



Check with your health-care provider before beginning any new exercise program.

WEEK	DATE	PROGRAM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
1	Sept. 17 - 23	walk 2 min / run 3 min	2 miles	3 miles	2 miles	0 miles	2 miles	4 miles	0 miles	13 miles
2	Sept. 24 - 30	walk 2 min / run 3 min	3 miles	4 miles	2 miles	0 miles	3 miles	5 miles	0 miles	17 miles
3	Oct. 1 - 7	walk 2 min / run 3 min	3 miles	4 miles	2 miles	0 miles	3 miles	5 miles	0 miles	17 miles
4	Oct. 8 - 14	walk 2 min / run 4 min	3 miles	4 miles	2 miles	0 miles	3 miles	6 miles	0 miles	18 miles
5	Oct. 15 - 21	walk 2 min / run 4 min	4 miles	2 miles	5 miles	0 miles	3 miles	6 miles	0 miles	20 miles
6	Oct. 22 - 28	walk 2 min / run 4 min	5 miles	2 miles	4 miles	0 miles	3 miles	7 miles	0 miles	21 miles
7	Oct. 29 - Nov. 4	walk 2 min / run 5 min	4 miles	2 miles	5 miles	0 miles	3 miles	8 miles	0 miles	22 miles
8	Nov. 5 - 11	walk 2 min / run 5 min	5 miles	3 miles	4 miles	0 miles	3 miles	8 miles	0 miles	23 miles
9	Nov. 12 - 18	walk 2 min / run 5 min	5 miles	3 miles	4 miles	0 miles	3 miles	9 miles	0 miles	24 miles
10	Nov. 19 - 25	walk 1 min* / run 5 min	4 miles	6 miles	4 miles	0 miles	3 miles	10 miles	0 miles	27 miles
11	Nov. 26 - Dec. 2	walk 1 min* / run 5 min	5 miles	6 miles	4 miles	0 miles	3 miles	10 miles	0 miles	28 miles
12	Dec. 3 - 9	walk 1 min* / run 6 min	4 miles	6 miles	5 miles	0 miles	3 miles	11 miles	0 miles	miles 29
13	Dec. 10 - 16	walk 1 min* / run 6 min	5 miles	6 miles	4 miles	0 miles	4 miles	12 miles	0 miles	miles 31
14	Dec. 17 - 23	walk 1 min* / run 6 min	5 miles	7 miles	4 miles	0 miles	3 miles	13 miles	0 miles	miles 32
15	Dec. 24 - 30	walk 1 min* / run 6 min	4 miles	6 miles	3 miles	0 miles	3 miles	10 miles	0 miles	miles 26
16	Dec. 31 - Jan.6	walk 1 min* / run 7 min	4 miles	5 miles	3 miles	0 miles	3 miles	0-2 miles	13.1 MILES RACE DAY OC MARATHON	

* If a 1 minute walk isn't enough recovery, try staying at 2 minutes walking following the same pattern.



Developed by Team Nutrilite Coach and Boston Marathon Winner Greg Meyer

A walk/run program is perfect for the beginning runner, and actually helps you to recover for the following day's workout quicker. Doing the race as a walk/run – whether you walk for 1 or 2 minutes at a time – can be an immensely gratifying way to complete 13.1 miles.



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