



**FORT2BASE  
3 NAUTICAL MILES  
RUN - WALK TRAINING PROGRAM**

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u> (Cross Train)	<u>Saturday</u>	<u>Sunday</u>	<u>Week Ending</u> <u>Sunday</u>
1	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	July 7, 2013
2	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	July 14, 2013
3	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	July 21, 2013
4	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	35 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	35 Minutes	25 - 30 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	July 28, 2013
5	25 - 30 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	35 Minutes	25 - 30 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	August 4, 2013

6	25 - 30 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	35 Minutes	25 - 30 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	August 11, 2013
7	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	August 18, 2013
8	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	Rest	Rest	3.45 Miles <b>RACE DAY!</b> Run/Walk (A) 3/2 (B) 4/2	August 25, 2013