

may 2009

monday	tuesday	wednesday	thursday	friday	saturday
				1	2
4	5		7	8	9
11	12		14	15	16
18	19		21	22	23
» Walk 1.5 miles	» Walk 3-5 miles		» Walk for 1 mile		» Walk 1.5 miles
» Run 5 min/Walk 5 min			» Run 3 min. every .5 miles		» Run 5 min/Walk 5 min
(repeat three times)			for total of 3.5 miles		(repeat three times)
» Walk 1-2 miles			» Walk 0.5 mile		» Walk 1-2 miles
25	26		28	29	30
» Walk 1.5 miles	» Walk 3-5 miles		» Walk 3-5 miles		» Walk 1.5 miles
» Run 10 min/walk 5 min					» Run 10 min/walk 5 min
(repeat 2 times)					» Run 5 min/walk 5 min
» Walk .5 mile					» Walk 5 min/run 10 min

notes:
