**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**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 + walk1 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 + walk1 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 + walk1 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 PracticePartyRun 25 min + walk1 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!*** |