**Active Running & Therapy Centre**

**Living Fit**

**Run/Walk4Patrick Spring 2010**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1 | (Walk 10 minutes)  Run 1 min  Walk 5 min x3  Total 28 minutes | XT  30 min | (Walk 10 minutes)  Run 1 min  Walk 5 min x3  Total 28 minutes | XT  30 min | (Walk 10 minutes)  Run 1 min  Walk 5 min x3  Total 28 minutes | Rest | Rest |
| 2 | (Walk 10)  Run 2  Walk 5  x3  Total 31  minutes | XT  30 min | (Walk 10)  Run 2  Walk 5  x3  Total 31 minutes | XT  30 min | (Walk 10)  Run 2  Walk 5  x3  Total 31 minutes | Rest | Rest |
| 3 | (Walk 10)  Run 4  Walk 5  x3  Total 37 minutes | XT  35 min | (Walk 10)  Run 4  Walk 5  x3  Total 37  minutes | XT  35 min | (Walk 10)  Run 4  Walk 5  X3  Total 37  minutes | Rest | Rest |
| 4 | (Walk 10)  Run 6  Walk 5  X3  Total 43  minutes | XT  35 min | (Walk 10)  Run 6  Walk 5  X3  Total 43  minutes | XT  35 min | (Walk 10)  Run 6  Walk 5  X3  Total 43  minutes | Rest | Rest |
| 5 | (Walk 10)  Run 8  Walk 5  X3  Tota l 49 minutes | XT  40 min | (Walk 10)  Run 8  Walk 5  X3  Total 49  minutes | XT  40 min | (Walk 10)  Run 8  Walk 5  X3  Total 49  minutes | Rest | Rest |
| 6 | (Walk 10)  Run 10  Walk 3  Run 6  Walk 3  X2  Total 54 minutes | XT  30 min | (Walk 10)  Run 10  Walk 3  Run 6  Walk 3  X2  Total 54  minutes | XT  30 min | (Walk 10)  Run 10  Walk 3  Run 6  Walk 3  X2  Total 54  minutes | Rest | Rest |