2020 LAUGH Walk Training Schedule

From Still to His Will

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 01	Rest or Cross Train	**LAUGH** Warm up Walk 25 Min Conversational Pace	Rest or Cross Train	Warm up Walk 2m easy 30sec hard x10	Cross Train	Warm up Walk 20 m Conversational Pace	Rest
Week 02	Rest or Cross Train	**LAUGH** Warm up Walk 25 Min Conversational Pace	Rest or Cross Train	Warm up Walk 2m easy 1m hard x10	Cross Train	Warm up Walk 25m Conversational Pace	Rest
Week 03	Rest or Cross Train	**LAUGH** Warm up Walk 25 Min Conversational Pace	Rest or Cross Train	Warm up Walk 2m easy 2m hard x10	Cross Train	Warm up Walk 35m Conversational Pace	Rest
Week 04	Rest or Cross Train	**LAUGH** Warm up Walk 25 Min Conversational Pace	Rest or Cross Train	Warm up Walk 2m easy 3m hard x10	Cross Train	Warm up Walk 40m Conversational Pace	Rest
Week 05	Rest or Cross Train	**LAUGH** Warm up Walk 25 Min Conversational Pace	Rest or Cross Train	Warm up Walk 2m easy 1m hard x10	Cross Train	Warm up Walk 30 m Conversational Pace	Rest
Week 06	Rest or Cross Train	**LAUGH** Warm up Walk 25 Min Conversational Pace	Rest or Cross Train	Warm up Walk 2m easy 3m hard x10	Cross Train	Warm up Walk 50m Conversational Pace	Rest
Week 07	Rest or Cross Train	**LAUGH** Warm up Walk 25 Min Conversational Pace	Rest or Cross Train	Warm up Walk 2m easy 4m hard x 5	Cross Train	Warm up Walk 40m Conversational Pace	Rest
Week 08 **Race Week!**	Rest or Cross Train	**LAUGH** Warm up Walk 25 Min Conversational Pace	Rest or Cross Train	Warm up Walk 2m easy 1m hard x 6	20m walk	Pick up your LOL5k race packet!!!	RACE DAY!!!!
		LAUGH					