Presented by
H: AdventHealth

|  | Mondiay | Tumsitay | Wednasidy | Thursiday | Friday | Saturiay | Sundey |
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| WEEK 1 | Get Motivated! | 1 Mile | Cross Train | 1.5 Miles | Cross Train | 1.5 Miles | REST |
| WEEK 2 | Cross Train | 2 Miles | Cross Train | 2 Miles | Cross Train | 2.5 Miles | REST |
| WEEK 3 | Cross Train | 2.5 Miles | Cross Train | 3 Miles | Cross Train | 3 Miles | REST |
| WEEK 4 | Cross Train | 3.5 Miles | Cross Train | 3.5 Miles | Cross Train | 4 Miles | REST |
| WEEK 5 | Cross Train | 4 Miles | Cross Train | 4.5 Miles | Cross Train | 4.5 Miles | REST |
| WEEK 6 | Cross Train | 4 Miles | Cross Train | 3 Mile | Cross Train | Rest | RACE DAY! |

## POINTERS AND TIPS

- If walking, walk briskly or "with purpose."
- If using a walk/run Interval, begin with one minute intervals. For example, run one minute, walk one minute. Gradually increase the run interval as the running becomes easier to run 2 minutes but keep the one minute walk interval. Build the run interval to five minutes.
- If running, set a comfortable pace. You should be able to carry on a conversation while running.
- Take walk breaks as needed.

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- Cross-train one to three days a week, recommended, i.e. swimming, spinning, weight liffing, or yoga.

