

## INTERMEDIATE SCHEDULE RUN FOR MOM

- Begin each training session with a 5 minute brisk walk to warm up your muscles
- Carry water and take a sip during walk breaks
- Minimum of 3 runs per week with 1 day in between each run

WEEK	DATE	SCHEDULE	# Repeats	Total time
1	March 29	Run 1.5 min/Walk 3.5 minutes	7	35
		Run 1.5 min/Walk 3.5 minutes	5	25
		Run 1.5 min/Walk 3.5 minutes	7	35
2	April 5	Run 2 minutes/Walk 3 minutes	8	40
		Run 2 minutes/Walk 3 minutes	7	35
		Run 2 minutes/Walk 3 minutes	9	45
3	April 12	Run 2.5 minutes/walk 2.5 minutes	9	45
		Run 2.5 minutes/walk 2.5 minutes	7	35
		Run 2.5 minutes/walk 2.5 minutes	7	35
4	April 19	Run 3 minutes/walk 2 minutes	10	50
		Run 3 minutes/walk 2 minutes	7	35
		Run 3 minutes/walk 2 minutes	5	25
5	April 26	Run 3.5 minutes/walk 1.5 minutes	7	35
		Run 3.5 minutes/walk 1.5 minutes	5	25
		Run 3.5 minutes/walk 1.5 minutes	7	35
6	May 3	Run 4 minutes/walk 1 minute	8	40
		Run 4 minutes/walk 1 minute	7	35
		Run 4 minutes/walk 1 minute	9	45
RUN FOR MOM	May 8	Graduation – Run 30 minutes straight!		