

30 DAY

Fun Running Challenge!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
15 minute easy run	Trail run (Pick your length!)	20 minute progressive run (start slow & increase pace)	Listen to an episode of your favorite podcast & run!	20 minute interval run (2min fast, 1min slower)
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Sunrise run (Pick your length)	25 minute run (Pick your pace)	Run near the water! (Pick your length)	20 minute easy run	35 minute slow run
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
25 minute easy run	Run & listen to a new music playlist (any length)	20 minute easy run	Run somewhere new (any length)	30 min Run/Strength circuit (include squats, planks, etc.)
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
20 minute easy run	Run with a friend (pick your length)	Tech-free run (pick your length; no watch, music, etc.)	25 minute easy run	Hilly run (pick your length)
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Run listening to stand-up comedy (pick your length)	20 minute easy run	30 minute music-driven interval run (1 fast song, 1 slow)	Sunset run (pick your length)	20 minute zen run with stretches at the end
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
30 minute easy run	Track run 6x400m / 400m recovery	Group run & brunch	15 minute easy run	Road run of your choice!