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.
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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

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.

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.

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