



MASTER THE MILE



SATURDAY, SEPTEMBER 26, 2015
WWW.PBRC.EDU/DOCDASH

<p>Week 1</p>	<p>Day 1: _____ Duration: 30 min Activity: Repeat 2x: Walk for 10 min (fast pace) Walk for 5 min (easy pace) Stretch</p>	<p>Day 2: _____ Duration: 35 min Activity: Repeat 7x: Walk for 3 min (fast pace) Walk for 2 min (easy pace) Stretch</p>	<p>Day 3: _____ Duration: 40 min Activity: Walk for 40 min (brisk pace) Stretch</p>	<p>Week 5</p>	<p>Day 1: _____ Duration: 30 min Activity: Repeat 2x: Walk for 12 min (fast pace) Walk for 3 min (easy pace) Stretch</p>	<p>Day 2: _____ Duration: 35 min Activity: Repeat 7x: Walk for 3 min (fast pace) Walk for 2 min (easy pace) Stretch</p>	<p>Day 3: _____ Duration: 60 min Activity: Walk for 60 min (brisk pace) Stretch</p>
<p>Week 2</p>	<p>Day 1: _____ Duration: 30 min Activity: Repeat 2x: Walk for 10 min (fast pace) Walk for 5 min (easy pace) Stretch</p>	<p>Day 2: _____ Duration: 35 min Activity: Repeat 7x: Walk for 3 min (fast pace) Walk for 2 min (easy pace) Stretch</p>	<p>Day 3: _____ Duration: 45 min Activity: Walk for 45 min (brisk pace) Stretch</p>	<p>Week 6</p>	<p>Day 1: _____ Duration: 30 min Activity: Repeat 2x: Walk for 12 min (fast pace) Walk for 3 min (easy pace) Stretch</p>	<p>Day 2: _____ Duration: 35 min Activity: Repeat 7x: Walk for 3 min (fast pace) Walk for 2 min (easy pace) Stretch</p>	<p>Day 3: _____ Duration: 60 min Activity: Walk for 60 min (brisk pace) Stretch</p>
<p>Week 3</p>	<p>Day 1: _____ Duration: 30 min Activity: Repeat 2x: Walk for 11 min (fast pace) Walk for 4 min (easy pace) Stretch</p>	<p>Day 2: _____ Duration: 35 min Activity: Repeat 5x: Walk for 5 min (fast pace) Walk for 2 min (easy pace) Stretch</p>	<p>Day 3: _____ Duration: 50 min Activity: Walk for 50 min (brisk pace) Stretch</p>	<p>Week 7</p>	<p>Day 1: _____ Duration: 30 min Activity: Repeat 2x: Walk for 13 min (fast pace) Walk for 2 min (easy pace) Stretch</p>	<p>Day 2: _____ Duration: 35 min Activity: Repeat 5x: Walk for 5 min (fast pace) Walk for 2 min (easy pace) Stretch</p>	<p>Day 3: _____ Duration: 60 min Activity: Walk for 60 min (brisk pace) Stretch</p>
<p>Week 4</p>	<p>Day 1: _____ Duration: 30 min Activity: Repeat 2x: Walk for 11 min (fast pace) Walk for 4 min (easy pace) Stretch</p>	<p>Day 2: _____ Duration: 35 min Activity: Repeat 5x: Walk for 5 min (fast pace) Walk for 2 min (easy pace) Stretch</p>	<p>Day 3: _____ Duration: 55 min Activity: Walk for 55 min (brisk pace) Stretch</p>	<p>Week 8</p>	<p>Day 1: _____ Duration: 30 min Activity: Repeat 2x: Walk for 13 min (fast pace) Walk for 2 min (easy pace) Stretch</p>	<p>Day 2: _____ Duration: 35 min Activity: Repeat 5x: Walk for 5 min (fast pace) Walk for 2 min (easy pace) Stretch</p>	<p>Day 3: Saturday, Sept 26th Activity: RACE DAY! Walk 1-mile!</p>