

**Between 2 days of running, always keep 1 day as a day for resting.**

  = walking        = running

week 1	training 1	<span style="background-color: #fff2cc;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">3'</span> <span style="background-color: #d9ead3;">2'</span>
	training 2	<span style="background-color: #fff2cc;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">3'</span> <span style="background-color: #d9ead3;">2'</span>
	training 3	<span style="background-color: #fff2cc;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">3'</span> <span style="background-color: #d9ead3;">2'</span>
week 2	training 1	<span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">3'</span>
	training 2	<span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">3'</span>
	training 3	<span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">3'</span>
week 3	training 1	<span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">7'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">7'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">2'</span>
	training 2	<span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">7'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">7'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">2'</span>
	training 3	<span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">7'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">7'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">2'</span>
week 4	training 1	<span style="background-color: #fff2cc;">8'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">10'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">8'</span> <span style="background-color: #d9ead3;">2'</span>
	training 2	<span style="background-color: #fff2cc;">8'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">10'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">8'</span> <span style="background-color: #d9ead3;">2'</span>
	training 3	<span style="background-color: #fff2cc;">8'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">10'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">8'</span> <span style="background-color: #d9ead3;">2'</span>
week 5	training 1	<span style="background-color: #fff2cc;">12'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">12'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">8'</span> <span style="background-color: #d9ead3;">1'</span>
	training 2	<span style="background-color: #fff2cc;">13'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">13'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">8'</span> <span style="background-color: #d9ead3;">1'</span>
	training 3	<span style="background-color: #fff2cc;">14'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">14'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">8'</span> <span style="background-color: #d9ead3;">1'</span>
week 6	training 1	<span style="background-color: #fff2cc;">15'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">15'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">6'</span> <span style="background-color: #d9ead3;">1'</span>
	training 2	<span style="background-color: #fff2cc;">16'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">16'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">5'</span> <span style="background-color: #d9ead3;">1'</span>
	training 3	<span style="background-color: #fff2cc;">28'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">1' of 2' of walking (You decide when)</span>
week 7	training 1	<span style="background-color: #fff2cc;">30'</span> <span style="background-color: #d9ead3;">1' of 2' of walking (You decide when)</span>
	training 2	<span style="background-color: #fff2cc;">32'</span> <span style="background-color: #d9ead3;">1' of 2' of walking (You decide when)</span>
	training 3	<span style="background-color: #d9ead3;">3.1 miles</span>

Summary		
Running	Walking	Total
17'	12'	29
17'	12'	29
17'	12'	29
20'	12'	32
20'	12'	32
20'	12'	32
24'	8'	32
24'	8'	32
24'	8'	32
26'	6'	32'
26'	6'	32'
26'	6'	32'
32'	5'	37'
34'	5'	39'
36'	5'	41'
36'	5'	41'
37'	5'	42'
28'	2'	30'
30'	0'	30'
32'	0'	32'