

CHICAGO 10K

8 WEEK TRAINING PROGRAM

LEVEL 1
WALKER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST OR WALK	25 _{MIN} WALK	REST OR WALK	25 _{MIN} WALK	REST	3.0 _{MI} WALK	35-80 MIN WALK
2	REST OR WALK	30 _{MIN} WALK	REST OR WALK	30 _{MIN} WALK	REST	3.5 _{MI} WALK	45-80 MIN WALK
3	REST OR WALK	35 _{MIN} WALK	REST OR WALK	35 _{MIN} WALK	REST	4.0 _{MI} WALK	55-80 MIN WALK
4	REST OR WALK	40 _{MIN} WALK	REST OR WALK	40 _{MIN} WALK	REST	4.5 _{MI} WALK	65-80 MIN WALK
5	REST OR WALK	45 _{MIN} WALK	REST OR WALK	45 _{MIN} WALK	REST	5.0 _{MI} WALK	70-80 MIN WALK
6	REST OR WALK	50 _{MIN} WALK	REST OR WALK	50 _{MIN} WALK	REST	5.5 _{MI} WALK	75-80 MIN WALK
7	REST OR WALK	55 _{MIN} WALK	REST OR WALK	55 _{MIN} WALK	REST	6.0 _{MI} WALK	80 MIN WALK
8	REST OR WALK	30 _{MIN} WALK	REST OR WALK	30 _{MIN} WALK	REST	REST	RACE