



## Marine Corps 10K Walk Schedule

### AUGUST

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of 8/16							KICK OFF walk 1 mile
Week of 8/23	cross-train 20 minutes	Rest	stretch/core/ walk 20-30 minutes	Rest	stretch/core/ walk 20-30 minutes	Rest	walk 2 miles
Week of 8/30	cross-train 30 minutes	Rest					

### SEPTEMBER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of 8/30			stretch/core/ walk 20-30 minutes	Rest	stretch/core/ walk 20-30 minutes	Rest	ON YOUR OWN walk 2 miles
Week of 9/6	cross-train 30 minutes	Rest	stretch/core/ walk 20-30 minutes	Rest	stretch/core/ walk 25-40 minutes	Rest	walk 3 miles
Week of 9/13	cross-train 30 minutes	Rest	dynamic drills/ walk 25-40 minutes	Rest	stretch/core/ walk 25-40 minutes	Rest	walk 4 miles
Week of 9/20	cross-train 40 minutes	Rest	dynamic drills/ walk 25-40 minutes	Rest	stretch/core/ walk 30-45 minutes	Rest	walk 5 miles
Week of 9/27	cross-train 40 minutes	Rest	walk 3-4 miles	Rest			

### OCTOBER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of 9/27					stretch/core/ walk 30-45 minutes	Rest	walk 6 miles
Week of 10/4	cross-train 40 minutes	Rest	walk 3-4 miles	Rest	stretch/core/ walk 3-4 miles	Rest	walk 7
Week of 10/11	cross-train 50 minutes	Rest	walk 3-4 miles	Rest	stretch/core/ walk 3-4 miles	Rest	walk 5
Week of 10/18	cross-train 50 minutes	Rest	walk 3-4 miles	Rest	stretch/core/ walk 3-4 miles	Rest	stretch/core/ walk 30-45 minutes
EVENT WEEK!	MARINE CORPS 10K!						