

6-WEEK RUN TRAINING PLAN

INSTRUCTIONS:

For every number listed on the calendar, run that many **miles** that day.
 For Fit5 days, do the corresponding level for strength, endurance, and balance.
 On rest days, try to do some active recovery like stretching or yoga.

S	M	T	W	T	F	S
Fit5 Level 1	REST	.5	Fit5 Level 1	.75	REST	1
Fit5 Level 2	REST	.75	Fit5 Level 1	1	REST	1.5
Fit5 Level 2	REST	1	Fit5 Level 2	2	REST	2
Fit5 Level 3	REST	1	Fit5 Level 2	1	REST	1.5
Fit5 Level 3	REST	2	Fit5 Level 3	2	REST	2.5
Fit5 Level 4	REST	2	Fit5 Level 2	1	REST	3.1

DON'T FORGET:

- Start each workout with an active **warm up**.
- End each workout with a **cool down** stretch.
- Drink **water** before, during, and after your workout.



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6-WEEK BIKE TRAINING PLAN

INSTRUCTIONS:

For every number listed on the calendar, bike that many **minutes** that day.
 For Fit5 days, do the corresponding level for strength, endurance, and balance.
 On rest days, try to do some active recovery like stretching or yoga.

S	M	T	W	T	F	S
Fit5 Level 1	REST	5	Fit5 Level 1	10	REST	10
Fit5 Level 2	REST	10	Fit5 Level 1	10	REST	15
Fit5 Level 2	REST	10	Fit5 Level 2	20	REST	20
Fit5 Level 3	REST	10	Fit5 Level 2	10	REST	15
Fit5 Level 3	REST	20	Fit5 Level 3	20	REST	25
Fit5 Level 4	REST	20	Fit5 Level 2	10	REST	30

DON'T FORGET:

- Start each workout with an active **warm up**.
- End each workout with a **cool down** stretch.
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6 - WEEK WALK TRAINING PLAN

INSTRUCTIONS:

For every number listed on the calendar, walk that many **minutes** that day.
For Fit5 days, do the corresponding level for strength, endurance, and balance.
On rest days, try to do some active recovery like stretching or yoga.

S	M	T	W	T	F	S
Fit5 Level 1	REST	5	Fit5 Level 1	10	REST	10
Fit5 Level 2	REST	10	Fit5 Level 1	15	REST	20
Fit5 Level 2	REST	20	Fit5 Level 2	25	REST	30
Fit5 Level 3	REST	30	Fit5 Level 2	35	REST	40
Fit5 Level 3	REST	40	Fit5 Level 3	45	REST	50
Fit5 Level 4	REST	50	Fit5 Level 2	30	REST	60

DON'T FORGET:

- Start each workout with an active **warm up**.
- End each workout with a **cool down** stretch.
- Drink **water** before, during, and after your workout.



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6 - WEEK WHEELCHAIR TRAINING PLAN

INSTRUCTIONS:

For every number listed on the calendar, wheel that many **minutes** that day. For Fit5 days, do the corresponding level for strength, endurance, and balance. On rest days, try to do some active recovery like stretching or yoga.

S	M	T	W	T	F	S
Fit5 Level 1	REST	5	Fit5 Level 1	10	REST	10
Fit5 Level 2	REST	10	Fit5 Level 1	15	REST	20
Fit5 Level 2	REST	20	Fit5 Level 2	25	REST	30
Fit5 Level 3	REST	30	Fit5 Level 2	35	REST	40
Fit5 Level 3	REST	40	Fit5 Level 3	45	REST	50
Fit5 Level 4	REST	50	Fit5 Level 2	30	REST	60

DON'T FORGET:

- Start each workout with an active **warm up**.
- End each workout with a **cool down** stretch.
- Drink **water** before, during, and after your workout.



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