

# New England Training Program

## 24-WEEK



Presented by:  
BANK OF AMERICA

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24	3/11 REST	3/12 3 miles	3/13 REST	3/14 3 miles	3/15 30 min.	3/16 3 miles	3/17 3 miles	12
23	3/18 REST	3/19 3 miles	3/20 REST	3/21 3 miles	3/22 30 min.	3/23 4 miles	3/24 3 miles	13
22	3/25 REST	3/26 3 miles	3/27 REST	3/28 4 miles	3/29 30 min.	3/30 5 miles	3/31 3 miles	15
21	4/1 REST	4/2 3 miles	4/3 REST	4/4 4 miles	4/5 30 min.	4/6 5 miles	4/7 4 miles	16
20	4/8 REST	4/9 3 miles	4/10 15 min.	4/11 4 miles	4/12 30 min.	4/13 6 miles	4/14 4 miles	17
19	4/15 REST	4/16 3 miles	4/17 15 min.	4/18 5 miles	4/19 30 min.	4/20 6 miles	4/21 5 miles	19
18	4/22 REST	4/23 3 miles	4/24 15 min.	4/25 5 miles	4/26 30 min.	4/27 7 miles	4/28 6 miles	21
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15	5/13 REST	5/14 3 miles	5/15 15 min.	5/16 5 miles	5/17 30 min.	5/18 10 miles	5/19 6 miles	24
14	5/20 REST	5/21 3 miles	5/22 30 min.	5/23 5 miles	5/24 30 min.	5/25 10 miles	5/26 6 miles	24
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**WALKING** Nothing prepares you better for walking than walking. "Easy" walking is 2-3 miles an hour on flat surfaces and "Moderate" is 3-4 miles an hour including up and down hills. To fit long mileage into your schedule, you may divide it into two sessions per day.

**CROSS-TRAINING** Any activity that increases your heart rate and involves using your whole body qualifies as cross-training.

# Denver Training Program

## 24-WEEK



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# Dallas/Fort Worth Training Program

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