



PEGASUS FUN RUN

Spring Training Calendar



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