

# 4 - WEEK RUN TRAINING PLAN

## INSTRUCTIONS:

For every number listed on the calendar, run that many **miles** that day.  
For Fit5 days, do the corresponding level for strength, endurance, and balance.  
On rest days, try to do some active recovery like stretching or yoga.

S	M	T	W	T	F	S
Fit5 Level 1	REST	1	Fit5 Level 1	1	REST	1.5
Fit5 Level 2	REST	1	Fit5 Level 2	1.5	REST	2
Fit5 Level 3	REST	2	Fit5 Level 3	2	REST	2.5
Fit5 Level 4	REST	2	Fit5 Level 4	1.5	REST	3.1

## DON'T FORGET:

- Start each workout with an active **warm up**.
- End each workout with a **cool down** stretch.
- Drink **water** before, during, and after your workout.



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# 4 - WEEK BIKE TRAINING PLAN

## INSTRUCTIONS:

For every number listed on the calendar, bike that many **minutes** that day.  
 For Fit5 days, do the corresponding level for strength, endurance, and balance.  
 On rest days, try to do some active recovery like stretching or yoga.

S	M	T	W	T	F	S
Fit5 Level 1	REST	10	Fit5 Level 1	10	REST	15
Fit5 Level 2	REST	10	Fit5 Level 2	15	REST	20
Fit5 Level 3	REST	20	Fit5 Level 3	20	REST	25
Fit5 Level 4	REST	20	Fit5 Level 4	15	REST	30

## DON'T FORGET:

- Start each workout with an active **warm up**.
- End each workout with a **cool down** stretch.
- Drink **water** before, during, and after your workout.



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# 4 - WEEK WALK TRAINING PLAN

## INSTRUCTIONS:

For every number listed on the calendar, walk that many **minutes** that day.  
For Fit5 days, do the corresponding level for strength, endurance, and balance.  
On rest days, try to do some active recovery like stretching or yoga.

S	M	T	W	T	F	S
Fit5 Level 1	REST	15	Fit5 Level 1	20	REST	30
Fit5 Level 2	REST	20	Fit5 Level 2	30	REST	40
Fit5 Level 3	REST	30	Fit5 Level 3	40	REST	50
Fit5 Level 4	REST	45	Fit5 Level 4	30	REST	60

## DON'T FORGET:

- Start each workout with an active **warm up**.
- End each workout with a **cool down** stretch.
- Drink **water** before, during, and after your workout.



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# 4 - WEEK WHEELCHAIR TRAINING PLAN

## INSTRUCTIONS:

For every number listed on the calendar, wheel that many **minutes** that day.  
For Fit5 days, do the corresponding level for strength, endurance, and balance.  
On rest days, try to do some active recovery like stretching or yoga.

S	M	T	W	T	F	S
Fit5 Level 1	REST	15	Fit5 Level 1	20	REST	30
Fit5 Level 2	REST	20	Fit5 Level 2	30	REST	40
Fit5 Level 3	REST	30	Fit5 Level 3	40	REST	50
Fit5 Level 4	REST	45	Fit5 Level 4	30	REST	60

## DON'T FORGET:

- Start each workout with an active **warm up**.
- End each workout with a **cool down** stretch.
- Drink **water** before, during, and after your workout.



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