

TEAM VHL - VHL 5K - October 19, 2014

Beginner Run Schedule

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	8/11/2014	8/12/2014	8/13/2014	8/14/2014	8/15/2014	8/16/2014	8/17/2014
1	Rest	.5 m run	Rest or run/walk	.5 m run	Rest	.5 m run	30-60 min walk
	8/18/2014	8/19/2014	8/20/2014	8/21/2014	8/22/2014	8/23/2014	8/24/2014
2	Rest	1 m run	Rest or run/walk	1 m run	Rest	1 m run	30-60 min walk
	8/25/2014	8/26/2014	8/27/2014	8/28/2014	8/29/2014	8/30/2014	8/31/2014
3	Rest	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run	30-60 min walk
	9/1/2014	9/2/2014	9/3/2014	9/4/2014	9/5/2014	9/6/2014	9/7/2014
4	Rest	1.75 m run	Rest or run/walk	1.5 m run	Rest	1.75 m run	35-60 min walk
	9/8/2014	9/9/2014	9/10/2014	9/11/2014	9/12/2014	9/13/2014	9/14/2014
5	Rest	2 m run	Rest or run/walk	1.5 m run	Rest	2 m run	40-60 min walk
	9/15/2014	9/16/2014	9/17/2014	9/18/2014	9/19/2014	9/20/2014	9/21/2014
6	Rest	2.25 m run	Rest or run/walk	1.5 m run	Rest	2.25 m run	45-60 min walk
	9/22/2014	9/23/2014	9/24/2014	9/25/2014	9/26/2014	9/27/2014	9/28/2014
7	Rest	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run	50-60 min walk
	9/29/2014	9/30/2014	10/1/2014	10/4/2014	10/5/2014	10/6/2014	10/5/2014
8	Rest	2.75 m run	Rest or run/walk	2 m run	Rest	2.75 m run	55-60 min walk
	10/6/2014	10/7/2014	10/8/2014	10/9/2014	10/10/2014	10/11/2014	10/12/2014
9	Rest	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
	10/13/2014	10/14/2014	10/15/2014	10/16/2014	10/17/2014	10/18/2014	10/19/2014
10	Rest	3 m run	Rest or run/walk	Rest	Rest	Rest	RACE DAY



TEAM VHL- Running/Walking for a Cure