

BackOn

TRACK

WEEK 5

GYM 
COFFEE

DAY 29

ACTIVE RECOVERY

OPTION 1

20-30 minutes easy pace walk.

OPTION 2

Sea swim & sauna.

Over the next week engage in a new hobby or activity that you've been curious about.

The logo for BackOnTRACK features a stylized icon of a person running, composed of horizontal lines, followed by the text "BackOnTRACK" in a bold, sans-serif font. The "O" in "On" is a solid circle, while the "T" and "R" in "TRACK" have a unique, multi-lined appearance.

DAY 30

BASELINE WALK/RUN RETEST

WARM UP

5 minutes slow walk/slow jog pace.

MAIN ACTIVITY

15 minutes fast walk/run.

COOL DOWN: 5 minutes slow walk.

Measure distance on Phone/Watch/Strava/Map or by landmark.

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DAY 31

CONGRATULATIONS

You've completed the Back On Track
30-Day Fitness/Wellness Challenge!

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