

CRUSH N' RUN TRAINING PLAN 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 15 20-min. Exercise: run 30 sec. brisk walk 60 sec.	REST	17 20-min. Exercise: run 45 sec. brisk walk 60 sec.	18 Cross-Train: 30-60 mins. see "Helpful Tips" below for cross-training ideas!	19 CNRC: Week 1 The Shack 6pm GUEST VENDOR: FLEET FEET FREE ORANGE CRUSH!	REST	21 25-min. Exercise: run 45 sec. brisk walk 60 sec.
22 20-min. Exercise: run 45 sec. brisk walk 45 sec.	REST	24 25-min. Exercise: run 60 sec. brisk walk 60 sec. NORTHERND RUN CLUB @ THE SHACK	25 Cross-Train: 30-60 mins.	26 CNRC: Week 2 The Shack 6pm GUEST VENDOR: LONGEVITY TRIANGLE CRUSHES	REST	28 25-min. Exercise: run 90 sec. brisk walk 60 sec.
29 24-min. Exercise: run 3 min. brisk walk 1 min.	REST	31 20-min. Exercise: run 4 min. brisk walk 1 min.	APRIL 1 Cross-Train: 30-60 mins.	2 CNRC: Week 3 The Shack 6pm GUEST VENDOR: RUNNING ETC TRIANGLE CRUSHES	REST	4 32-min. Exercise: run 3 min. brisk walk 1 min.
5 30-min. Exercise: run 4 min. brisk walk 1 min.	REST	7 20-30min. Exercise: run 20-30 min.	8 Cross-Train: 30-60 mins.	9 CNRC: Week 4 The Shack 6pm GUEST VENDOR: STRETCHLAB TRIANGLE CRUSHES	REST	11 36-min. Exercise: run 11 min. brisk walk 1 min.
12 32-min. Exercise: run 15 min. brisk walk 1 min.	REST	14 20-25min. Exercise: run 20-25 min.	15 Cross-Train: 30-60 mins.	16 CNRC: Week 5 The Shack 6pm GUEST VENDOR: FLEET FEET FREE ORANGE CRUSH!	17 REST & Packet Pick-Up: The Shack 4-7pm	18 PRE-GAME BRUNCH Chix 9am CNR BEACH 5K 7th Street 10:30am AFTER PARTY The Shack 10am

#CRUSHEDIT CHALLENGE  @CRUSHNRUNVB

CHECK-IN FOR 4 OF 5 CRUSH N' RUN CLUB WEEKS & REGISTER FOR THE CRUSH N' RUN BEACH 5K TO EARN AN EXCLUSIVE CNRC PRIZE!

HELPFUL TIPS:

Warm-up & stretch before each workout. Cross-train with activities like biking, rowing, swimming, lifting weights or yoga. Interval sprinting during these workouts is encouraged to build strength & speed.