









TRAINING PROGRAMS



Pick your challenge. Choose your route. Try your best. Have fun!

WEEK	RUN #1 (km)	RUN #2 (km)	RUN #3 (km)	THEME
1 	0.5	0.5	0.5	Playground Add some fun at the playground to your run
	1	1	1	
	1.5	1.5	1.5	
2 	0.75	0.75	0.75	Hit the Trails Find a local trail to run on
	1.25	1.25	1.25	
	2	2	2	
3 	1	1	1	Destination Run Choose somewhere to run to/from
	1.5	1.5	1.5	
	2.5	2.5	2.5	
4 	1.25	1.25	1.25	Sunrise/sunset Run Run at sunrise or sunset
	2	2	2	
	3	3	3	
5 	1.5	1.5	1.5	Beach Run Run at a local beach followed by a swim!
	2.5	2.5	2.5	
	3.5	3.5	3.5	
6 	1.5	1.5	1.5	Picnic Time Pack a healthy lunch, find a special spot to run & enjoy a picnic after your run
	3	3	3	
	4	4	4	
7 	1.75	1.75	1.75	Partner Up Run with a friend, relative or pet
	3.5	3.5	3.5	
	4.5	4.5	4.5	
8 	1.75	1.5	2 – GOAL!	Scavenger Hunt Make a list of items to collect on your run
	3.5	2.5	4 – GOAL!	
	4.5	3.5	5 – GOAL!	

LEVEL 1	LEVEL 2	LEVEL 3
---------	---------	---------