

35 Day Running Challenge Schedule

Allow approximately 30 - 35 minutes for your exercise on the run-jog-walk days, this includes 5 minutes warm-up, 20 - 24 minutes of run-jog-walking plus enough time for stretching afterwards.

On strength exercise days, allow approximately 10 - 15 minutes for your workout.

Day 1	Run-jog-walk	Day 21	Knee/ankle strength
Day 2	Core strength	Day 22	Run-jog-walk
Day 3	Run-jog-walk	Day 23	Core strength
Day 4	Glute strength	Day 24	Run-jog-walk
Day 5	Arm strength	Day 25	Glute strength
Day 6	Run-jog-walk	Day 26	Arm strength
Day 7	Knee/ankle strength	Day 27	Run-jog-walk
Day 8	Run-jog-walk	Day 28	Knee/ankle strength
Day 9	Core strength	Day 29	Run-jog-walk
Day 10	Run-jog-walk	Day 30	Core strength
Day 11	Glute strength	Day 31	Run-jog-walk
Day 12	Arm strength	Day 32	Glute strength
Day 13	Run-jog-walk	Day 33	Arm strength
Day 14	Knee/ankle strength	Day 34	Run-jog-walk
Day 15	Run/jog/walk	Day 35	Knee/ankle strength
Day 16	Core strength	CONGRATULATIONS - YOU DID IT!	
Day 17	Run-jog-walk	Day 36	Enter a 5K?
Day 18	Glute strength		Choose a new challenge?
Day 19	Arm strength		Repeat with a new run/jog/walk training schedule?
Day 20	Run-jog-walk		