

HEART & SOLE READY

RUN / WALK PLAN

HOW IT WORKS:

3 WALKS PER WEEK TO BUILD ENDURANCE AND CONFIDENCE FOR RACE DAY

SHORT WALK: EASY PACE, COMFORTABLE EFFORT

INTERVALS: START WITH SHORT RUNNING INTERVALS, INCREASING WEEKLY

LONG WALK: GRADUAL DISTANCE INCREASES TO REACH 5 MILES

CHECK OFF EACH WALK AS YOU COMPLETE IT!

Week	Walk 1 (Short)	Run / Walk (Intervals)	Walk 3 (Long)	✓ Completed
1	1.5 mile	Run 1 min / Walk 2 min (1.5 miles)	2 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2	1.5 miles	Run 2 min / Walk 2 min (2 miles)	2.5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	1.5 miles	Run 3 min / Walk 1 min (2 miles)	3 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	2 miles	Run 4 min / Walk 1 min (2.5 miles)	3.5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5	2 miles	Run 5 min / Walk 1 min (3 miles)	4 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6	2.5 miles	Run 7 min / Walk 1 min (3 miles)	4.5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7	2.5 miles	Run 10 min / Walk 1 min (3.5 miles)	5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
8	3 miles	Run 15 min / Walk 1 min (4 miles)	5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
9	3 miles	3 miles brisk walk	Heart & Sole	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

FINAL TIPS FOR SUCCESS:

✓ BE CONSISTENT! STICK TO THE SCHEDULE AND DON'T STRESS IF YOU MISS A DAY. JUST KEEP MOVING. ✓ HYDRATE & FUEL PROPERLY! WATER + LIGHT SNACKS BEFORE LONG WALKS. ✓ LISTEN TO YOUR BODY! IF YOU FEEL PAIN, REST AND ADJUST. ✓ ENJOY THE JOURNEY! YOU'RE TRAINING TO FINISH STRONG ON RACE DAY! 💪🚀

WORKOUT ON BACK



HEART & SOLE READY

STRENGTH WORKOUT



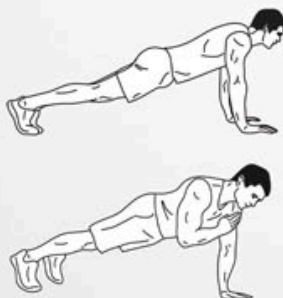
10 squats



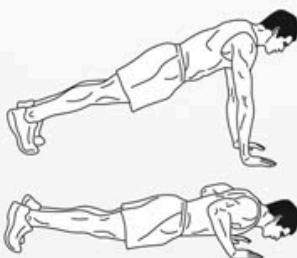
10 calf raises



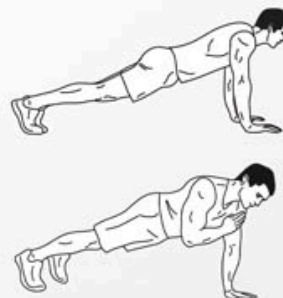
10 squats



10 shoulder taps



5 push-ups



10 shoulder taps

DO THIS WORKOUT 2 DAYS PER WEEK.

**LEVEL 1: 3 SETS
LEVEL 2: 5 SETS
LEVEL 3: 7 SETS**