

CRIMSON

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

WEEK 1

Rest

Run/brisk walk for 1 minute then walk 1 minute. Repeat 10 times.

15 minutes of stretching

Run/brisk walk for 2 minutes then walk 4 minutes. Repeat 5 times

15 minutes of stretching

15 minutes of stretching

Run/brisk walk for 2 minutes then walk 4 minutes. Repeat 5 times.

WEEK 2

Rest

Run/brisk walk for 3 minutes then walk 3 minutes. Repeat 4 times.

15 minutes of stretching

Run/brisk walk for 3 minutes then walk 3 minutes. Repeat 4 times.

15 minutes of stretching

15 minutes of stretching

Run/brisk walk for 5 minutes then walk 3 minutes. Repeat 3 times.

WEEK 3

Rest

Run/brisk walk for 7 minutes then walk 2 minutes. Repeat 3 times.

15 minutes of stretching

Run/brisk walk for 8 minutes then walk 2 minutes. Repeat 3 times.

15 minutes of stretching

15 minutes of stretching

Run/brisk walk for 8 minutes then walk 2 minutes. Repeat 3 times.

WEEK 4

Rest

Run/brisk walk for 8 minutes then walk 2 minutes. Repeat 3 times.

15 minutes of stretching

Run/brisk walk for 10 minutes then walk 2 minutes. Repeat 2 times. Finish with 5 minute run/brisk walk.

15 minutes of stretching

15 minutes of stretching

Run/brisk walk for 8 minutes then walk 2 minutes. Repeat 3 times.

WEEK 5

Rest

Run/brisk walk for 9 minutes then walk 1 minute. Repeat 3 times.

15 minutes of stretching

Run/brisk walk for 12 minutes then walk 2 minutes. Repeat 2 times. Finish with 5 minute run/brisk walk

15 minutes of stretching

15 minutes of stretching

Run/brisk walk for 8 minutes then walk 2 minutes. Repeat 3 times.

WEEK 6

Rest

Run/brisk walk for 15 minutes then walk 1 minute. Repeat 2 times

15 minutes of stretching

Run/brisk walk for 8 minutes then walk 2 minutes. Repeat 3 times.

15 minutes of stretching

RACE DAY!