

# Would YOU like to run a 10K or a 1/2 Marathon???

## You can!

No matter if this is your first time in an event or if you aren't even a runner. You can follow this beginner training schedule and train yourself (and your body) to run in the 10k at the Bay Shore Marathon in Traverse City, May 26, 2007. After that event you can choose to continue training further to ultimately run in a 1/2 Marathon in Lewiston tentatively scheduled for August 4, 2007, hosted by the Lewiston Fitness Center. Join us! Once every month leading up to the final event, will be a scheduled group run, in which everyone and anyone is welcome to join. You can socialize with others who are training, get tips and tricks for training, and etc.. We hope to see you there! Any questions, please feel free to ask any Lewiston Fitness Center employee for more information and or assistance.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>Week 1</b> Jan 8, 2007	40 min. Walk or XT	RUN 10-15 Min.	40 min. Walk or XT	RUN 10-15 Min.	40 min. Walk or XT	OFF	Long Run 1 Mile
<b>Week 2</b> Jan 15	40 min. Walk or XT	Run 15 Min.	40 min. Walk or XT	Run 15 Min.	40 min. Walk or XT	OFF	Long Run 1 Mile
<b>Week 3</b> Jan 22	40 min. Walk or XT	Run 15-20 Min.	40 min. Walk or XT	Run 15-20 Min.	40 min. Walk or XT	OFF	Long Run 1.5 Mile <b>Group Run 9am</b>
<b>Week 4</b> Jan 29	40 min. Walk or XT	Run 20 Min.	40 min. Walk or XT	Run 20 Min.	40 min. Walk or XT	OFF	Long Run 1.5 Mile
<b>Week 5</b> Feb 5	40 min. Walk or XT	Run 20-25 Min.	40 min. Walk or XT	Run 20-25 Min.	40 min. Walk or XT	OFF	Long Run 2 Mile
<b>Week 6</b> Feb 12	40 min. Walk or XT	Run 25 Min.	40 min. Walk or XT	Run 25 Min.	40 min. Walk or XT	OFF	Long Run 2 Mile <b>Group Run 9am</b>
<b>Week 7</b> Feb 19	40 min. Walk or XT	Run 25-30 Min.	40 min. Walk or XT	Run 25-30 Min.	40 min. Walk or XT	OFF	Long Run 2.5 Mile
<b>Week 8</b> Feb 26	40 min. Walk or XT	Run 30 Min.	40 min. Walk or XT	Run 30 Min.	40 min. Walk or XT	OFF	Long Run 2.5 Mile
<b>Week 9</b> Mar 5	40 min. Walk or XT	Run 30-35 Min.	40 min. Walk or XT	Run 30-35 Min.	40 min. Walk or XT	OFF	Long Run 3 Mile
<b>Week 10</b> Mar 12	40 min. Walk or XT	Run 35-40 Min.	40 min. Walk or XT	Run 35-40 Min.	40 min. Walk or XT	OFF	Long Run 3 Mile