

HEROES | 6K

in RECOVERY

This training guide will help you get the most of our Heroes 6K experience. Just follow this simple outline for each day's workout, and by the end, you'll be ready to run or walk the entire race course! And since this is a run/walk event—don't be afraid to walk when you need to—just make sure that you cover the entire distance for that day.

TRAINING SCHEDULE

	m	t	w	th	f	s	su
week 1	1.5 MILE RUN	CROSS TRAIN	1.25 MILE RUN	CROSS TRAIN OR REST	30 MIN. WALK	1.75 MILE RUN	REST
week 2	1.75 MILE RUN	CROSS TRAIN	1.5 MILE RUN	CROSS TRAIN OR REST	35 MIN. WALK	2.0 MILE RUN	REST
week 3	2.0 MILE RUN	CROSS TRAIN	1.75 MILE RUN	CROSS TRAIN OR REST	40 MIN. WALK	2.25 MILE RUN	REST
week 4	2.25 MILE RUN	CROSS TRAIN	2.0 MILE RUN	CROSS TRAIN OR REST	45 MIN. WALK	2.75 MILE RUN	REST
week 5	2.75 MILE RUN	CROSS TRAIN	2.5 MILE RUN	CROSS TRAIN OR REST	50 MIN. WALK	3.0 MILE RUN	REST
week 6	3.0 MILE RUN	CROSS TRAIN	2.75 MILE RUN	CROSS TRAIN OR REST	55 MIN. WALK	3.25 MILE RUN	REST
week 7	3.25 MILE RUN	CROSS TRAIN	3.0 MILE RUN	CROSS TRAIN OR REST	60 MIN. WALK	3.5 MILE RUN	REST
week 8	3.5 MILE RUN	CROSS TRAIN	2.5 MILE RUN	REST	REST	RACE DAY!	CELEBRATE! <i>You did it!</i>

HEROES IN RECOVERY has a simple mission: to eliminate the social stigma that keeps individuals with addiction and mental health issues from seeking help, to share stories of recovery for the purpose of encouragement and inspiration, and to create an engaged sober community that empowers people to get involved, give back, and live healthy, active lives.