Virtual 5K Fitness Challenge!

2020 DAILY FITNESS CALENDAR

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. No matter how you track your exercise, the training plan below can help you get there!

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!

Learn more about the Live Well San Diego Fitness Challenge at LiveWellSD5K.com

Consult with your personal physician before starting any exercise routine.
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FITNESS TIPS 2020

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.

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.

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