| Week | Day 1:___________ | Duration: 30 min  
Activity: Repeat 2x: Walk for 10 min (fast pace) Walk for 5 min (easy pace) Stretch |
|------|------------------|------------------|
| Week 1 | Day 2:___________ | Duration: 35 min  
Activity: Repeat 7x: Walk for 3 min (fast pace) Walk for 2 min (easy pace) Stretch |
| Week 2 | Day 3:___________ | Duration: 40 min  
Activity: Walk for 40 min (brisk pace) Stretch |
| Week 3 | Day 4:___________ | Duration: 30 min  
Activity: Repeat 2x: Walk for 11 min (fast pace) Walk for 4 min (easy pace) Stretch |
| Week 4 | Day 5:___________ | Duration: 35 min  
Activity: Repeat 5x: Walk for 5 min (fast pace) Walk for 2 min (easy pace) Stretch |
| Week 5 | Day 6:___________ | Duration: 50 min  
Activity: Walk for 50 min (brisk pace) Stretch |
| Week 6 | Day 7:___________ | Duration: 30 min  
Activity: Repeat 2x: Walk for 12 min (fast pace) Walk for 3 min (easy pace) Stretch |
| Week 7 | Day 8:___________ | Duration: 35 min  
Activity: Repeat 5x: Walk for 13 min (fast pace) Walk for 2 min (easy pace) Stretch |
| Week 8 | Day 9:___________ | Duration: 60 min  
Activity: Walk for 60 min (brisk pace) Stretch |

Saturday, Sept 26th  
Activity: RACE DAY! Walk 1-mile!