

Intermediate Walking Program

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
March 26-April 1	Walk 8 miles	Walk 8 miles	Walk 11 miles
April 2-8	Walk 9 miles	Walk 9 miles	Walk 12 miles
April 9-15	Walk 6 miles	Walk 6 miles	Walk 9 miles
April 16-22	Walk 4 miles	Walk 4 miles	Walk 5 miles
April 23-29	Walk 3 miles	Walk 3 miles	Marathon!!!