

WEEK 6				WEEK 7				WEEK 8				WEEK 9				WEEK 10			
Running Programs				Running Programs				Running Programs				Running Programs				Running Programs			
#1				#1				#1				#1				#1			
Walk / Jog / Run		Total Minutes: 40		Walk / Jog / Run		Total Minutes: 40		Walk / Jog / Run		Total Minutes: 40		Walk / Jog / Run		Total Minutes: 40		Walk / Jog / Run		Total Minutes: 40	
Walk		Time: 1:30		Walk		Time: 1:30		Walk		Time: 1:30		Walk		Time: 1:30		Walk		Time: 1:30	
Jog		Time: 2:30		Jog		Time: 2:30		Jog		Time: 2:30		Jog		Time: 2:30		Jog		Time: 2:30	
Run		Time: 1:00		Run		Time: 1:00		Run		Time: 1:00		Run		Time: 1:00		Run		Time: 1:00	
Total Miles _____				Total Miles _____				Total Miles _____				Total Miles _____				Total Miles _____			
#2				#2				#2				#2				#2			
Speed Increase		Total Minutes: 42		Speed Increase		Total Minutes: 42		Speed Increase		Total Minutes: 42		Speed Increase		Total Minutes: 42		Speed Increase		Total Minutes: 42	
<i>(speed up every minute)</i>				<i>(speed up every minute)</i>				<i>(speed up every minute)</i>				<i>(speed up every minute)</i>				<i>(speed up every minute)</i>			
Speed 1	75%			Speed 1	75%			Speed 1	75%			Speed 1	75%			Speed 1	75%		
Speed 2	85%			Speed 2	85%			Speed 2	85%			Speed 2	85%			Speed 2	85%		
Speed 3	95%			Speed 3	95%			Speed 3	95%			Speed 3	95%			Speed 3	95%		
Speed 4	100%			Speed 4	100%			Speed 4	100%			Speed 4	100%			Speed 4	100%		
walk 2 minutes				walk 2 minutes				walk 2 minutes				walk 2 minutes				walk 2 minutes			
Repeat cyle 7x				Repeat cyle 7x				Repeat cyle 7x				Repeat cyle 7x				Repeat cyle 7x			
#3				#3				#3				#3				#3			
Interval Runs		Total Minutes: 40		Interval Runs		Total Minutes: 40		Interval Runs		Total Minutes: 40		Interval Runs		Total Minutes: 40		Interval Runs		Total Minutes: 40	
1: 1 run/rest ratio				1: 1 run/rest ratio				1: 1 run/rest ratio				1: 1 run/rest ratio				1: 1 run/rest ratio			
2 Minute run				2 Minute run				2 Minute run				2 Minute run				2 Minute run			
2 Minute Walk				2 Minute Walk				2 Minute Walk				2 Minute Walk				2 Minute Walk			
#4				#4				#4				#4				#4			
Long Slow Distance		Total Minutes: 40		Long Slow Distance		Total Minutes: 40		Long Slow Distance		Total Minutes: 40		Long Slow Distance		Total Minutes: 40		Long Slow Distance		Total Minutes: 40	
(this is not a race. The speed stays consistent)				(this is not a race. The speed stays consistent)				(this is not a race. The speed stays consistent)				(this is not a race. The speed stays consistent)				(this is not a race. The speed stays consistent)			
Total Miles: _____				Total Miles: _____				Total Miles: _____				Total Miles: _____				Total Miles: _____			