

# BOLDERBOULDER

# BOLD SQUAD

# 2024

## TRAINING PLAN

This is a general guide. Feel free to change it to suit your schedule and fitness level. Keep it simple. The goal is to get your body moving 3 days a week. You pick the days. 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. Other options are hiking, swimming, skiing, cycling, rowing, elliptical, or anything else that you enjoy that gets your heart rate up. The most important thing is to have fun! Place a sticker on your BOLD SQUAD map for each week you complete. If you joined the BOLD SQUAD with less than 10 weeks to go, simply track the weeks you have left before Memorial Day!

	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>BB1OK</b>						