

The *Live Well San Diego* 31-Day Fitness Challenge is designed to increase your physical activity and help you activate your fitness goals on your way to a healthy, safe and more thriving life. The training plan below is meant to guide and help you prepare to run or walk in the [Live Well San Diego 5K](#) on July 28, 2019. If a daily challenge is too difficult, then just do the best you can and work your way up to a higher level.

Challenge yourself to live well every day using the training plan below!

- DAY 1: Walk ~20 min/Jog ~12 min**
(Aim for 1.0 mi or add +2200 daily steps)
- DAY 2: Walk ~20 min/Jog ~12 min
(1.0 mi or +2200 daily steps)
- DAY 3: Walk ~20 min/Jog ~12 min
(1.0 mi or +2200 steps)
- DAY 4: REST
- DAY 5: BOOST - Walk ~30 min/Jog ~18 min**
(Aim for 1.5 mi or add +3300 steps)
- DAY 6: Walk ~30 min/Jog ~18 min
(1.5 mi or +3300 steps)
- DAY 7: Walk ~30 min/Jog ~18 min
(1.5 mi or +3300 steps)
- DAY 8: REST
- DAY 9: Walk ~30 min/Jog ~18 min
(1.5 mi or +3300 steps)
- DAY 10: BOOST - Walk ~40 min/Jog ~24 min**
(Aim for 2.0 mi or add +4400 steps)
- DAY 11: Walk ~40 min/Jog ~24 min
(2.0 mi or +4400 steps)
- DAY 12: Walk ~40 min/Jog ~24 min
(2.0 mi or +4400 steps)
- DAY 13: Walk ~40 min/Jog ~24 min
(2.0 mi or +4400 steps)
- DAY 14: REST
- DAY 15: BOOST - Walk ~50 min/Jog ~ 30 min**
(Aim for 2.5 mi or add +5500 steps)
- DAY 16: Walk ~50 min/Jog ~ 30 min
(2.5 mi or +5500 steps)
- DAY 17: Walk ~50 min/Jog ~ 30 min
(2.5 mi or +5500 steps)
- DAY 18: REST
- DAY 19: Walk ~50 min/Jog ~ 30 min
(2.5 mi or +5500 steps)
- DAY 20: BOOST - Walk(jog)~50 min/
Jog(run)~36 min**
(Aim for 3.0 mi or add +6600 steps)
- DAY 21: Walk(jog)~50 min/Jog(run)~36 min
(3.0 mi or +6600 steps)
- DAY 22: Walk(jog)~50 min/Jog(run)~36 min
(3.0 mi or +6600 steps)
- DAY 23: REST
- DAY 24: Walk(jog)~50 min/Jog(run)~36 min
(3.0 mi or +6600 steps)
- DAY 25: Walk(jog)~50 min/Jog(run)~36 min
(3.0 mi or +6600 steps)
- DAY 26: BOOST - Walk(jog)~60 min/
Jog(run)~42 min**
(Aim for 3.5 mi or add +7700 steps)
- DAY 27: REST
- DAY 28: [Live Well San Diego 5K](#)**
Walk/Run 50-80 min
(3.1 mi or +7000 steps)
- DAY 29: Walk 15-20 min
(Aim for 1.0 mile or add +2200 steps)
- DAY 30: Walk 15-20 min
(Aim for 1.0 mile or add +2200 steps)
- DAY 31: REST

SWITCH IT UP!

Feel free to replace any of the above fitness challenges with the 7-minute workout on the next page to introduce cross-training (and change!) into your workout.



Step up your game with elements of the American College of Sports Medicine's 7-Minute Workout below. The 7-Minute Workout is a timed set of twelve exercises that combines aerobic and resistance training into one efficient training program that can be done anywhere. If you are new to exercise or want to introduce cross-training into your routine, replace a daily fitness challenge with a few of the exercises below. If you want a little more, add the complete set for a full-body workout in just 7-minutes!

Complete each exercise for 30 seconds with a 10 second rest in between.



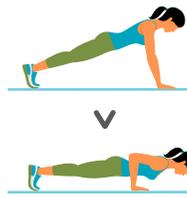
1 Jumping jacks

Stand with feet together and hands by your side. In one motion, jump your feet out to the side and raise your arms above your head. Reverse to the starting position. Repeat.



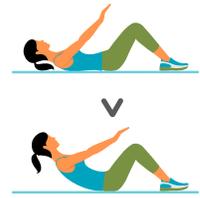
2 Wall sit

Stand with your back against a wall. Slide your back down the wall until your hips and knees bend at a 90 degree angle. Keep your feet flat with head, shoulders, back against the wall. Hold.



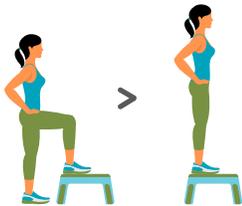
3 Push-up

Position hands slightly wider than shoulders. Extend legs back, keeping your body in a straight line. Bend your elbows and lower yourself until elbows are at 90 degree angle. Push back up through hands to starting position. Repeat.



4 Abdominal crunch

Lie on back with knees bent, feet flat on floor. Hold arms out in front of you, chin tilted slightly towards chest. Curl up and forward so head, neck and shoulders lift off floor. Hold then lower slowly back down. Repeat.



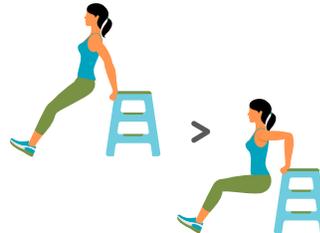
5 Step-up on to chair

Position chair/stool in front of you. Stand with feet hip width apart, hands on hips. Step onto seat with one foot, then bring the other foot up next to it. Step back with leading foot then bring other foot down next to it. Repeat, alternating leading foot.



6 Squat

Stand tall, feet hip width apart. Lower your body by pushing your hips back and bending your knees while raising your arms in front of you for balance. Reverse to the starting position. Repeat.



7 Triceps dip on chair

Sit in a chair holding onto front edge with both hands. Slide your bottom off the seat and hold yourself up with arms straight. Lower your body by bending your elbows to 90 degree angle. Then slowly straighten your arms. Repeat.



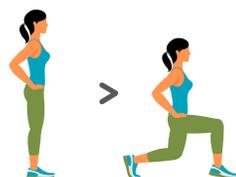
8 Plank

Position hands slightly wider than shoulders. Extend legs back, keeping your body in a straight line with your head in line with your back. Hold the position.



9 High knees running in place

Stand with feet hip width apart and hands by your side. Jump from one foot to the other while lifting your knees to hip height, arms following with the motion. Repeat.



10 Lunge

Stand with hands on hips, shoulders back. Step forward with one leg and lower body until front knee is bent to 90 degrees. Push yourself back up and repeat with other leg.



11 Push-up and rotation

Begin in push-up position. Slowly lower your body until elbows are bent at 90 degrees. Push-up and rotate your upper body and extend your arm upwards. Return to starting position and repeat on other side.



12 Side plank

Lie on one side with your legs stacked on top of one another. Prop your body up on your elbow while keeping it in a straight line. Hold the position. Switch sides and hold again.

