

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	10/20/2025	10/21/2025	10/22/2025	10/23/2025	10/24/2025	10/25/2025	10/26/2025
	Run 1 min Walk 1.5 min Repeat 12x 30 min total	Walk 30 min	Run 1 min Walk 1.5 min Repeat 12x 30 min total	Walk 30 min	Rest	Run 1 min Walk 75 sec Repeat for 3 miles total	Rest OR walk 30 min
2	10/27/2025	10/28/2025	10/29/2025	10/30/2025	10/31/2025	11/1/2025	11/2/2025
	Run 1 min Walk 75 sec Repeat 14x 31.5 minutes total	Walk 30 min	Run 1 min Walk 75 sec Repeat 14x 31.5 minutes total	Walk 30 min	Rest	Run 1 min Walk 1 min Repeat for 3.5 miles total	Rest OR walk 35 min
3	11/3/2025	11/4/2025	11/5/2025	11/6/2025	11/7/2025	11/8/2025	11/9/2025
	Run 1 min Walk 1 min Repeat 15x 30 minutes total	Walk 30 min	Run 1 min Walk 1 min Repeat 15x 30 minutes total	Walk 30 min	Rest	Run 1 min Walk 1 min Repeat for 3.5 miles total	Rest OR walk 35 min
4	11/10/2025	11/11/2025	11/12/2025	11/13/2025	11/14/2025	11/15/2025	11/16/2025
	Run 1 min Walk 45 sec Repeat 18x 31.5 minutes total	Walk 30 min	Run 1 min Walk 45 sec Repeat 18x 31.5 minutes total	Walk 30 min	Rest	Run 2 min Walk 1.5 min Repeat for 4 miles total	Rest OR walk 40 min
5	11/17/2025	11/18/2025	11/19/2025	11/20/2025	11/21/2025	11/22/2025	11/23/2025
	Run 2 min Walk 1.5 min Repeat 9x 31.5 minutes total	Walk 30 min	Run 2 min Walk 1.5 min Repeat 9x 31.5 minutes total	Walk 30 min	Walk 30 min	Run 3 min Walk 1 min Repeat for 4.5 miles total	Rest
6	11/24/2025	11/25/2025	11/26/2025	RACE DAY	11/28/2025	11/29/2025	11/30/2025
	Run 3 min Walk 1 min Repeat 8x 32 minutes total	Walk 30 min	Run 2 min Walk 1 min Repeat 5x 15 minutes total	TURKEY TROT! IT'S GOBBLIN' TIME!			