

# TEAM VHL - VHL 5K - September 22, 2013

## Beginner Run Schedule

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	7/15/2013	7/16/2013	7/17/2013	7/18/2013	7/19/2013	7/20/2013	7/21/2013
1	Rest	.5 m run	Rest or run/walk	.5 m run	Rest	.5 m run	30-60 min walk
	7/22/2013	7/23/2013	7/24/2013	7/25/2013	7/26/2013	7/27/2013	7/28/2013
2	Rest	1 m run	Rest or run/walk	1 m run	Rest	1 m run	30-60 min walk
	7/29/2013	7/30/2013	7/31/2013	8/1/2013	8/2/2013	8/3/2013	8/4/2013
3	Rest	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run	30-60 min walk
	8/5/2013	8/6/2013	8/7/2013	8/8/2013	8/9/2013	8/10/2013	8/11/2013
4	Rest	1.75 m run	Rest or run/walk	1.5 m run	Rest	1.75 m run	35-60 min walk
	8/12/2013	8/13/2013	8/14/2013	8/15/2013	8/16/2013	8/17/2013	8/18/2013
5	Rest	2 m run	Rest or run/walk	1.5 m run	Rest	2 m run	40-60 min walk
	8/19/2013	8/20/2013	8/21/2013	8/22/2013	8/23/2013	8/24/2013	8/25/2013
6	Rest	2.25 m run	Rest or run/walk	1.5 m run	Rest	2.25 m run	45-60 min walk
	8/26/2013	8/27/2013	8/28/2013	8/29/2013	8/30/2013	8/31/2013	9/1/2013
7	Rest	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run	50-60 min walk
	9/2/2013	9/3/2013	9/4/2013	9/5/2013	9/6/2013	9/7/2013	9/8/2013
8	Rest	2.75 m run	Rest or run/walk	2 m run	Rest	2.75 m run	55-60 min walk
	9/9/2013	9/10/2013	9/11/2013	9/12/2013	9/13/2013	9/14/2013	9/15/2013
9	Rest	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
	9/16/2013	9/17/2013	9/18/2013	9/19/2013	9/20/2013	9/21/2013	9/22/2013
10	Rest	3 m run	Rest or run/walk	Rest	Rest	Rest	<b>RACE DAY</b>



TEAM VHL- Running/Walking for a Cure

## TEAM VHL - VHL 5K - September 22, 2013

### Walk Schedule

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	7/15/2013	7/16/2013	7/17/2013	7/18/2013	7/19/2013	7/20/2013	7/21/2013
1	Rest	.5 m walk	Rest or walk	.5 m walk	Rest	.5 m walk	30-60 min walk
	7/22/2013	7/23/2013	7/24/2013	7/25/2013	7/26/2013	7/27/2013	7/28/2013
2	Rest	1 m walk	Rest or walk	1 m walk	Rest	1 m walk	30-60 min walk
	7/29/2013	7/30/2013	7/31/2013	8/1/2013	8/2/2013	8/3/2013	8/4/2013
3	Rest	1.5 m walk	Rest or walk	1.5 m walk	Rest	1.5 m walk	30-60 min walk
	8/5/2013	8/6/2013	8/7/2013	8/8/2013	8/9/2013	8/10/2013	8/11/2013
4	Rest	1.75 m walk	Rest or walk	1.5 m walk	Rest	1.75 m walk	35-60 min walk
	8/12/2013	8/13/2013	8/14/2013	8/15/2013	8/16/2013	8/17/2013	8/18/2013
5	Rest	2 m walk	Rest or walk	1.5 m walk	Rest	2 m walk	40-60 min walk
	8/19/2013	8/20/2013	8/21/2013	8/22/2013	8/23/2013	8/24/2013	8/25/2013
6	Rest	2.25 m walk	Rest or walk	1.5 m walk	Rest	2.25 m walk	45-60 min walk
	8/26/2013	8/27/2013	8/28/2013	8/29/2013	8/30/2013	8/31/2013	9/1/2013
7	Rest	2.5 m walk	Rest or walk	2 m walk	Rest	2.5 m walk	50-60 min walk
	9/2/2013	9/3/2013	9/4/2013	9/5/2013	9/6/2013	9/7/2013	9/8/2013
8	Rest	2.75 m walk	Rest or walk	2 m walk	Rest	2.75 m walk	55-60 min walk
	9/9/2013	9/10/2013	9/11/2013	9/12/2013	9/13/2013	9/14/2013	9/15/2013
9	Rest	3 m walk	Rest or walk	2 m walk	Rest	3 m walk	60 min walk
	9/16/2013	9/17/2013	9/18/2013	9/19/2013	9/20/2013	9/21/2013	9/22/2013
10	Rest	3 m walk	Rest or walk	Rest	Rest	Rest	<b>RACE DAY</b>



TEAM VHL- Running/Walking for a Cure