

WVTR Walk/Run— March 2009

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