



Walkers

Fall Session 9/3/22 - 11/19/22

***9/11/22 Santa Monica Classic**

***9/24/22 Homeboy Industries 5K**

***10/29/22 Whittier Spooktacular 5K**

***10/30/22 Run the 110 Frwy 5K**

***11/6/22 Malibu Half Marathon & 5K**

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	9/3/2022	A-2 Miles B-4 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	A-Rest B-20 Min Cross Train	Rest
2	9/10/2022	A-3 Miles B-6 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
3	9/17/2022	A-4 Miles B-7 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
4	9/24/2022	4 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
5	10/1/2022	A-4 Miles B-6 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
6	10/8/2022	A-3 Miles B-8 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
7	10/15/2022	5 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
8	10/22/2022	A-5 Miles B-10 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
9	10/29/2022	A-5 Miles B-8 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
10	11/5/2022	A-4 Miles B-6 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
11	11/12/2022	A-5 Miles B-10 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
12	11/19/2022	6 Miles	Rest	3 Miles	Rest	3 Miles	Rest	Rest

CP = Conversation Pace

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