











NEIGHBORHOOD  
FITNESS SERIES



# TRAINING PLAN

## RUN 1-2 MILES IN FOUR WEEKS!

	MON	TUE	WED	THU	FRI	SAT	SUN
							
<b>WK #1</b>	Strength Training	10x: 30 sec walk 30 sec jog (Total: 10 min)	Rest	Strength Training	15 min brisk walk	10x: 1 min walk 30 sec jog (Total: 15 min)	Rest
<b>WK #2</b>	Strength Training	12x: 30 sec walk 30 sec jog (Total: 12 min)	Rest	Strength Training	20 min brisk walk	10x: 1 min walk 45 sec jog (Total: 17.5 min)	Rest
<b>WK #3</b>	Strength Training	10x: 45 sec walk 45 sec jog (Total: 15 min)	Rest	Strength Training	25 min brisk walk	10x: 1 min walk 1 min jog (Total: 20 min)	Rest
<b>WK #4</b>	Strength Training	12x: 45 sec walk 45 sec jog (Total: 18 min)	Rest	Strength Training	30 min brisk walk	Rest	<b>RACE DAY!</b>