



Resurrection Day 3.218688K  
www.wake-up-running.com



In the Christian Liturgical Calendar, Easter Sunday is *the* celebration of the year. It is a celebration of resurrection, of new life, of renewal. What better way to celebrate this incredible spiritual and historical event, than with a resurrection of YOUR physical self?

Please join us in taking the latest challenge from Wake-Up-Running and you too will be re-born, running over 2 miles a day, just in time for spring.

Just grab a pair of good shoes, some comfortable clothes and follow the attached plan for the next 8 weeks. Start on February 8 and you will work up to two full miles of RUNNING, yes RUNNING by Easter Sunday.

YOU CAN DO IT. Tell your friends. Tell your family. Start your healthful resurrection today!



Program: Designed for new or returning runners (Running Planet "Freshman Running Plan" modified for the holiday schedule)

Workout Length: About 30 minutes a day

Workouts: Walking >>> Walk-Run >>> Run

Intensity: Are you . . . Out of breath? (You're working too hard) . . . Able to sing a song? (You're not working hard enough) . . . Able to carry a talking conversation (You've found "just right").

Rest Days: Rest days are important to allow your body to recover (You've earned them, be sure to take them) - Don't push it. If you need an extra day of rest here and there, TAKE IT! Listen to your body.



***Wake Up Running***

Ordinary advice to help ordinary people "run" better lives.



Resurrection Day 3.218688K  
[www.wake-up-running.com](http://www.wake-up-running.com)

February 8	Rest today . . . prepare mentally.
February 9	Brisk walk for 30 minutes.
February 10	Brisk walk for 30 minutes.
February 11	Walk for 5 minutes, jog for 30 seconds (repeat for 30 minutes)
February 12	Rest . . . you've earned it!
February 13	Walk for 5 minutes, jog for 30 seconds (repeat for 30 minutes)
February 14	Walk for 5 minutes, jog for 1 minute (repeat for 30 minutes)
February 15	Rest . . . you've earned it!
February 16	Walk for 5 minutes, jog for 1 minute (repeat for 30 minutes)
February 17 (Ash Wed)	Walk for 5 minutes, jog for 30 seconds (repeat for 30 minutes)
February 18	Walk for 5 minutes, jog for 1 minute (repeat for 30 minutes)
February 19	Rest . . . you've earned it!
February 20	Walk for 5 minutes, jog for 2 minutes (repeat for 30 minutes)
February 21	Walk for 5 minutes, jog for 2 minutes (repeat for 30 minutes)
February 22	Rest . . . you've earned it!
February 23	Walk for 5 minutes, jog for 3 minutes (repeat for 30 minutes)
February 24	Walk for 5 minutes, jog for 2 minutes (repeat for 30 minutes)
February 25	Rest . . . you've earned it!
February 26	Walk for 5 minutes, jog for 3 minutes (repeat for 30 minutes)
February 27	Walk for 5 minutes, jog for 4 minutes (repeat for 30 minutes)
February 28	Rest! Treat yourself today! You are almost halfway.
March 1	Walk for 5 minutes, jog for 4 minutes (repeat for 30 minutes)
March 2	Brisk walk for 30 minutes.
March 3	Walk for 5 minutes, jog for 5 minutes (repeat for 30 minutes)
March 4	Walk for 5 minutes, jog for 4 minutes (repeat for 30 minutes)
March 5	Rest . . . you've earned it!
March 6	Walk for 4 minutes, jog for 5 minutes (repeat for 30 minutes)
March 7	Walk for 4 minutes, jog for 5 minutes (repeat for 30 minutes)
Halfway Point!	Celebrate! Congratulations!



***Wake Up Running***

Ordinary advice to help ordinary people "run" better lives.



Resurrection Day 3.218688K  
[www.wake-up-running.com](http://www.wake-up-running.com)

March 8	Rest . . . you've earned it!
March 9	Walk for 3 minutes, jog for 5 minutes (repeat for 30 minutes)
March 10	Walk for 4 minutes, jog for 5 minutes (repeat for 30 minutes)
March 11	Walk for 3 minutes, jog for 5 minutes (repeat for 30 minutes)
March 12	Rest . . . you've earned it!
March 13	Walk for 2 minutes, jog for 5 minutes (repeat for 30 minutes)
March 14	Walk for 2 minutes, jog for 5 minutes (repeat for 30 minutes)
March 15	Rest . . . you've earned it!
March 16	Walk for 1 minutes, jog for 5 minutes (repeat for 30 minutes)
March 17	Walk for 2 minutes, jog for 5 minutes (repeat for 30 minutes)
March 18	Walk for 1 minutes, jog for 5 minutes (repeat for 30 minutes)
March 19	Rest . . . you've earned it!
March 20	Walk for 30 seconds, jog for 5 minutes (repeat for 30 minutes)
March 21	Walk for 30 seconds, jog for 5 minutes (repeat for 30 minutes)
March 22	Rest . . . you've earned it!
March 23	Warm up, jog for 1 mile, walk for 5 minutes, jog for 1 mile, cool down.
March 24	Walk for 30 seconds, jog for 5 minutes (repeat for 30 minutes)
March 25	Warm up walk, jog for 1.25 miles, cool down walk.
March 26	Rest . . . you've earned it!
March 27	Warm up, jog for 1 mile, walk for 5 minutes, jog for 1 mile, cool down.
March 28	Warm up walk, jog for 1.50 miles, cool down walk.
March 29	Rest! Celebrate today. You are almost there!
March 30	Warm up, jog for 1 mile, walk for 5 minutes, jog for 1 mile, cool down.
March 31	Walk for 30 seconds, jog for 5 minutes (repeat for 30 minutes)
April 1	Warm up walk, jog for 1.75 miles, cool down walk.
April 2 (Good Friday)	Rest . . . you've earned it!
April 3 (Holy Saturday)	Warm up walk, jog for 2.0 miles, cool down walk.
April 4 (Easter Sunday)	Celebrate with a 2.25 mile run. You are a re-born a runner!
You Did It!	Celebrate! Congratulations!



***Wake Up Running***

Ordinary advice to help ordinary people "run" better lives.