

Month One

Week One Sunday (open), Monday 20 minutes (walk only), Tuesday 20 minutes (walk only), Wednesday (open), Thursday 20 minutes (walk only), Friday 20 minutes (walk only), Saturday (open)

Week Two Sunday (open), Monday 20 minutes (walk 15, trot 5), Tuesday 20 minutes (walk 15, trot 5), Wednesday (open), Thursday 20 minutes (walk 15, trot 5), Friday 20 minutes (walk 15, trot 5), Saturday (open)

Week Three Sunday (open), Monday 25 minutes (walk 15, trot 10), Tuesday 25 minutes (walk 15, trot 10), Wednesday (open), Thursday 25 minutes (walk 15, trot 10), Friday 25 minutes (walk 15, trot 10), Saturday (open)

Week Four Sunday (open), Monday 30 minutes (walk 15, trot 15), Tuesday 30 minutes (walk 15, trot 15), Wednesday (open), Thursday 30 minutes (walk 15, trot 15), Friday 30 minutes (walk 15, trot 15), Saturday (open)

Month Two

Week Five Sunday (open), Monday 30 minutes (walk, trot, lope - 3 minutes loping), Tuesday 30 minutes (walk, trot, lope - 3 minutes loping), Wednesday (open), Thursday 30 minutes (walk, trot, lope - 3 minutes loping) Friday 30 minutes (walk, trot, lope - 3 minutes loping), Saturday (open)

Week Six Sunday (open), Monday 30 minutes (walk, trot, lope - 6 minutes loping), Tuesday 30 minutes (walk, trot, lope - 6 minutes loping), Wednesday (open), Thursday 30 minutes (walk, trot, lope - 6 minutes loping), Friday 30 minutes (walk, trot, lope), Saturday (open)

Week Seven Sunday (open), Monday 30 minutes (walk, trot, lope - 9 minutes loping), Tuesday 30 minutes (walk, trot, lope - 9 minutes loping), Wednesday (open), Thursday 30 minutes (walk, trot, lope - 9 minutes loping), Friday 30 minutes (walk, trot, lope), Saturday (open)

Week Eight Sunday (open), Monday 30 minutes (walk, trot, lope -12 minutes loping), Tuesday 30 minutes (walk, trot, lope - 2 minutes loping), Wednesday (open), Thursday 30 minutes (walk, trot, lope -12 minutes loping), Friday 30 minutes (walk, trot, lope -12 minutes loping), Saturday (open)

Month Three

Week Nine Sunday (open), Monday 30 minutes (walk, trot, lope - 3 minutes loping), Tuesday Warm up 5 (LARGE circles slow speed to fast smaller circles), Normal Routine; Wednesday (open), Thursday 30 minutes (walk, trot, lope - 3 minutes loping), Friday Warm up 5 (LARGE circles slow speed to fast smaller circles), Normal Routine; Saturday (open)

Week Ten Sunday (open), Monday 35 minutes (walk, trot, lope – 3 minutes loping, 3 fast 1:6), Tuesday Warm up 5, Normal Routine; Wednesday (open), Thursday 35 minutes (walk, trot, lope – 3 minutes loping, 3 fast 1:6), Friday Warm up 5, Normal Routine; Saturday (open)

Week Eleven Sunday (open), Monday 40 minutes (walk, trot, lope - 6 minutes loping, 6 fast 1:6), Tuesday Warm up 5-10, Normal Routine; Wednesday (open), Thursday 40 minutes (walk, trot, lope - 6 minutes loping, 6 fast 1:6). Friday Warm up 5-10, Normal Routine; Saturday (open)

Week Twelve Sunday (open), Monday 45 minutes (walk, trot, lope – 9 minutes loping, 9 fast 1:6), Tuesday Warm up 10, Normal Routine; Wednesday (open), Thursday 45 minutes (walk, trot, lope – 9 minutes loping, 9 fast 1:6) Friday Warm up 10, Normal Routine; Saturday (open)