

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5 minutes of fast walk warm-up. 60 seconds of jogging. Then alternate with 60 seconds of walking. Do this interval training for a total of 20 minutes.	Off. You can do another kind of workout, but don't run.	5 minutes of fast walk warm-up. 60 seconds of jogging. Then alternate with 60 seconds of walking. Do this interval training for a total of 20 minutes.	Rest!	5 minutes of fast walk warm-up. 60 seconds of jogging. Then alternate with 60 seconds of walking. Do this interval training for a total of 20 minutes.	Off. You can do another kind of workout, but don't run.	Rest!
2	5 minutes of fast walk warm-up. 90 seconds of jogging. Then alternate with 60 seconds of walking. Do this interval training for 25 minutes.	Off. You can do another kind of workout, but don't run.	5 minutes of fast walk warm-up. 90 seconds of jogging. Then alternate with 60 seconds of walking. Do this interval training for 25 minutes.	Rest!	5 minutes of fast walk warm-up. 90 seconds of jogging. Then alternate with 60 seconds of walking. Do this interval training for 25 minutes.	Off. You can do another kind of workout, but don't run.	Rest!
3	5 minutes of fast walk warm-up. 2 minutes of jogging. Then alternate with 45 seconds of walking. Do this interval training for 30 minutes.	Off. You can do another kind of workout, but don't run.	5 minutes of fast walk warm-up. 2 minutes of jogging. Then alternate with 45 seconds of walking. Do this interval training for 30 minutes.	Rest!	5 minutes of fast walk warm-up. 3 minutes of jogging. Then alternate with 60 seconds of fast walking. Do this interval training for 30 minutes.	Off. You can do another kind of workout, but don't run.	Rest!

4	5 minutes of fast walk warm-up. 5 minutes of jogging. Then alternate with 2 minutes fast walking. Do this interval training for 36 minutes.	Off. You can do another kind of workout, but don't run.	5 minutes of fast walk warm-up. 5 minutes of jogging. Then alternate with 2 minutes fast walking. Do this interval training for 36 minutes.	Rest!	5 minutes of fast walk warm-up. 5 minutes of jogging. Then alternate with 2 minutes fast walking. Do this interval training for 36 minutes.	Off. You can do another kind of workout, but don't run.	Rest!
5	5 minutes of fast walk warm-up. Run a mile (set pace at minimum of 5.5 mph). Then alternate with a quarter-mile fast walk. Do this for 2.5 miles.	Off. You can do another kind of workout, but don't run.	5 minutes of fast walk warm-up. Run a mile (set pace at minimum of 5.5 mph). Then alternate with a quarter-mile fast walk. Do this for 2.5 miles.	Rest!	5 minutes of fast walk warm-up. Run a mile (set pace at minimum of 5.5 mph). Then alternate with a quarter-mile fast walk. Do this for 2.5 miles.	Off. You can do another kind of workout, but don't run.	Rest!
6	5 minutes of fast walk warm-up. Run a mile (set pace at minimum of 6.0 mph). Then alternate with a quarter-mile fast walk. Do this for 2.5 miles.	Off. You can do another kind of workout, but don't run.	5 minutes of fast walk warm-up. Run a mile (set pace at minimum of 6.0 mph). Then alternate with a quarter-mile fast walk. Do this for 2.5 miles.	Rest!	5 minutes of fast walk warm-up. Run a mile (set pace at minimum of 6.0 mph). Then alternate with a quarter-mile fast walk. Do this for 2.5 miles.	5 minutes of fast walk warm-up. Run a mile (set pace at minimum of 6.0 mph). Then alternate with a quarter-mile fast walk. Do this for 2.5 miles.	Rest!
7	5 minutes of fast walk warm-up. Jog 2.5 miles or 25 minutes without stopping.	Off. You can do another kind of workout, but don't run.	5 minutes of fast walk warm-up. Run a mile. Jog 2.5 miles or 25 minutes without stopping.	Rest!	5 minutes of fast walk warm-up. Jog 2.75 miles or 28 minutes without stopping.	Off. You can do another kind of workout, but don't run.	Rest!

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5 minutes of fast walk warm-up. Jog 3 miles or 30 minutes without stopping.

Off. You can do another kind of workout, but don't run.

5 minutes of fast walk warm-up. Jog 3 miles or 30 minutes without stopping.

Rest!

5 minutes of fast walk warm-up. Jog 3 miles or 30 minutes without stopping.

Off. You can do another kind of workout, but don't run.

RACE DAY!!