

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5-Feb	Rest	1.5 mi run/walk	Rest	1.5 mi run/walk	Rest	1.5 mi run/walk	30 min walk
12-Feb	Rest	1.75 mi run/walk	Rest	1.5 mi run/walk	Rest	1.75 mi run/walk	35 min walk
19-Feb	Rest	2 mi run/walk	Rest	1.5 mi run/walk	Rest	2 mi run/walk	40 min walk
26-Feb	Rest	2.25 mi run/walk	Rest	1.5 mi run/walk	Rest	2.25 mi run/walk	45 min walk
5-Mar	Rest	2.5 mi run/walk	Rest	2 mi run/walk	Rest	2.5 mi run	50 min walk
12-Mar	Rest	2.75 mi run/walk	Rest	2 mi run/walk	Rest	2.75 mi run/walk	55 min walk
19-Mar	Rest	3 mi run/walk	Rest	2 mi run/walk	Rest	3 mi run/walk	60 min walk
2-Apr	Rest	3 mi run/walk	Rest	2 mi run/walk	Rest	3 mi run/walk	Rest
9-Apr	National Child Nutrition Conference 5k Run/Walk - Anytime						