



Walkers

Spring Session 3/4/23 - 5/20/23

- *3/11/23 Shamrock 5K (Santa Fe Springs)**
- *3/18/23 Big5K (Dodgers Stadium)**
- *3/19/23 LA Marathon (volunteers needed)**
- *4/8/23 Santa Anita Derby Day 5K**
- *4/22/23 Shelter's Right Hand 5K Walk (Whittier)**
- *5/6/23 Nurse's Rock 5K/10K (San Dimas)**

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	3/4	A-2 Miles B-4 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	A-Rest B-20 Min Cross Train	Rest
2	3/11	A-3 Miles B-6 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
3	3/18	A-4 Miles B-7 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
4	3/25	4 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
5	4/1	A-4 Miles B-6 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
6	4/8	A-3 Miles B-8 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
7	4/15	5 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
8	4/22	A-5 Miles B-10 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
9	4/29	A-5 Miles B-8 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
10	5/6	A-4 Miles B-6 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
11	5/13	A-5 Miles B-10 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
12	5/20	6 Miles	Rest	3 Miles	Rest	3 Miles	Rest	Rest

CP = Conversation Pace

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