

# August Run/Walk

2006

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		<b>1</b>	<b>2</b>	<b>3</b> Registration Introduction to groups	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> Warm up 3 min Run 5 min Walk 3 min Run 5 min Walk 3 min	<b>11</b>	<b>12</b> Warm up 3 min Run 5 min Walk 3 min Run 5 min Walk 3 min Run 5 min Walk 3 min
<b>13</b>	<b>14</b>	<b>15</b> Warm up 3 min Run 5 min Walk 2 min Run 5 min Walk 2 min Run 5 min Walk 2 min	<b>16</b>	<b>17</b> Warm up 3 min Run 8 min Walk 3 min Run 8 min Walk 3 min Run 5 min Walk 3 min	<b>18</b>	<b>19</b> Warm up 3 min Run 8 min Walk 3 min Run 8 min Walk 3 min Run 5 min Walk 3 min
<b>20</b>	<b>21</b>	<b>22</b> Warm up 3 min Run 8 min Walk 3 min Run 8 min Walk 3 min Run 5 min Walk 3 min	<b>23</b>	<b>24</b> Warm up 3 min Run 10 min Walk 3 min Run 10 min Walk 3 min Run 5 min Walk 2 min	<b>25</b>	<b>26</b> Warm up 3 min Run 10 min Walk 3 min Run 10 min Walk 3 min Run 5 min Walk 2 min
<b>27</b>	<b>28</b>	<b>29</b> Warm up 3 min Run 10 min Walk 2 min Run 10 min Walk 2 min Run 5 min Walk 2 min	<b>30</b>	<b>31</b> Warm up 3 min Run 10 min Walk 2 min Run 10 min Walk 2 min Run 5 min Walk 2 min		

# September Run/Walk

2006

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2 Warm up 3 min Run 10 min Walk 2 min Run 10 min Walk 2 min Run 5 min Walk 2 min
3	4	5 Warm up 3 min Run 10 min Walk 2 min Run 10 min Walk 2 min Run 5 min Walk 2 min	6	7 Warm up 3 min Run 12 min Walk 2 min Run 12 min Walk 2 min Run 4 min Walk 2 min	8	9 Warm up 3 min Run 12 min Walk 2 min Run 12 min Walk 2 min Run 4 min Walk 2 min
10	11	12 Warm up 3 min Run 12 min Walk 2 min Run 12 min Walk 2 min Run 4 min Walk 2 min	13	14 Warm up 3 min Run 15 min Walk 3min Run 15 min Walk 3 min	15	16 Warm up 3 min Run 15 min Walk 3min Run 15 min Walk 3 min
17	18	19 Warm up 3 min Run 15 min Walk 3min Run 15 min Walk 3 min	20	21 Warm up 3 min Run 17 min Walk 2 min Run 13 min Walk 2 min	22	23 Warm up 3 min Run 17 min Walk 2 min Run 13 min Walk 2 min
24	25	26 Warm up 3 min Run 17 min Walk 2 min Run 13 min Walk 2 min	27	28 Warm up 3 min Run 18 min Walk 2 min Run 15 min Walk 2 min	29	30 Warm up 3 min Run 18 min Walk 2 min Run 15 min Walk 2 min

**October  
Run/Walk**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3 Warm up 3 min Run 18 min Walk 2 min Run 15 min Walk 2 min	4	5 Graduation	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**2006**