

**YMCA 10k Training Team Schedule
Week 1
Jan. 21 - 28, 2012**

Walker

Saturday 1/21/2011 Group Walk 1 Mile Steady Walking	Sunday 1/22/2011 Rest	Monday 1/23/2011 Cross Train or Walk	Tuesday 1/24/2011 1 Mile Easy Walk	Wednesday 1/25/2011 Rest	Thursday 1/26/2011 1 1/2 Miles Easy	Friday 1/27/2011 Rest 3.5 Total for Week	Saturday 1/28/2011 Group Walk 2 Miles Steady Walking
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Novice

Saturday 1/21/2011 Group Run 1 Mile Steady Pace	Sunday 1/22/2011 Rest	Monday 1/23/2011 Cross Train or Walk	Tuesday 1/24/2011 1 Mile	Wednesday 1/25/2011 Rest	Thursday 1/26/2011 1 1/2 Miles Easy	Friday 1/27/2011 Rest 3.5 Total for Week	Saturday 1/28/2011 Group Run 2 Miles Steady
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Intermediate

Saturday 1/21/2011 Group Run 2 Miles Run	Sunday 1/22/2011 Rest	Monday 1/23/2011 2 Mile Run	Tuesday 1/24/2011 30 min tempo run	Wednesday 1/25/2011 Rest	Thursday 1/26/2011 2 1/2 Miles Run	Friday 1/27/2011 Rest 9 Total for Week	Saturday 1/28/2011 Group Run 4 Miles Run
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