

September 2019: 5k a Day Challenge...93 miles in 30 days!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|--|
| 1 5k for time: Develop your "Base Pace" today | 2 1 mile Easy 1 mile Moderate 1.1 mile Easy | 3 1.5 miles at Base Pace, .6 mile fast, 1 mile easy pace | 4 Wild Wednesday! 5k ALL OUT! Log Your Time! | 5 5k very easy pace. Walk if needed. | 6 Fun Friday! 5k in all directions, mix up jogging, running, skipping! | 7 5k at "Race Pace" fast but still holding a bit in the "tank" until the last .1! |
| 8 5k very easy pace. Walk if needed. | 9 1 mile Easy 1 Quick 1 mile moderate, every 2 minutes do 10 push-ups | 10 5k at "Base Pace" | 11 Wild Wednesday! 5k ALL OUT! Log Your Time! | 12 1 mile Easy 1 mile Moderate 1.1 mile Easy | 13 Fun Friday! 5k in all directions, mix up jogging, running, skipping! | 14 5k at "Race Pace" fast but still holding a bit in the "tank" until the last .1! |
| 15 5k at "Base Pace" | 16 5k very easy pace. Walk if needed. | 17 1 mile Easy 1 mile Moderate 1.1 mile Easy | 18 Wild Wednesday! 5k ALL OUT! Log Your Time! | 19 5k very easy pace. Walk if needed. | 20 Fun Friday! 5k in all directions, mix up jogging, running, skipping! | 21 5k at "Race Pace" fast but still holding a bit in the "tank" until the last .1! |
| 22 5k very easy pace. Walk if needed. | 23 1.5 miles at Base Pace, .6 mile fast, 1 mile easy pace | 24 2 miles Easy 1.1 miles ALL OUT/as quickly ask you can push | 25 Wild Wednesday! 5k ALL OUT! Log Your Time! | 26 1 mile Easy 1 mile Moderate 1.1 mile Easy | 27 Fun Friday! 5k in all directions, mix up jogging, running, skipping! | 28 1 mile Easy 1 mile moderate, every minute do 20 squats 1 mile Easy |
| 29 5k very easy pace. Walk if needed. | 30 5k ALL OUT FOR TIME! Congratulations! | | | | | |

Log your time daily.

Each week try to try to push the Wild Wednesday's

Questions?

Email jumpfitnessnow@gmail.com

