

Start training now for the OC Marathon

A **beginner** walk-run training program



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

WEEK	DATE	PROGRAM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
1	July 30 - Aug. 5	walk 2 min / run 3 min	3 miles	4 miles	3 miles	0 miles	3 miles	6 miles	0 miles	19 miles
2	Aug. 6 - 12	walk 2 min / run 3 min	3 miles	5 miles	3 miles	0 miles	3 miles	7 miles	0 miles	21 miles
3	Aug. 13 - 19	walk 2 min / run 4 min	3 miles	6 miles	3 miles	0 miles	4 miles	8 miles	0 miles	24 miles
4	Aug. 20 - 26	walk 2 min / run 4 min	4 miles	6 miles	3 miles	0 miles	3 miles	9 miles	0 miles	25 miles
5	Aug. 27 - Sept. 2	walk 2 min / run 4 min	5 miles	6 miles	4 miles	0 miles	3 miles	10 miles	0 miles	28 miles
6	Sept. 3 - 9	walk 2 min / run 5 min	4 miles	7 miles	4 miles	0 miles	3 miles	11 miles	0 miles	29 miles
7	Sept. 10 - 16	walk 2 min / run 5 min	4 miles	6 miles	4 miles	0 miles	3 miles	12 miles	0 miles	29 miles
8	Sept. 17 - 23	walk 2 min / run 5 min	5 miles	7 miles	4 miles	0 miles	3 miles	12 miles	0 miles	31 miles
9	Sept. 24 - 30	walk 1 min* / run 5 min	4 miles	8 miles	4 miles	0 miles	3 miles	13 miles	0 miles	32 miles
10	Oct. 1 - 7	walk 1 min* / run 5 min	4 miles	7 miles	5 miles	3 miles	4 miles	14 miles	0 miles	37 miles
11	Oct. 8 - 14	walk 1 min* / run 6 min	5 miles	9 miles	4 miles	0 miles	4 miles	13 miles	0 miles	35 miles
12	Oct. 15 - 21	walk 1 min* / run 6 min	5 miles	8 miles	4 miles	3 miles	4 miles	15 miles	0 miles	39 miles
13	Oct. 22 - 28	walk 1 min* / run 6 min	5 miles	10 miles	4 miles	0 miles	4 miles	12 miles	0 miles	35 miles
14	Oct. 29 - Nov. 4	walk 1 min* / run 7 min	5 miles	8 miles	5 miles	3 miles	5 miles	16 miles	0 miles	42 miles
15	Nov. 5 - 11	walk 1 min* / run 7 min	4 miles	10 miles	4 miles	0 miles	4 miles	17 miles	0 miles	39 miles
16	Nov. 12 - 18	walk 1 min* / run 7 min	6 miles	10 miles	3 miles	5 miles	4 miles	15 miles	0 miles	43 miles
17	Nov. 19 - 25	walk 1 min* / run 8 min	5 miles	10 miles	4 miles	5 miles	4 miles	19 miles	0 miles	46 miles
18	Nov. 26 - Dec. 2	walk 1 min* / run 8 min	8 miles	4 miles	7 miles	0 miles	4 miles	20 miles	0 miles	43 miles
19	Dec. 3 - 9	walk 1 min* / run 8 min	7 miles	5 miles	6 miles	9 miles	3 miles	14 miles	0 miles	44 miles
20	Dec. 10 - 16	walk 1 min* / run 9 min	10 miles	4 miles	6 miles	0 miles	3 miles	20 miles	0 miles	43 miles
21	Dec. 17 - 23	walk 1 min* / run 9 min	4 miles	5 miles	4 miles	8 miles	3 miles	16 miles	0 miles	40 miles
22	Dec. 24 - 30	walk 1 min* / run 9 min	5 miles	8 miles	3 miles	0 miles	4 miles	12 miles	0 miles	32 miles
23	Dec. 31 - Jan. 6	walk 1 min* / run 9 min	6 miles	4 miles	0 miles	3 miles	2 miles	0 miles	26.2 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 26.2 miles.



NUTRILITE®