



Walkers

Summer Session 6/4/22 - 8/20/22

***6/11/22 Frida 5K**

***8/13/22 Dodgers Foundation Sunset Run 5K/10K/Kids**

***8/27/22 Menudo Run**

Group A = Beginners (Never exceed 6 Miles)

Group B = Long Miles (Never exceed 10 Miles)

Week	Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	6/4/2022	A-2 Miles B-4 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	A-Rest B-20 Min Cross Train	Rest
2	6/11/2022	A-3 Miles B-6 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
3	6/18/2022	A-4 Miles B-7 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
4	6/25/2022	4 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
5	7/2/2022	A-4 Miles B-6 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
6	7/9/2022	A-3 Miles B-8 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
7	7/16/2022	5 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
8	7/23/2022	A-5 Miles B-10 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
9	7/30/2022	A-5 Miles B-8 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
10	8/6/2022	A-4 Miles B-6 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
11	8/13/2022	A-5 Miles B-10 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
12	8/20/2022	6 Miles	Rest	3 Miles	Rest	3 Miles	Rest	Rest

CP = Conversation Pace

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