

SUMMER CHALLENGE WEEKLY PLAN

2017



THE CHALLENGE



FOOD

Each week you'll cook (and eat) a meal or snack using the weekly ingredient. We'll suggest a couple of recipes and also ask you to contribute your own favorites to the Facebook group.

If the ingredient is a new one for you, just try anything! If it's one that you already use, try a new recipe.

AB CHALLENGE

Each week will include 5 days of an ab workout. The workout builds over time and will help you build up your core muscles.

Group support is key for this so we encourage you to log your ab workout with our private Facebook support group once it's done.

WORKOUT

Each week, do two non-running workouts. You can select which you do, but you should not have the same combo of workouts on any of the 5 weeks.

This will require some advance planning – see next page for more details!

RUNNING

You'll notice that running almost feels like an afterthought in this challenge. With erratic schedules and difficult weather situations during summer, this is a great time to give our legs a break and focus on building whole-body fitness.

Once the temperatures start to break and schedules settle down in the fall, then we can buckle down with a race-specific training goal.

GET READY — DO YOUR HOMEWORK



You'll need to plan out your 5-week program. The better prepared you are now, the more likely you'll make it through with success!

Scope out your workout locales! Find the following facilities and note convenient class times or open hours:

- Pool for swimming laps
- Yoga studio that allows one-class purchases
- Barre studio that allows one-class purchases
- Spinning studio that allows one-class purchases
- Running track you can use
- Something else you've always wanted to try: Boot Camp, Soul Cycle, SurfSet, Body Pump, PiYo, Orange Theory, Kick-Boxing, Pound, HipHop Dance, etc.

Get geared up! You'll need:

- Swim suit that works for laps
- Goggles are super helpful
- Yoga mat
- Barre socks
- Capris for spinning class
- Water bottle and towel

Set expectations for any vacation you have scheduled... if you have vacation days inside the 5 week program, set a goal for yourself and try to stick to it. Will you keep up with your entire program while you're away or just the ab challenge? Will you give yourself a week off and add a week to the end of the program? Make it work for you, but don't just wing it.

WORKOUTS



YOGA

Try any type of yoga class, but be sure the class is appropriate for your experience level. Call the studio or gym if you're not sure. If you've never done yoga before, register in Week One for a beginner's class.

Bring: Yoga mat, towel, and water bottle

Wear: Capris or leggings and a close fitting top (for upside down poses.)

Pro Tip: Arrive 5-10 minutes early. If you're late, some studios will not allow you to take the class! Tell the instructor if you are pregnant or have any injuries before class starts.

BARRE

If you've never done a barre class, start with the beginner level.

Bring: Water bottle, no-slip socks

Wear: Capris and a comfortable top plus no-slip socks

Pro Tip: You will probably be very sore for a few days after your first barre class!

SWIM

Swim 100m (4 laps usually) freestyle. Scissor kicks with kickboard for 50m (2 laps.) Breaststroke 50m (2 laps). Sidestroke 50m (2 laps). Swim 100m freestyle (4 laps).

Bring: water bottle, towel, hair tie(!), goggles

Wear: comfortable swimsuit

Pro Tip: swimming can feel very challenging if you aren't accustomed to pool workouts, even when you are otherwise fit. Don't despair – it will get easier! If you are an experienced swimmer and this is too basic, feel free to substitute your own workout.

WORKOUTS



TRACK WORKOUT

There are three different Track Workouts. You'll find details listed under each weekly plan.

Pro Tip: 1600m = 4 laps = 1 mile, 400m = 1 lap = 1/4 mile, 800m = 2 laps = 1/2 mile.

STRENGTH/WEIGHTS/BODY PUMP

Weight workout (if you have access to a gym) or body weight exercises such as 10 pushups, 20 lunges (alternating legs), 20 tricep dips on a coffee table, chair, etc. Repeat (if you can!)

If this feels very challenging, call it a day after one cycle. You can work up to more over the course of the Challenge.

OPTIONAL

Optional workout can be one of any number of activities or something you've always wanted to try like CrossFit, Boot Camp, SurfSet, Body Pump, PiYo, Pound, HipHop Dance, etc.

Pro Tip: If your body is feeling very tired or sore from the week's workouts, consider just taking this day off. Listen to your body, and know that you are asking a lot of it in this Challenge!

LONG SLOW DISTANCE RUN/WALK

You can do this run on either Saturday or Sunday, if one day fits your schedule better than the other. An LSD run is meant to be at "conversational" pace, meaning you could easily carry on a conversation while you are running. So your exertion should not be very high. These are great runs to do with friends, with headphones listening to book tapes or podcasts, or with your own thoughts.

WEEK 1: JULY 17 – 23



FOOD CHALLENGE: Pineapple

	WORKOUT	RUN	NOTES
Monday 7/17		<input type="checkbox"/> Run/walk at least 2 miles	
Tuesday 7/18	<input type="checkbox"/> Yoga or Barre		
Wednesday 7/19		<input type="checkbox"/> Track Workout A	
Thursday 7/20	<input type="checkbox"/> Swim, Strength or Optional		
Friday 7/21	<input type="checkbox"/> REST DAY		
Saturday 7/22		<input type="checkbox"/> Long slow distance run/walk 2-5 miles	
Sunday 7/23	<input type="checkbox"/> REST DAY		

Track Workout A: Warm up with 400m (1 lap) easy run or walk. Run/fast walk 400m (1 lap) at 75% effort, then 400m slow walk or jog. Repeat 2 times. Cool down with 400m (1 lap) easy run or walk.

WEEK 2: JULY 24 – 30



FOOD CHALLENGE: Greens (*spinach, kale or arugula*)

WORKOUT	RUN	AB CHALLENGE	NOTES
Monday 7/24	<input type="checkbox"/> Run/walk at least 2 miles	<input type="checkbox"/> 15 crunches <input type="checkbox"/> 10 second plank	
Tuesday 7/25	<input type="checkbox"/> Spin or Strength	<input type="checkbox"/> 20 crunches <input type="checkbox"/> 15 second plank	
Wednesday 7/26	<input type="checkbox"/> Track Workout A	<input type="checkbox"/> 25 crunches <input type="checkbox"/> 20 second plank	
Thursday 7/27	<input type="checkbox"/> Yoga, Barre or Optional	<input type="checkbox"/> 30 crunches <input type="checkbox"/> 25 second plank	
Friday 7/28	<input type="checkbox"/> REST DAY		
Saturday 7/29	<input type="checkbox"/> Long slow distance run/walk 3-5 miles	<input type="checkbox"/> 35 crunches <input type="checkbox"/> 30 second plank	
Sunday 7/30	<input type="checkbox"/> REST DAY		

Track Workout A: Warm up with 400m (1 lap) easy run or walk. Run/fast walk 400m (1 lap) at 75% effort, then 400m slow walk or jog. Repeat 2 times. Cool down with 400m (1 lap) easy run or walk.



WEEK 3: JULY 31 — AUGUST 6

FOOD CHALLENGE: Quinoa

WORKOUT	RUN	AB CHALLENGE	NOTES
Monday 7/31	<input type="checkbox"/> Run/walk at least 2 miles	<input type="checkbox"/> 40 crunches <input type="checkbox"/> 35 second plank	
Tuesday 8/1	<input type="checkbox"/> Swim or Barre	<input type="checkbox"/> 45 crunches <input type="checkbox"/> 40 second plank	
Wednesday 8/2	<input type="checkbox"/> Track Workout B	<input type="checkbox"/> 50 crunches <input type="checkbox"/> 45 second plank	
Thursday 8/3	<input type="checkbox"/> Spin, Yoga or Optional	<input type="checkbox"/> 55 crunches <input type="checkbox"/> 45 second plank	
Friday 8/4	<input type="checkbox"/> REST DAY		
Saturday 8/5	<input type="checkbox"/> Long slow distance run/walk 3-5 miles	<input type="checkbox"/> 60 crunches <input type="checkbox"/> 55 second plank	
Sunday 8/6	<input type="checkbox"/> REST DAY		

Track Workout B: Warm up with 400m (1 lap) easy run or walk. Run/fast walk 400m (1 lap) at 75% effort, then 400m walk or jog. Repeat 3 times. Cool down with 400m (1 lap) easy run or walk.

WEEK 4: AUGUST 7 – 13



FOOD CHALLENGE: Coconut Oil

WORKOUT	RUN	AB CHALLENGE	NOTES
Monday 8/7	<input type="checkbox"/> Run/walk at least 2 miles	<input type="checkbox"/> 65 crunches <input type="checkbox"/> 60 second plank	
Tuesday 8/8	<input type="checkbox"/> Yoga or Swim	<input type="checkbox"/> 70 crunches <input type="checkbox"/> 60 second plank	
Wednesday 8/9	<input type="checkbox"/> Track Workout B	<input type="checkbox"/> 75 crunches <input type="checkbox"/> 60 second plank	
Thursday 8/10	<input type="checkbox"/> Swim, Barre or Optional	<input type="checkbox"/> 80 crunches <input type="checkbox"/> 60 second plank	
Friday 8/11	<input type="checkbox"/> REST DAY		
Saturday 8/12	<input type="checkbox"/> Long slow distance run/walk 3-5 miles	<input type="checkbox"/> 85 crunches <input type="checkbox"/> 60 second plank	
Sunday 8/13	<input type="checkbox"/> REST DAY		

Track Workout B: Warm up with 400m (1 lap) easy run or walk. Run/fast walk 400m (1 lap) at 75% effort, then 400m walk or jog. Repeat 3 times. Cool down with 400m (1 lap) easy run or walk.

WEEK 5: AUGUST 14 – 20



FOOD CHALLENGE: Seeds (*chia, poppy or pepitas*)

WORKOUT	RUN	AB CHALLENGE	NOTES
Monday 8/14	<input type="checkbox"/> Run/walk at least 2 miles	<input type="checkbox"/> 90 crunches <input type="checkbox"/> 60 second plank	
Tuesday 8/15	<input type="checkbox"/> Yoga or Swim	<input type="checkbox"/> 95 crunches <input type="checkbox"/> 60 second plank	
Wednesday 8/16	<input type="checkbox"/> Track Workout C	<input type="checkbox"/> 100 crunches <input type="checkbox"/> 60 second plank	
Thursday 8/17	<input type="checkbox"/> Spin, Strength or Optional	<input type="checkbox"/> 105 crunches <input type="checkbox"/> 60 second plank	
Friday 8/18	<input type="checkbox"/> REST DAY		
Saturday 8/19	<input type="checkbox"/> Long slow distance run/walk 3-5 miles	<input type="checkbox"/> 110 crunches <input type="checkbox"/> 60 second plank	
Sunday 8/20	<input type="checkbox"/> REST DAY		

Track Workout C: Warm up with 400m (1 lap) easy run or walk. Run/fast walk 800m (2 laps) at 75% effort, then 400m walk or jog. Repeat 1 time. Cool down with 400m (1 lap) easy run or walk.