

STROLLER (Beginner Level Walker)

November

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>"One run can change your day; many runs can change your life."</p>	1 10' min of easy walk	2 OFF	3 15' min of easy walking	4 1 mile walk	5 RECOVERY DAY *Recovery day can mean a swim/yoga class or off day.
6 RECOVERY DAY "Run when you can, walk if you have to, crawl if you must, just never give up."	7 20' min of easy walking	8 15' min of brisk walking	9 25' min walk	10 OFF	11 1.5 mile walk	12 RECOVERY DAY *Feel free to come to the Y to swim or cycle during your recovery time.
13 RECOVERY DAY	14 30' min walk	15 25' min total: 15' min of brisk walking, 10' min easy walk "Just stick with it. What seems hard now will one day be your warm-up"	16 XT (CROSS-TRAIN): for 30 min to an hr.	17 2 mile walk	18 30' min of easy walking	19 RECOVERY DAY
20 RECOVERY DAY	21 35' min of easy walking "All great achievements require time."	22 30' min total: 15' min of brisk walking, 15' min easy walk	23 40' min walk	24 2.5 mile walk	25 30' brisk walk	26 RECOVERY DAY
27 RECOVERY DAY	28 40' min of easy walking	29 40' min total: 20' min of brisk walking, 20' min easy walk	30 XT (CROSS-TRAIN): for 30 min to an hr.			

STROLLER (Beginner Level Walker)

December

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>"Nothing, not even pain, lasts forever. If I can just keep putting one foot in front of the other, I will eventually get to the end."</i></p>			<p>1 3.0 mile walk</p>	<p>2 35' min of brisk walk</p> <p><i>"Don't be afraid to fail. It's not the end of the world and in many ways it's the first step toward learning something better and getting better at it."</i></p>	<p>3 RECOVERY DAY</p>
<p>4 RECOVERY DAY</p>	<p>5 45' min of easy walking</p>	<p>6 45' min total: 20' min of brisk walking, 25' min of easy walking</p>	<p>7 XT (CROSS-TRAIN): for 30 min to an hr.</p>	<p>8 40' min walk</p>	<p>9 15' min of easy walking GET LOTS OF REST & CARBS!!</p>	<p>10 RACE DAY!!</p>

GETTING STARTED

TRAINING FOR A 5K CAN SEEM A BIT OVERWHELMING NOT KNOWING WHERE TO START, BUT THIS PROGRAM WILL HELP GUIDE YOU EACH DAY.

EASY WALK

Casual walking that does not require much effort.

BRISK WALK

Speed walking that is generally 1 mile every 15-20 minutes.

XT CROSS TRAINING

Engaging in other forms of exercise to improve fitness. For example, cycling or swimming.

STROLLER

"IN RUNNING, IT DOESN'T MATTER WHETHER YOU COME IN FIRST, IN THE MIDDLE OF THE PACK, OR LAST. YOU CAN SAY, 'I HAVE FINISHED.' THERE IS A LOT OF SATISFACTION IN THAT." — FRED LEBOW

HOW TO CREATE A GOAL...

- S-** Is it specific?
- M-** Is it measurable? How will you track your progress?
- A-** Is it attainable? Can you reach this goal in the time frame you have and skill set?
- R-** Is it relevant to you?
- T-** Is there a specific time or end date?

GOAL...