

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.

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

Monday, 8/29	1 Mile – Walk 3 minutes/Run 1 minute
Tuesday, 8/30	20 Minute Walk
Wednesday, 8/31	1 Mile – Walk 2 minutes/Run 1 minute
Thursday, 9/1	Day off
Friday, 9/2	30 Minute Walk
Saturday, 9/3	1.5 Miles – Walk 3 minutes/Run 1 minute
Sunday, 9/4	Day off
Monday, 9/5	1 Mile – Walk 3 minutes/Run 1 minute
Tuesday, 9/6	1 Mile – Walk 1 minute/Run 1 minute
Wednesday, 9/7	20 Minute Walk
Thursday, 9/8	1.5 Miles – Walk 2 minutes/Run 1 minute
Friday, 9/9	30 Minute Walk
Saturday, 9/10	2 Miles – Walk 3 minutes/Run 1 minute
Sunday, 9/11	Day off
Monday, 9/12	30 Minute Walk
Tuesday, 9/13	1.5 Miles – Walk 1 minute/Run 1 minute
Wednesday, 9/14	2 Miles – Walk 1 minute/Run 2 minutes
Thursday, 9/15	30 Minute Walk
Friday, 9/16	1 Mile – Walk 1 minute/Run 2 minutes
Saturday, 9/17	2.5 Miles – Walk 2 minutes/Run 1 minute
Sunday, 9/18	Day off
Monday, 9/19	1 Mile – Walk 2 minutes/Run 1 minute
Tuesday, 9/20	2 Miles – Walk 1 minute/Run 3 minutes
Wednesday, 9/21	30 Minute Walk
Thursday, 9/22	1 Mile – Easy jog, no walk
Friday, 9/23	30 Minute Walk
Saturday, 9/24	3 Miles – Walk 2 minutes/Run 2 minutes
Sunday, 9/25	Day off
Monday, 9/26	1 Mile – Walk 1 minute/Run 1 minute
Tuesday, 9/27	2 Miles – Walk 30 seconds/Run 3 minutes
Wednesday, 9/28	30 Minute Walk
Thursday, 9/29	1.5 Miles – Easy jog, no walk

Friday, 9/30	30 Minute Walk
Saturday, 10/1	3 Miles – Walk 1 minute/Run 2 minutes
Sunday, 10/2	Day off
Monday, 10/3	1 Mile – Easy jog, no walk
Tuesday, 10/4	2.5 Miles – Walk 30 seconds/Run 3 minutes
Wednesday, 10/5	1 Mile – Walk 1 minute/Run 1 minute
Thursday, 10/6	30 Minute Walk
Friday, 10/7	2 Miles – Walk 1 minute/Run 1 minute
Saturday, 10/8	3 Miles – Walk 30 seconds/Run 3 minutes
Sunday, 10/9	20 Minute Walk
Monday, 10/10	1 Mile – Easy jog, no walk
Tuesday, 10/11	2.5 Miles – Walk 1 minute/Run 4 minutes
Wednesday, 10/12	1 Mile – Walk 30 seconds/Run 1 minute
Thursday, 10/13	30 Minute Walk
Friday, 10/14	2 Miles – Easy jog, no walk
Saturday, 10/15	3 Miles – Walk 30 seconds/Run 4 minutes
Sunday, 10/16	Day off
Monday, 10/17	30 Minute Walk
Tuesday, 10/18	2 Miles – Walk 1 minute/Run 3 minutes
Wednesday, 10/19	30 Minute Walk
Thursday, 10/20	1.5 Miles – Easy jog, no walk
Friday, 10/21	1 Mile – Walk 1 minute/Run 1 minute
Saturday, 10/22	Race day!
Sunday, 10/23	Rest and relax!