BAE Run Club | Walk to Run

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/25		6x30s Run w/ 60s Walk	6x30s Run w/ 60s Walk	x	2 x 60s Run w/ 60s Walk 2 x 90s Run w/ 90s Walk	x	x
4/1	x	6x60s Run w/ 90s Walk + 4 Strides	6x30s Run w/ 60s Walk	x	3 x 60s Run w/ 60s Walk 3 x 90s Run w/ 90s Walk	x	1 x 10 min run
4/8	x	8x2min Run w/ 90s Walk + 6 strides	8x30s Run w/ 60s Walk	x	4 x 60s Run w/ 60s Walk 4 x 90s Run w/ 90s Walk	x	1 x15 min run
4/15	x	8x2min Run w/ 60s Walk + 4x30s Run w/ 60s Walk + 4 strides	10x30s Run w/ 60s Walk	x	4 x 90s Run w/ 90s Walk 2 x 3min Run w/ 2 min Walk	x	1 x 20 min run
4/22	x	10x2min Run w/ 60s Walk + 6x30s Run w/ 60s Walk + 4 strides	8x30s Run w/ 60s Walk	x	6 x 90s Run w/ 90s Walk 3 x 3min Run w/ 2 min Walk	x	1 x 25 min run
4/29	x	10x2min Run w/ 60s Walk + 6x30s Run w/ 60s Walk + 4 strides	6x30s Run w/ 60s Walk	x	2 x 60s Run w/ 60s Walk 2 x 90s Run w/ 90s Walk	x	**BRIDGE RUN!**

BAE Run Club | Run to Race

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/25		6x30s Fast w/ 60s Walk	2 miles	x	2 miles	x	4 miles
4/1	x	6x60s Fast w/ 90s Walk + 4 Strides	2 miles	2 miles	1 x mile 2 x 800 w/ 3 min walk	x	5 miles
4/8	x	8x2min Fast w/ 90s Walk + 6 strides	2 miles	2 miles	1 x mile 3 x 800 w/ 3 min walk	x	6 miles
4/15	x	8x2min Fast w/ 60s Walk + 4x30s Fast w/ 60s Walk + 4 strides	2 miles	2 miles	2 x mile 2 x 800 w/ 3 min walk	x	5 miles
4/22	x	10x2min Fast w/ 60s Walk + 6x30s Fast w/ 60s Walk + 4 strides	2 miles	2 miles	1 x mile 1 x 800 w/ 3 min walk	x	4 miles
4/29	x	3 miles	2 miles	x	2 miles	x	**BRIDGE RUN!**