



AUGUST 2020

JOGGER PROGRAM

Pacemakers



SUN	MON	TUE	WED	THU	FRI	SAT
9 Jog 5 min Walk 2 min Repeat 3x	10 Rest	11 Jog 5 min Walk 2 min Repeat 4x	12 Jog 6 min Walk 2 min Repeat 3x	13 Rest	14 Jog 6 min Walk 2 min Repeat 4x	15 Rest
16 Jog 6 min Walk 1 min Repeat 4x	17 Rest	18 Jog 7 min Walk 1 min Repeat 4x	19 Jog 8 min Walk 2 min Repeat 3x	20 Rest	21 Jog 8 min Walk 1 min Repeat 4x	22 Rest
23 Jog for 1 mile	24 Rest	25 Jog for 1 mile	26 Jog for 1.5 miles	27 Rest	28 Jog for 1.5 miles	29 Rest
30 Jog for 2 miles	31 Rest					



SEPTEMBER 2020

JOGGER PROGRAM

Pacemakers



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Jog for 2 miles	2 Jog for 2.5 miles	3 Rest	4 Jog for 2.5 miles	5 Rest
6 Jog for 3 miles	7 Rest	8 Jog for 3 miles	9 Rest	10 Jog for 3.5 miles	11 Rest	12 Rest
13 Jog for 3.5 miles	14 Jog 2 miles Walk 1 mile	15 Jog 2 miles Walk 1 mile	16 Rest	17 Jog 1 mile Walk 1 mile	18 Rest	19 RACE DAY! 