

Change Your Pace!



Choose the program that best fits
your needs.

Beginner Change Your Pace Program

Stage 1: Getting Started

- Activity 1:** Know your why.
- Activity 2:** Tips for Success
- Activity 3:** Warm up: 10 reverse lunges on each leg, 10 squats, 10 side lunges on each leg, 10 bum kicks, 10 high knees.
Cool down: Dynamic stretching: hip circles, lunge & twist, pigeon pose, downward dog.
- Activity 4:** Walk 15 minutes, brisk pace.
- Activity 5:** Warm up. Walk 3 minutes, Run 1 minute (Repeat x 5). Cool down.
- Activity 6:** Walk 20 minutes
- Activity 7:** Rest and reflect

Stage 2: Level Up

- Activity 8:** Warm up. Walk 3 minutes. Run 1 minute (Repeat x 5). Cool down.
- Activity 9:** Warm up. Walk 3 minutes. Run 1 minute (Repeat x 5). Cool down.
- Activity 10:** Walk 15 minutes, brisk pace.
- Activity 11:** Warm up. Walk 3 minutes. Run 1 minute (Repeat x6). Cool down.
- Activity 12:** Rest and reflect.
- Activity 13:** Warm up. Walk 3 minutes. Run 1 minute (Repeat x6). Cool down.
- Activity 14:** Walk 20 minutes, brisk pace.



Beginner Change Your Pace Program

Stage 3: In the Zone

- Activity 15:** Warm up: Walk 2 minutes, Run 1 minute (Repeat x 7). Cool down.
- Activity 16:** Warm up: Walk 2 minutes, Run 1 minute (Repeat x 7). Cool down.
- Activity 17:** Rest and reflect.
- Activity 18:** Warm up: Walk 2 minutes, Run 1 minute (Repeat x 7). Cool down.
- Activity 19:** Warm up: Walk 2 minutes, Run 1 minute (Repeat x 7). Cool down.
- Activity 20:** Walk 20 minutes, brisk pace.
- Activity 21:** Warm up: Walk 2 minutes, Run 1 minute (Repeat x 7). Cool down.

Stage 4: Home Stretch

- Activity 22:** Rest and reflect.
- Activity 23:** Warm up. Walk 2 minutes. Run 2 minutes (Repeat x 5). Cool down.
- Activity 24:** Warm up. Walk 2 minutes. Run 2 minutes (Repeat x 5). Cool down.
- Activity 25:** Walk 20 minutes, brisk pace.
- Activity 26:** Warm up. Walk 2 minutes. Run 2 minutes (Repeat x 5). Cool down.
- Activity 27:** Rest and reflect.
- Activity 28:** Warm up. Walk 2 minutes. Run 2 minutes (Repeat x 5). Cool down.
- Activity 29:** Warm up. Walk 2 minutes. Run 2 minutes (Repeat x 5). Cool down.
- Activity 30:** Celebrate, rest, reflect, goal setting!



Intermediate Change Your Pace Program

Intermediate Days 1 - 15

Day 1

Run: 30 seconds
Walk: 1 minute
Repeat: 6 times
Total : 9 minutes

Day 2

Take a brisk 15-minute walk.
Pump your arms and walk with purpose.
Get your heart pumping!

Day 3

Lie on your back.
Pull your knees to your chest.
Hold for 30 seconds.
Repeat: 2 times

Day 4

Run: 1 minute
Walk: 2 minutes
Repeat: 4 times
Total : 12 minutes

Day 5

Squats : 10
Lunges: 10
Repeat: 2 times

Day 6

Run: 1 minute
Walk: 2 minutes
Repeat: 5 times
Total: 15 minutes

Day 7

Stand upright and grab your left foot w/ your left hand.
Hold for 30 seconds.
Switch legs.

Day 8

Run: 2 minutes
Walk: 2 minutes
Repeat: 3 times
Total : 12 minutes

Day 9

Take a brisk 20-minute walk.
Pump your arms and walk with purpose.
Get your heart pumping!

Day 10

Run: 2 minutes
Walk: 2 minutes
Repeat: 4 times
Total: 16 minutes

Day 11

Sit on the ground and bring the soles of your feet together.
Bring heels close to groin.
Hold for 30 seconds, 3 times.

Day 12

Run: 3 minutes
Walk: 1 minute
Repeat: 3 times
Total: 12 minutes

Day 13

Run: 4 minutes
Walk: 2 minutes
Repeat: 2 times
Total: 12 minutes

Day 14

Try to touch your toes and stretch out your hamstrings.
Hold for 30 seconds.
Repeat twice.

Day 15

Run: 5 minutes
Walk: 1 minute
Repeat: 2 times
Total: 12 minutes



Intermediate Change Your Pace Program

Intermediate Days 16 - 30

Day 16

Run: 6 minutes
Walk: 1 minute
Repeat: 2 times
Total: 14 minutes

Day 17

Squats: 15
Lunges: 15
Repeat: 2 times

Day 18

Run: 7 minutes
Walk: 1 minute
Repeat: 2 times
Total: 16 minutes

Day 19

Lie on your back, knees bent, feet flat on the ground. Cross right ankle over left knee, grab left thigh & pull toward chest. Hold 30 seconds & switch legs

Day 20

Run: 5 minutes
Walk: 30 seconds
Repeat: 3 times
Total: 17.5 minutes

Day 21

Take a brisk 25-minute walk. Pump your arms and walk with purpose. Get your heart pumping!

Day 22

Squats: 20
Lunges: 20
Repeat: 2 times

Day 23

Run: 8 minutes
Walk: 1 minute
Run: 5 minutes
Total: 14 minutes

Day 24

Run: 9 minutes
Walk: 1 minute
Run: 5 minutes
Total: 15 minutes

Day 25

Kneel on right knee & place right hand on left knee. Look over left shoulder to stretch your side. Hold for 30 seconds & switch legs.

Day 26

Take a brisk 30-minute walk. Pump your arms and walk with purpose. Get your heart pumping!

Day 27

Run: 11 minutes
Walk: 30 seconds
Run: 4 minutes
Total: 9 minutes

Day 28

Stretch for 5 minutes. Listen to your body and stretch where you feel you need it most.

Day 29

REST!
Tomorrow is the last day of this challenge, so take today to reflect on your hard work and how far you've come.

Day 30

Run: 13 minutes
Keep going if you feel like you can!