



**20 | GET FIT
17 | FESTIVAL**

Walk. Run. Pedal. Party.

Get Fit Festival Team Relay
Training Program
November 4, 2017

September 25 – November 5 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26 1 mile walk	27 cross train 30-min	28 1 mile run	29 Rest	30 cross train 40-min	1 1 mile run
2 stretch and roll	3 2 mile run	4 cross train 30-min	5 2 mile run	6 Rest	7 cross train 40-min	8 2 mile run
9 stretch and roll	10 3 mile run	11 cross train 30-min	12 2 mile run	13 Rest	14 cross train 50-min	15 3 mile run
16 stretch and roll	17 3 mile run	18 cross train 30-min	19 2 mile run	20 Rest	21 cross train 50-min	22 4 mile run
23 stretch and roll	24 3 mile run	25 cross train 30-min	26 2 mile run	27 Rest	28 rest	29 5 miles
30 stretch and roll	31 3 mile run	1 cross train 30-min	2 2 mile run	3 Rest	4  20 GET FIT 17 FESTIVAL	5 Rest!

Notes

Stretch and Roll

If you don't already have one, purchase a foam roller from a local sporting goods store. Wal-Mart, Target, Big 5 even Marshalls and Ross carry them. Stretch for at least 20 minutes, starting with upper body and finishing with the legs. For tips on stretching and rolling, visit: getfitsocal.org/videos

Runs/Walks

On running/walking days it's very important to find a comfortable pace you can maintain for the training distance. On Sunday runs/walks, it's important to start at 7:30 AM to mimic race day conditions and get your body used to working out at that time.

If you don't run the exact distances on calendar for that day don't worry, do the best you can. Find some 5K and 10K races in your community to get used to the atmosphere of an organized race.

Cross Training

This day can be used for anything you like! Hiking, swimming, biking, dancing, yoga, etc...just get used to doing an activity for the time on the training calendar. Walking and easy running will work on these days, as well. Be creative and have fun!

Rest

Just like it says...rest! If you need to move, go for an easy walk or stretch. Otherwise, take a break – you deserve it.