**Training Friends Life**

**KEY Practice Days**   
*Run*: Run for the minutes indicated at a comfortable pace. (For walkers use brisk walk/slow jog for run)

*Walk*: Walk for the minutes indicated at a brisk pace (For walkers, use slightly slower walk for brisk pace)

**1-mile & 5-mile**

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| **Week** | **Mon.**  **1 milers walk / 5 milers brisk walk** | **Tues.** | **Wed.**  **Easy to moderate effort** | **Thurs.** | **Fri.**  **Weekly Practice 1-2 p.m.** | **Sat.**  **Easy to moderate effort** | **Sun.** |
| **Week 1**  **Jul 31-Aug 6** | N/A | Rest | N/A | Rest | 1x around the course large group; 1x get pacing; 5-min cool down | Rest or 30- minute walk | Rest |
| **Week 2**  **Aug 7-13** | 10-15 min | Rest | 30-minute exercise | Rest | 10x (run 1 min + walk 2 min)\* | Rest or 30-minute walk | Rest |
| **Week 3**  **Aug 14-20** | 15-20 min | Rest | 30-minute exercise | Rest | 10x (run 2 min + walk 1 min) | Rest or 30- minute walk | Rest |
| **Week 4**  **Aug 21-27** | 15-20 min | Rest | 30-minute exercise | Rest | 6x (run 4 min + walk 2 min) | Rest or 30- minute walk | Rest |
| **Week 5**  **Aug 28-Sept 3** | 20-30 min | Rest | 30-minute any exercise | Rest | 3 x (run 8 min + walk 3 min) | Rest or 30- minute walk | Rest |
| **Week 6**  **Sept 4-10** | 20-30 min | Rest | 30-minute any exercise | Rest | 3x (run 10 min + walk 1 min) | Rest or 30- minute walk | Rest |
| **Week 7**  **Sept 11-17** | 20-30 min | Rest | 30-minute any exercise | Rest | 2x (run 13 min + walk 2 min) | Rest or 30- minute walk | Rest |
| **Week 8**  **Sept 18-24** | 15-30 min | Rest | 30-minute any exercise | Rest | 2x (run 14 min + walk 1 min) | Rest or 30- minute walk | Rest |
| **Week 9**  **Sept 25-Oct 1** | 30 min | Rest | 30-minute any exercise | Rest | run 18 min + walk 2 min + run 10 min | Rest or 30- minute walk | Rest |
| **Week 10**  **Oct 2-8** | 30 min | Rest | 30-minute any exercise | Rest | run 20 min + walk 1 min + run 10 min | Rest or 30- min walk | Rest |
| **Week 11**  **Oct 9-15** | 30 min walk | Rest | 30-minute any exercise | Rest | Last Practice  Party Run 25 min + walk 1 min + run 5 min | Rest or 30- minute walk | Rest |
| **Week 12**  **Oct 16-22** | 30 min walk | Rest | 30-minute any exercise | Rest |  | ***Hope & Possibility***  ***1-miler or 5-miler*** | ***Rest. You earned it!*** |