

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 24-28	20 minutes Walk 2 minutes, run 1 minute x6 Walk 2 minutes	Rest	20 minutes Walk 2 minutes, run 1 minute x6 Walk 2 minutes	Rest	20 minutes Walk 2 minutes, run 1 minute x6 Walk 2 minutes	Rest
August 31- September 4	25 minutes Walk 3 minutes, run 2 minutes x5	Strength train	Rest	25 minutes Walk 3 minutes, run 2 minutes x5	Rest	35 minutes Walk 5 minutes, run 3 minutes x4 Walk 3 minutes
September 7-11	25 minutes Walk 3 minutes, run 2 minutes x5	Strength train	Rest	25 minutes Walk 3 minutes, run 2 minutes x5	Rest	40 minutes Walk 5 minutes Run 3 minutes x5
September 14-18	30 minutes Walk 4 minutes, Run 3 minutesx4 Walk 2 minutes	Strength train	Rest	30 minutes Walk 4 minutes, Run 3 minutesx4 Walk 2 minutes	Rest	45 minutes Walk 5 minutes, Run 5 minutes x4
September 21-26	30 minutes Walk 5 minutes, Run 4 minutesx3 Walk 3 minutes	Rest	30 minutes Walk 5 minutes, Run 4 minutesx3 Walk 3 minutes	Rest	Rest	Race Day!!

Warm up – walk 2 minutes to warm up your muscles before you begin each day.

Pace – the goal is to get your heart rate up, walk at a pace that will make it somewhat difficult to talk but you should still be able to talk some. This is the talkability test. You can also find your max heart rate by subtracting 220-age, then multiply by .65 and .90 to find your target heart range which is 64-90% of your max heart rate. If you feel you are pushing too hard, slow down. Forward is a pace.

Strength training – train your muscles by changing up your routine. Some good strength training exercises are air squats, walking lunges, pushups and core exercises. Do 8-10 repetitions or reps of these exercises and then 1-2 more times or sets. If this becomes easy, you can squat, then jump in the air, do jumping lunges or side lunges, pushups on your toes and full sit ups. If you need to take it down a little, you can decrease the number of reps or sets, you can stand with your hands behind your head and march in place or use a chair for support, you can also stand with your hands on the wall to do pushups.

Cool down – walk 2-3 minutes to bring your heart rate and body temperature down, stretching is also good for warm muscles.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 24-28	20 minutes Walk 2 minutes, walk faster 2 minutes x5	Rest	20 minutes Walk 2 minutes, walk faster 2 minutes x5	Rest	20 minutes Walk 2 minutes, walk faster 2 minutes x5	Rest
August 31-September 4	25 minutes Walk 3 minutes, walk faster 3 minutes x4 Walk slower 1 minute	Strength train	Rest	25 minutes Walk 3 minutes, walk faster 3 minutes x4 Walk slower 1 minute	Rest	30 minutes Walk 3 minutes, walk faster 4 minutes x4 Walk slower 2 minutes
September 7-11	30 minutes Walk 3 minutes, walk faster 4 minutes x4 Walk slower 2 minutes	Strength train	Rest	30 minutes Walk 3 minutes, walk faster 4 minutes x4 Walk slower 2 minutes	Rest	40 minutes Walk 5 minutes, walk faster 5 minutes x4
September 14-18	30 minutes Walk 4 minutes, walk faster 5 minutes x3 Walk slower 3 minutes	Strength train	Rest	30 minutes Walk 4 minutes, walk faster 5 minutes x3 Walk slower 3 minutes	Rest	50 minutes Walk 5 minutes, walk faster 7 minutes x4 Walk slower 2 minutes
September 21-26	30 minutes Walk 4 minutes, walk faster 6 minutes x3	Rest	30 minutes Walk 4 minutes, walk faster 6 minutes x3	Rest	Rest	Race Day!!

Warm up – walk 2 minutes to warm up your muscles before you begin each day.

Pace – the goal is to get your heart rate up, walk at a pace that will make it somewhat difficult to talk but you should still be able to talk some. This is the talkability test. You can also find your max heart rate by subtracting 220-age, then multiply by .65 and .90 to find your target heart range which is 64-90% of your max heart rate. If you feel you are pushing too hard, slow down. Forward is a pace.

Strength training – train your muscles by changing up your routine. Some good strength training exercises are air squats, walking lunges, pushups and core exercises. Do 8-10 repetitions or reps of these exercises and then 1-2 more times or sets. If this becomes easy, you can squat, then jump in the air, do jumping lunges or side lunges, pushups on your toes and full sit ups. If you need to take it down a little, you can decrease the number of reps or sets, you can stand with your hands behind your head and march in place or use a chair for support, you can also stand with your hands on the wall to do pushups.

Cool down – walk 2-3 minutes to bring your heart rate and body temperature down, stretching is also good for warm muscles.