

# Running Schedule

LR- Long Run; SG- Stage Run; XT- Cross Train; HR- Half Run

## Week 1- Oct. 7-13

SG- 2 min run, 5 min walk, Repeat 5x

XT- 15 min activity

LR- 10 min (walk or stop if needed but get in all 10 min!)

October 12- class day 5 min run (no stopping!) and strength exercises

## Week 2- Oct. 14-20

SG- 3 min run, 3min walk, repeat 5x

HR- 7 min run (no stopping!) and strength exercises

XT- 15 min activity

LR- 12 min (walk or stop if needed but get in all 12 min!)

## Week 3- Oct. 21-27

SG- 4 min run, 2 ½ min walk, repeat 4x

HR- 9 min run (no stopping!) and strength exercises

XT-15 min activity

LR-15 min (walk or stop if needed but get all 15 min!)

Week4- Oct. 28- Nov. 3

SG- 5 min run, 2 ½ min walk, repeat 4x

HR- 10 min run (no stopping!) and strength exercises

XT-15 min activity

LR-20 min (walk or stop if needed but get all 20 min!)

Week 5- Nov. 4-10

SG- 7 min run, 3 min walk, repeat 4x

XT-20 min activity

LR-22 min (walk or stop if needed but get all 22 min!)

Class Day- Nov. 9- 12 min run (no stopping!) and strength exercises

Week 6- Nov. 11-17

SG- 8 min run, 2 min walk, repeat 3x

XT-25 min activity

LR-25 min (walk or stop if needed but get all 25 min!)

Class Day- Nov. 16-15 min run (no stopping!) and strength exercises