

20 GET FIT 25 FESTIVAL

Walk. Run. Pedal. Party.



6-week training program

October 13 – November 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch and roll	1-mile walk	Cross train 30 min	1-mile run	Rest	Cross train 40 min	1-mile run
Stretch and roll	2-mile run	Cross train 30 min	2-mile run	Rest	Cross train 40 min	2-mile run
Stretch and roll	3-mile run	Cross train 30 min	2-mile run	Rest	Cross train 40 min	3-mile run
Stretch and roll	3-mile run	Cross train 30 min	2-mile run	Rest	Cross train 40 min	4-mile run
Stretch and roll	3-mile run	Cross train 30 min	2-mile run	Rest	Rest	5-mile run
Stretch and roll	3-mile run	Cross train 30 min	2-mile run	Rest	Race Day	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.