



Weekly Challenges		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Hydration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 1 <u>AK Ladder Challenge</u>	<input type="checkbox"/> 2 <u>Tabata FF Runners</u>	<input type="checkbox"/> 3 <u>Flexibility Friday Week 1</u>
WEEK 2	Endurance	<input type="checkbox"/> 6 <u>Burst It Out Jumps</u>	<input type="checkbox"/> 7 <u>Coin Flip For Runners</u>	<input type="checkbox"/> 8 <u>If Your Active and You Know It</u>	<input type="checkbox"/> 9 <u>Tabata Squats</u>	<input type="checkbox"/> 10 <u>Flexibility Friday Week 2</u>
WEEK 3	Speed	<input type="checkbox"/> 13 <u>Sprint Desk Drill</u>	<input type="checkbox"/> 14 <u>Adventure Run</u>	<input type="checkbox"/> 15 <u>ABC Workout</u>	<input type="checkbox"/> 16 <u>Tabata Plank</u>	<input type="checkbox"/> 17 <u>Flexibility Friday Week 3</u>
WEEK 4	Fuel & Fun	<input type="checkbox"/> 20 <u>Quick Track Moves</u>	<input type="checkbox"/> 21 <u>Fast and Low</u>	<input type="checkbox"/> 22 <u>ABC Workout</u>	<input type="checkbox"/> 23 <u>Tabata Stand Up Sit Down</u>	<input type="checkbox"/> 24 <u>Flexibility Friday Week 4</u>
WEEK 5	Limber Up	<input type="checkbox"/> 27 <u>Line Jump</u>	<input type="checkbox"/> 28 <u>4 Corner Lunge</u>	<input type="checkbox"/> 29 <u>ABC Workout</u>	<input type="checkbox"/> 30 <u>Tabata Jumping Jacks</u>	<input type="checkbox"/> 31 <u>Flexibility Friday Wall Stretch</u>

How does this work?

-  Click on the activity to see how to perform the exercise.
-  Join the weekly challenge to set and crush your individual physical activity goals.
-  Practice a new Active Burst Monday through Friday.





October Calendar

Weekly Challenges

WEEK 1

Hydration

Staying hydrated is vital for health, aiding digestion, nutrient absorption, temperature regulation, and brain function. Electrolytes like sodium, potassium, calcium, and magnesium are essential for nerve impulses, muscle contractions, and fluid balance. Without enough electrolytes, you may experience cramps, dizziness, and fatigue. Replenishing fluids and electrolytes—especially after exercise or in hot weather—keeps your body and mind functioning optimally.

WEEK 2

Endurance

Building endurance for running involves gradually increasing your stamina so you can run longer distances without excessive fatigue. Start slow and gradual by beginning with a comfortable pace and distance, then slowly increase your mileage by about 10% each week to prevent injury. Consistency is key: run regularly, aiming for at least three to four times a week to steadily build your endurance over time.

WEEK 3

Speed

If you want to be fast, you need to move fast. Choose one or two of the following running activities and do them each day this week:

- **Fartlek Training:** Meaning "speed play" in Swedish, this involves mixing bursts of faster running with slow-paced running or walking. Try 10, 20, and 30-second bursts—for example, sprint to a tree or lamp post, then jog to recover.
- **Hill Sprints:** Running uphill builds leg strength and improves speed.
- **Plyometrics:** Incorporate jumping and explosive movements into your routine

WEEK 4

Fuel & Fun

Properly fueling your body and brain with enough food and hydration is essential for optimal health and performance. Skipping meals can lead to decreased energy, impaired concentration, and a slower metabolism. By eating balanced meals regularly and staying hydrated, you support your body's functions, enhance cognitive abilities, and invest in your overall well-being. No skipping meals!

WEEK 5

Limber Up

Stretching is an important part of any fitness routine because it improves flexibility, increases range of motion, and helps prevent injuries. By stretching before and after exercise, you prepare your muscles and joints for activity and aid in recovery afterward. Regular stretching can also reduce muscle tension, enhance circulation, and improve overall performance in activities like running. Additionally, it's a great way to cool down and serves as a well-deserved treat for your hard work.

Check out the Trainer Hub for more resources

[CLICK HERE](#)

