

WALK FOR OUR FUTURE TRAINING PROGRAMS



Strength training exercises, stretching routine, and cross training workouts are available on the JCC Rockland Fitness Tracking system and app.

Full Marathon (26.2 miles)

Monday, Sept 2 4-mile Walk	Tuesday, Sept 17 5-mile Walk	Tuesday, Oct 1 (Rosh Hashanah) Rest	Monday, Oct 14 Strength Training
Tuesday, Sept 3 Strength Training	Wednesday, Sept 18 Strength Training	Wednesday, Oct 2 4-mile Walk	Tuesday, Oct 15 5-mile Walk
Wednesday, Sept 4 4-mile Walk	Thursday, Sept 19 5-mile Walk	Thursday, Oct 3 Strength Training	Wednesday, Oct 16 Strength Training
Thursday, Sept 5 Strength Training	Friday, Sept 20 Cross Training	Friday, Oct 4 Cross Training	Thursday, Oct 17 5-mile Walk
Friday, Sept 6 Cross training	Saturday, Sept 21 Rest	Saturday, Oct 5 Rest	Friday, Oct 18 Cross Training
Saturday, Sept 7 Rest	Sunday, Sept 22 12-mile Walk	Sunday, Oct 6 18-mile Walk	Saturday, Oct 19 Rest
Sunday, Sept 8 7-mile Walk	Monday, Sept 23 Strength Training	Monday, Oct 7 Strength Training	Sunday, Oct 20 10-mile Walk
Monday, Sept 9 Strength Training	Tuesday, Sept 24 5-mile Walk	Tuesday, Oct 8 (Erev Yom Kippur) 5-mile Walk	Monday, Oct 21 Rest
Tuesday, Sept 10 4-mile Walk	Wednesday, Sept 25 Strength Training	Wednesday, Oct 9 (Yom Kippur) Rest	Tuesday, Oct 22 Easy 4-mile Walk
Wednesday, Sept 11 Strength Training	Thursday, Sept 26 5-mile Walk	Thursday, Oct 10 Cross Training	Wednesday, Oct 23 Rest
Thursday, Sept 12 4-mile Walk	Friday, Sept 27 Cross Training	Friday, Oct 11 Strength Training	Thursday, Oct 24 Easy 4-mile walk
Friday, Sept 13 Cross Training	Saturday, Sept 28 Rest	Saturday, Oct 12 Rest	Friday, Oct 25 Easy 3-mile walk
Saturday, Sept 14 Rest	Sunday, Sept 29 15-mile Walk	Sunday, Oct 13 10-mile Walk	Saturday, Oct 26 Rest
Sunday, Sept 15 9-mile Walk	Monday, Sept 30 (Erev Rosh Hashanah) Strength Training		Sunday Oct 27 Walk for our Future!
Monday, Sept 16 Strength Training			

Contact Kat Colucci for details and guidance.