

# Color Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1		Walk 20 Minutes		Walk 20 Minutes		Walk 20 Minutes	
Week 2	Walk 25 Minutes		Walk 25 Minutes		Walk 25 Minutes	Walk 20 Minutes	
Week 3	Walk 30 Minutes	Walk 25 Minutes		Walk 30 Minutes	Walk 25 Minutes		Walk 35 Minutes
Week 4		Walk 40 Minutes	Walk 30 Minutes		Walk 45 Minutes		Color Run 5K!