

LPGA Beginner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 11-16							3R/2W x 4
April 17-23	Active Rest	3R/1W x 4	Active Rest	3R/2W x 4	Walk 30 mins	Rest	4R/1W x 4
April 24-30	Active Rest	5R/2W x 4	Active Rest	6R/2W x 3	Walk 30 mins	Rest	4R/1W x 5
May 1-7	Active Rest	7R/2W x 3	Active Rest	8R/2W x 2	Walk 30 mins	Rest	Run 20 mins
May 8-14	Active Rest	Run/walk 1 mile	Active Rest	6R/2W x 3	Walk 30 mins	Rest	Run 2 miles
May 15-21	30-60 min walk	Run/walk 2 miles	Active Rest	Run 1 mile	Cross Train	Rest	Run 2.25 miles
May 22-28	35-60 min walk	Run 1.75 miles	Active Rest	Run 1.5 miles	Cross Train	Rest	Run 2.5 miles
May 29 - June 4	40-60 min walk	Run 2.5 miles	Active Rest	Run 2 miles	Cross Train	Rest	Run 3 miles
June 5-11	30-50 min walk	Run/walk 3 miles	Active Rest	Run 2.5 miles	Cross Train	Rest	Run 2 miles
June 12-18	20-40 min walk	Run 2 miles	Active Rest	Run 2 miles	Cross Train	Rest	

LPGA 5k Complete

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 11-16							Run 1 mile easy
April 17-23	30-60 min walk	1.5 miles	Active Rest	1.5 miles	Walk 30 mins	Rest	Run 1 mile easy
April 24-30	35-60 min walk	1.75 miles	Active Rest	1.5 miles	Walk 30 mins	Rest	Run 1.75 miles easy
May 1-7	40-60 min walk	2 miles	Active Rest	1.5 miles	Walk/run 30 mins	Rest	Run 2 miles easy
May 8-14	50-60 min walk	2.5 miles	Active Rest	half mile easy/half mile fast/ half mile easy	Walk/run 30 mins	Rest	Run 2.5 miles easy
May 15-21	60 min walk	3 miles	Active Rest	2 miles	Walk/run 30 mins	Rest	Run 2.75 miles easy
May 22-28	30-60 min walk	2 miles	Active Rest	2 miles	Walk/run 30 mins	Rest	Run 3 miles easy
May 29 - June 4	55-60 min walk	2.5 miles	Active Rest	half mile easy/1 mile fast/ half mile easy	Walk/run 30 mins	Rest	Run 2.75 miles easy
June 5-11	60 min walk	2.75 miles	Active Rest	2 miles	Walk/run 30 mins	Rest	Run 2.5 miles easy
June 12-18	REST	2 miles	Active Rest	1.5 miles	Rest	Rest	