



**Walkers**  
**Spring Session 3/2/24 - 5/18/24**

**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	3/2	A-2 Miles B-4 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	A-Rest B-20 Min Cross Train	Rest
2	3/9	A-3 Miles B-6 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
3	3/16	A-4 Miles B-7 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
4	3/23	4 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
5	3/30	A-4 Miles B-6 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
6	4/6	A-3 Miles B-8 Miles	Rest	3 Miles	20 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
7	4/13	5 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
8	4/20	A-5 Miles B-10 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
9	4/27	A-5 Miles B-8 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
10	5/4	A-4 Miles B-6 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	20 Min Cross Train	Rest
11	5/11	A-5 Miles B-10 Miles	Rest	3 Miles	30 Min Walk/Bike	3 Miles	Stretch / Yoga	Rest
12	5/18	6 Miles	Rest	3 Miles	Rest	3 Miles	Rest	Rest

CP = Conversation Pace

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