

Running Start Walk/Run Schedule

		Week #												
		1	2	3	4	5	6	7	8	9	10	11	12	
		3/17	3/24	3/31	4/7	4/14	4/21	4/28	5/5	5/12	5/19	5/26	6/2	6/9
<i>Walk</i>		5	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	11	11
<i>Walk</i>		1	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	11	11
<i>Walk</i>		1	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	11	11
<i>Walk</i>		1	1	1	1	1	1	1	5	5	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	42	45	5k!!!!
Run time		10	13.5	16	21	24	25	24	21	24	27	30	33	