



Training Calendar January 13 – February 8 (First 4-Weeks)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Training Tip If you don't have time for a "full" 30-60 minute workout, try shorter, 10-15 minute exercise snacks throughout the day.</p>	<p>Exercise Snacking can be as beneficial (or more so) than longer duration "exercise meals" to improving fitness, energy levels, mood, and overall sense of well-being.</p>	<p>Example Exercise Snack Schedule 6am Run 15 min 10am Climb stairs 10 min 12pm Squats + Push-ups 5:30pm Jump Rope + Games w/ kids 15 min</p>				<p>Motivation <i>Crossing the starting line is an act of courage... Crossing the finish line is an act of faith. Faith is what keeps us going when nothing else will.</i> John Bingham</p>
	Jan 13 Strength Training: Full-body	14 5:30pm "Quality Running" Coached Workout @ OHenry Middle School	15 Strength Training: Upper-body & core	16 Cardio X-Training	17 Flexibility + Rest	18 8am Group Distance Run @ Town Lake or 2-5 miles
19 Easy Run 20-45 minutes + Flexibility	20 Strength Training: Full-body	21 5:30pm Quality Running or 20-30 minute run + drills & speed work	22 Strength Training: Upper-body & core	23 Cardio X-Training	24 Flexibility + Rest	25 8am Group Distance Run or 2-5 miles
26 Easy Run 2-4 miles + Flexibility	27 Strength Training: Full-body	28 5:30pm Quality Running or 20-30 minute run + drills & speed work	29 Strength Training: Upper-body & core	30 Cardio X-Training	31 Flexibility + Rest	Feb 1 8am Group Distance Run or 3-6 miles
2 Easy Run 20-45 minutes + Flexibility	3 Strength Training: Full-body	4 5:30pm Quality Running or 20-45 minutes hills + drills	5 Strength Training: Upper-body & core	6 Cardio X-Training	7 Flexibility + Rest	8 8am Group Distance Run or 3-6 miles

Strength Training Suggestions

Weight Training Class

CrossFit

BootCamp

or

DIY Full-Body Workout

Squats

Push-ups

Lunges

Dips

10-20 reps of each exercise x 1-4 rounds

and

DIY Upper-Body & Core Workout

Plank (hold 10-30 seconds)

Yoga Crunches in “Boat Pose” (10-20 reps)

Low Plank (10-30 seconds)

Superman (10-20 reps)

Side-Plank (10-30 seconds)

Crunches (10-20 reps)

Double-Leg-Low-Hold (10-30 seconds)

Repeat sequence 1-4x

Cardio XTraining Suggestions

Cycling

Spin Class

Swimming

Cross-Fit Endurance Class

Dance-Fit Class

Hiking

Jumping Rope

Sports: Tennis, Basketball, Volleyball, Soccer

Playground Games: Tag, Sharks & Minnows, Capture the Flag

Flexibility Suggestions

Yoga Vinyasa Flow Class

Stretching and Foam Rolling for:

Hamstrings

Quads

Glutes

Low Back

Hip Flexors

IT Band

Calves

