

8 WEEK TRAINING PROGRAM

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

Let's get ready to crush your goals!



MONDAY– (Run 8 minutes, walk 2 minutes) X 3
TUESDAY–18 squats, 12 pushups, 1:00 second plank
WEDNESDAY–Find a healthy breakfast recipe, shop and cook!
THURSDAY–(Run 8 minutes, walk 2 minutes) X 3
FRIDAY–Be active outside for at least 20 minutes
SATURDAY–(Run 8 minutes, walk 2 minutes) X 3

Week



MONDAY– (Run 10 minutes, walk 2 minutes) X 2
TUESDAY–20 squats, 15 pushups, 1:00 second plank
WEDNESDAY–Find a healthy breakfast recipe, shop and cook!
THURSDAY–(Run 8 minutes, walk 2 minutes) X 3
FRIDAY–Be active outside for at least 20 minutes
SATURDAY–(Run 10 minutes, walk 2 minutes) X 2

Week



MONDAY– (Run 9 minutes, walk 1 minute) X 3
TUESDAY–20 squats, 15 pushups, 1:10 second plank
WEDNESDAY–Find a healthy breakfast recipe, shop and cook!
THURSDAY–(Run 12 minutes, walk 2 minutes) X 2
FRIDAY–Be active outside for at least 20 minutes
SATURDAY–(Run 8 minutes, walk 2 minutes) X 3

Week



MONDAY–(Run 15 minutes, walk 1 minute) X 2
TUESDAY–25 squats, 20 pushups, 1:20 second plank
WEDNESDAY–Find a healthy breakfast recipe, shop and cook!
THURSDAY–(Run 8 minutes, walk 2 minutes) X 3
FRIDAY–Be lightly active outside for at least 10 minutes
SATURDAY–**IT'S RACE DAY!** Enjoy the race and celebrate!

Week



Notes :

On race day, don't forget to check out the Good Sweat Festival and visit Athlete's Village!