



RUN/WALK TRACKER

Start every workout with some stretches and a brisk walk to warm up. Cross-train every other day when you can, or take a day off if you really need it. Sundays are also free if you need to change out a day! Check out more tips for getting Trot ready at www.TrotWithTexasHealth.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1	1 minute run / 1 minute walk (9x) 20 MINUTES	REST / CROSS TRAIN	1 minute run / 1 minute walk (9x) 20 MINUTES	REST / CROSS TRAIN	1 minute run / 1 minute walk (9x) 20 MINUTES	REST / CROSS TRAIN
WEEK 2	1.5 minute run / 1.5 minute walk (6x) 18 MINUTES	REST / CROSS TRAIN	1.5 minute run / 1.5 minute walk (6x) 18 MINUTES	REST / CROSS TRAIN	1.5 minute run / 1.5 minute walk (6x) 18 MINUTES	REST / CROSS TRAIN
WEEK 3	1.5 minute run / 2.5 minute walk (5x) 20 MINUTES	REST / CROSS TRAIN	1.5 minute run / 2.5 minute walk (5x) 20 MINUTES	REST / CROSS TRAIN	1.5 minute run / 2.5 minute walk (5x) 20 MINUTES	REST / CROSS TRAIN
WEEK 4	2.5 minute run / 2.5 minute walk (4x) 20 MINUTES	REST / CROSS TRAIN	2.5 minute run / 2.5 minute walk (4x) 20 MINUTES	REST / CROSS TRAIN	2.5 minute run / 2.5 minute walk (4x) 20 MINUTES	REST / CROSS TRAIN
WEEK 5	3 minute run / 2 minute walk (4x) 20 MINUTES	REST / CROSS TRAIN	3 minute run / 2 minute walk (4x) 20 MINUTES	REST / CROSS TRAIN	3 minute run / 2 minute walk (4x) 20 MINUTES	REST / CROSS TRAIN
WEEK 6	5 minute run / 3 minute walk (3x) 24 MINUTES	REST / CROSS TRAIN	5 minute run / 3 minute walk (3x) 24 MINUTES	REST / CROSS TRAIN	5 minute run / 3 minute walk (3x) 24 MINUTES	REST / CROSS TRAIN
WEEK 7	6 minute run / 3 minute walk (2x) 18 MINUTES	REST / CROSS TRAIN	6 minute run / 3 minute walk (2x) 18 MINUTES	REST / CROSS TRAIN	6 minute run / 3 minute walk (2x) 18 MINUTES	REST / CROSS TRAIN
WEEK 8	7 minute run / 1 minute walk (3x) 24 MINUTES	REST / CROSS TRAIN	7 minute run / 1 minute walk (3x) 24 MINUTES	REST / CROSS TRAIN	7 minute run / 1 minute walk (3x) 24 MINUTES	REST / CROSS TRAIN
WEEK 9	Run 25 MINUTES	REST / CROSS TRAIN	Run 25 MINUTES	REST / CROSS TRAIN	Run 25 MINUTES	REST / CROSS TRAIN
WEEK 10	Run 30 MINUTES	REST / CROSS TRAIN	Run 30 MINUTES	REST / CROSS TRAIN	Run 30 MINUTES	REST / CROSS TRAIN
TROT WEEK	Run 30 MINUTES	REST / CROSS TRAIN	Run 30 MINUTES	TURKEY TROT DAY Let's do this!	REST / SHOP TILL YOU DROP	Why Stop Now?

IMPORTANT NOTE: If you have not been active in the past and feel unsure about your health, talk to your health care provider before beginning an exercise program.