



Step Up Run/Walk - May 11, 2019

Walk 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 20-min walk	20	21 25-min walk	22	23 30-min walk
24	25	26 25-min walk	27	28 30-min walk	29	30 35-min walk
31						





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April 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 30-min walk	3	4 35-min walk	5	6 40-min walk
7	8	9 35-min walk	10	11 40-min walk	12	13 45-min walk
14	15	16 40-min walk	17	18 45-min walk	19	20 50-min walk
21	22	23 40-min walk	24	25 50-min walk	26	27 55-min walk
28	29	30 40-min walk				





Step Up Run/Walk - May 11, 2019 Walk Training Schedule

May 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 55-min walk	3	4 60-min walk
5	6	7 40-min walk	8	9 65-min walk	10	11 Step Up for Mental Health Walk!
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

