

		Sunday Main Workout						Workout Sessions After Sunday					
Week#	Date	Run Interval	Walk Interval	Workout Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
1	Sep20	1 min	5 min	30min	Rest day	Cross-train	20-30 min	Cross-train	20-30 min	Rest day			
2	Sep27	2 min	4 min	30min	Rest day	Cross-train	20-30 min	Cross-train	20-30 min	Rest day			
3	Oct 4	3 min	3 min	30min	Rest day	Cross-train	20-30 min	Cross-train	20-30 min	Rest day			
4	Oct 11	4 min	2 min	30min	Rest day	Cross-train	20-30 min	Cross-train	20-30 min	Rest day			
5	Oct 18	5 min	1 min	30 min	Rest day	Cross-train	20-30 min	Cross-train	20-30 min	Rest day			
6	Oct 25	5 min	1 min	36 min	Rest day	Cross-train	20-30 min	Cross-train	20-30 min	Rest day			
7	Nov 1	5 min	1 min	42 min	Rest day	Cross-train	30-40 min	Cross-train	30-40 min	Rest day			
8	Nov 8	5 min	1 min	48 min	Rest day	Cross-train	30-40 min	Cross-train	30-40 min	Rest day			
9	Nov 15	5 min	1 min	54 min	Rest day	Cross-train	30-40 min	Cross-train	30-40 min	Rest day			
10	Nov 22	5 min	1 min	60min	Rest day	Cross-train	30-40 min	Cross-train	30-40 min	Rest day			
11	Nov 29	5 min	1 min	66 min	Rest day	Cross-train	30-40 min	Cross-train	30-40 min	Rest day			
12	Dec 6	5 min	1 min	5 mile run!	Rest day	Cross-train	30-40 min	Cross-train	30-40 min	Rest day			