

Week 1:

3 DAYS OF ACTIVITY- 30 MINUTES OF EASY WALKING ON SUNDAY, TUESDAY AND FRIDAY.

Week 2:

4 DAYS OF ACTIVITY – 30 MINUTES OF EASY WALKING ON SUNDAY, TUESDAY, AND THURSDAY. SATURDAY AS FOLLOWS: 10 MINUTE WALK, 3 MINUTE JOG, 7 MINUTE WALK, 3 MINUTE JOG, 7 MINUTE WALK.

Week 3:

4 DAYS OF ACTIVITY – SUNDAY, TUESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 8 MINUTE WALK, 5 MINUTE JOG, 5 MINUTE WALK, 5 MINUTE JOG, 7 MINUTE WALK.

Week 4:

4 DAYS OF ACTIVITY – SUNDAY, TUESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 6 MINUTE WALK, 7 MINUTE JOG, 5 MINUTE WALK, 6 MINUTE JOG, 6 MINUTE WALK.

Week 5:

4 DAYS OF ACTIVITY – SUNDAY, TUESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 10 MINUTE JOG, 5 MINUTE WALK, 5 MINUTE JOG, 5 MINUTE WALK.

Week 6:

4 DAYS OF ACTIVITY – SUNDAY, TUESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 10 MINUTE JOG, 2 MINUTE WALK, 8 MINUTE JOG, 5 MINUTE WALK.

Week 7:

4 DAYS OF ACTIVITY – SUNDAY, TUESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 20 MINUTE JOG, 5 MINUTE WALK.

Week 8:

4 DAYS OF ACTIVITY – SUNDAY AND THURSDAY AS FOLLOWS: 5 MINUTE WALK, 20 MINUTE JOG, 5 MINUTE WALK. TUESDAY

AND SATURDAY AS FOLLOWS: 5 MIN WALK, 25 MINUTE JOG, 5 MINUTE WALK.

Week 9:

4 DAYS OF ACTIVITY – SUNDAY, TUESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK.

Week 10:

5 DAYS OF ACTIVITY – SUNDAY, TUESDAY, WEDNESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK.

Week 11:

5 DAYS OF ACTIVITY – SUNDAY AS FOLLOWS: 5 MINUTE WALK, 30 MINUTE JOG, 5 MINUTE WALK. TUESDAY, WEDNESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK.

Week 12:

5 DAYS OF ACTIVITY – SUNDAY AS FOLLOWS: 5 MINUTE WALK, 35 MINUTE JOG, 5 MINUTE WALK. TUESDAY, WEDNESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK.

Week 13 – 14:

5 DAYS OF ACTIVITY – SUNDAY AS FOLLOWS: 5 MINUTE WALK, 40 MINUTE JOG, 5 MINUTE WALK. TUESDAY, WEDNESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK.

Week 15 – 19:

5 DAYS OF ACTIVITY – SUNDAY AS FOLLOWS: 5 MINUTE WALK, 45 MINUTE JOG, 5 MINUTE WALK. TUESDAY, WEDNESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK.

Race Week:

5 DAYS OF ACTIVITY – SUNDAY AS FOLLOWS: 5 MINUTE WALK, 30 MINUTE JOG, 5 MINUTE WALK. TUESDAY, WEDNESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK. 2 DAYS BEFORE RACE: OFF. DAY BEFORE RACE: 5 MINUTE WALK, 10 MINUTE JOG, 5 MINUTE WALK.