



**Disclaimer / Warning:** Do not try these exercises without professional supervision. Please be advised that there are inherent risks involved in participating in any exercise program, and the user releases RAMfitness.com and all parties involved in the distribution of the information contained herein from liability. By using any information provided by RAMfitness.com, the user is assuming all risks of injury that might result. RAMfitness.com and its officers, directors, employees, agents, contractors, subcontractors, and instructors shall not be liable for any claims for injuries or damages whatsoever, resulting from or connected with the use of this site. You are warned and advised to seek the advice of a physician before beginning any exercise regimen. RAMfitness.com is not a substitute for physician consultation or treatment and nothing contained in this website should be construed as giving medical advice, diagnosis, or information.

**Instructions:**

Enter "Starting Date":  Select the date you would like to start. For example 2/10/2013

Enter "Walking Speed":  Speed at which you can complete 1 hour with no problems  
For example: 3.0

**Instructions:** Enter the desired "Starting Date" and "Walking Speed"  
Start with "1st distance" then "2nd distance". Repeat until you complete "Total Distance"

Week #	Starting Date	Total Distance	Time (seconds)	Walking Speed	Time (seconds)	Running Speed
1	5/10/2021	0.75	120	4.0	60	5.0
2	5/17/2021	0.75	120	4.0	60	5.2
3	5/24/2021	1	120	4.1	75	5.2
4	5/31/2021	1	120	4.1	75	5.2
5	6/7/2021	1.25	Entire	4.5		
6	6/14/2021	1	120.00	4.2	60	5.5
7	6/21/2021	1.25	105.00	40.0	60	5.7
8	6/28/2021	1.5	120.00	40.0	30	6.0
9	7/5/2021	2	Entire	4.8		
10	7/12/2021	1.25	60.00	4.0	90	5.7
11	7/19/2021	1	30.00	4.3	90	6.0
12	7/26/2021	1	Entire	5.2+		