8-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	М	т	W	т	F	S	
Fit5 Level 1	REST	.25	Fit5 Level 1	.25	REST	.5	
Fit5 Level 1	REST	.5	Fit5 Level 2	.5	REST	.75	
Fit5 Level 2	REST	.75	Fit5 Level 2	.75	REST	1	
Fit5 Level 2	REST	1	Fit5 Level 3	1	REST	1.5	
Fit5 Level 3	REST	1.5	Fit5 Level 3	1	REST	2	
Fit5 Level 3	REST	2	Fit5 Level 4	1.5	REST	2	
Fit5 Level 4	REST	2	Fit5 Level 4	2	REST	2.5	
Fit5 Level 4	REST	2	Fit5 Level 5	1	REST	3.1	

DON'T FORGET:

- Start each workout with an active **warm up**.
- End each workout with a **cool down** stretch.

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• Drink **water** before, during, and after your workout.





8-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	М	т	W	т	F	S	
Fit5 Level 1	REST	5	Fit5 Level 1	5	REST	10	
Fit5 Level 1	REST	10	Fit5 Level 2	5	REST	15	
Fit5 Level 2	REST	15	Fit5 Level 2	10	REST	15	
Fit5 Level 2	REST	15	Fit5 Level 3	15	REST	20	
Fit5 Level 3	REST	20	Fit5 Level 3	15	REST	20	
Fit5 Level 3	REST	20	Fit5 Level 4	20	REST	25	
Fit5 Level 4	REST	25	Fit5 Level 4	20	REST	30	
Fit5 Level 4	REST	30	Fit5 Level 5	10	REST	35	

DON'T FORGET:

- End each workout with a **cool down** stretch.
- Drink **water** before, during, and after your workout.

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• Start each workout with an active **warm up**.





8-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	М	т	W	Т	F	S
Fit5 Level 1	REST	5	Fit5 Level 1	5	REST	10
Fit5 Level 1	REST	10	Fit5 Level 2	5	REST	15
Fit5 Level 2	REST	15	Fit5 Level 2	10	REST	20
Fit5 Level 2	REST	20	Fit5 Level 3	15	REST	30
Fit5 Level 3	REST	25	Fit5 Level 3	20	REST	40
Fit5 Level 3	REST	35	Fit5 Level 4	25	REST	45
Fit5 Level 4	REST	40	Fit5 Level 4	30	REST	50
Fit5 Level 4	REST	30	Fit5 Level 5	10	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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8-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	М	т	W	Т	F	S	
Fit5 Level 1	REST	5	Fit5 Level 1	5	REST	10	
Fit5 Level 1	REST	10	Fit5 Level 2	5	REST	15	
Fit5 Level 2	REST	15	Fit5 Level 2	10	REST	20	
Fit5 Level 2	REST	20	Fit5 Level 3	15	REST	30	
Fit5 Level 3	REST	25	Fit5 Level 3	20	REST	40	
Fit5 Level 3	REST	35	Fit5 Level 4	25	REST	45	
Fit5 Level 4	REST	40	Fit5 Level 4	30	REST	50	
Fit5 Level 4	REST	30	Fit5 Level 5	10	REST	60	

DON'T FORGET:

- End each workout with a **cool down** stretch.
- Drink **water** before, during, and after your workout.

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• Start each workout with an active **warm up**.



Imagine the possibilities!

