

**“Tribe Fitness 10-week “Learn to Run” Program  
In preparation for the Race Roster Spring Run-Off 8K**

**Start Date:** Tuesday January 31<sup>st</sup>, 2017

**Race Date:** Saturday April 8<sup>th</sup>, 2017

	Tuesday	Thursday	Saturday
Week 1 Jan 31st	Run 1 min, Walk 2 min, x8	Run 1 min, Walk 2 min, x6	Run 1 min, Walk 2 min, x10
Week 2 Feb 7th	Run 2 min, Walk 2 min, x7	Run 2 min, Walk 2 min, x6	Run 2 min, Walk 2 min, x8
Week 3 Feb 14th	Run 3 min, Walk 2 min, x6	Run 3 min, Walk 2 min, x5	Run 3 min, Walk 2 min, x7
Week 4 Feb 21st	Run 5 min, Walk 3 min, x4	Run 6 min, Walk 2 min, x3	Run 5 min, Walk 3 min, x5
Week 5 Feb 28th	Run 7 min, Walk 3 min, x3	Run 8 min, Walk 2 min, x3	Run 8 min, Walk 3 min, x3
Week 6 Mar 7th	Run 9 min, Walk 3 min, x3	Run 10 min, Walk 2 min, x3	Run 12 min, Walk 3 min, x3
Week 7 Mar 14th	Run 13 min, Walk 3 min, x3	Run 11 min, Walk 3 min, x3	Run 14 min, Walk 3 min, x3
Week 8 Mar 21st	Run 15 min, Walk 5 min, x2	Run 17min, Walk 4min, Run 10 min	Run 20min, Walk 2min, Run 20min
Week 9 Mar 28th	Run 50min	Run 45min	Run 25min
Week 10 Apr 4th	Run 40min	Run 30min	RACE DAY (April 8)