

Running Start Walk/Run Schedule

		Week #											
		1	2	3	4	5	6	7	8	9	10	11	12
		3/4	3/11	3/18	3/25	4/1	4/8	4/15	4/22	4/29	5/6	5/13	5/20
<i>Walk</i>		5	5	5	5	5	5	5	5	5	5	5	5
	Run 1	1	1.5	2	3	4	5	6	7	8	9	10	
<i>Walk</i>		1	1	1	1	1	1	1	1	1	1	1	1
	Run 2	1	1.5	2	3	4	5	6	7	8	9	10	
<i>Walk</i>		1	1	1	1	1	1	1	1	1	1	1	1
	Run 3	1	1.5	2	3	4	5	6	7	8	9	10	
<i>Walk</i>		1	1	1	1	1	1	1	5	5	5	5	
	Run 4	1	1.5	2	3	4	5	6					
<i>Walk</i>		1	1	1	1	1	1	5					
	Run 5	1	1.5	2	3	4	5						
<i>Walk</i>		1	1	1	1	1	5						
	Run 6	1	1.5	2	3	4							
<i>Walk</i>		1	1	1	1	5							
	Run 7	1	1.5	2	3								
<i>Walk</i>		1	1	1	5								
	Run 8	1	1.5	2									
<i>Walk</i>		1	1	5									
	Run 9	1	1.5										
<i>Walk</i>		1	5										
	Run 10	1											
<i>Walk</i>		5											
Total time		29	31.5	33	37	39	39	37	33	36	39	44	5k!!!!
Run time		10	13.5	16	21	24	25	24	21	24	27	30	