

SpartanNash YMCA 5K Walk Training Schedule June 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
Rest	15 Minute Walk	Crosstrain 20-30 minutes	15 Minute Walk	Rest	Crosstrain 20-30 minutes	15 minute walk
14	15	16	17	18	19	20
Rest	20 Minute Walk	Crosstrain 20-30 minutes	20 Minute Walk	Rest	Crosstrain 20-30 minutes	25 Minute Walk
21	22	23	24	25	26	27
Rest	25 Minute Walk	Crosstrain 20-30 minutes	20 Minute Walk	Rest	Crosstrain 20-30 minutes	25 Minute Walk
28	29	30	1	2	3	4
Rest	20 Minute Walk	Crosstrain 20-30 minutes				
5	6	NOTES				

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
			25 Minute Walk	Rest	Crosstrain 20-30 minutes	 30 Minute Walk
5	6	7	8	9	10	11
Rest	25 Minute Walk	Crosstrain 20-30 minutes	25 Minute Walk	Rest	Crosstrain 20-30 minutes	35 Minute Walk
12	13	14	15	16	17	18
Rest	30 Minute Walk	Crosstrain 20-30 minutes	30 Minute Walk	Rest	Crosstrain 20-30 minutes	40 Minute Walk
19	20	21	22	23	24	25
Rest	30 Minute Walk	Crosstrain 20-30 minutes	30 Minute Walk	Rest	Crosstrain 20-30 minutes	
26	27	28	29	30	31	1
2	3	NOTES				