

June 2025

No
Athletics
Background

Go From
0 to 25
With low risk of injury

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Walk 5 min Run 3 min walk 5 min	2 Walk 5 min Run 3 min walk 5 min	3 walk 5 min Run 3 min walk 8 min	4 Walk 8 min Run 3 min walk 10 min	5 Walk 8 min Run 3 min walk 10 min	6 walk 8 min Run 3 min walk 10 min	7 Walk 5 min Run 5 min walk 10 min.
8 Walk 5 min Run 5 min walk 10 min	9 Walk 5 Run 6 walk 10	10 Walk 5 Run 6 walk 10	11 Walk 5 Run 6 walk 10	12 Walk 5 Run 6 walk 10	13 Walk 5 Run 6 walk 10	14 Walk 5 min Run 8 min walk 10 min
15 Walk 5 min Run 8 min walk 10 min	16 Walk 5 min Run 10 min walk 10 min	17 Walk 5 Run 10 walk 10	18 Walk 5 Run 12 walk 10	19 Walk 5 Run 12 walk 10	20 Walk 5 Run 12 walk 10	21 Walk 5 min Run 15 min walk 10 min.
22 Walk 5 min Run 15 min walk 2 min	23 Walk 5 min Run 15 min walk 2 min	24 Walk 2 min Run 20 min walk 2 min	25 Walk 2 min Run 20 min walk 2 min	26 Walk 2 Run 20 walk 2	27 Walk 2 min Run 20 min walk 2 min	28 Run 2 miles
29 Run 2 miles	30 Run 2 miles	July	July	July	July	July
July	July					

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Run 2 miles	2 2	3 2	4 2	5 2 10
6 2	7 2	8 3	9 2	10 2	11 2	12 3 16
13 2	14 2	15 3	16 2	17 3	18 2	19 3 17
20 2	21 2	22 3	23 2	24 3	25 2	26 4 18
27 2	28 2	29 4	30 2	31 3	August	August

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 2	2 4 19
3 2	4 3	5 4	6 3	7 3	8 2	9 5 22
10 2	11 Cross Country First practice 3	12 4	13 3	14 4	15 2	16 5 23
17 2	18 3	19 4	20 4	21 4	22 2	23 6 25
24	25	26	27	28	29	30
31						