



# 31-DAY FITNESS CHALLENGE

# DAILY FITNESS CALENDAR

Starting on July 1, this daily fitness schedule below will help prepare you to walk, jog or run in the *Live Well San Diego* 5K on July 30, 2017. The training plan is meant to guide you. If you can't do it all, then just do the best you can. If it's not enough, then do more. You can log your actual time, distance or step count below each day to keep track of your progress.

### Baseline time, distance or steps:

\_\_\_\_\_

- DAY 1: Walk/Jog 15-30 min**  
(Aim for a distance of 1.0 mile or add +2200 steps to your baseline routine)  
Today: \_\_\_\_\_
- DAY 2: Walk/Jog 15-30 min**  
(Aim for 1.0 mile or add +2200 steps)  
Today: \_\_\_\_\_
- DAY 3: Walk/Jog 15-30 min**  
(Aim for 1.0 mile or add +2200 steps)  
Today: \_\_\_\_\_
- DAY 4: REST**
- DAY 5: Walk/Jog 15-30 min**  
(Aim for 1.0 mile or add +2200 steps)  
Today: \_\_\_\_\_
- DAY 6: BOOST - Walk/Jog 20-40 min**  
(Aim for a distance of 1.5 miles or add +3300 steps to your baseline routine)  
Today: \_\_\_\_\_
- DAY 7: Walk/Jog 20-40 min**  
(Aim for 1.5 miles or add +3300 steps)  
Today: \_\_\_\_\_
- DAY 8: Walk/Jog 20-40 min**  
(Aim for 1.5 miles or add +3300 steps)  
Today: \_\_\_\_\_
- DAY 9: REST**
- DAY 10: Walk/Jog 20-40 min**  
(Aim for 1.5 miles or add +3300 steps)  
Today: \_\_\_\_\_

- DAY 11: BOOST - Walk/Jog 30-50 min**  
(Aim for a distance of 2.0 miles or add +4400 steps to your baseline routine)  
Today: \_\_\_\_\_
- DAY 12: Walk/Jog 30-50 min**  
(Aim for 2.0 miles or add +4400 steps)  
Today: \_\_\_\_\_
- DAY 13: Walk/Jog 30-50 min**  
(Aim for 2.0 miles or add +4400 steps)  
Today: \_\_\_\_\_
- DAY 14: Walk/Jog 30-50 min**  
(Aim for 2.0 miles or add +4400 steps)  
Today: \_\_\_\_\_
- DAY 15: BOOST - Walk/Jog 30-60 min**  
(Aim for a distance of 2.5 miles or add +5500 steps to your baseline routine)  
Today: \_\_\_\_\_
- DAY 16: REST**
- DAY 17: Walk/Jog 30-60 min**  
(Aim for 2.5 miles or add +5500 steps)  
Today: \_\_\_\_\_
- DAY 18: Walk/Jog 30-60 min**  
(Aim for 2.5 miles or add +5500 steps)  
Today: \_\_\_\_\_
- DAY 19: Walk/Jog 30-60 min**  
(Aim for 2.5 miles or add +5500 steps)  
Today: \_\_\_\_\_

**STEP IT UP!**  
If the daily walk/run challenge is not enough then step up your game with the 7-Minute Workout found at [LiveWellSD.org/31-Day](http://LiveWellSD.org/31-Day)



- DAY 20: BOOST - Walk/Jog 40-70 min**  
(Aim for a distance of 3.0 miles or add +6600 steps to your baseline routine)  
Today: \_\_\_\_\_
- DAY 21: Walk/Jog 40-70 min**  
(Aim for 3.0 miles or add +6600 steps)  
Today: \_\_\_\_\_
- DAY 22: Walk/Jog 40-70 min**  
(Aim for 3.0 miles or add +6600 steps)  
Today: \_\_\_\_\_
- DAY 23: REST**
- DAY 24: Walk/Run 40-70 min**  
(Aim for 3.0 miles or add +6600 steps)  
Today: \_\_\_\_\_
- DAY 25: Walk/Run 40-70 min**  
(Aim for 3.0 miles or add +6600 steps)  
Today: \_\_\_\_\_
- DAY 26: BOOST - Walk/Run 50-80 min**  
(Aim for a distance of 3.5 miles or add +7700 steps to your baseline routine)  
Today: \_\_\_\_\_

- DAY 27: Walk/Run 50-80 min**  
(Aim for 3.5 miles or add +7700 steps)  
Today: \_\_\_\_\_
- DAY 28: Walk/Run 50-80 min**  
(Aim for 3.5 miles or add +7700 steps)  
Today: \_\_\_\_\_
- DAY 29: REST**
- DAY 30: Live Well San Diego 5K & Partner Discovery EXPO**  
**Walk/Run 50-80 min**  
(Aim for 3.1 miles or +7000 steps)  
Today: \_\_\_\_\_
- DAY 31: Walk 15-20 min**  
(Aim for 1.0 mile or add +2200 steps)  
Today: \_\_\_\_\_



Visit the *Live Well San Diego* Booth at the 5K Partner Discovery EXPO on July 30 with your log sheet to receive a free *Live Well San Diego* item, while supplies last.

## FITNESS TIPS

### Hydration

Drinking water every day is good for your [overall health](#). It is also important to [stay hydrated](#) during training to replace the water you lose during your workout. Drink before and after a walk or run. For longer walks or runs, carry water with you to maintain hydration. [Replace](#) soda, juice or sports drinks with water to help reduce caloric intake. Replenish electrolytes with [foods](#) instead of sports drinks.

### Nutrition

Eating healthy, nutrient-rich foods during training will ensure ample energy for workouts and provide the fuel for your body to recover. [When training for a 5K](#), about half your calories should come from carbohydrates, including a mixture of fruits, vegetables, bread and pasta, to give you extra energy. About a quarter of your calories should come from protein (chicken, eggs, yogurt, nuts, fish). Protein can help speed the recovery of your muscles.

### Stretching

[Stretching](#) can help improve one's range of motion and increase flexibility so your body can move more freely to prevent injuries. Leave stretching for after your walk or run to ensure your muscles are warm. [Stretches](#) should be held 15-30 seconds and repeated 3 to 5 times at least 2 days per week.

### Sleep

Getting enough sleep is as important as getting nutrient-rich foods and water when you are training. The better sleep you get, the [better you will perform](#) the next day as your body has the chance to absorb water, remove wastes, repair damaged tissue and build muscle for the next day.



Learn more about the *Live Well San Diego* 31-Day Challenge at [LiveWellSD.org/31-Day](http://LiveWellSD.org/31-Day)

Consult with your personal physician before starting any exercise routine.