



# PEGASUS FUN RUN

## Spring Training Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21 Aug 6km - 15 min walk/jog 11km - 20 min jog	22	23 6km - 15 min walk/jog 11km - 20 min jog	24 <b>Training Extras:</b> 1 min Squats 1 min Lunges 1 min Star Jumps 1 min Step Ups (Repeat 3 - 4 times)	25	26 6km - 20 min walk/jog 11km - 25 min jog	27
28 6km - 20 min walk/jog 11km - 25 min jog	29 Register online for: <b>active KIDS</b> Holiday Programmes 03 373 5060	30 6km - 20 min jog 11km - 30 min jog	31 <b>Training Extras:</b> 1 min Lunges 1 min Sit Ups 1 min Press Ups 1 min Step Ups (Repeat 3 - 4 times)	1 Sep	2 6km - 25 min walk/jog 11km - 30 min jog	3
4 6km - 25 min walk/jog 11km - 35 min jog	5	6 6km - 25 min jog 11km - 35 min jog	7 <b>Training Extras:</b> 1 min Squats 1 min High Knees 1 min Press Ups 1 min Tricep Dips (Repeat 3 - 4 times)	8	9 6km - 30 min walk/jog 11km - 40 min jog	10
11 6km - 30 min walk/jog 11km - 40 min jog	12	13 6km - 30 min jog 11km - 45 min jog	14 <b>Training Extras:</b> 1 min Squats 1 min Jumping Lunges 1 min Sit Ups 1 min Step Ups (Repeat 3 - 4 times)	15	16 6km - 35 min walk/jog 11km - 50 min jog	17
18 6km - 35 min walk/jog 11km - 50 min jog	19 Don't forget to sign up! <b>active KIDS</b> Holiday Programmes 03 373 5060	20 6km - 35 min jog 11km - 55 min jog	21 <b>Training Extras:</b> 1 min Lunges 1 min Jump Squats 1 min Press Ups 1 min Sit Ups (Repeat 3 - 4 times)	22	23 6km - 40 min walk/jog 11km - 60 min jog	24
25 6km - 40 min walk/jog 11km - 60 min jog	26	27 6km - 40-45 min jog 11km - 60-65 min jog	28	29 Register now for the eight-week Be Active Term 4 Programme Call 0800 ACTIVE	30 6km - 20-30 min light jog 11km - 30 min light jog	1 Oct  PEGASUS FUN RUN