<table>
<thead>
<tr>
<th>Week</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
</tr>
</thead>
</table>
| 1    | Duration: 30 min  

Activity:  
Repeat 2x:  
Run for 10 min  
(easy pace)  
Walk for 5 min  
Stretch | Duration: 35 min  

Activity:  
Repeat 7x:  
Run for 3 min  
(easy pace)  
Walk for 2 min  
Stretch | Duration: 15 min  

Activity:  
Repeat 2x:  
Run for 10 min  
(easy pace)  
Walk for 5 min  
Stretch | Duration: 30 min  

Activity:  
Repeat 2x:  
Run for 11 min  
(easy pace)  
Walk for 4 min  
Stretch |
| 2    | Duration: 35 min  

Activity:  
Repeat 7x:  
Run for 3 min  
(easy pace)  
Walk for 2 min  
Stretch | Duration: 35 min  

Activity:  
Repeat 7x:  
Run for 3 min  
(easy pace)  
Walk for 2 min  
Stretch | Duration: 20 min  

Activity:  
Repeat 5x:  
Run for 13 min  
(easy pace)  
Walk for 2 min  
Stretch | Duration: 25 min  

Activity:  
Run for 25 min  
Stretch |
| 3    | Duration: 20 min  

Activity:  
Repeat 5x:  
Run for 5 min  
(easy pace)  
Walk for 2 min  
Stretch | Duration: 30 min  

Activity:  
Repeat 2x:  
Run for 12 min  
(easy pace)  
Walk for 3 min  
Stretch | Duration: 35 min  

Activity:  
Repeat 7x:  
Run for 3 min  
(easy pace)  
Walk for 2 min  
Stretch | Duration: 25 min  

Activity:  
Run for 25 min  
Stretch |
| 4    | Duration: 35 min  

Activity:  
Repeat 7x:  
Run for 3 min  
(easy pace)  
Walk for 2 min  
Stretch | Duration: 30 min  

Activity:  
Repeat 2x:  
Run for 12 min  
(easy pace)  
Walk for 3 min  
Stretch | Duration: 35 min  

Activity:  
Repeat 7x:  
Run for 3 min  
(easy pace)  
Walk for 2 min  
Stretch | Duration: 30 min  

Activity:  
Repeat 2x:  
Run for 12 min  
(easy pace)  
Walk for 3 min  
Stretch |

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**Day 3:** Saturday, Sept 26th  
**Activity:**  
RACE DAY!  
Run 1-mile!