

# WVTR Run Faster— March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>OFF—Family and friends fun day</i>	2—10 min warm-up 1.5 min jog + 30 sec pick-up + 1 min brisk walk x 6-8reps 5 min cool-down	3 10 min warm-up <i>Strength Workout</i>	4 <i>OFF</i>	5—10 min warm-up 3.5 min jog + 1 min brisk walk x 5 reps 5 min cool-down	6 10 min warm-up <i>Strength Workout</i>	7-10 min warm-up 1.5 min jog + 30 sec pick-up + 1 min brisk walk x 6-8reps 5 min cool-down
8 <i>OFF—Family and friends fun day</i>	9-10 min warm-up 1.5 min jog + 30 sec pick-up + 1 min brisk walk x 6-8reps 5 min cool-down	10 10 min warm-up <i>Strength Workout</i>	11 <i>OFF</i>	12-10 min warm-up 3.5 min jog + 1 min brisk walk x 5 reps 5 min cool-down	13 10 min warm-up <i>Strength Workout</i>	14-10 min warm-up 1.5 min jog + 30 sec pick-up + 1 min brisk walk x 8reps 5 min cool-down
15 <i>OFF—Family and friends fun day</i>	16 10 min warm-up 10 min jog 5 min cool-down	17 10 min warm-up <i>Strength Workout</i>	18 <i>OFF</i>	19 10 min warm-up 30 min spin 5 min cool-down	20 10 min warm-up <i>Strength Workout</i>	21-10 min warm-up 1.5 min jog + 30 sec pick-up + 1 min brisk walk x 8 reps 5 min cool-down
22 <i>OFF—Family and friends fun day</i>	23-10 min warm-up 2 min jog + 30 sec pick-up + 1 min brisk walk x 6-8reps 5 min cool-down	24 10 min warm-up <i>Strength Workout</i>	25 <i>OFF</i>	26-10 min warm-up 3.5 min jog + 1 min brisk walk x 6-7 reps 5 min cool-down	27 10 min warm-up <i>Strength Workout</i>	28-10 min warm-up 2 min jog + 30 sec pick-up + 1 min brisk walk x 6-8reps 5 min cool-down
29 <i>OFF—Family and friends fun day</i>	30-10 min warm-up 2 min jog + 30 sec pick-up + 1 min brisk walk x 8reps 5 min cool-down	31 10 min warm-up <i>Strength Workout</i>		<i>*Strength Workout described in Newsletter #2 on WVTR Website and on WVTR Blog</i>		