

Student Challenge

Running Program



Impossible? Possible

IP

Week	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with 3 X (1 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cool-down. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with 5 X (1 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cool-down. 	<ul style="list-style-type: none"> • Sports activity (i.e. hockey, soccer, etc.) 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with 7 X (1 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cool-down. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	
TRACKING	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with 8 X (1 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cool-down. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with 10 X (1 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cool-down. 	<ul style="list-style-type: none"> • Sports activity (i.e. hockey, soccer, etc.) 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with 12 X (1 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cool-down. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	
TRACKING							



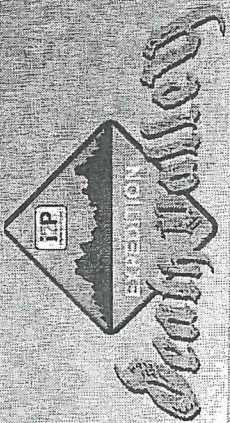
Student Challenge

Running Program



I.P.P.
Impossible is Possible

Week	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 13 X (1 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cool-down. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 15 X (1 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cool-down. 	<ul style="list-style-type: none"> • Sports activity (i.e. hockey, soccer, etc.) 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 3 X (2 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cool-down. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	
TRACKING	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 5 X (2 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cool-down. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 7 X (2 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cool-down. 	<ul style="list-style-type: none"> • Sports activity (i.e. hockey, soccer, etc.) 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 9 X (2 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cool-down. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	
TRACKING							



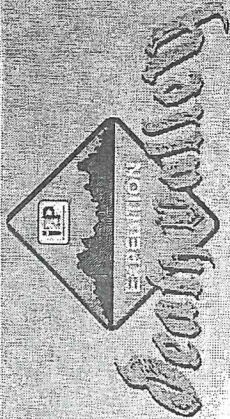
Student Challenge

Running Program



iP
impossible is possible

Week	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 3 X (3 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cooldown. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 4 X (3 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cooldown. 	<ul style="list-style-type: none"> • Sports activity (i.e. hockey, soccer, etc.) 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 5 X (3 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cooldown. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	
TRACKING							
	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 2 X (3 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cooldown. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 2 X (4 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cooldown. 	<ul style="list-style-type: none"> • Sports activity (i.e. hockey, soccer, etc.) 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 4 X (4 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cooldown. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	
TRACKING							



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	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 5 X (4 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cooldown. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 2 X (8 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cooldown. 	<ul style="list-style-type: none"> • Sports activity (i.e. hockey, soccer, etc.) 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 3 X (8 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cooldown. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	
TRACKING							
	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 2 X (12 minute run/1 minute walk) • Finish with a minimum 5 minutes of walking cooldown. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 1 X (20 minute run) • Finish with a minimum 5 minutes of walking cooldown. 	<ul style="list-style-type: none"> • Sports activity (i.e. hockey, soccer, etc.) 	<ul style="list-style-type: none"> • Warm up with a minimum of 5 minutes of walking. • Follow with: 1 X (25 minute run) • Finish with a minimum 5 minutes of walking cooldown. 	<ul style="list-style-type: none"> • Activation/Stability/Mobility Program 	
TRACKING							