

# 3 WINS LA MARATHON TEAM

## RISING STAR PROGRAM

WEEK START	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
Prep 1: 9/11	30 min walk	REST	30 min walk	30 min walk	REST	30 min walk	REST	120 min
Prep 2: 9/18	30 min walk	REST	30 min walk	30 min walk	REST	45 min walk	REST	135 min
Prep 3: 9/25	30 min walk	REST	6x (1min jog, 4min walk)	45 min walk	REST	6x (1min jog, 4min walk)	REST	135 min
Prep 4: 10/2	45 min walk	REST	6x (1min jog, 4min walk)	6x (2min jog, 3min walk)	REST	6x (3min jog, 2min walk)	REST	135 min
Prep 5: 10/9	45 min walk	REST	6x (3min jog, 2min walk)	6x (1min jog, 4min walk)	REST	3x (5min jog, 5min walk)	REST	135 min
Prep 6: 10/16	45 min walk	REST	3x (5min jog, 5min walk)	6x (3min jog, 2min walk)	REST	1x (10min jog, 20min walk)	REST	135 min
Prep 7: 10/23	3x (5min jog, 5min walk)	REST	1x (15min jog, 15min walk)	REST	1x (10min jog, 20min walk)	REST	Cancer 5k RACE	120 min
Prep 8: 10/30	REST	3x (5min jog, 5min walk)	1x (15min jog, 15min walk)	REST	1x (10min jog, 20min walk)	1x (20min jog, 10min walk)	REST	120 min
Prep 9: 11/6	1x (10min jog, 20min walk)	REST	1x (20min jog, 10min walk)	1x (15min jog, 15min walk)	REST	1x (25min jog, 5min walk)	REST	120 min
Prep 10: 11/13	1x (15min jog, 15min walk)	REST	1x (25min jog, 5min walk)	1x (20min jog, 10min walk)	REST	30min jog	REST	120 min
1: 11/20	3 mi + Strength	WALK OR REST	4 mi + Strength	3 mi	REST	5 mi or 75 min	REST	15 mi
2: 11/27	3 mi + Strength	WALK OR REST	4 mi + Strength	3 mi	REST	5 mi	REST	15 mi
3: 12/4	3 mi + Strength	WALK OR REST	4 mi + Strength	3 mi	REST	7 mi or 105 min	REST	17 mi
4: 12/11	3 mi + Strength	WALK OR REST	5 mi + Strength	3 mi	REST	8 mi or 2 hrs	REST	19 mi
5: 12/18	3 mi + Strength	WALK OR REST	3 mi + Strength	3 mi	REST	6 mi	REST	15 mi
6: 12/25	5 mi + Strength	WALK OR REST	WORKOUT WEDNESDAY 3 mi	5 mi	REST	10 mi	REST	23 mi
7: 1/1	6 mi + Strength	WALK OR REST	WORKOUT WEDNESDAY 3 mi	5 mi	REST	12 mi or 3 hrs	REST	26 mi
8: 1/8	6 mi + Strength	WALK OR REST	WORKOUT WEDNESDAY 4 mi	5 mi	REST	14 mi or 3.5 hrs	REST	29 mi
9: 1/15	4 mi + Strength	WALK OR REST	WORKOUT WEDNESDAY 3 mi	4 mi	REST	11 mi	REST	22 mi
10: 1/22	6 mi + Strength	WALK OR REST	WORKOUT WEDNESDAY 4 mi	5 mi	REST	16 mi or 4 hrs	REST	31 mi
11: 1/29	7 mi + Strength	WALK OR REST	WORKOUT WEDNESDAY 5 mi	7 mi	REST	18 mi or 4.5 hrs	REST	37 mi
12: 2/5	8 mi + Strength	WALK OR REST	WORKOUT WEDNESDAY 5 mi	7 mi	REST	21 mi or 5.25 hrs	REST	41 mi
13: 2/12	5 mi + Strength	WALK OR REST	WORKOUT WEDNESDAY 4 mi	5 mi	REST	16 mi	REST	30 mi
14: 2/19	5 mi	WALK OR REST	4 mi	4 mi	REST	8 mi	REST	21 mi
15: 2/26	4 mi	WALK OR REST	4 mi	4 mi	REST	6 mi	REST	18 mi
16: 3/5	3 mi	WALK OR REST	4 mi	3 mi	REST	4 mi	REST	14 mi
17: 3/12	3 mi	REST	3 mi	WALK OR REST	3 mi WALK	REST	LA MARATHON	35 mi