

Run This City

NYC

8 Week Training Program

Level 1
Walker

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or Walk	25 MIN Walk	Rest or Walk	25 Walk	Rest	3.0 MI Walk	35-80 MIN Walk
2	Rest or Walk	30 MIN Walk	Rest or Walk	30 Walk	Rest	3.5 MI Walk	45-80 MIN Walk
3	Rest or Walk	35 MIN Walk	Rest or Walk	35 Walk	Rest	4.0 MI Walk	55-80 MIN Walk
4	Rest or Walk	40 MIN Walk	Rest or Walk	40 Walk	Rest	4.5 MI Walk	65-80 MIN Walk
5	Rest or Walk	45 MIN Walk	Rest or Walk	45 Walk	Rest	5.0 MI Walk	70-80 MIN Walk
6	Rest or Walk	50 MIN Walk	Rest or Walk	50 Walk	Rest	5.5 MI Walk	75-80 MIN Walk
7	Rest or Walk	55 MIN Walk	Rest or Walk	55 Walk	Rest	6.0 MI Walk	80 MIN Walk
8	Rest or Walk	30 MIN Walk	Rest or Walk	30 Walk	Rest	Rest	Race