

Intermediate Walking Program

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
March 27-April 2	Walk 8 miles	Walk 8 miles	Walk 11 miles
April 3-9	Walk 9 miles	Walk 9 miles	Walk 12 miles
April 10-16	Walk 6 miles	Walk 6 miles	Walk 9 miles
April 17-23	Walk 4 miles	Walk 4 miles	Walk 5 miles
April 24-30	Walk 3 miles	Walk 3 miles	Marathon!!!