



Workout Schedule

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 3/19 – 3/25			PreMile Workout-CHS		Walk 3 min. Brisk/Run 1 min. 6x = 24 min.	CROSS TRAIN	
2 3/26- 4/1	REST	CROSS TRAIN	Walk 3 min. Brisk/Run 1 min. 6x = 24 min.	CROSS TRAIN	Walk 3 min. Brisk/Run 1 min. 7x = 28 min.- GROUPS FORM	CROSS TRAIN	Walk 3 min. Brisk/Run 1 min. 7x = 28 min.
3 4/2 – 4/8	REST	CROSS TRAIN	Walk 3 min. Brisk/Run 2 min. 6x = 30 min.	CROSS TRAIN	Walk 3 min. Brisk/Run 2 min. 6x = 30 min.	CROSS TRAIN	Walk 3 min. Brisk/Run 2 min. 6x = 30 min.
4 4/9 – 4/15	REST	CROSS TRAIN Injury Prevention/Core Strength-RCHD	Walk 3 min. Brisk/Run 2 min. 7x = 35 min. FORM CLINICS	CROSS TRAIN- FREE Zumba class- K&Co Dance – 6 pm (limit 30-signup)	Walk 3 min. Brisk/Run 2 min. 7x = 35 min.	CROSS TRAIN	Walk 3 min. Brisk/Run 2 min. 7x = 35 min.
5 4/16- 4/22	REST	CROSS TRAIN	Walk 2 min. Brisk/Run 2 min. 9x = 36 min. GEAR CLINICS	CROSS TRAIN	Walk 2 min. Brisk/Run 2 min. 9x = 36 min. NO MATCH!	CROSS TRAIN	Walk 2 min. Brisk/Run 2 min. 9x = 36 min.
6 4/23 – 4/29	REST	CROSS TRAIN	Walk 2 min. Brisk/Run 3 min. 7x = 35 min. INSIDE OUT!	CROSS TRAIN Fun Free Aerobics with Sandy! 6 pm	Walk 2 min. Brisk/Run 3 min. 7x = 35 min.	CROSS TRAIN	Walk 2 min. Brisk/Run 3 min. 7x = 35 min.
7 4/30 – 5/6	REST	CROSS TRAIN	Walk 2 min. Brisk/Run 3 min. 8x = 40 min. OR 5k	CROSS TRAIN Easy Free Yoga With Debbie at Fitness for Her- 6:30 pm-SIGN UP!	Walk 2 min. Brisk/Run 3 min. 8x = 40 min. OR 5k WESTERN NIGHT!	CROSS TRAIN	Walk 2 min. Brisk/Run 3 min. 8x = 40 min.
8 5/7 – 5/13	REST	CROSS TRAIN	Walk 2 min. Brisk/Run 4 min. 6x = 36 min. OR 5k- SUPERHEROES!	CROSS TRAIN	Walk 2 min. Brisk/Run 4 min. 6x = 36 min. OR 5k	CROSS TRAIN	Walk 2 min. Brisk/Run 4 min. 6x = 36 min.
9 5/14 – 5/20	REST	CROSS TRAIN Safety Clinic- RCHD – 6pm???	Walk 1 min. Brisk/Run 4 min. 8x = 40 min. OR 5k	CROSS TRAIN	Walk 1 min. Brisk/Run 4 min. 8x = 40 min OR 5k FUN HATS!	CROSS TRAIN	Walk 1 min. Brisk/Run 4 min. 8x = 40 min.
10 5/21 – 5/27	REST	CROSS TRAIN	Walk 1 min. Brisk/Run 5 min. 7x = 42 min. OR 5k	CROSS TRAIN	Walk 1 min. Brisk/Run 5 min. 7x = 42 min. OR 5k- CRAZY SOCKS!	CROSS TRAIN	Walk 1 min. Brisk/Run 5 min. 7x = 42 min.
11 5/28 – 6/3	REST	CROSS TRAIN	Walk 1 min. Brisk/Run 6 min. 7x = 49 min. OR 5k	CROSS TRAIN	Walk 1 min. Brisk/Run 6 min. 7x = 49 min. OR 5k	CROSS TRAIN	GOAL EVENT – HOPE 5K
12 6/4 – 6/10 & 6/12	REST	CROSS TRAIN	POSTMILE WORKOUT-CHS Week 13- 6/12- Graduation NTC 6pm	REST			

Cross Train = something active other than walking or running/walking, i.e. swimming, bicycling, hiking, strength training