



**HOSPITAL HILL RUN
10K
RUN - WALK TRAINING SCHEDULE**

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u> (Cross Train)	<u>Saturday</u>	<u>Sunday</u>	<u>Week Ending</u> Sunday
1	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	40-48 Minutes (4 Miles) (A) 3/2 (B) 4/2	Rest	April 17, 2011
2	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 Minutes	45-54 Minutes (4 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	50-60 Minutes (5 Miles) (A) 3/2 (B) 4/2	Rest	April 24, 2011
3	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 Minutes	45-54 Minutes (4 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	50-60 Minutes (6 Miles) (A) 3/2 (B) 4/2	Rest	May 1, 2011
4	50 - 60 Minutes (5 Miles) (A) 3/2 (B) 4/2	35 Minutes	45-54 Minutes (4 Miles) (A) 3/2 (B) 4/2	Rest	35 Minutes	60-72 Minutes (7 Miles) (A) 3/2 (B) 4/2	Rest	May 8, 2011
5	50 - 60 Minutes (5 Miles) (A) 3/2	30 Minutes	45-54 Minutes (4 Miles) (A) 3/2	Rest	35 Minutes	65-78 Minutes (7 Miles) (A) 3/2	Rest	May 15, 2011

	(B) 4/2		(B) 4/2		(B) 4/2			
6	50 - 60 Minutes (5 Miles) (A) 3/2 (B) 4/2	30 Minutes	45-54 Minutes (4 Miles) (A) 3/2 (B) 4/2	Rest	35 Minutes	70-84 Minutes (7 Miles) (A) 3/2 (B) 4/2	Rest	May 22, 2011
7	50 - 60 Minutes (5 Miles) (A) 3/2 (B) 4/2	30 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	50 - 60 Minutes (5 Miles) (A) 3/2 (B) 4/2	Rest	May 29, 2011
8	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	Rest	6.2 Miles RACE DAY! Run/Walk (A) 3/2 (B) 4/2	Rest	June 5, 2011