

East Nasty 2018 Potato-to-Tomato Training Plan

	Mondays 6:00 pm Shelby Park Train Trestle (right outside entrance to Nature Center)	Wednesdays 6:00 pm Shelby Park Train Trestle (right outside entrance to Nature Center)	Saturdays 7:00 am Shelby Park Train Trestle (Location subject to change - check weekly email)
W E E K			June 16 10 min walk 5x (60 sec jog/60 sec walk) 10 min walk
1	June 18 5 minute brisk walk 8x (60 sec jog / 90 sec walk) 5 minute walk	Wed, June 20th – East Nasty 10th Anniversary Run Thursday, June 21st - Optional Make up P2T run 5 minute brisk walk 9x (60 sec jog / 90 sec walk) 5 minute walk	June 23 5 minute brisk walk 10x (60 sec jog / 90 sec walk) 5 minute walk
2	June 25 5 minute brisk walk 6x (90 sec jog / 2 minute walk) 5 minute walk	June 27 5 minute brisk walk 7x (90 sec jog / 2 minute walk) 5 minute walk	June 30 5 minute brisk walk 8x (90 sec jog / 2 minute walk) 5 minute walk
3	July 2 5 minute brisk walk 2x (90 sec jog / 90 sec walk + 3 minute jog / 3 minute walk) 5 minute walk	July 4 5 minute brisk walk 3x (90 sec jog / 90 sec walk + 3 minute jog / 3 minute walk) 5 minute walk	July 7 5 minute brisk walk 4x (90 sec jog / 90 sec walk + 3 minute jog / 3 minute walk) 5 minute walk
4	July 9 5 minute brisk walk (3 minute jog / 90 second walk + 5 minute jog / 2.5 minute walk + 3 minute jog / 90 second walk + 5 minute jog) 5 minute walk	July 11 5 minute brisk walk (3 minute jog / 90 second walk + 5 minute jog / 2.5 minute walk + 3 minute jog / 90 second walk + 5 minute jog) 5 minute walk	July 14 5 minute brisk walk (1/4 mile jog / 1/4 mile walk + 1/2 mile jog / 1/4 mile walk + 1/4 mile jog / 1/4 mile walk + 1/2 mile jog) 5 minute walk
5	July 16 5 minute brisk walk (5 minute jog / 3 minute walk + 5 minute jog / 3 minute walk + 5 minute jog) 5 minute walk	July 18 5 minute brisk walk (8 minute jog / 5 minute walk + 8 minute jog) 5 minute walk	July 21 5 minute brisk walk 1 1/2-mile jog (no walking!) 5 minute walk
6	July 23 5 minute brisk walk (5 minute jog / 3 minute walk + 8 minute jog / 3 minute walk + 5 minute jog) 5 minute walk	July 25 5 minute brisk walk (10 minute jog / 3 minute walk + 10 minute jog) 5 minute walk	July 28 5 minute brisk walk 2 mile jog (no walking) 5 minute walk
7	July 30 5 minute brisk walk 3x (8 minute jog / 1 minute walk) 5 minute walk	Aug 1 5 minute brisk walk 2x (12 minute jog / 1 minute walk) 5 minute walk	Aug 4 5 minute brisk walk 2.5 mile jog (no walking) 5 minute walk
8	Aug 6 5 minute brisk walk 3x (10 minute jog/1 minute walk) 5 minute walk	Aug 8 5 minute brisk walk 30 minute jog (no walking) 5 minute walk	Aug 11 East Nashville Tomato 5K!