

Carolina Godiva Track Club Running Start Program

Walk/Run Workout Schedule 2015

Week #	1	2	3	4	5	6	7	8	9	10	11	12
	21-Mar	28-Mar	4-Apr	11-Apr	18-Apr	25-Apr	2-May	9-May	16-May	23-May	30-May	6-Jun
Walk	5	5	5	5	5	5	5	5	5	5	5	Race Day
Run 1	1	1.5	2	3	4	5	6	7	8	9	10	
Walk	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	
Walk	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	
Walk	1	1	1	1	1	1	1	5	5	5	5	
Run 4	1	1.5	2	3	4	5	6					Do your scheduled
Walk	1	1	1	1	1	1	5					workout 3 days per
Run 5	1	1.5	2	3	4	5						week, with at least
Walk	1	1	1	1	1	5						one rest day
Run 6	1	1.5	2	3	4							between workouts.
Walk	1	1	1	1	5							
Run 7	1	1.5	2	3								Our schedule week
Walk	1	1	1	5								starts on Saturday.
Run 8	1	1.5	2									
Walk	1	1	5									
Run 9	1	1.5										
Walk	1	5										
Run 10	1											
Walk	5											
Tot Time	29	31.5	33	37	39	39	37	33	36	39	42	
Run Time	10	13.5	16	21	24	25	24	21	24	27	30	