

STEP UP TO SHAPE UP

BEGINNER

INTERMEDIATE

ADVANCED

	BEGINNER	INTERMEDIATE	ADVANCED
WEEK 1	6 miles walk/run	8 miles walk/run	10 miles walk/run
WEEK 2	6 miles walk/run 20 minutes cross train*	8 miles walk/run 25 minutes cross train*	10 miles walk/run 35 minutes cross train*
WEEK 3	7 miles walk/run 20 minutes cross train* 20 minutes strength/yoga**	9 miles walk/run 30 minutes cross train* 30 minutes strength/yoga**	11 miles walk/run 45 minutes cross train* 30 minutes strength/yoga**
WEEK 4	7 miles walk/run 30 minutes cross train* 30 minutes strength/yoga**	10 miles walk/run 45 minutes cross train* 45 minutes strength/yoga**	12 miles walk/run 60 minutes cross train* 45 minutes strength/yoga**
WEEK 5	8 miles walk/run 45 minutes cross train* 45 minutes strength/yoga**	10 miles walk/run 60 minutes cross train* 60 minutes strength/yoga**	13 miles walk/run 75 minutes cross train* 60 minutes strength/yoga**
WEEK 6	8 miles walk/run 60 minutes cross train* 60 minutes strength/yoga**	12 miles walk/run 60 minutes cross train* 60 minutes strength/yoga**	14 miles walk/run 75 minutes cross train* 75 minutes strength/yoga**

*Cross train examples include biking, rowing, elliptical, stairs, roller blading and swimming.

**Strength/yoga examples include lifting weights, Pilates, strength training exercises (pushups, burpees, squats and lunges) and group exercise classes (People on Weights, Yoga, Boot Camp, Kickboxing, etc.).

For questions or more information, contact Jennifer Quinlan at (773) 298-3592 or quinlan@sxu.edu.



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