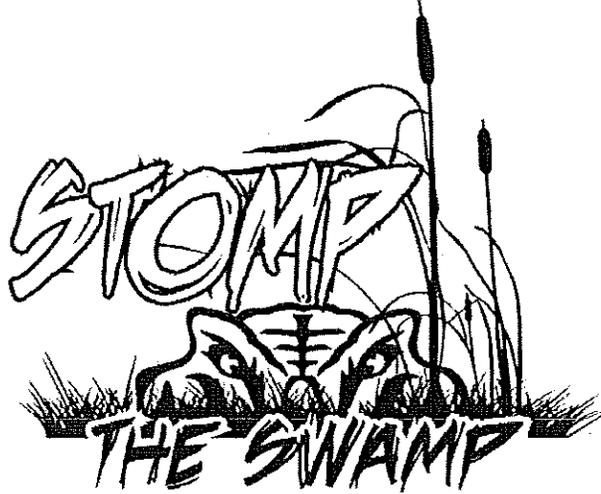


**Mark Your Calendars!**  
**Support all Gautier Schools by participating in...**



**2014 SWAMP RUN**  
**JANA WALMSLEY MEMORIAL 5K**

**Saturday, Oct. 18, 2014**

Warm-Ups 8:00 am

5K Run/Walk 8:30 am

1 Mile Fun Run 9:30 am

Entry Fee - \$20 Includes race t-shirt and FUN!

Proceeds to benefit the GHS Jana Walmsley Scholarship Fund  
and Gautier Schools –

Gautier High School, Gautier Middle School, Singing River Academy, College Park  
Elementary, Gautier Elementary, and Martin Bluff Elementary

Interested in being a GOLD or BLUE sponsor?

Email Paige at [pgsuzroberts@hotmail.com](mailto:pgsuzroberts@hotmail.com) or Call 228-522-8829 for info

**FUN for the WHOLE FAMILY!!!**

# Six-week Beginner 5K Schedule

Week One	Week Two
<p>Mon - Rest                      Tuesday - Run 1 min, walk 1 min. Do 10 times.                      Wednesday - Rest                      Thursday - Run 2 mins, walk 4 mins. Do 5 times.                      Friday - Rest                      Saturday - Rest                      Sunday - Run 2 mins, walk 4 mins. Do 5 times.</p>	<p>Mon - Rest                      Tuesday - Run 3 mins, walk 3 mins. Do 4 times.                      Wednesday - Rest                      Thursday - Run 3 mins, walk 3 mins. Do 4 times.                      Friday - Rest                      Saturday - Rest                      Sunday - Run 5 mins, walk 3 mins. Do 3 times.</p>
Week Three	Week Four
<p>Mon - Rest                      Tuesday - Run 7 mins, walk 2 mins. Do 3 times.                      Wednesday - Rest                      Thursday - Run 8 mins, walk 2 mins. Do 3 times.                      Friday - Rest                      Saturday - Rest                      Sunday - Run 8 mins, walk 2 mins. Do 3 times.</p>	<p>Mon - Rest                      Tuesday - Run 8 mins, walk 2 mins. Do 3 times.                      Wednesday - Rest                      Thursday - Run 10 mins, walk 2 mins. Do twice then run for 5 minutes.                      Friday - Rest                      Saturday - Rest                      Sunday - Run 8 mins, walk 2 mins. Do 3 times.</p>
Week Five	Week Six
<p>Mon - Rest                      Tuesday - Run 9 mins, walk 1 min. Do 3 times.                      Wednesday - Rest                      Thursday - Run 12 mins, walk 2 mins. Do twice then run 5 minutes.                      Friday - Rest                      Saturday - Rest                      Sunday - Run 8 mins, walk 2 mins. Do 3 times.</p>	<p>Mon - Rest                      Tuesday - Run 15 mins, walk 1 min. Do 3 times.                      Wednesday - Rest                      Thursday - Run 12 mins, walk 2 mins. Do twice then run for 5 minutes.                      Friday - Rest                      Saturday - Rest                      Sunday - 5K race!</p>

## 5K Your Way Walking Training Program

WEEK	DAY 1	DAY 2	DAY 3
1	Walk for 15 continuous minutes	Walk 1 miles	Walk 1.5 miles
2	Walk for 25 continuous minutes	Walk 1.75 miles	Walk 2 miles
3	Walk for 30 continuous minutes	Walk 2 miles	Walk 2.25 miles
4	Walk for 40 continuous minutes	Walk 2.5 miles	Walk 2.75 miles
5	Walk for 40 continuous minutes	Walk for 30 continuous minutes	Race Day! Walk 3.1 miles

ALWAYS CHECK WITH YOUR PHYSICIAN BEFORE STARTING A RUNNING PROGRAM!