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Walk. Run. Pedal. Party.

6-week Training Program

September 30 - November 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Stretch and Roll	1 1-mile walk	2 Cross train 30 min	3 1-mile run	4 Rest	5 Cross train 40 min	6 1-mile run
7 Stretch and Roll	8 2-mile run	9 Cross train 30 min	10 2-mile run	11 Rest	12 Cross train 40 min	13 2-mile run
14 Stretch and Roll	15 3-mile run	16 Cross train 30 min	17 2-mile run	18 Rest	19 Cross train 50 min	20 3-mile run
21 Stretch and Roll	22 3-mile run	23 Cross train 30 min	24 2-mile run	25 Rest	26 Cross train 50 min	27 4-mile run
28 Stretch and Roll	29 3-mile run	30 Cross train 30 min	31 2-mile run	1 Rest	2 Rest	3 5-mile run
4 Stretch and Roll	5 3-mile run	6 Cross train 30 min	7 2-mile run	8 Rest	9 Race Day!	10 Rest

Stretch and Roll: 10 – 20 minutes of stretching tight muscles, increasing mobility, and bringing blood flow to the parts of your body doing the most work. You can find stretch bands and foam rollers at any retail or sporting goods store.

Runs/Walks: Find a comfortable pace that you can maintain for the duration of the workout. Plan to start in the morning to mimic race day conditions.

Cross Training: Train by doing something that you already enjoy. Hike, swim, bike, or dance for the prescribed duration. Try to keep your heart rate up for most of the training time. Be creative and have fun!

Rest: Don't skip rest day. Recovery is an essential part of a training program. If you need to move, opt for an easy walk or stretch.