

# Walk/Run Challenge



**ADVENTURE  
STAGE  
CHICAGO**



**Spring 2020**

MONDAY <b>Rest Day</b>	TUESDAY warm up: 5 min 30s Run / 4:30 min walk repeat 4xs cool down: 5 min	WEDNESDAY warm up: 5 min 30s Run / 4:30 min walk repeat 5xs cool down: 5 min	<b>Week 1</b> THURSDAY <b>Rest Day</b>	FRIDAY warm up: 5 min 30s Run / 4:30 min walk repeat 4xs cool down: 5 min	SATURDAY <b>Rest Day</b>	SUNDAY warm up: 5 min 30s Run / 4:30 min walk repeat 6xs cool down: 5 min
MONDAY <b>Rest Day</b>	TUESDAY warm up: 5 min 1 min Run / 4 min walk repeat 4xs cool down: 5 min	WEDNESDAY warm up: 5 min 1 min Run / 4 min walk repeat 5xs cool down: 5 min	<b>Week 2</b> THURSDAY <b>Rest Day</b>	FRIDAY warm up: 5 min 1 min Run / 4 min walk repeat 4xs cool down: 5 min	SATURDAY <b>Rest Day</b>	SUNDAY warm up: 5 min 1 min Run / 4 min walk repeat 6xs cool down: 5 min
MONDAY <b>Rest Day</b>	TUESDAY warm up: 5 min 1:30 min Run / 3:30 min walk repeat 4xs cool down: 5 min	WEDNESDAY warm up: 5 min 1:30 min Run / 3:30 min walk repeat 5xs cool down: 5 min	<b>Week 3</b> THURSDAY <b>Rest Day</b>	FRIDAY warm up: 5 min 1:30 min Run / 3:30 min walk repeat 4xs cool down: 5 min	SATURDAY <b>Rest Day</b>	SUNDAY warm up: 5 min 1:30 min Run / 3:30 min walk repeat 6xs cool down: 5 min
MONDAY <b>Rest Day</b>	TUESDAY warm up: 5 min 2 min Run / 2 min walk repeat 4xs cool down: 5 min	FRIDAY warm up: 5 min 2 min Run / 2 min walk repeat 5xs cool down: 5 min	<b>Week 4</b> THURSDAY <b>Rest Day</b>	FRIDAY warm up: 5 min 2 min Run / 2 min walk repeat 4xs cool down: 5 min	SATURDAY <b>Rest Day</b>	SUNDAY warm up: 5 min 2 min Run / 2 min walk repeat 6xs cool down: 5 min
MONDAY <b>Rest Day</b>	TUESDAY warm up: 5 min 2:30 min Run / 2:30 min walk repeat 4xs cool down: 5 min	WEDNESDAY warm up: 5 min 2:30 min Run / 2:30 min walk repeat 5xs cool down: 5 min	<b>Week 5</b> THURSDAY <b>Rest Day</b>	FRIDAY warm up: 5 min 2:30 min Run / 2:30 min walk repeat 4xs cool down: 5 min	SATURDAY <b>Rest Day</b>	SUNDAY warm up: 5 min 2:30 min Run / 2:30 min walk repeat 6xs cool down: 5 min
MONDAY <b>Rest Day</b>	TUESDAY warm up: 5 min 3 min Run / 2 min walk repeat 4xs cool down: 5 min	WEDNESDAY warm up: 5 min 3 min Run / 2 min walk repeat 5xs cool down: 5 min	<b>Week 6</b> THURSDAY <b>Rest Day</b>	FRIDAY warm up: 5 min 3 min Run / 2 min walk repeat 4xs cool down: 5 min	SATURDAY <b>Rest Day</b>	SUNDAY warm up: 5 min 3 min Run / 2 min walk repeat 6xs cool down: 5 min
MONDAY <b>Rest Day</b>	TUESDAY warm up: 5 min 3:30 min Run / 1:30 min walk repeat 4xs cool down: 5 min	WEDNESDAY warm up: 5 min 3:30 min Run / 1:30 min walk repeat 5xs cool down: 5 min	<b>Week 7</b> THURSDAY <b>Rest Day</b>	FRIDAY warm up: 5 min 3:30 min Run / 1:30 min walk repeat 4xs cool down: 5 min	SATURDAY <b>Rest Day</b>	SUNDAY warm up: 5 min 3:30 min Run / 1:30 min walk repeat 6xs cool down: 5 min
MONDAY <b>Rest Day</b>	TUESDAY warm up: 5 min 4 min Run / 1 min walk repeat 4xs cool down: 5 min	WEDNESDAY warm up: 5 min 4 min Run / 1 min walk repeat 5xs cool down: 5 min	<b>Week 8</b> THURSDAY <b>Rest Day</b>	FRIDAY warm up: 5 min 4 min Run / 1 min walk repeat 4xs cool down: 5 min	<b>SETTLEMENT SATURDAY!</b>	