

# Walk/Jog Program

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
<b>March 26-April 1</b>	Walk 2 Min Warm Up	SAME AS TUESDAY	Walk 5 Min Warm Up
	7 Miles Jog/walk as needed		11 Mile Long Run
			Jog/walk as needed
	2 Min. Walk Cool Down	2 Min. Walk Cool Down	5 Min. Walk Cool Down
<b>April 2-8</b>	Walk 2 Min Warm Up	SAME AS TUESDAY	Walk 5 Min Warm Up
	8 Miles Jog/walk as needed		12 Mile Long Run
	2 Min. Walk Cool Down		5 Min. Walk Cool Down
<b>April 9-15</b>	Walk 2 Min Warm Up	SAME AS TUESDAY	Walk 5 Min Warm Up
	6 Miles Jog/walk as needed		9 Mile Long Run
			Jog/walk as needed
			5 Min. Walk Cool Down
<b>April 16-22</b>	Walk 2 Min Warm Up	SAME AS TUESDAY	Walk 5 Min Warm Up
	4 Miles Jog/walk as needed		5 Mile Long Run
			Jog/walk as needed
	2 Min. Walk Cool Down		5 Min. Walk Cool Down
<b>April 23-29</b>	Walk 2 Min Warm Up	SAME AS TUESDAY	<b>Marathon!!!!</b>
	3 Miles Jog/walk as needed		