<table>
<thead>
<tr>
<th>CRIMSON</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 1</td>
<td>Rest</td>
<td>Run/brisk walk for 1 minute then walk 1 minute. Repeat 10 times.</td>
<td>15 minutes of stretching</td>
<td>Run/brisk walk for 2 minutes then walk 4 minutes. Repeat 5 times</td>
<td>15 minutes of stretching</td>
<td>15 minutes of stretching</td>
<td>Run/brisk walk for 2 minutes then walk 4 minutes. Repeat 5 times</td>
</tr>
<tr>
<td>WEEK 2</td>
<td>Rest</td>
<td>Run/brisk walk for 3 minutes then walk 3 minutes. Repeat 4 times.</td>
<td>15 minutes of stretching</td>
<td>Run/brisk walk for 3 minutes then walk 3 minutes. Repeat 4 times.</td>
<td>15 minutes of stretching</td>
<td>15 minutes of stretching</td>
<td>Run/brisk walk for 5 minutes then walk 3 minutes. Repeat 3 times</td>
</tr>
<tr>
<td>WEEK 3</td>
<td>Rest</td>
<td>Run/brisk walk for 7 minutes then walk 2 minutes. Repeat 3 times.</td>
<td>15 minutes of stretching</td>
<td>Run/brisk walk for 8 minutes then walk 2 minutes. Repeat 3 times.</td>
<td>15 minutes of stretching</td>
<td>15 minutes of stretching</td>
<td>Run/brisk walk for 8 minutes then walk 2 minutes. Repeat 3 times</td>
</tr>
<tr>
<td>WEEK 4</td>
<td>Rest</td>
<td>Run/brisk walk for 8 minutes then walk 2 minutes. Repeat 3 times.</td>
<td>15 minutes of stretching</td>
<td>Run/brisk walk for 10 minutes then walk 2 minutes. Repeat 2 times. Finish with 5 minute run/brisk walk</td>
<td>15 minutes of stretching</td>
<td>15 minutes of stretching</td>
<td>Run/brisk walk for 8 minutes then walk 2 minutes. Repeat 3 times</td>
</tr>
<tr>
<td>WEEK 5</td>
<td>Rest</td>
<td>Run/brisk walk for 9 minutes then walk 1 minute. Repeat 3 times.</td>
<td>15 minutes of stretching</td>
<td>Run/brisk walk for 12 minutes then walk 2 minutes. Repeat 2 times. Finish with 5 minute run/brisk walk</td>
<td>15 minutes of stretching</td>
<td>15 minutes of stretching</td>
<td>Run/brisk walk for 8 minutes then walk 2 minutes. Repeat 3 times</td>
</tr>
<tr>
<td>WEEK 6</td>
<td>Rest</td>
<td>Run/brisk walk for 15 minutes then walk 1 minute. Repeat 2 times</td>
<td>15 minutes of stretching</td>
<td>Run/brisk walk for 8 minutes then walk 2 minutes. Repeat 3 times.</td>
<td>15 minutes of stretching</td>
<td>15 minutes of stretching</td>
<td>RACE DAY!</td>
</tr>
</tbody>
</table>

**WEEK 1:**
- **WEDNESDAY:**
  - Run/brisk walk for 1 minute then walk 1 minute. Repeat 10 times. Then 15 minutes of stretching.
  - Run/brisk walk for 2 minutes then walk 4 minutes. Repeat 5 times. Then 15 minutes of stretching.

**WEEK 2:**
- **THURSDAY:**
  - Run/brisk walk for 2 minutes then walk 4 minutes. Repeat 5 times. Then 15 minutes of stretching.

**WEEK 3:**
- **FRIDAY:**
  - Run/brisk walk for 5 minutes then walk 3 minutes. Repeat 3 times. Then 15 minutes of stretching.

**WEEK 4:**
- **SATURDAY:**
  - Run/brisk walk for 8 minutes then walk 2 minutes. Repeat 3 times. Finish with 5 minute run/brisk walk. Then 15 minutes of stretching.

**WEEK 5:**
- **WEDNESDAY:**
  - Run/brisk walk for 1 minute then walk 1 minute. Repeat 2 times then 15 minutes of stretching.

**WEEK 6:**
- **FRIDAY:**
  - Run/brisk walk for 2 minutes then walk 4 minutes. Repeat 5 times then 15 minutes of stretching.