


8 WEEK TRAINING PROGRAM


Starting September 23 and ending on race day on November 16!


Let's get ready to crush your goals!



<p>MONDAY–(Run 1 minute, walk 1 minute) X 10 TUESDAY–10 squats, 10 Pushups, :30 second plank WEDNESDAY–Find a healthy breakfast recipe, shop and cook! THURSDAY–(Run 1 minute, walk 1 minute) X 10 FRIDAY–Be active outside for at least 20 minutes SATURDAY–(Run 2 minutes, walk 4 minutes) X 5</p>	<p>Week</p> 
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<p>MONDAY–(Run 2 minutes, walk 4 minutes) X 5 TUESDAY–12 squats, 10 Pushups, :40 second plank WEDNESDAY–Find a healthy breakfast recipe, shop and cook! THURSDAY–(Run 2 minutes, walk 4 minutes) X 5 FRIDAY–Be active outside for at least 20 minutes SATURDAY–(Run 3 minutes, walk 3 minutes) X 4</p>	<p>Week</p> 
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<p>MONDAY–(Run 3 minutes, walk 3 minutes) X 4 TUESDAY–15 squats, 10 pushups, :50 second plank WEDNESDAY–Find a healthy breakfast recipe, shop and cook! THURSDAY–(Run 3 minutes, walk 3 minutes) X 4 FRIDAY–Be active outside for at least 20 minutes SATURDAY–(Run 5 minutes, walk 3 minutes) X 3</p>	<p>Week</p> 
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<p>MONDAY–(Run 5 minutes, walk 3 minutes) X 3 TUESDAY–18 squats, 10 pushups, 1:00 second plank WEDNESDAY–Find a healthy breakfast recipe, shop and cook! THURSDAY–(Run 7 minutes, walk 2 minutes) X 3 FRIDAY–Be active outside for at least 20 minutes SATURDAY–(Run 7 minutes, walk 2 minutes) X 3</p>	<p>Week</p> 
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Notes : Sundays are your rest days! Enjoy the day and get ready for another week of training!