

OE ROOKIE RUNNER TRAINING SCHEDULE - Novice

WEEK #	TUESDAY	THURSDAY	SATURDAY	SUNDAY
1-Jun-13	1 mile, walk 1 min, run 30 sec	1 mile, walk 1 min, run 30 sec	1 mile, walk 1 min, run 30 sec	1 mile, walk 1 min, run 1 min
2-Jun-20	1 mile, walk 1 min, run 1 min	1 mile, walk 1 min, run 1 min	2 miles, walk 1 min, run 1 min	1 mile, walk 1 min, run 90 sec
3-Jun-27	2 miles, walk 1 min, run 90 sec	1.5 mile, walk 1 min, run 90 sec	2 miles, walk 1 min, run 90 sec	1 mile, walk 1 min, run 2 min
4-Jul-04	2 miles, walk 1 min, run 2 min	1 mile, walk 1 min, run 2 min	2 miles, walk 1 min, run 3 min	2 miles, walk 1 min, run 2 min
5-Jul-11	2 miles, walk 30 sec., run 3 min	2 miles, walk 30 sec., run 3 min	3.0 miles, walk 1 min., run 3 min	2 miles, walk 30 sec., run 3 min
6-Jul-18	2.5 miles, walk 30 sec., run 3 min	3 miles, walk 1 min, run 4 min	2 miles, walk 1 min, run 4 min	2.5 miles, walk 1 min, run 4 min
7-Jul-25	3 miles, walk 30 sec, run 4 min	2 miles, walk 30 sec., run 4 min	3 miles, walk 30 sec., run 4 min	3 miles, walk 1 min, run 5 min
8-Aug-01	3 miles, walk 30 sec, run 4 min	1 mile run	3 miles, walk 30 sec., run 5 min	3 miles, walk 30 sec, run 6 min
9-Aug-08	4 miles, walk 30 sec, run 5 min	2 mile run	4 miles, walk 30 sec., run 6 min	1 mile run
10-Aug-15	5 miles, walk 30 sec, run 6 min	3 mile Run Coffee Creek	4 miles, walk 30 sec., run 7 min	2 mile run
11-Aug-22	3 mile run	5 miles, walk /run Popcorn Route	3 mile run Coffee Creek	1 mile run
12-Aug-29	2 mile run	5 miles, Popcorn route, your pace	4 mile run	3 miles, walk 30 sec, run 7 min
13-Sep-05	2 mile run	1 mile run	RACE DAY!! 9/09/06	