

TRAIN WITH US!

THE ROAD TO



Week	Start Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	April 13	Run 1 Minute Walk 1 Minute Repeat 10x	Strength Training: Back + Biceps	Rest + Stretch	Run 1 Minute Walk 1 Minute Repeat 10x	Strength Training: Legs	Run 90 Sec Walk 1 Minute Repeat 10x	Rest + Stretch
2	April 20	Run 90 Sec Walk 1 Minute Repeat 10x	Strength Training: Chest + Triceps	Rest + Stretch	Run 2 Minutes Walk 1 Minute Repeat 10x	Strength Training: Core	Run 2 Minutes Walk 1 Minute Repeat 10x	Rest + Stretch
3	April 27	Run 3 Minutes Walk 1 Minute Repeat 7x	Strength Training: Back + Biceps	Rest + Stretch	Run 3 Minutes Walk 1 Minute Repeat 7x	Strength Training: Legs	Run 4 Minutes Walk 1 Minute Repeat 6x	Rest + Stretch
4	May 4	Run 4 Minutes Walk 1 Minute Repeat 6x	Strength Training: Chest + Triceps	Rest + Stretch	Run 5 Minutes Walk 1 Minute Repeat 5x	Strength Training: Core	Run 5 Minutes Walk 1 Minute Repeat 5x	Rest + Stretch
5	May 11	Run 1 Mile	Strength Training: Back + Biceps	Rest + Stretch	Run 1.5 miles	Strength Training: Legs	Run 1.5 miles	Rest + Stretch
6	May 18	Run 2 Miles	Rest + Stretch	Run 2.5 miles	Strength Training: Core	Active Rest: Yoga, Walk, etc.	Run 2 miles	Rest + Stretch
7	May 25	Run 3 Miles	Rest + Stretch	Run 2 miles	Strength Training: Chest + Triceps	Active Rest: Yoga, Walk, etc.	Run 3.5 miles	Rest + Stretch
8	June 1	Run 2.5 miles	Strength Training: Back + Biceps	Rest + Stretch	Run 2 miles	Active Rest: Yoga, Walk, etc.	Run for Your Life! 	Celebrate!