

# OH YES YOU CAN!

## **BOLDERBOULDER** Super-Simple Beginner Training Guide

**Keep it simple. YOU pick the days.**

Exercise 3 days a week. Rest in between.

Start with twice a week if you need to.

Mark them off as you go to track your progress!

The best way to improve your fitness is to be consistent.

You've got this!

**● WALK OR JOG** Walk as much as you need to. Jog as much as you can. Once you start feeling more fit, increase the time that you jog at a conversational pace, meaning that you can talk without struggling to speak. Mix in some hiking, swimming, skiing, cycling, rowing, elliptical, or anything else that you enjoy that gets your heart rate up a bit.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TEN WEEKS OUT	● 20 min.		● 20 min.			● 30 min.	
NINE WEEKS OUT	● 20 min.		● 20 min.			● 35 min.	
EIGHT WEEKS OUT	● 25 min.		● 25 min.			● 40 min.	
SEVEN WEEKS OUT	● 25 min.		● 25 min.			● 45 min.	
SIX WEEKS OUT	● 30 min.		● 30 min.			● 50 min.	
FIVE WEEKS OUT	● 30 min.		● 30 min.			● 55 min.	
FOUR WEEKS OUT	● 35 min.		● 35 min.			● 60 min.	
THREE WEEKS OUT	● 35 min.		● 35 min.			● 65 min.	
TWO WEEKS OUT	● 40 min.		● 40 min.			● 70 min.	
ONE WEEK OUT	● 40 min.		● 40 min.			● 30 min.	
RACE WEEK!	<b>BB10K</b>						