



31-DAY FITNESS CHALLENGE

DAILY FITNESS CALENDAR

Starting on July 1, this daily fitness schedule below will help prepare you to walk, jog or run in the *Live Well San Diego* 5K on July 29, 2018. The training plan is meant to guide you. If you can't do it all, then just do the best you can. If it's not enough, then do more. You can log your actual time, distance or step count below each day to keep track of your progress.

Baseline time, distance or steps:

- DAY 1: Walk ~20 min/Jog ~12 min**
(Aim for a distance of 1.0 mile or add +2200 steps to your baseline routine)
Today: _____
- DAY 2: Walk ~20 min/Jog ~12 min**
(Aim for 1.0 mile or add +2200 steps)
Today: _____
- DAY 3: Walk ~20 min/Jog ~12 min**
(Aim for 1.0 mile or add +2200 steps)
Today: _____
- DAY 4: REST**
- DAY 5: BOOST - Walk ~30 min/Jog ~18 min**
(Aim for a distance of 1.5 miles or add +3300 steps to your baseline routine)
Today: _____
- DAY 6: Walk ~30 min/Jog ~18 min**
(Aim for 1.5 miles or add +3300 steps)
Today: _____
- DAY 7: Walk ~30 min/Jog ~18 min**
(Aim for 1.5 miles or add +3300 steps)
Today: _____
- DAY 8: REST**
- DAY 9: Walk ~30 min/Jog ~18 min**
(Aim for 1.5 miles or add +3300 steps)
Today: _____
- DAY 10: BOOST - Walk ~40 min/Jog ~24 min**
(Aim for a distance of 2.0 miles or add +4400 steps to your baseline routine)
Today: _____

- DAY 11: Walk ~40 min/Jog ~24 min**
(Aim for 2.0 miles or add +4400 steps)
Today: _____
- DAY 12: Walk ~40 min/Jog ~24 min**
(Aim for 2.0 miles or add +4400 steps)
Today: _____
- DAY 13: REST**
- DAY 14: Walk ~40 min/Jog ~24 min**
(Aim for 2.0 miles or add +4400 steps)
Today: _____
- DAY 15: BOOST - Walk ~50 min/Jog ~ 30 min**
(Aim for a distance of 2.5 miles or add +5500 steps to your baseline routine)
Today: _____
- DAY 16: Walk ~50 min/Jog ~ 30 min**
(Aim for 2.5 miles or add +5500 steps)
Today: _____
- DAY 17: Walk ~50 min/Jog ~ 30 min**
(Aim for 2.5 miles or add +5500 steps)
Today: _____
- DAY 18: REST**
- DAY 19: Walk ~50 min/Jog ~ 30 min**
(Aim for 2.5 miles or add +5500 steps)
Today: _____
- DAY 20: BOOST - Walk(jog)~50 min/
Jog(run)~36 min**
(Aim for a distance of 3.0 miles or add +6600 steps to your baseline routine)
Today: _____
- DAY 21: Walk(jog)~50 min/Jog(run)~36 min**
(Aim for 3.0 miles or add +6600 steps)
Today: _____



Learn more about the *Live Well San Diego* 31-Day Challenge at LiveWellSD.org/31-Day

Consult with your personal physician before starting any exercise routine.

DAY 22: Walk(jog)~50 min/Jog(run)~36 min
(Aim for 3.0 miles or add +6600 steps)

Today: _____

DAY 23: REST

DAY 24: Walk(jog)~50 min/Jog(run)~36 min
(Aim for 3.0 miles or add +6600 steps)

Today: _____

DAY 25: Walk(jog)~50 min/Jog(run)~36 min
(Aim for 3.0 miles or add +6600 steps)

Today: _____

DAY 26: BOOST - Walk(jog)~60 min/
Jog(run)~42 min

(Aim for a distance of 3.5 miles or add
+7700 steps to your baseline routine)

Today: _____

DAY 27: Walk(jog)~60 min/Jog(run)~42 min
(Aim for 3.5 miles or add +7700 steps)

Today: _____

DAY 28: REST

DAY 29: *Live Well San Diego* 5K &
Kids 1-Mile Fun Run
Walk(jog)~60 min/Jog(run)~25min
(Aim for 3.1 miles or +7000 steps)

Today: _____

DAY 30: Walk 15-20 min
(Aim for 1.0 mile or add +2200 steps)

Today: _____

DAY 31: REST



STEP IT UP!

If the daily walk/run challenge is not enough then step up your game with the 7-Minute Workout found at: LiveWellSD.org/31-Day

WELLNESS EXPO

Visit the *Live Well San Diego* Booth at the 5K Wellness EXPO on July 29 to receive a free *Live Well San Diego* item, while supplies last.

FITNESS TIPS

Hydration

Drinking water every day is good for your [overall health](#). It is also important to stay hydrated during training to replace the water you lose during your workout. Drink before and after a walk or run. For longer walks or runs, carry water with you to maintain hydration. [Replace](#) soda, juice or sports drinks with water to help reduce caloric intake. Replenish electrolytes with [foods](#) instead of sports drinks.

Nutrition

Eating healthy, nutrient-rich foods during training will ensure ample energy for workouts and provide the fuel for your body to recover. [When training for a 5K](#), about half your calories should come from carbohydrates, including a mixture of fruits, vegetables, bread and pasta, to give you extra energy. About a quarter of your calories should come from protein (chicken, eggs, yogurt, nuts, fish). Protein can help speed the recovery of your muscles.

Stretching

[Stretching](#) can help improve one's range of motion and increase flexibility so your body can move more freely to prevent injuries. Leave stretching for after your walk or run to ensure your muscles are warm. Stretches should be held 30-60 seconds.

Sleep

Getting enough sleep is as important as getting nutrient-rich foods and water when you are training. The better sleep you get, the [better you will perform](#) the next day as your body has the chance to absorb water, remove wastes, repair damaged tissue and build muscle for the next day.



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