

Suggested programs are for informational purposes only. Always consult a physician before performing this or any exercise program. It is your responsibility to evaluate your own medical and physical condition, and to independently determine whether to perform, use or adapt any of the information or content on this web site. Any exercise program may result in injury. By voluntarily undertaking any exercise displayed on this web site, you assume the risk of any resulting injury.

Morgan Johnson Hoffman
 USAT Certified Level II and Youth & Juniors Coach
 USAT High Performance Team Head Coach
 USAC Certified Level III Coach
 ASCA Coach Member

If you'd like to read more about Morgan, check her Playtri website: Team Playtri:
www.playtri.com/youth

Monday, 8/8	20 Minute Walk
Tuesday, 8/9	2 Miles – Walk 2 minutes/Run 1 minute
Wednesday, 8/10	20 Minute Walk
Thursday, 8/11	2 Miles – Walk 1 minute/Run 1 minute
Friday, 8/12	Day off
Saturday, 8/13	3 Miles – Walk 2 minutes/Run 1 minute
Sunday, 8/14	Day off
Monday, 8/15	30 Minute Walk
Tuesday, 8/16	2 Miles – Walk 1 minute/Run 1 minute
Wednesday, 8/17	30 Minute Walk
Thursday, 8/18	3 Miles – Walk 1 minute/Run 1 minute
Friday, 8/19	Day off
Saturday, 8/20	4 Miles – Walk 2 minutes/Run 1 minute
Sunday, 8/21	15 Minute Walk
Monday, 8/22	2 Miles – Walk 2 minutes/Run 1 minute
Tuesday, 8/23	2.5 Miles – Walk 1 minute/Run 1 minute
Wednesday, 8/24	30 Minute Walk
Thursday, 8/25	3 Miles – Walk 1 minute/Run 1 minute
Friday, 8/26	20 Minute Walk
Saturday, 8/27	5 Miles – Walk 2 minutes/Run 1 minute
Sunday, 8/28	Day off
Monday, 8/29	2 Miles – Walk 1 minute/Run 1 minute
Tuesday, 8/30	3 Miles – Walk 1 minute/Run 1 minute
Wednesday, 8/31	30 Minute Walk
Thursday, 9/1	3 Miles – Walk 30 seconds/Run 1 minute
Friday, 9/2	30 Minute Walk
Saturday, 9/3	6 Miles – Walk 2 minutes/Run 1 minute
Sunday, 9/4	Day off
Monday, 9/5	2 Miles – Walk 1 minute/Run 1 minute
Tuesday, 9/6	3 Miles – Walk 30 seconds/Run 1 minute
Wednesday, 9/7	1 Mile – Walk 1 minute/Run 2 minutes
Thursday, 9/8	3.5 Miles – Walk 1 minute/Run 1 minute

Friday, 9/9	30 Minute Walk
Saturday, 9/10	6 Miles – Walk 1 minute/Run 1 minute
Sunday, 9/11	20 Minute Walk
Monday, 9/12	30 Minute Walk
Tuesday, 9/13	2 Miles – Walk 1 minute/Run 1 minute
Wednesday, 9/14	30 Minute Walk
Thursday, 9/15	3 Miles – Walk 1 minute/Run 1 minute
Friday, 9/16	Day off
Saturday, 9/17	4 Miles – Walk 1 minute/Run 1 minute
Sunday, 9/18	Day off
Monday, 9/19	2 Miles – Walk 1 minute/Run 1minute
Tuesday, 9/20	3 Miles – Walk 1 minute/Run 3minutes
Wednesday, 9/21	1 Mile – Easy jog, no walk
Thursday, 9/22	3.5 Miles– Walk 1minute/Run 2minutes
Friday, 9/23	30 Minute Walk
Saturday, 9/24	6 Miles – Walk 1 minute/Run 2minutes
Sunday, 9/25	20 Minute Walk
Monday, 9/26	2 Miles – Walk 1 minute/Run 1minute
Tuesday, 9/27	2 Miles –Walk 30 seconds/Run 2 minutes
Wednesday, 9/28	3.5 Miles – Walk 1 minute/Run 2 minutes
Thursday, 9/29	2 Miles – Easy jog, no walk
Friday, 9/30	30 Minute Walk
Saturday, 10/1	6 Miles – Walk 1 minute/Run 3 minutes
Sunday, 10/2	Day off
Monday, 10/3	2 Miles – Walk 1 minute/Run 1 minute
Tuesday, 10/4	4 Miles – Walk 1 minute/Run 3 minutes
Wednesday, 10/5	3 Miles – Easy jog, no walk
Thursday, 10/6	30 Minute Walk
Friday, 10/7	2 Miles – Walk 1 minute/Run 2 minutes
Saturday, 10/8	6 Miles – Walk 30 seconds/Run 3 minutes
Sunday, 10/9	20 Minute Walk
Monday, 10/10	2 Miles – Walk 1 minute/Run 2 minutes
Tuesday, 10/11	4 Miles – Walk 1 minute/Run 4 minutes
Wednesday, 10/12	2 Miles – Walk 30 seconds/Run 3 minutes
Thursday, 10/13	30 Minute Walk
Friday, 10/14	4 Miles – Easy jog, no walk
Saturday, 10/15	6 Miles – Walk 30 seconds/Run 4 minutes
Sunday, 10/16	Day off
Monday, 10/17	30 Minute Walk
Tuesday, 10/18	4 Miles – Walk 1 minute/Run 3 minutes
Wednesday, 10/19	30 Minute Walk
Thursday, 10/20	3 Miles – Easy jog, no walk
Friday, 10/21	1.5 Miles – Walk 1 minute/Run 1 minute
Saturday, 10/22	Race day!
Sunday, 10/23	Rest and relax!