

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 5 - 11	Walk 20 minutes	Eat a good breakfast and start a book on fitness	Walk 20 minutes	Walk 20 Minutes – wave at everyone you see	Read the Era column for more inspiration	Eat a good supper with lots of veggies.	Walk 20 minutes
April 12 - 18	Walk/Jog 20 minutes*	Take an apple to work and eat it for a snack	Walk/Jog 20 minutes*	Eat an orange for breakfast and read your book	Walk/Jog 20 minutes*	Walk/Jog 20 minutes*	Do something fun that requires movement
April 19 - 25	Invite a friend to do the Grand Slam with you	Walk/Jog 25 Minutes	Walk/Jog 25 Minutes	Say something nice to somebody today	Walk/Jog 25 Minutes	Bonus day Walk 20 minutes	Watch the Derby Marathon on TV- Walk/Jog 25 Minutes
April 26 – May 2	Take a Sunday off	Walk/Jog 30 Minutes	Sign up for the Grand Slam**	Walk/Jog 30 Minutes	Walk/Jog 30 Minutes	Think about cross training on your off days	Have your own Derby-Jog for 25 minutes without stopping
May 3 - 9	Walk/Jog 30 Minutes	Read your fitness book	Walk/Jog 30 Minutes	Smile at someone, it'll make them happy	Walk/Jog 30 Minutes	Walk/Jog 30 Minutes	40 minutes walk/jog
May 10 - 16	Walk/Jog 35 Minutes	Walk/Jog 35 Minutes	Eat an all fruit and veggie lunch	Walk/Jog 35 Minutes	Read your fitness book	Walk/Jog 35 Minutes	Walk/Jog 45 Minutes
May 17 - 23	Eat a banana for your nighttime snack	Walk/Jog 40 minutes	Share the road with runners and bikers	Walk/Jog 40 minutes	Walk/Jog 40 minutes	Go Bowling	Walk/Jog 35 minutes
May 24 - 30	Walk/Jog 40 minutes	Get excited; Saturday will be fun!	Walk/Jog 35 minutes	Pick out your outfit for the race	Walk/Jog 30 Minutes	Pasta for lunch and get some rest	Race Day!! 8:30 AM ...be early!

- *Walk for most of the time, but jog a little when you feel like it. Keep walking the whole time if that's what works for you. Increase your jog time each day until you can jog the whole time. As the race date approaches, you can start worrying about your pace, but don't push it. This is supposed to be fun.
- **Watch for ads in the Oldham Era, or go to www.OCCGrandSlam.com
- It's Ok if you change days of the week, just make sure you get four or five days in and the allotted time each week.