

	Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
October							
	2	3 Brisk 5 minute Walk  Alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes	4	4 Brisk 5 minute Walk  Alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes	6	7	8 Brisk 5 minute Walk  Alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes
	9	10 Brisk 5 minute Walk  Alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes	11	12 Brisk 5 minute Walk  Alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes	13	14	15 Brisk 5 minute Walk  Alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes
	16	17 Brisk 5 minute Walk 2 times- 90 seconds of jogging 90 seconds of walking 3 minutes jogging 3 minutes walking	18	19 Brisk 5 minute Walk 2 times- 90 seconds of jogging 90 seconds of walking 3 minutes jogging 3 minutes walking	20	21	22 Brisk 5 minute Walk 2 times- 90 seconds of jogging 90 seconds of walking 3 minutes jogging 3 minutes walking
	23	24- Warm up 3 minutes of jogging 90 seconds of walking 5 minutes jogging 3 minutes walking 3 minutes jogging 90 seconds walking 5 minutes jogging	25	26 Warm up 3 minutes of jogging 90 seconds of walking 5 minutes jogging 3 minutes walking 3 minutes jogging 90 seconds walking 5 minutes jogging	27	28	29 Warm up 3 minutes of jogging 90 seconds of walking 5 minutes jogging 3 minutes walking 3 minutes jogging 90 seconds walking 5 minutes jogging
November	30	31 Warm up 5 minutes of jogging 3 minutes of walking 5 minutes jogging 3 minutes walking 5 minutes jogging	1	2 Warm up 5 minutes of jogging 3 minutes of walking 5 minutes jogging 3 minutes walking 5 minutes jogging	3	4	5 Warm up Jog 2 miles no walking
	6	7 Warm up 5 minutes of jogging 3 minutes of walking 8 minutes jogging 3 minutes walking 5 minutes jogging	8	9 Warm up  Jog 1 mile 3 minues walking Jog 1 mile	10	11	12 Warm up Jog 2 1/4 miles no walking

December	13	14 Warm up  5 minutes of jogging 3 minutes of walking 8 minutes jogging 3 minutes walking 5 minutes jogging	15	16 Warm up  Jog 1 mile 3 minutes walking Jog 1 mile	17	18	19 Warm up Jog 2 1/4 miles no walking
	20	21 Warm up Jog 2 1/2 miles no walking	22	23 Warm up Jog 2 1/2 miles no walking	24 THANKSGIVING	25	26 Warm up Jog 2 1/2 miles no walking
	27	28 Warm up Jog 2 3/4 miles no walking	29	30 Warm up Jog 2 3/4 miles no walking	1	2	3 Warm up Jog 2 3/4 miles no walking
	4	5 Warm up Jog 3 miles no walking	6	7 Warm up Jog 3 miles no walking	8	9	10 Warm up Jog 3 miles no walking
	11	12 Warm up Jog 2 miles no walking	13	14  REST	15	16	17 RACE DAY!!!