









NOW & GEN

Health Challenge








WEEK FIVE

 CARDIO	 STRENGTH	 CARDIO	 RECOVERY	 STRENGTH	 CARDIO	 RECOVERY & REWARD
32 minutes 8 min warm up @ 4 RPE Repeat 8x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 8 min cool down @ 4 RPE	30 minutes Core Strength or Yoga	50 minutes 2 min Hill Repeats 10 minute warm up @ 4 RPE Repeat 6 x <i>hard</i> 2 min hill/incline <i>easy</i> 3 minute recovery 10 minute cool down @ 4 RPE		30 minutes Core Strength or Yoga	1 hour 20 minute warm up @ 7 RPE Repeat 8x <i>hard</i> 2 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 3 min cool down @ 4 RPE 13 min cool down @ 6 RPE	




WEEK SIX

 CARDIO	 STRENGTH	 CARDIO	 RECOVERY	 STRENGTH	 CARDIO	 RECOVERY & REWARD
32 minutes 8 min warm up @ 4 RPE Repeat 8x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 8 min cool down @ 4 RPE	30 minutes Core Strength or Yoga	1 hour .5 mile warm up @ 4 RPE Active 1 mile @ 7 RPE Recovery .25 miles @ 5 RPE Active .5 miles @ 7 RPE Recovery .25 miles @ 5 RPE Active .25 miles @ 7 RPE Recovery .15 miles @ 5 RPE Active .15 miles @ 7 RPE Recovery .25 miles @ 5 RPE Repeat 4 x <i>hard</i> .12 miles @ 9 RPE <i>easy</i> .12 miles @ 6 RPE		30 minutes Core Strength or Yoga	1hr 10 min Run as long as you can without walking	

WEEK SEVEN

 CARDIO	 STRENGTH	 CARDIO	 RECOVERY	 STRENGTH	 CARDIO	 RECOVERY & REWARD
40 minutes 10 min warm up @ 4 RPE Repeat 10x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 10 min cool down @ 4 RPE	30 minutes Core Strength or Yoga	59 minutes 20 min warm up @ 4 RPE Repeat 2x <i>hard</i> 10 min @ 8 RPE <i>easy</i> 2 min @ 5 RPE 15 min cool down @ 4 RPE		30 minutes Core Strength or Yoga	44 minutes 10 minute warm up @ 4 RPE Repeat 8x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 2 min @ 6 RPE Cool down 10 min @ 4 RPE	

WEEK EIGHT

 CARDIO	 STRENGTH	 CARDIO	 RECOVERY	 RECOVERY	 RECOVERY	 RACE DAY
40 minutes	30 minutes Core Strength or Yoga	30 minutes Easy 30 min + 4x 30 sec hard strides after run				