

SMILE MILE TRAINING GUIDE

Here's a fun, easy to use, 6-week training guide to help you get ready for the Smile Mile on Saturday, March 2, 2019!

— Parents, consult your pediatrician prior to your child beginning any exercise program —

Min. = Minutes

| Week of: | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|------------|---|--|---|---|---|---|
| MON | | Walk 5 min. Jog 5 min. Walk 5 min. | Walk 5 min. Jog 7 min. Walk 5 min. | Walk 5 min. Jog 10 min. Walk 5 min.. | Walk 5 min. Jog 5 min. Walk 2 min. Jog 5 min. | Walk 5 min. Jog 15 min. Walk 5 min. |
| TUE | | | | | | |
| WED | Walk 5 min. Jog 3 min. Walk 2 min. | Walk 5 min. Jog 5 min. Walk 3 min. Jog 3 min. | Walk 5 min. Jog 7 min. Walk 3 min. Jog 5 min. | Walk 5 min. Jog 7 min. Walk 2 min. Jog 7 min. | Walk 5 min. Jog 5 min. Walk 2 min. Jog 5 min. Walk 2 min. Jog 5 min. | Walk 5 min. Jog 15 min. |
| THU | | | | | | |
| FRI | Walk 5 min. Jog 3 min. Walk 2 min. Jog 3 min. | Walk 5 min. Jog 5 min. Walk 2 min. Jog 5 min. | Walk 5 min. Jog 7 min. Walk 3 min. Jog 7 min. | Walk 5 min. Jog 5 min. Walk 2 min. Jog 5 min. Walk 5 min. | Walk 5 min. Jog 10 min. Walk 5 min. Jog 5 min. Walk 2 min. Jog 5 min. | Walk 10 min. Jog 5 min. |
| SAT | <i>Optional...</i> FREE Kids' Run, January 26 Lady Track Shack Loch Haven Park Orlando • 8:45 am | | <i>Optional...</i> FREE Kids' Run, February 9 Run 4 Love Showalter Field Winter Park • 9:00 am | | | Smile Mile March 2, 2019 Blue Jacket Park at Baldwin Park Run to TrackShack.com |
| SUN | Off | Off | Off | Off | Off | Off |

For more information on the race visit our website, www.trackshack.com or call Track Shack at (407) 896-1160.