

CORPORATE RUN TRAINING PROGRAM

START THIS TRAINING PROGRAM TO GET YOUR TEAM READY!

W = Walk
R= Run
M= Minutes

Date	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
Week 1	W4-R1 (6)	Walk 30 M	W4-R1 (6)	W4-R1 (3)	Walk 30 M	W4-R1 (6)	Off
	The first week you're walking the majority of the time. M = minutes. If you miss a day do not try to make it up. Walk 4 minutes (W4) and then run 1 minute (R1). Do this cycle six times (6). Do not run too fast. You should not be huffing and puffing.						
Week 2	W3-R2 (6)	Walk 30 M	W3-R2 (6)	W3-R2 (6)	Walk 30 M	W3-R2 (6)	Off
	Are you doing your stretching? Walk for 5 minutes, then Stretch, do your walk/run.						
Week 3	W3-R2 (7)	Walk 35 M	W3-R2 (7)	W3-R2 (7)	Walk 30 M	W3-R2 (7)	Off
	The average American takes 20 years to get out of condition and he/she wants to get back in condition in 20 days.						
Wee 4	W3-R3 (6)	Walk 35 M	W3-R3 (6)	W3-R3 (3)	Walk 35 M	W3-R3 (6)	Off
	Keep a log of your walk/run each day. Write down weather and temperature, how you feel before and after, and general comments about each walk/run.						
Wee 5	W3-R3 (7)	Walk 35 M	W3-R3 (7)	W3-R3 (3)	Walk 35 M	W3-R3 (7)	Off
	Remember to drink a lot of water before, during and after each walk/run.						
Week 6	W2-R4 (6)	Walk 40 M	W2-R4 (6)	W2-R4 (3)	Walk 35 M	W2-R4 (6)	Off
	Wear light clothing. Avoid 100 cotton. The best is Coolmax outfits.						
Week 7	W2-R4 (7)	Walk 40 M	W2-R4 (7)	W2-R4 (3)	Walk 35 M	W2-R4 (7)	Off
	Now that you have stuck to the program this long, make sure to take care of your feet. How are your running shoes?						
Race Week	W1-R5 (6)	W1-R5 (3)	Walk 35 M	Race Day			
	Race day tip #1: Have a light lunch and drink plenty of water; have a small snack around 3:30 PM. Race day tip #2: Arrive early and be patient the first mile until the crowd thins. Race day tip #3: Walk through the water stations, taking time to drink water.						