

# CRUSH N' RUN TRAINING PLAN 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MARCH</b> ② 20-min. Exercise: run 30 sec. brisk walk 60 sec.	③ REST	④ 20-min. Exercise: run 45 sec. brisk walk 60 sec.	⑤ Cross-Train: 30-60 mins. see "Helpful Tips" below for cross-training ideas!	⑥ CNRC: Week 1 The Shack   6pm  <b>FREE ORANGE CRUSH!</b>	⑦ REST	⑧ 25-min. Exercise: run 45 sec. brisk walk 60 sec.
⑨ 20-min. Exercise: run 45 sec. brisk walk 45 sec.	⑩ REST	⑪ 25-min. Exercise: run 60 sec. brisk walk 60 sec.	⑫ Cross-Train: 30-60 mins.	⑬ CNRC: Week 2 The Shack   6pm  <b>TRIANGLE CRUSHES</b>	⑭ REST	⑮ 25-min. Exercise: run 90 sec. brisk walk 60 sec.
⑯ 24-min. Exercise: run 3 min. brisk walk 1 min.	⑰ REST	⑱ 20-min. Exercise: run 4 min. brisk walk 1 min.	⑲ Cross-Train: 30-60 mins.	⑳ CNRC: Week 3 The Shack   6pm  <b>TRIANGLE CRUSHES</b>	㉑ REST	㉒ 32-min. Exercise: run 3 min. brisk walk 1 min.
㉓ 30-min. Exercise: run 4 min. brisk walk 1 min.	㉔ REST	㉕ 20-30min. Exercise: run 20-30 min.	㉖ Cross-Train: 30-60 mins.	㉗ CNRC: Week 4 The Shack   6pm  <b>TRIANGLE CRUSHES</b>	㉘ REST	㉙ 36-min. Exercise: run 11 min. brisk walk 1 min.
㉚ 32-min. Exercise: run 15 min. brisk walk 1 min.	㉛ REST	<b>APRIL</b> ① 20-25min. Exercise: run 20-25 min.	② Cross-Train: 30-60 mins.	③ CNRC: Week 5 The Shack   6pm  <b>FREE ORANGE CRUSH!</b>	④ REST & Packet Pick-Up: The Shack   4-7pm	<b>PRE-GAME BRUNCH</b> ⑤ Chix   9am  <b>CNR BEACH 5K</b> 7th Street   10:30am  <b>AFTER PARTY</b> 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 POM BEANIE!

## 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.