

St. Martha Catholic School Steps for Students Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
December 26- January 1	1 mile run	Cross training	1 mile run	1 mile run	Rest	30-60 minute walk	Rest
January 2- 8	1.5 mile run	Cross training	1.5 mile run	1.5 mile run	Rest	35-60 minute walk	Rest
January 9- 15	1.5 mile run	Cross training	1.5 mile run	2 mile run	Rest	40-60 minute walk	Rest
January 16-22	2 mile run	Cross training	1.5 mile run	2 mile run	Rest	45-60 minute walk	Rest
January 23-29	2 mile run	Cross training	2 mile run	2.5 mile run	Rest	50-60 minute walk	Rest
January 30- February 5	2.5 mile run	Cross training	2.5 mile run	2.5 mile run	Rest	55-60 minute walk	Rest
February 6-12	2.5 mile run	Cross training	2.5 mile run	3 mile run	Rest	60 minute walk	Rest
February 13-19	3 mile run	Cross training	2.5 mile run	2 mile run	Rest	STEPS FOR STUDENTS	Rest