

Walk/Jog Program

17 Week Program Begins

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
January 1-7	Walk 5 Min Warm Up	SAME AS Tue/Wed	Walk 5 Min Warm Up
	Jog 45 Seconds/Walk Til		Jog 45 Seconds/Walk Til
	Recovered. Up to 35 Min		Recovered. Up to 3 Miles
	5 Min. Walk Cool Down		5 Min. Walk Cool Down
January 8-14	Walk 5 Min Warm Up	SAME AS Tue/Wed	Walk 50 Minutes
	Jog 60 Seconds/Walk Til		Jog 60 Seconds/Walk Til
	Recovered. Up to 40 Min		Recovered. Up to 4 Miles
	5 Min. Walk Cool Down		5 Min. Walk Cool Down
January 15-21	Walk 5 Min Warm Up	SAME AS Tue/Wed	Walk 5 Min Warm Up
	Jog 90 Seconds/Walk Til		Jog 90 Seconds/Walk Til
	Recovered. Up to 45 Min		Recovered. Up to 4 Miles
	5 Min. Walk Cool Down		5 Min. Walk Cool Down
January 22-28 (Recovery Week)	Walk 5 Min Warm Up	SAME AS Tue/Wed	Walk 5 Min Warm Up
	Jog 60 Seconds/Walk Til		Jog 60 Seconds/Walk Til
	Recovered. Up to 30 Min		Recovered. Up to 3 Miles
	5 Min. Walk Cool Down		5 Min. Walk Cool Down
If new to walk/jog, start first two weeks on the track or soft service.			