

The Three Cardinal Rules:

- I Pace and distance are not the main focus... conversation is! So, Please make sure you are running at a pace where you can talk to the person beside YOU:) Ultimately you will increase the interval of time running.
- II We run no matter what... rain, shine, snow, hurricane or other
- III Yield to any and all traffic... the pedestrian always loses when there is a showdown with a motor vehicle!

Run Schedule

Week	1	Mon 21 min	Tues Off	Wed 21 min	Thur Off	Fri 21 min	Sat Off	Sun Off
		Workout: Walk 1 min / Run 1 min + Walk 2 min x 6 sets / Run 1 min = 21 minutes						
Week	2	Mon 21 min	Tues Off	Wed 21 min	Thur Off	Fri 21 min	Sat Off	Sun Off
		Workout: Walk 1 min / Run 1 min + Walk 1 min x 10 sets = 21 minutes						
Week	3	Mon 21 min	Tues Off	Wed 21 min	Thur Off	Fri 21 min	Sat Off	Sun Off
		Workout: Walk 1 min / Run 1 min + Walk 1 min x 10 sets = 21 minutes						
Week	4	Mon 22 min	Tues Off	Wed 22 min	Thur Off	Fri 22 min	Sat Off	Sun Off
		Workout: Walk 1 min / Run 2 min + Walk 1 min x 6 sets / Run 2 min / Walk 1 min = 22 minutes						
Week	5	Mon 21 min	Tues Off	Wed 21 min	Thur Off	Fri 21 min	Sat Off	Sun Off
		Workout: Walk 1 min / Run 3 min + Walk 1 min x 5 sets = 21 minutes						
Week	6	Mon 21 min	Tues Off	Wed 21 min	Thur Off	Fri 21 min	Sat Off	Sun Off
		Workout: Walk 1 min / Run 3 min + Walk 1 min x 5 sets = 21 minutes						
Week	7	Mon 21 min	Tues Off	Wed 21 min	Thur Off	Fri 21 min	Sat Off	Sun Off
		Workout: Walk 1 min / Run 4 min + Walk 1 min x 4 sets = 21 minutes						
Week	8	Mon 22 min	Tues Off	Wed 22 min	Thur Off	Fri 22 min	Sat Off	Sun Off
		Workout: Walk 1 min / Run 5 min + Walk 1 min x 3 sets / Run 2 min / Walk 1 min = 22 minutes						
Week	9	Mon 22 min	Tues Off	Wed 22 min	Thur Off	Fri 22 min	Sat Off	Sun Off
		Workout: Walk 1 min / Run 6 min + Walk 1 min x 3 sets = 22 minutes						
Week	10	Mon 22 min	Tues Off	Wed 22 min	Thur Off	Fri 22 min	Sat Off	Sun Off
		Workout: Walk 1 min / Run 8 min + Walk 1 min x 2 sets / Run 2 min / Walk 1 min = 22 minutes						
Week	11	Mon 23 min	Tues Off	Wed 23 min	Thur Off	Fri 23 min	Sat Off	Sun Off
		Workout: Walk 1 min / Run 10 min + Walk 1 min x 2 sets = 23 minutes						
Week	12	Mon 23 min	Tues Off	Wed 23 min	Thur Off	Fri 23 min	Sat Off	Sun Off
		Workout: Walk 1 min / Run 10 min + Walk 1 min x 2 sets = 23 minutes						