

CHAMPION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WEEK 1</b>	Rest	Run 5 minutes, walk 1 minute. Repeat 3 times	15 minutes of stretching	Run 6 minutes, walk 1 minute. Repeat 3 times	15 minutes of stretching	Run 15 minutes easy	Run 7 minutes, walk 1 minute. Repeat 3 times
<b>WEEK 2</b>	Rest	Run 7 minutes, walk 1 minute. Repeat 3 times	15 minutes of stretching	Run 8 minutes, walk 1 minute. Run hard 1 minute, walk 2 minutes. Repeat 3 times. Finish with 7 minute run and 1 minute walk	15 minutes of stretching	Run 15 minutes easy	Run 9 minutes, walk 1 minute. Repeat 3 times
<b>WEEK 3</b>	Rest	Run 10 minutes, walk 1 minute. Repeat 2 times	15 minutes of stretching	Run 12 minutes, walk 1 minute. Run hard for 1 minute, walk 2 minutes. Repeat second part 4 times.	15 minutes of stretching	Run 20 minutes easy	Run 13 minutes, walk 1 minute. Repeat 2 times
<b>WEEK 4</b>	Rest	Run 15 minutes, walk 1 minute. Repeat 2 times	15 minutes of stretching	Run 17 minutes, walk 1 minute. Run hard for 1 minute, walk for 2 minutes. Repeat second part 2 times	15 minutes of stretching	Run 20 minutes easy	Run 19 minutes, walk 1 minute, run 7 minutes
<b>WEEK 5</b>	Rest	Run 20 minutes, walk 1 minute, run 6 minutes	15 minutes of stretching	Run 15 minutes, walk 1 minute. Run hard for 1 minute, walk 2 minutes. Repeat second part 2 times	15 minutes of stretching	Run 15 minutes easy	Run 26 minutes
<b>WEEK 6</b>	Rest	Run 20 minutes, walk 1 minute. Run hard for 1 minute, walk for 2 minutes. Repeat second part 2 times	15 minutes of stretching	Run 30 minutes	15 minutes of stretching	Run 15 minutes easy	RACE DAY!