

Challenge Goals

write down your goals here!

5K Training Tips

- Focus on gradual progression
- Break up your run into intervals
- Rule of thumb: Add no more than 10% each week
- Incorporate cross-training to gain overall strength & endurance
- Listen to YOUR body

SPRING INTO ACTION CHALLENGE

MAY 2024 5K TRAINING WITH #TEAMECHELON



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Write down your goals for the next 4 weeks!	2 Invite a Leaderboard Friend to join you in the challenge	3 Flex Friday! Share a sweaty selfie in the Community	4 FitPass Meditation
5 REST DAY Get ready for Day 1 tomorrow!	6 Interval Run	7 LIVE or OD Rhythm Run	8 FitPass Lower Body Strength	9 Outdoor/Indoor Walk	10 Endurance Run	11 FitPass Yoga
12 REST DAY	13 LIVE Connect Fusion 30 3:30pm ET	14 Sprints Run	15 FitPass Lower Body Strength	16 LIVE or OD Walk + Run	17 Endurance Run	18 FitPass Yoga
19 REST DAY	20 Interval Run	21 LIVE or OD Rhythm Run	22 FitPass Lower Body Strength	23 Outdoor/Indoor Walk	24 Endurance Run	25 FitPass Yoga
26 REST DAY	27 LIVE Connect Fusion 30 3:30pm ET	28 Sprints Run	29 FitPass Lower Body Strength	30 LIVE or OD Walk + Run	31 Endurance Run	June 1 Training Complete! Try for a 5K!

Complete the suggested class in the Run section of the Echelon App

Some cross training in the Cycling/FitPass sections

