

# dASH to the Finish Line



## WEEK 1

MONDAY	<i>REST DAY</i>	<input checked="" type="checkbox"/>
TUESDAY	REPEAT x 10: Run 1 Min, Walk 1 Min	<input type="checkbox"/>
WEDNESDAY	<i>REST DAY</i>	<input type="checkbox"/>
THURSDAY	REPEAT x 5: Run 2 Mins, Walk 4 Mins	<input type="checkbox"/>
FRIDAY	<i>REST DAY</i>	<input type="checkbox"/>
SATURDAY	<i>REST DAY</i>	<input type="checkbox"/>
SUNDAY	REPEAT x 5: Run 2 Mins, Walk 4 Mins	<input type="checkbox"/>

## WEEK 2

MONDAY	<i>REST DAY</i>	<input type="checkbox"/>
TUESDAY	REPEAT x 4: Run 3 Mins, Walk 3 Mins	<input type="checkbox"/>
WEDNESDAY	<i>REST DAY</i>	<input type="checkbox"/>
THURSDAY	REPEAT x 4: Run 3 Mins, Walk 3 Mins	<input type="checkbox"/>
FRIDAY	<i>REST DAY</i>	<input type="checkbox"/>
SATURDAY	<i>REST DAY</i>	<input type="checkbox"/>
SUNDAY	REPEAT x 3: Run 5 Mins, Walk 3 Mins	<input type="checkbox"/>

## WEEK 3

MONDAY	<i>REST DAY</i>	<input type="checkbox"/>
TUESDAY	REPEAT x 3: Run 7 Mins, Walk 2 Mins	<input type="checkbox"/>
WEDNESDAY	<i>REST DAY</i>	<input type="checkbox"/>
THURSDAY	REPEAT x 3: Run 8 Mins, Walk 2 Mins	<input type="checkbox"/>
FRIDAY	<i>REST DAY</i>	<input type="checkbox"/>
SATURDAY	<i>REST DAY</i>	<input type="checkbox"/>
SUNDAY	REPEAT x 3: Run 8 Mins, Walk 2 Mins	<input type="checkbox"/>


## WEEK 4

MONDAY	<i>REST DAY</i>	<input type="checkbox"/>
TUESDAY	REPEAT x 3: Run 8 Mins, Walk 2 Mins	<input type="checkbox"/>
WEDNESDAY	<i>REST DAY</i>	<input type="checkbox"/>
THURSDAY	Run 10 Mins, Walk 2 Mins (Repeat x 2), Run 5 Mins	<input type="checkbox"/>
FRIDAY	<i>REST DAY</i>	<input type="checkbox"/>
SATURDAY	<i>REST DAY</i>	<input type="checkbox"/>
SUNDAY	REPEAT x 3: Run 8 Mins, Walk 2 Mins	<input type="checkbox"/>

## WEEK 5

MONDAY	<i>REST DAY</i>	<input type="checkbox"/>
TUESDAY	REPEAT x 3: Run 9 Mins, Walk 1 Min	<input type="checkbox"/>
WEDNESDAY	<i>REST DAY</i>	<input type="checkbox"/>
THURSDAY	Run 12 Mins, Walk 2 Mins (Repeat x 2), Run 5 Mins	<input type="checkbox"/>
FRIDAY	<i>REST DAY</i>	<input type="checkbox"/>
SATURDAY	<i>REST DAY</i>	<input type="checkbox"/>
SUNDAY	REPEAT x 3: Run 8 Mins, Walk 2 Mins	<input type="checkbox"/>

## WEEK 6

MONDAY	<i>REST DAY</i>	<input type="checkbox"/>
TUESDAY	REPEAT x 2: Run 15 Mins, Walk 1 Min	<input type="checkbox"/>
WEDNESDAY	<i>REST DAY</i>	<input type="checkbox"/>
THURSDAY	REPEAT x 3: Run 8 Mins, Walk 2 Mins	<input type="checkbox"/>
FRIDAY	<i>REST DAY</i>	<input type="checkbox"/>
<b>SATURDAY</b>	 <b>THE ACADEMY 5 K &amp; FUN RUN</b>	<input type="checkbox"/>