



## Step Up Run/Walk - May 11, 2019

### Learn to Run Training Schedule

| March 2019 |     |  |     |   |     |   |
|------------|-----|--|-----|---|-----|---|
| Sun        | Mon | Tue  | Wed | Thu   | Fri | Sat   |
|            |     |  |     |   | 1   | 2   |
| 3          | 4   | 5  | 6   | 7   | 8   | 9   |
| 10         | 11  | 12   | 13  | 14  | 15  | 16  |
| 17         | 18  | 19<br><ul style="list-style-type: none"> <li>5-min walk</li> <li>4x(30-sec run/4:30 walk)</li> </ul> | 20  | 21<br><ul style="list-style-type: none"> <li>5-min. walk</li> <li>5x(30-sec run/4:30 walk)</li> </ul> | 22  | 23<br><ul style="list-style-type: none"> <li>5-min. walk</li> <li>6x(30-sec run/4:30 walk)</li> </ul> |
| 24         | 25  | 26<br><ul style="list-style-type: none"> <li>5-min walk</li> <li>4x(1-min run/4-min walk)</li> </ul> | 27  | 28<br><ul style="list-style-type: none"> <li>5-min walk</li> <li>5x(1-min run/4-min walk)</li> </ul>  | 29  | 30<br><ul style="list-style-type: none"> <li>5-min walk</li> <li>6x(1-min. run/4-min walk)</li> </ul> |
| 31         |     |  |     |   |     |   |





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| April 2019 |     |  |     |  |     |  |
|------------|-----|--|-----|--|-----|--|
| Sun        | Mon | Tue  | Wed | Thu  | Fri | Sat  |
|            | 1   | <b>2</b><br>• 10-min walk<br>• 4x(2-min run/3-min walk)                | 3   | <b>4</b><br>• 10-min walk<br>• 5x(2-min run/3-min walk)                | 5   | <b>6</b><br>• 10-min walk<br>• 6x(2-min run/3-min walk)  |
| 7          | 8   | <b>9</b><br>• 10-min walk<br>• 4x(3-min run/2-min walk)                | 10  | <b>11</b><br>• 10-min walk<br>• 7x(2-min run/3-min walk)               | 12  | <b>13</b><br>• 10-min walk<br>• 5x(3-min run/2-min walk) |
| 14         | 15  | <b>16</b><br>• 10-min walk<br>• 4x(4-min run/1-min walk)               | 17  | <b>18</b><br>• 10-min walk<br>• 6x(3-min run/2-min walk)               | 19  | <b>20</b><br>• 10-min walk<br>• 5x(4-min run/1-min walk) |
| 21         | 22  | <b>23</b><br>• 10-min walk<br>• 10-min continuous run<br>• 10-min walk | 24  | <b>25</b><br>• 10-min walk<br>• 10-min continuous run<br>• 10-min walk | 26  | <b>27</b><br>• 10-min walk<br>• 9x(3-min run/2-min walk) |
| 28         | 29  | <b>30</b><br>• 10-min walk<br>• 12-min continuous run<br>• 10-min walk |     |  |     |  |





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|----------|-----|--|-----|--|-----|--|
| Sun      | Mon | Tue  | Wed | Thu  | Fri | Sat  |
|          |     |  | 1   | 2<br>• 10-min walk<br>• 15-min continuous run<br>• 10-min walk | 3   | 4<br>• 10-min walk<br>• 18-min continuous run<br>• 10-min walk |
| 5        | 6   | 7<br>• 10-min walk<br>• 20-min continuous<br>• 10-min walk | 8   | 9<br>• 10-min walk<br>• 25-min continuous run<br>• 10-min walk | 10  | 11<br>Step Up for Mental Health Run!                           |
| 12       | 13  | 14   | 15  | 16   | 17  | 18   |
| 19       | 20  | 21   | 22  | 23   | 24  | 25   |
| 26       | 27  | 28   | 29  | 30   | 31  |  |

