

# FITSPIRIT MOTHER/DAUGHTER CHALLENGE

presented by  Sun Life

## RUNNING PROGRAM (BEGINNER)



### PERCEIVED EXERTION SCALE (PES)

2 - 4	Very easy
5	easy
6 - 7	Moderately difficult
8	difficult
9	Very difficult
10	Exhausting

Adjust your effort  
to respect the indicated  
level of difficulty  
for each workout.  
Refer to this scale.

### FRIENDLY TIPS!

- To warm up and cool down, start and end each workout with 5-10 minutes of jogging or walking at a moderate pace.
- Try not to lengthen your stride unnecessarily (big steps). Aim for a pace of three steps per second.
- If you suffer from an injury, replace your runs with cross-training workouts, which can include cycling, swimming or hiking. If the pain persists for more than three days, consult a healthcare professional who specializes in sport rehabilitation.
- If you lack time or motivation, try to run anyway, even if it's just for 5 or 10 minutes at a slow pace. A short workout is better than none at all!
- During especially long interval training workouts, feel free to skip some intervals to make sure that you will be able to complete your workout.
- If you find it hard to recover from strenuous workouts, try reducing the level of difficulty and giving yourself more time to recover, even if it means decreasing the number of runs per week.
- Feel free to engage in physical activities other than those indicated in the training plan!
- If you feel exhausted, take a few days to recover (e.g., two rest days and two days with very short workouts).
- If needed, you may replace one or two continuous runs with cycling. Since those activities are impact-free, you may increase the overall duration of the activity by 50%. For example, a 30 minute running session may be replaced with 45 minutes of cycling.

Do you have questions about the running program or physical activity in general? Ask our expert kinesiologist!

**kin@fitspirit.ca**

# RUNNING PROGRAM BEGINNER




## FITSPIRIT MOTHER/DAUGHTER CHALLENGE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	REST	 <p>See the strength training exercise pages or choose a workout from the options you can find <a href="#">on FitSpirit's website</a></p>	<b>20 min TOTAL</b> <b>5 min:</b> warm-up walk <b>10 min:</b> 5x(1 min run / 1 min walk) <b>5 min:</b> cool down <b>PES</b> 2 - 4	<b>22 min TOTAL</b> <b>5 min:</b> warm-up walk <b>12 min:</b> 6x(1 min run / 1 min walk) <b>5 min:</b> cool down <b>PES</b> 2 - 4	REST	<b>24 min TOTAL</b> <b>5 min:</b> warm-up walk <b>14 min:</b> 7x(1 min run / 1 min walk) <b>5 min:</b> cool down <b>PES</b> 2	<b>26 min TOTAL</b> <b>5 min:</b> warm-up walk <b>16 min:</b> 8x(1 min run / 1 min walk) <b>5 min:</b> cool down <b>PES</b> 3
<b>WEEK 2</b>	REST	 <p>See the strength training exercise pages or choose a workout from the options you can find <a href="#">on FitSpirit's website</a></p>	<b>22 min TOTAL</b> <b>5 min:</b> warm-up walk <b>12 min:</b> 4x(1 min run / 1 min walk) <b>5 min:</b> cool down <b>PES</b> 2 - 4	warm-up walk 5x(1 min run / 1 min walk) cool down <b>PES</b> 2 - 4	REST	warm-up walk 6x(1 min run / 1 min walk) cool down <b>PES</b> 2	<b>25 min TOTAL</b> <b>5 min:</b> warm-up walk <b>15 min:</b> continuous run <b>5 min:</b> cool down <b>PES</b> 5

# RUNNING PROGRAM BEGINNER


WEEK  
3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>15 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>5 min:</b> 10x(15 s run / 15 s walk) <b>OR</b> 7x(15 s run / 30 s walk)</p> <p><b>5 min:</b> cool down</p> <p>PES 6</p>	<p>warm-up walk</p> <p>continuous run</p> <p>cool down</p> <p>PES 2 - 4</p>	REST	<p><b>25 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>15 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES 3</p>	<p><b>30 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>20 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES 6-7</p>
	 <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>18 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>8 min:</b> 16x(15 s run / 15 s walk) <b>OR</b> 10x(15 s run / 30 s walk)</p> <p><b>5 min:</b> cool down</p> <p>PES 6</p>	<p><b>25 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>15 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES 2 - 4</p>	<p><b>25 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>15 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES 2 - 4</p>	<p><b>25 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>15 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES 3</p>	<p>warm-up walk</p> <p>continuous run</p> <p>cool down</p> <p>PES 6-7</p>
	 <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>20 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>10 min:</b> 20x(15 s run / 15 s walk) <b>OR</b> 13x(15 s run / 30 s walk)</p> <p><b>5 min:</b> cool down</p> <p>PES 6</p>	<p><b>30 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>20 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES 2 - 4</p>	<p><b>25 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>15 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES 2 - 4</p>	<p><b>25 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>15 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES 3</p>	<p><b>35 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>25 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES 6-7</p>

WEEK  
4

WEEK  
5



# WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	 <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>20 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>10 min:</b> 20x(15 s run / 15 s walk) <b>OR</b> 13x(15 s run / 30 s walk)</p> <p><b>5 min:</b> cool down</p> <p>PES <b>6</b></p>	<p><b>30 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>20 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES <b>2 - 4</b></p>	<p><b>30 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>20 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES <b>2 - 4</b></p>	<p><b>30 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>20 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES <b>4</b></p>	<p><b>40 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>30 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES <b>7</b></p>

# WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	 <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>30 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>20 min:</b> 5x(3 min run / 1 min walk) <b>OR</b> 4x(3 min run / 2 min walk)</p> <p><b>5 min:</b> cool down</p> <p>PES <b>8</b></p>	<p><b>30 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>20 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES <b>2 - 4</b></p>	<p><b>25 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>15 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES <b>3</b></p>	<p><b>30 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>20 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES <b>3</b></p>	<p><b>45 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>35 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES <b>7</b></p>

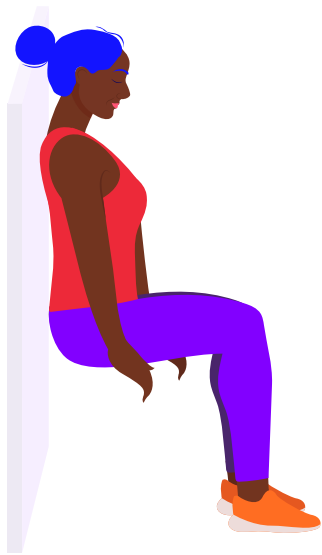
# WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	 <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>30 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>20 min:</b> 10x(1 min run / 1 min walk) <b>OR</b> 7x(1 min run / 2 min walk)</p> <p><b>5 min:</b> cool down</p> <p>PES <b>6</b></p>	<p><b>25 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>15 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p>PES <b>2 - 4</b></p>	REST	<p><b>WEEKEND OF</b></p> <p><b>FITSPIRIT MOTHER/DAUGHTER CHALLENGE</b></p> <p>presented by  Sun Life</p>	

# STRENGTH TRAINING EXERCISES

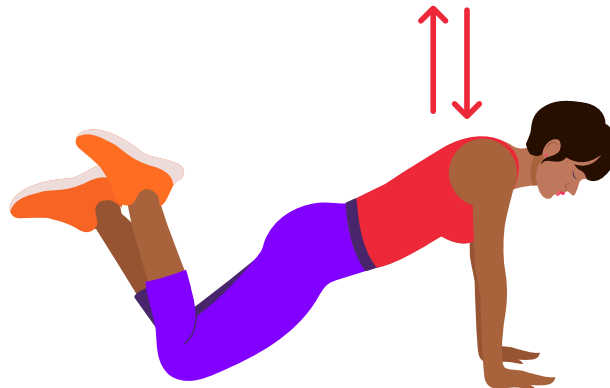
Perform each exercise back-to-back.  
Rest for one minute and repeat a second time.

WEEKS 1 TO 4



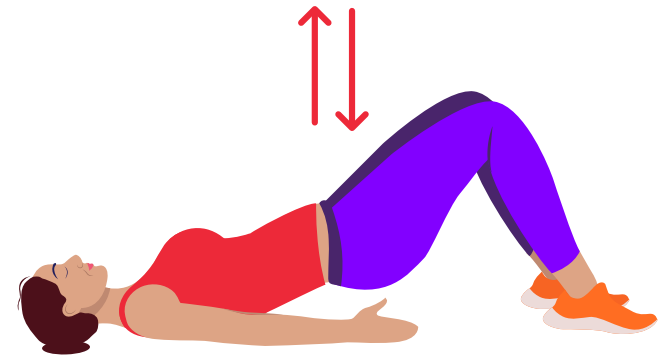
**CHAIR, BACK  
AGAINST WALL**

30 S



**PUSH UPS ON KNEES  
OR TOES**

15 REPETITIONS



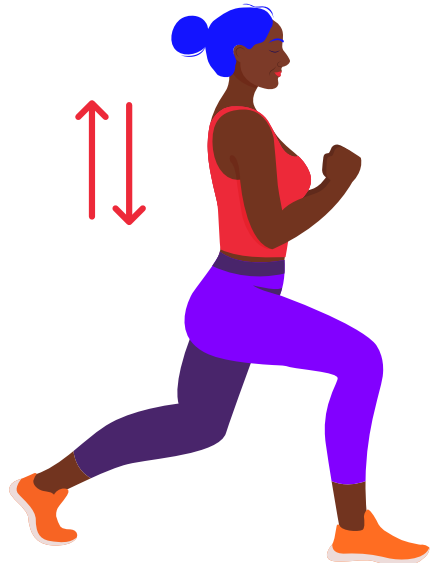
**DOUBLE LEG BRIDGE  
FEET FLAT AGAINST  
FLOOR**

15 REPETITIONS

# STRENGTH TRAINING EXERCISES

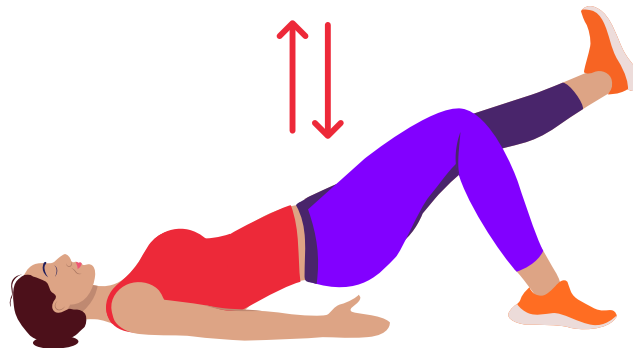
Perform each exercise back-to-back.  
Rest for one minute and repeat a second time.

WEEKS 5 TO 8



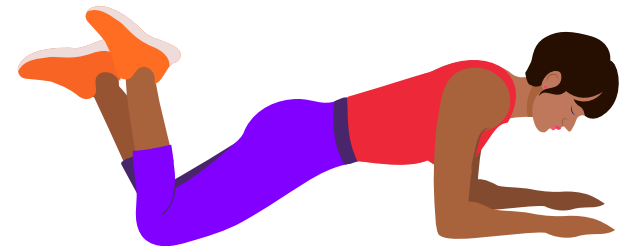
**LUNGES**

12 REPETITIONS  
ON EACH SIDE



**SINGLE LEG BRIDGE**

12 REPETITIONS  
ON EACH SIDE



**PLANK ON KNEES  
OR TOES**

30 S

# STRETCHING

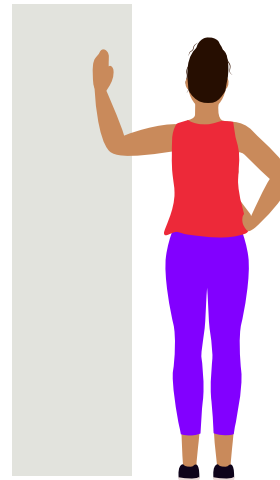
Hold each position 30 s to 1 minute on each side.



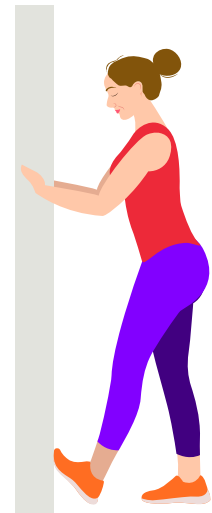
**QUADRICEPS**  
(FRONT OF THIGH)



**HAMSTRINGS**  
(BACK OF THIGH)



**PECTORALS AND  
SHOULDERS**



**CALVES**  
(BACK OF LOWER LEG)

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