

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.</i>							
Week 1	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 3 miles (4.8 km)	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.</i>							
Week 2	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 3.5 miles (5.6 km)	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.</i>							
Week 3	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 2 miles (3.2 km) with Magic Mile*	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.</i>							
Week 4	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 4 miles (6.4 km)	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.</i>							
Week 5	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 2 miles (3.2 km) with Magic Mile*	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.</i>							
Week 6	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 4.5 miles (7.2 km)	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 30 seconds/walk for 30 seconds.</i>							
Week 7	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	5K race day	Rest or walk