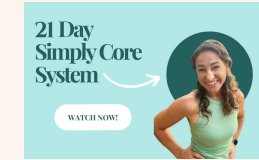




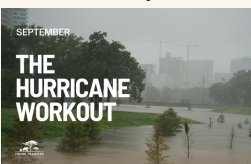
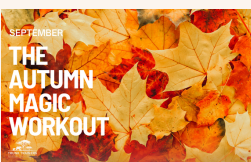
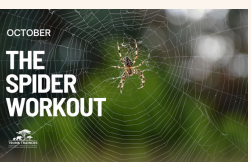
Fit for Fall 6 Week Challenge Calendar

Bonus:
Simply Core



Bonus:
Balance Basics



	Sat	Sun	Mon	Tue	Wed	Thurs	Fri
Week 1	9/20 Strength 	9/21 Warm Up Walk 10 min Stretch	9/22 Strength 	9/23 Warm Up Walk 10 min fast Stretch	9/24 Warm Up Stretch	9/25 Strength 	9/26 Warm Up Walk 10 min hills Stretch
Week 2	9/27 Strength 	9/28 Warm Up Walk 1 mile Stretch	9/29 Strength 	9/30 Warm Up Walk 15 min fast Stretch	10/1 Warm Up Stretch	10/2 Strength 	10/3 Warm Up Walk 15 min hills Stretch
Week 3	10/4 Strength 	10/5 Warm Up Walk 1.5 miles Stretch	10/6 Strength 	10/7 Warm Up Walk 20 min fast Stretch	10/8 Warm Up Stretch	10/9 Strength 	10/10 Warm Up Walk 20 min hills Stretch
Week 4	10/11 Strength 	10/12 Warm Up Walk 2 miles Stretch	10/13 Strength 	10/14 Warm Up Walk 25 min fast Stretch	10/15 Warm Up Stretch	10/16 Strength 	10/17 Warm Up Walk 10 min hills Stretch
Week 5	10/18 Strength 	10/19 Warm Up Walk 2.5 miles Stretch	10/20 Strength 	10/21 Warm Up Walk 30 min fast Stretch	10/22 Warm Up Stretch	10/23 Strength 	10/24 Warm Up Walk 30 min hills Stretch
Week 6	10/25 Strength 	10/26 Warm Up Walk 3 miles Stretch	10/27 Strength 	10/28 Warm Up Walk 35 min fast Stretch	10/29 Warm Up Stretch	10/30 Strength 	10/31 Warm Up Walk 35 min hills Stretch

Repeat Week 6
5k Training until
Race Day!

TrunkTrainers.com.

Member Mahalo Party Nov. 2nd 3–5pm!
Coach Kelsie's Contact Info: Kelsie@TrunkTrainers.com. (808) 430-2434

