



**FORT2BASE  
10 NAUTICAL MILES  
WALK TRAINING PROGRAM**

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Week Ending Sunday</u>
<b>Week</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	
1	Cross Train 30 minutes	30 minutes walk	Cross Train 30 minutes	30 minutes walk	Cross Train 30 minutes	3 miles easy	Rest	May 26, 2013
2	Cross Train 30 minutes	30 minutes walk	Cross Train 30 minutes	30 minutes walk	Cross Train 30 minutes	3 miles easy	Rest	June 2, 2013
3	Cross Train 30 minutes	35 minutes walk	Cross Train 30 minutes	35 minutes walk	Cross Train 30 minutes	2 miles brisk	Rest	June 9, 2013
4	Cross Train 30 minutes	35 minutes walk	Cross Train 30 minutes	35 minutes walk	Cross Train 30 minutes	5 miles easy	Rest	June 16, 2013
5	Cross Train 30 minutes	35 minutes walk	Cross Train 30 minutes	35 minutes walk	Cross Train 30 minutes	6 miles easy	Rest	June 23, 2013
6	Cross Train 30 minutes	40 minutes walk	Cross Train 30 minutes	40 minutes walk	Cross Train 30 minutes	4 miles brisk	Rest	June 30, 2013
7	Cross Train 30 minutes	40 minutes walk	Cross Train 30 minutes	40 minutes walk	Cross Train 30 minutes	7 miles easy	Rest	July 7, 2013
8	Cross Train 30 minutes	40 minutes walk	Cross Train 30 minutes	40 minutes walk	Cross Train 30 minutes	8 miles easy	Rest	July 14, 2013
9	Cross Train 30 minutes	45 minutes walk	Cross Train 30 minutes	45 minutes walk	Cross Train 30 minutes	6 miles brisk	Rest	July 21, 2013
10	Cross Train 30 minutes	45 minutes walk	Cross Train 30 minutes	45 minutes walk	Cross Train 30 minutes	9 miles easy	Rest	July 28, 2013

11	Cross Train 30 minutes	45 minutes walk	Cross Train 30 minutes	45 minutes walk	Cross Train 30 minutes	10 miles easy	Rest	August 4, 2013
12	Cross Train 30 minutes	40 minutes walk	Cross Train 30 minutes	40 minutes walk	Cross Train 30 minutes	8 miles easy	Rest	August 11, 2013
13	Cross Train 30 minutes	40 minutes walk	Cross Train 30 minutes	40 minutes walk	Cross Train 30 minutes	6 miles easy	Rest	August 18, 2013
14	Cross Train 30 minutes	30 minutes walk	Cross Train 30 minutes	30 minutes walk	Rest	Rest	<b>11.5 Miles Race Day!</b>	August 25, 2013