



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Prep 1:	8/11 REST	8/12 30 min walk	8/13 REST	8/14 30 min walk	8/15 30 min walk	8/16 REST	8/17 30 min walk
Prep 2:	8/18 REST	8/19 30 min walk	8/20 REST	8/21 6x (4 min walk, 1 min jog)	8/22 30 min walk	8/23 REST	8/24 30 min walk
Prep 3:	8/25 REST	8/26 30 min walk	8/27 REST	8/28 6x (4 min walk, 1 min jog)	8/29 30 min walk	8/30 REST	8/31 6x (4 min walk, 1 min jog)
Prep 4:	9/1 REST	9/2 6x (4 min walk, 1 min jog)	9/3 Fall 2019 Program Starts 	9/4 6x (4 min walk, 1 min jog)	9/5 30 min walk	9/6 REST	9/7 6x (4 min walk, 1 min jog)
Week 1:	9/8 REST	9/9 <b>3 WINS fitness</b>	9/10 8x (3 min walk, 1 min jog)	9/11 <b>3 WINS fitness</b>	9/12 8x (3 min walk, 1 min jog)	9/13 <b>3 WINS fitness</b>	9/14 <u>Challenge 1</u> Shoe Workshop + 1 mile @ San Fernando (8 AM)
	REST	8x (3 min walk, 1 min jog)	<b>3 WINS fitness</b>	8x (3 min walk, 1 min jog)	<b>3 WINS fitness</b>	<b>3 WINS fitness</b>	
Week 2:	9/15 REST	9/16 <b>3 WINS fitness</b>	9/17 10x (2 min walk, 1 min jog)	9/18 <b>3 WINS fitness</b>	9/19 10x (2 min walk, 1 min jog)	9/20 <b>3 WINS fitness</b>	9/21 <u>Challenge 2</u> 2 miles @ El Cariso + Physical Therapist (8 AM)
	REST	10x (2 min walk, 1 min jog)	<b>3 WINS fitness</b>	10x (2 min walk, 1 min jog)	<b>3 WINS fitness</b>	<b>3 WINS fitness</b>	
Week 3:	9/22 REST	9/23 <b>3 WINS fitness</b>	9/24 5x (4 min walk, 2 min jog)	9/25 <b>3 WINS fitness</b>	9/26 5x (4 min walk, 2 min jog)	9/27 <b>3 WINS fitness</b>	9/28 15 min walk, 5 min jog, 10 min walk
	REST	5x (4 min walk, 2 min jog)	<b>3 WINS fitness</b>	5x (4 min walk, 2 min jog)	<b>3 WINS fitness</b>	<b>3 WINS fitness</b>	
Week 4:	9/29 REST	9/30 <b>3 WINS fitness</b>	10/1 6x (2 min walk, 3 min jog)	10/2 <b>3 WINS fitness</b>	10/3 6x (2 min walk, 3 min jog)	10/4 <b>3 WINS fitness</b>	10/5 <u>Challenge 3</u> 3 mile RT hike @ Veterans Park (7 AM)
	REST	6x (2 min walk, 3 min jog)	<b>3 WINS fitness</b>	6x (2 min walk, 3 min jog)	<b>3 WINS fitness</b>	<b>3 WINS fitness</b>	
Week 5:	10/6 REST	10/7 <b>3 WINS fitness</b>	10/8 5x (2 min walk, 5 min jog)	10/9 <b>3 WINS fitness</b>	10/10 5x (2 min walk, 5 min jog)	10/11 <b>3 WINS fitness</b>	10/12 10 min walk, 10 min jog, 10 min walk
	REST	5x (2 min walk, 5 min jog)	<b>3 WINS fitness</b>	5x (2 min walk, 5 min jog)	<b>3 WINS fitness</b>	<b>3 WINS fitness</b>	
Week 6:	10/13 REST	10/14 <b>3 WINS fitness</b>	10/15 3x (2 min walk, 8 min jog)	10/16 <b>3 WINS fitness</b>	10/17 3x (2 min walk, 8 min jog)	10/18 <b>3 WINS fitness</b>	10/19 <u>Challenge 4</u> Echo Mt. (6 mi) Inspiration Pt (10.5 mi) (6:30 AM)
	REST	3x (2 min walk, 8 min jog)	<b>3 WINS fitness</b>	3x (2 min walk, 8 min jog)	<b>3 WINS fitness</b>	<b>3 WINS fitness</b>	
Week 7:	10/20 REST	10/21 <b>3 WINS fitness</b>	10/22 2x (5 min walk, 12 min jog)	10/23 <b>3 WINS fitness</b>	10/24 2x (5 min walk, 12 min jog)	10/25 <b>3 WINS fitness</b>	10/26 5 min walk, 25 min jog, 5 min walk
	REST	2x (5 min walk, 12 min jog)	<b>3 WINS fitness</b>	2x (5 min walk, 12 min jog)	<b>3 WINS fitness</b>	<b>3 WINS fitness</b>	
Week 8:	10/27 REST	10/28 <b>3 WINS fitness</b>	10/29 2x (5 min walk, 15 min jog)	10/30 <b>3 WINS fitness</b>	10/31 30 min walk	11/1 30 min walk	11/2 <u>Challenge 5</u> Santa Clarita 5k/10k
	REST	2x (5 min walk, 15 min jog)	<b>3 WINS fitness</b>	30 min walk	<b>3 WINS fitness</b>		