

Virtual 5K Fitness Challenge!

2020 DAILY FITNESS CALENDAR



A DECADE OF
HEALTHY, SAFE, AND THRIVING
COMMUNITIES



WE'RE GOING VIRTUAL...
LiveWellSD5K.com



The *Live Well San Diego* 5K Fitness Challenge is designed to be your guide as you prepare to run or walk in the [Live Well San Diego Virtual 5K on August 16, 2020](http://LiveWellSanDiego.com). No matter how you track your exercise, the training plan below can help you get there!

AIM FOR 1.0 MILE OR ADD +2200 STEPS

- DAY 1: Walk ~20 min/Jog ~12 min
- DAY 2: Walk ~20 min/Jog ~12 min
- DAY 3: Walk ~20 min/Jog ~12 min
- DAY 4: Walk ~20 min/Jog ~12 min
- DAY 5: REST
- DAY 6: Walk ~20 min/Jog ~12 min

AIM FOR 1.5 MILES OR ADD +3300 STEPS

- DAY 7: BOOST! Walk ~30 min/Jog ~18 min
- DAY 8: Walk ~30 min/Jog ~18 min
- DAY 9: Walk ~30 min/Jog ~18 min
- DAY 10: REST
- DAY 11: Walk ~30 min/Jog ~18 min
- DAY 12: Walk ~30 min/Jog ~18 min

AIM FOR 2.0 MILES OR ADD +4400 STEPS

- DAY 13: BOOST! Walk ~40 min/Jog ~24 min
- DAY 14: Walk ~40 min/Jog ~24 min
- DAY 15: REST
- DAY 16: Walk ~40 min/Jog ~24 min
- DAY 17: Walk ~40 min/Jog ~24 min
- DAY 18: Walk ~40 min/Jog ~24 min
- DAY 19: REST

AIM FOR 2.5 MILES OR ADD +5500 STEPS

- DAY 20: BOOST! Walk ~50 min/Jog ~ 30 min
- DAY 21: Walk ~50 min/Jog ~ 30 min
- DAY 22: Walk ~50 min/Jog ~ 30 min
- DAY 23: Walk ~50 min/Jog ~ 30 min
- DAY 24: REST
- DAY 25: Walk ~50 min/Jog ~ 30 min
- DAY 26: Walk ~50 min/Jog ~ 30 min

AIM FOR 3.0 MILES OR ADD +6600 STEPS

- DAY 27: BOOST!
Walk(jog)~50 min/Jog(run)~36 min
- DAY 28: Walk(jog)~50 min/Jog(run)~36 min
- DAY 29: REST
- DAY 30: Walk(jog)~50 min/Jog(run)~36 min
- DAY 31: Walk(jog)~50 min/Jog(run)~36 min

AIM FOR 3.5 MILES OR ADD +7700 STEPS

- DAY 32: BOOST!
Walk(jog)~60 min/Jog(run)~42 min
- DAY 33: Walk (jog)~60 min/Jog(run)~42 min
- DAY 34: REST
- DAY 35: [Live Well San Diego Virtual 5K](http://LiveWellSanDiego.com)
Walk/Run 50-80 min (3.1 mi or +7000 steps)

Join us throughout the month with our series of virtual [meet-ups](#) and participate in a variety of exercises and activities to match every level of fitness with our community partners. For tips on how to maintain your health and fitness during training, view the recommendations and links on the back of this page.

Looking for more of a challenge to compliment your daily walk/run challenge? Step up your training routine with the [7-Minute Workout!](#)

FITNESS TIPS 2020

Face Coverings and Social Distance!

The [State of California](#) and [County of San Diego](#) require the use of a face covering when inside of, or in line to enter, any indoor public space—including exercise facilities. Persons engaged in outdoor exercise are exempt from wearing face coverings when swimming, walking, hiking, bicycling or running by yourself or with household members. Have a face covering ready and wear it when you come within [six feet](#) of other people. As a general rule, wear a face mask when you're running in an area where social distancing is hard to maintain. If you're not feeling well, it's best to stay home.

As face coverings may impact your performance, you may need to modify the intensity of your exercise. Be on the lookout for [difficulty or labored breathing, dizziness or lightheadedness, or chest pain](#)* when wearing a mask while exercising. If you experience any of these symptoms, find a safe place to distance yourself and remove your mask to recover. Like all aspects of fitness, tolerance with a face covering takes time to adapt.

*Consult with your primary care provider if any of these symptoms persist, or call 9-1-1 if the severity indicates a possible [heart attack](#).

Essential 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.

Nutrition: Eating healthy, nutrient-rich foods during training will ensure ample energy for workouts and provide the fuel for your body to recover. [After a workout](#), eat a meal that contains both carbohydrates and protein, such as yogurt and fruit or low-fat chocolate milk, to help your muscles recover and to replace their energy stores.

Boost Your Workout!

[American Council on Exercise](#) explains [interval training](#) as involving alternating short bursts of intense activity with what is called active recovery, which is typically a less-intense form of the original activity. It has been shown to improve overall health and cardiovascular fitness, including lowering [blood pressure](#) and [blood cholesterol levels](#). Boost your workout with these [workout playlists](#) handcrafted by the music experts at [iHeartMedia](#) to help [increase motivation, lessen fatigue, and improve your mood!](#)

Learn to Prevent Injuries!

An active lifestyle is an essential part of staying healthy and thriving, but an injury can stop you in your tracks. [Scripps Health](#), [Kaiser Permanente](#), and [American Heart Association](#) suggest you: [warm up](#), [wear proper footwear](#), [keep a healthy pace](#), [dress appropriately](#), and [seek treatment for injuries](#).

Try [dynamic stretches](#) before—and [static stretches](#) after—your workout to help improve one's range of motion and increase flexibility so your body can move more freely to prevent injuries.