

BOLDERBOULDER BOLD SQUAD 2026

TRAINING PLAN

Your Bold Squad 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 exercise 3 days each week and hit 1 kilometer in distance. 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 while jogging without struggling to speak.
- Do what you enjoy!
 - Mix it up with hiking, swimming, skiing, biking, rowing, the elliptical, or anything else that gets your heart rate up and your body moving.
- Most important: Have fun!**

Each week you complete your goal, add a sticker to your **BOLD SQUAD Map**. If you joined the BOLD SQUAD with less than 10 weeks to go, simply track the weeks you have 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!	BB10K						