

# DARE U TO WALK

## 8 WEEK TRAINING PLAN

<b>17 AUGUST</b>	<b>18 Monday</b>	<b>19 Tuesday</b>	<b>20 Wednesday</b>	<b>21 Thursday</b>	<b>22 Friday</b>	<b>23 Saturday</b> <b>Mandatory Kick Off</b> <b>Kenneth Hahn Park</b> <b>Saturday 6:30 AM</b> <b>DUTC Runners</b> <b>1.5 Miles Walk/Run</b>
<b>24 Sunday</b>  <b>Week 1</b>  <b>REST</b>	<b>25</b> <b>YOUR PERSONAL TRAINING</b> <b>20 Minutes</b> <b>Run/Walk</b>	<b>26</b> <b>Kenneth Hahn Park</b> <b>6:00 PM</b> <b>1.5 Miles Walk/Run</b>	<b>27</b>  <b>20 Minutes</b> <b>Run/Walk</b>	<b>28</b> <b>Kenneth Hahn Park</b> <b>6:00 PM</b> <b>1.5 Miles Walk/Run</b>	<b>29</b>  <b>REST</b>	<b>30</b> <b>Mandatory</b> <b>Kenneth Hahn Park</b> <b>6:30 AM- Until</b> <b>2 Miles</b> <b>Walk/Run</b>
<b>31</b>  <b>Week 2</b>  <b>REST</b>	<b>1 SEPTEMBER</b>  <b>20 Minutes</b> <b>Run/Walk</b>	<b>2</b> <b>Kenneth Hahn Park</b> <b>6:00 PM</b> <b>2 Miles</b> <b>Walk/Run</b>	<b>3</b>  <b>20 Minutes</b> <b>Run/Walk</b>	<b>4</b> <b>Kenneth Hahn Park</b> <b>6:00 PM</b> <b>2 Miles</b> <b>Walk/Run</b>	<b>5</b>  <b>REST</b>	<b>6</b> <b>Mandatory</b> <b>Kenneth Hahn Park</b> <b>6:30 AM-Until</b> <b>2.5 Miles</b> <b>Walk/Run</b>
<b>7</b>  <b>Week 3</b>  <b>REST</b>	<b>8</b>  <b>25 Minutes</b> <b>Run/Walk</b>	<b>9</b> <b>Kenneth Hahn Park</b> <b>6:00 PM</b> <b>2.5 Miles</b> <b>Walk/Run</b>	<b>10</b>  <b>25 Minutes</b> <b>Run/Walk</b>	<b>11</b> <b>Kenneth Hahn Park</b> <b>6:00 PM</b> <b>2.5 Miles</b> <b>Walk/Run</b>	<b>12</b>  <b>REST</b>	<b>13</b> <b>Mandatory</b> <b>Kenneth Hahn Park</b> <b>6:30 AM-Until</b> <b>3 Miles</b> <b>Walk/Run</b>
<b>14</b>  <b>Week 4</b>  <b>REST</b>	<b>15</b>  <b>30 Minutes</b> <b>Run/Walk</b>	<b>16</b> <b>Kenneth Hahn Park</b> <b>6:00 PM</b> <b>3 Miles</b> <b>Walk/Run</b>	<b>17</b>  <b>30 Minutes</b> <b>Run/Walk</b>	<b>18</b> <b>Kenneth Hahn Park</b> <b>6:00 PM</b> <b>3 Miles</b> <b>Walk/Run</b>	<b>19</b>  <b>REST</b>	<b>20</b> <b>Mandatory</b> <b>6:30 AM- Until</b> <b>4 Miles</b> <b>Walk/Run</b>

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## 8 WEEK TRAINING PLAN

21 Sunday  Week 5  REST	22 Monday  35 Minutes Run/Walk	23 Tuesday  Kenneth Hahn Park 6:00 PM 4 Miles Walk/Run	24 Wednesday  35 Minutes Run/Walk	25 Thursday  Kenneth Hahn Park 6:00 PM 4 Miles Walk/Run	26 Friday  REST	27 Saturday  Mandatory 6:30 AM-Until 5 Miles Walk/Run
28  Week 6  REST	29  40 Minutes Run/Walk	30  Kenneth Hahn Park 6:00 PM 5 Miles Walk/Run	1 <b>OCTOBER</b>  40 Minutes Run/Walk	2  Kenneth Hahn Park 6:00 PM 5 Miles Walk/Run	3  REST	4  Mandatory 6:30 AM-Until 5 Miles Walk/Run
5  Week 7  REST	6  40 Minutes Run/Walk	7  Kenneth Hahn Park 6:00 PM 5 Miles Walk/Run	8  40 Minutes Run/Walk	9  Kenneth Hahn Park 6:00 PM 5 Miles Walk/Run	10  <b>HEALTH EXPO DAY</b>	11  <b>HEALTH EXPO DAY</b>
12  <b>RACE DAY!!!!</b>						

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