



**Walkers**

**Novice 5K/10K**

**Summer Session 6/3/23 - 8/19/23**

**\*6/10/23 Finish the Run 5K, 10K, half marathon (griffith Park)**

**\*8/5/23 Pride of the Valley 5K (Baldwin Park)**

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

CP = Conversation Pace

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