 2-1/2 minutes) •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes) 	<p>8</p> <p>Rest</p>	<p>9</p> <p>Cross</p>
<p>10</p> <p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes) •Walk 1/4 mile (or 2-1/2 minutes) •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes) 	<p>11</p> <p>Stretch & Strengthen</p>	<p>12</p> <p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> •Jog 1/2 mile (or 5 minutes) •Walk 1/4 mile (or 3 minutes) •Jog 1/2 mile (or 5 minutes) •Walk 1/4 mile (or 3 minutes) •Jog 1/2 mile (or 5 minutes) 	<p>13</p> <p>Cross</p>	<p>14</p> <p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> •Jog 3/4 mile (or 8 minutes) •Walk 1/2 mile (or 5 minutes) •Jog 3/4 mile (or 8 minutes) 	<p>15</p> <p>Rest</p>	<p>16</p> <p>Cross</p>

July 2011

<p>17 Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.</p>	<p>18 Stretch & Strengthen</p>	<p>19 Brisk five-minute warmup walk, then: •Jog 1/2 mile (or 5 minutes) •Walk 1/4 mile (or 3 minutes) •Jog 3/4 mile (or 8 minutes) •Walk 1/4 mile (or 3 minutes) •Jog 1/2 mile (or 5 minutes)</p>	<p>20 Cross</p>	<p>21 Brisk five-minute warmup walk, then: •Jog 1 mile (or 10 minutes) •Walk 1/4 mile (or 3 minutes) •Jog 1 mile (or 10 minutes)</p>	<p>22 Rest</p>	<p>23 Cross</p>
<p>24 Brisk five-minute warmup walk, then jog 2-1/4 miles (or 25 minutes) with no walking.</p>	<p>25 Stretch & Strengthen</p>	<p>26 Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>	<p>27 Cross</p>	<p>28 Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>	<p>29 Rest</p>	<p>30 Cross</p>
<p>31 Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>						

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Stretch & Strengthen	2 Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	3 Cross	4 Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	5 Rest	6 Cross
7 Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	8 Stretch & Strengthen	9 Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	10 Cross	11 Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	12 Rest	13 Run a 5-K
14 Cross	15 Stretch & Strengthen	16 3 m run	17 2 m run or cross	18 3 m run + strength	19 Rest	20 30 min cross
21 4 m run	22 Stretch & Strengthen	23 3 m run	24 2 m run or cross	25 3 m run + strength	26 Rest	27 30 min cross
28 4 m run	29 Stretch & Strengthen	30 3.5 m run	31 2 m run or cross			

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3.5 m run + strength	2 Rest	3 40 min cross
4 5 m run	5 Stretch & Strengthen	6 3.5 m run	7 2 m run or cross	8 3.5 m run + strength	9 Rest	10 40 min cross
11 5 m run	12 Stretch & Strengthen	13 4 m run	14 2 m run or cross	15 4 m run + strength	16 Rest	17 40 min cross
18 6 m run	19 Stretch & Strengthen	20 4 m run	21 2 m run or cross	22 4 m run + strength	23 Rest or easy run	24 5-K Race
25 Rest	26 Stretch & Strengthen	27 4.5 m run	28 3 m run or cross	29 4.5 m run + cross	30 Rest	

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 50 min cross
2 7 m run	3 Stretch & Strengthen	4 4.5 m run	5 3 m run or cross	6 4.5 m run + cross	7 Rest	8 50 min cross
9 8 m run	10 Stretch & Strengthen	11 5 m run	12 3 m run or cross	13 5 m run + strength	14 Rest or easy run	15 10K Race
16 Rest	17 Stretch & Strengthen	18 5 m run	19 3 m run or cross	20 5 m run + strength	21 Rest	22 60 min cross
23 9 m run	24 Stretch & Strengthen	25 5 m run	26 3 m run or cross	27 5 m run + strength	28 Rest	29 60 min cross
30 10 m run	31 Stretch & Strength					

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 3 m run or cross	3 2 m run + strength	4 Rest	5 Savannah Rock n Roll ½ Marathon
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31