

	A	B	C	D	E	F	G	H
1	Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
2	June 9th				Kick Off @ 6pm			
3	June 15				Meet the Squad			
4	Week 1				Time Trial-1 mile	Rest	Walk 15min	Rest
5	Week 2	20min Cross Train	Walk 15min	Rest	Walk 15min	30min Cross Train	Walk 15min	Rest
6	Week 3	20min Cross Train	Walk 15min	Rest	Walk 20min	30min Cross Train	Walk 20min	Rest
7	Week 4	20min Cross Train	Walk 20min	Rest	Walk 25min	35min Cross Train	Walk 20min	Rest
8	Week 5	20min Cross Train	Walk 20min	Rest	Walk 25min	35min Cross Train	Walk 25min	Rest
9	Week 6	20min Cross Train	Walk 25min	Rest	Walk 30min	40min Cross Train	Walk 25min	Rest
10	Week 7	20min Cross Train	Walk 25min	Rest	Walk 30min	40min Cross Train	Walk 30min	Rest
11	Week 8	30min Cross Train	Walk 30min	Rest	Walk 35min	45min Cross Train	Walk 30min	Rest
12	Week 9	30min Cross Train	Walk 30min	Rest	Walk 35min	45min Cross Train	Walk 35min	Rest
13	Week 10	30min Cross Train	Walk 35min	Rest	Walk 40min	45min Cross Train	Walk 35min	Rest
14	Week 11	30min Cross Train	Walk 35min	Rest	Walk 5k Route	45min Cross Train	Walk 40min	Rest
15	Week 12	30min Cross Train	Walk 40min	Rest	Walk 45min	45min Cross Train	Walk 40min	Rest
16	Week 13	30min Cross Train	Walk 40min	Rest	Walk 40min	Rest	Rest	RACE!
17								
18	Notes:	Ask a Squad Leader for ideas on cross training and how to plan speed and tempo workouts! Don't Forget about Tuesday Night Park Runs at Fairview Park! Always						
19		listen to your body and don't forget to hydrate!						