

SUGGESTED ACTIVITIES FOR THE FIVE COMPONENTS OF FITNESS

CARDIOVASCULAR ENDURANCE	UPPER BODY STRENGTH	CORE STRENGTH	LOWER BODY STRENGTH	FLEXIBILITY
Anything that gets your heart rate into your TARGET HEART RATE ZONE .	Pectoralis Muscles	Rectus Abdominus	Gluteus Muscles	Upper Body
Running	Triceps	Transverse Abdominus	Quadriceps	Core
Cross-Country Skiing	Biceps	External Oblique	Hamstrings	Lower Body
Bicycling	Deltoid	Internal Oblique	Sartorius	
Speed Walking	Latissimus Dorsi	Latissimus Dorsi	Gracilis	
Swimming			Gastrocnemius	
Step Aerobics			Soleus	

7 WEEK WALK OR RUN TRAINING PROGRAM GUIDE

3 DAYS PER WEEK PLAN

<u>Week</u>	<u>Workout</u>	<u>Time</u>
Week 1 Day 1 Day 2 Weekend	Run 5 minutes/walk 5 minutes (3x) Run 5 minutes/walk 5 minutes (3x) Run 10 minutes (walk when needed) (3x)	30 min/run/walk 30 min/run/walk 30 min/run/walk
Week 2 Day 1 Day 2 Weekend	Run 5 minutes/walk 5 minutes (3x) Run 5 minutes/walk 5 minutes (3x) Run 10 minutes/walk 5 minutes (3x)	30 min/run/walk 30 min/run/walk 45 min/run/walk
Week 3 Day 1 Day 2 Weekend	Run 5 minutes/walk 5 minutes (3x) Run 5 minutes/walk 5 minutes (3x) Run 10 minutes/walk 5 minutes (3x)	30 min/run/walk 30 min/run/walk 45 min/run/walk
Week 4 Day 1 Day 2 Weekend	Run 10 minutes/walk 5 minutes (3x) Run 10 minutes/walk 5 minutes (3x) Run 15 minutes (walk when needed) (3x)	45 min/run/walk 45 min/run/walk 55 min/run/walk
Week 5 Day 1 Day 2 Weekend	Run 10 minutes/walk 5 minutes (3x) Run 10 minutes/walk 5 minutes (3x) Run 15 minutes (walk when needed) (3x)	45 min/run/walk 45 min/run/walk 55 min/run/walk
Week 6 Day 1 Day 2 Weekend	Run 15 minutes/walk 5 minutes/run 10 minutes (2x) Run 15 minutes/walk 5 minutes/run 10 minutes (2x) Run 25 minutes/walk 5 minutes (2x)	60 min/run/walk 60 min/run/walk 60 min/run/walk
Week 7 Day 1 Day 2 Weekend	Run 15 minutes/walk 5 minutes/run 10 minutes (2x) Run 15 minutes/walk 5 minutes/run 10 minutes (2x) Run 25 minutes/walk 5 minutes (2x)	60 min/run/walk 60 min/run/walk 60 min/run/walk