



Team Fit Future Run/Walk Program:



This program is ideal for the individual who has not run before or who has not run consistently within the past 6-8 months and is looking to complete the 5km distance (3.1 miles). This program includes a run/walk component. To start this program you should be able to run/walk for 30 minutes.

Active recovery day— This is a good day to do your core work and some cross-training to give the muscles, ligaments and tendons a chance to recover from the efforts of the week. Add swimming, biking, etc., but try to keep the effort low and the movement smooth.

1 day a week you want a total day off of activity either Wednesday or Friday – if you are used to doing other activities such as swimming, or cycling one of these days is a good day to schedule that activity


All runs/walks unless otherwise specified are easy, “conversational” efforts where your breathing is comfortable enough to allow you to carry out a conversation with a training partner. These are all about strengthening the body to get it ready for more rigorous workouts leading up to your 5km. Enjoy!

Group Runs will be held on Thursday evenings and Saturday mornings.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Team Fit Future Kickoff Whole Foods Market 6:00 p.m.	22 3 miles	23 Off	24 4 miles	25 Off	26 60 minutes as 5/1*
27 Easy 25 minutes	28 Active Recovery	29 3 miles	30 Off	31 4 miles	Notes: *first number indicates minutes run, 2 nd number indicates minutes of brisk walking.	

~ February 2013 ~						
◀ Jan 2013						Mar 2013 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Off Learn to "Eat Like an Athlete" and take an "Eating Healthy on a Budget" tour Whole Foods Market 6:00 p.m.	2 Easy 25 minute run/walk
3 45 minutes as 6/1*	4 Active Recovery	5 5 miles	6 Off	7 4 miles	8 Off	9 Easy 25 minute run/walk Head over to Whole Foods after your run for a free bagel!
10 50 minutes as 8/1*	11 Active Recovery Good Form Running Clinic 1 st Place Sports 6:00 p.m.	12 5 miles	13 Off	14 4 miles	15 Off	16 Easy 25 minute run/walk
17 60 minutes as 8/1*	18 Active Recovery Boot Camp with Jackie 5:30 p.m.	19 5 miles	20 Off	21 5 miles	22 Off	23 Easy 25 minute run/walk
24 45 minutes as 8/1*	25 Active Recovery	26 3 miles	27 Off	28 4 miles	Notes:	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Off Healthy Cooking Demo Whole Foods Market 6:00	2 45 mins steady
3 Easy 30 min run/walk	4 Active Recovery	5 3 miles	6 Off	7 5 miles	8 Off	9 50 mins as 9/1* Head over to Whole Foods Market after your run for a free Health Starts Here Smoothie OR Coffee!
10 Easy 20 min run/walk	11 Active Recovery	12 5 miles Boot Camp with Jackie 5:30	13 Off	14 5 miles	15 Off	16 60 mins as 9/1*
17 Easy 20 min run/walk	18 Active Recovery	19 5 miles	20 Off	21 5 miles Flexibility Training following the Group Run	22 Off	23 45 mins as 9/1*
24 Easy 20 min run/walk	25 Active Recovery Yoga	26 4 miles	27 Off	28 4 miles	29 Off	30 60 mins as 9/1*
31 Easy 20 min run/walk	Notes:					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Active Recovery	2 3 miles	3 Off	4 3 miles	5 Off Healthy Cooking Demo Whole Foods Market 6:00 p.m.	6 45 min as 9/1*
7 45 mins as 9/1*	8 Off	9 2 miles easy	10 Off	11 2 miles	12 Rest	13 
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Notes:			