

CRUSH N' RUN TRAINING PLAN 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 10 20-min. Exercise: run 30 sec. brisk walk 60 sec.	REST	12 20-min. Exercise: run 45 sec. brisk walk 60 sec.	13 Cross-Train: 30-60 mins. see "Helpful Tips" below for cross-training ideas!	14 CNRC: Week 1 The Shack 6pm FREE ORANGE CRUSH!	REST	16 25-min. Exercise: run 45 sec. brisk walk 60 sec.
17 20-min. Exercise: run 45 sec. brisk walk 45 sec.	REST	19 25-min. Exercise: run 60 sec. brisk walk 60 sec.	20 Cross-Train: 30-60 mins.	21 CNRC: Week 2 The Shack 6pm TRIANGLE CRUSHES	REST	23 25-min. Exercise: run 90 sec. brisk walk 60 sec.
24 24-min. Exercise: run 3 min. brisk walk 1 min.	REST	26 20-min. Exercise: run 4 min. brisk walk 1 min.	27 Cross-Train: 30-60 mins.	28 CNRC: Week 3 The Shack 6pm TRIANGLE CRUSHES	REST	30 32-min. Exercise: run 3 min. brisk walk 1 min.
31 30-min. Exercise: run 4 min. brisk walk 1 min.	APRIL 1 REST	2 20-30min. Exercise: run 20-30 min.	3 Cross-Train: 30-60 mins.	4 CNRC: Week 4 The Shack 6pm TRIANGLE CRUSHES	REST	6 36-min. Exercise: run 11 min. brisk walk 1 min.
7 32-min. Exercise: run 15 min. brisk walk 1 min.	REST	9 20-25min. Exercise: run 20-25 min.	10 Cross-Train: 30-60 mins.	11 CNRC: Week 5 The Shack 6pm FREE ORANGE CRUSH!	12 REST & Packet Pick-Up: The Shack 4-7pm	13 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 DRI-FIT SHIRT!

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.