



Walkers

Summer Session 6/5/21 - 8/21/21

Group A = Beginners (Never exceed 6 Miles)

Group B = Half Marathon Training (Recovery Session)

Week	Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	6/5	A-2 Miles B-4 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	A-Rest B-20 Min Cross Train	Rest
2	6/12	A-3 Miles B-5 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
3	6/19	4 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
4	6/26	A-4 Miles B-6 Miles	Rest	3 Miles	20 Min Walk/Bike	4 Miles Hills	Stretch / Yoga	Rest
5	7/3	A-4 Miles B-6 Miles	Rest	3 Miles	20 Min Walk/Bike	4 Miles Citrus	20 Min Cross Train	Rest
6	7/10	A-3 Miles B-8 Miles	Rest	3 Miles	20 Min Walk/Bike	4 Miles Hills	Stretch / Yoga	Rest
7	7/17	A-5 Miles B-6 Miles	Rest	3 Miles	30 Min Walk/Bike	4 Miles Citrus	20 Min Cross Train	Rest
8	7/24	A-5 Miles B-7 Miles	Rest	3 Miles	30 Min Walk/Bike	4 Miles Hills	20 Min Cross Train	Rest
9	7/31	A-5 Miles B-7 Miles	Rest	3 Miles	30 Min Walk/Bike	4 Miles Citrus	Stretch / Yoga	Rest
10	8/7	A-4 Miles B-6 Miles	Rest	3 Miles	30 Min Walk/Bike	4 Miles Hills	20 Min Cross Train	Rest
11	8/14	A-5 Miles B-7 Miles	Rest	3 Miles	30 Min Walk/Bike	4 Miles Citrus	Stretch / Yoga	Rest
12	8/21	6 Miles	Rest	3 Miles	Rest	3 Miles	Rest	Rest

Cross-training = swim, bike, stretch, walk, yoga, elliptical, etc