

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN				
1	July 21 Run 2 min Walk 1 min Repeat 4x	July 22 Active Recovery	July 23 Run 3 min Walk 1 min Repeat 4x	July 24 Walk 30 min	July 25 Rest	July 26 Run 3 min Walk 1 min Repeat 5x	July 27 Active Recovery				
	2	July 28 Run 2 min Walk 1 min Repeat 4x	July 29 Active Recovery	July 30 Run 3 min Walk 2 min Repeat 4x	July 31 Walk 30 min	Aug 1 Rest	Aug 2 Run 4 min Walk 1 min Repeat 4x	Aug 3 Active Recovery			
		3	Aug 4 Run 3 min Walk 1 min Repeat 4x	Aug 5 Active Recovery	Aug 6 Run 4 min Walk 2 min Repeat 4x	Aug 7 Walk 30 min	Aug 8 Rest	Aug 9 Run 5 min Walk 1 min Repeat 4x	Aug 10 Active Recovery		
			4	Aug 11 Run 3 min Walk 1 min Repeat 4x	Aug 12 Active Recovery	Aug 13 Run 6 min Walk 2 min Repeat 3x	Aug 14 Walk 30 min	Aug 15 Rest	Aug 16 Run 4 min Walk 1 min Repeat 5x	Aug 17 Active Recovery	
				5	Aug 18 Run 4 min Walk 2 min Repeat 5x	Aug 19 Active Recovery	Aug 20 Run 8 min Walk 2 min Repeat 3x	Aug 21 Walk 30 min	Aug 22 Rest	Aug 23 Run 5 min Walk 1 min Repeat 5x	Aug 24 Active Recovery



E - Easy Pace/Recovery Walk

An easy pace is conversational, comfortable and easily maintained.
30-60 seconds/miles slower than race pace. Walks are for recovery.

- A - 1 min on 1 min off
- B - 2 min on 1 min off
- C - 3 min on 1 min off
- D - 4 min on 1 min off
- E - 5 min on 1 min off



Active Recovery

Take a break from running but stay active. Some great choices would be yoga, an easy bike ride, a hike or a walk.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
6	Aug 25 Run 5 min Walk 2 min Repeat 4x	Aug 26 Active Recovery	Aug 27 Run 10 min Walk 2 min Repeat 2x	Aug 28 Walk 30 min	Aug 29 Rest	Aug 30 Run 20 min	Aug 31 Active Recovery
	7	Sept 1 Run 6 min Walk 2 min Repeat 3x	Sept 2 Active Recovery	Sept 3 Run 12 min Walk 2 min Repeat 2x	Sept 4 Walk 30 min	Sept 5 Rest	Sept 6 Run 25 min
8		Sept 8 Run 7 min Walk 2 min Repeat 3x	Sept 9 Active Recovery	Sept 10 Run 6 min Walk 2 min Repeat 3x	Sept 11 Walk 30 min	Sept 12 Rest	Sept 13 Run 30 min
	9	Sept 15 Run 6 min Walk 2 min Repeat 3x	Sept 16 Active Recovery	Sept 17 Run 7 min Walk 2 min Repeat 3x	Sept 18 Walk 30 min	Sept 19 Rest	Sept 20 Run 25 min
10		Sept 22 Run 5 min Walk 2 min Repeat 3x	Sept 23 Active Recovery	Sept 24 Run 4 min Walk 2 min Repeat 4x	Sept 25 Walk 30 min	Sept 26 Rest	Sept 27 Rest



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