

# First Strides® 2020 Training Schedule

| Date  | Week | Easy;Push<br>In Minutes | Reps<br>Repetitions | Total easy +<br>Minutes | Total push =<br>Minutes | Total Time*<br>Total # Minutes | Frequency<br>Workouts/<br>Week |
|-------|------|-------------------------|---------------------|-------------------------|-------------------------|--------------------------------|--------------------------------|
| 05/06 | 1    | 4;1                     | 3                   | 12                      | 3                       | 15                             | 3                              |
| 05/13 | 2    | 4;2                     | 3                   | 12                      | 6                       | 18                             | 3                              |
| 05/20 | 3    | 3;2                     | 4                   | 12                      | 8                       | 20                             | 3                              |
| 05/27 | 4    | 3;3                     | 4                   | 12                      | 12                      | 24                             | 3                              |
| 06/03 | 5    | 2;3                     | 5                   | 10                      | 15                      | 25                             | 3                              |
| 06/10 | 6    | 3;4                     | 4                   | 12                      | 16                      | 28                             | 4                              |
| 06/17 | 7    | 2;4                     | 5                   | 10                      | 20                      | 30                             | 4                              |
| 06/24 | 8    | 1;4                     | 6                   | 6                       | 24                      | 30                             | 4                              |
| 07/01 | 9    | 1;5                     | 6                   | 6                       | 30                      | 36                             | 4                              |
| 07/08 | 10   | 1;7                     | 5                   | 5                       | 35                      | 40                             | 4                              |
| 07/15 | 11   | 1;9                     | 4                   | 4                       | 36                      | 40                             | 5                              |
| 07/22 | 12   | 1;10                    | 4                   | 4                       | 40                      | 44                             | 5                              |

\*This time does not include mandatory 5 min. warm-up and 5 min. cool-down/stretch.

Easy; Push refers to your effort. It is a relative term. For some, “easy” will be a very slow stroll and “push” will be a faster walk. For someone else who is already active, it may mean a comfortable walk pace (easy) to power walking (push). Another may walk (easy) and then jog (push). Or a jogger may jog comfortably (easy) and then increase the pace to an easy run (push). The beauty of the program is it accommodates all abilities because it's based on minutes of activity... not distance or speed.

Reps means repetitions – the number of times you repeat the total Easy; Push minutes.

Total Time\* is the time of the Easy + Push portion of the workout. It does not include the mandatory 5 minute warm-up before starting the Easy; Push workout and the 5 minute cool-down after the Easy; Push workout.

Total Easy and Total Push are there to show you the gradual progression of the activity. The “easy” gets shorter... the “push” gets longer. The result is your improvement!

Frequency refers to the number of times per week you do this week's workout. In the first 5 weeks, 3 times (frequency) means you should get out there every other day for 3 workouts (including class) in a 7-day week. It's always best to alternate workout days with rest days. Rest days would be anything from no activity to other kinds of fitness activities (swimming, biking, weight training, golf, etc.) or an easy comfortable walk.

If you experience any persistent muscle or joint soreness that doesn't go away with stretching, icing, or rest, reduce the intensity of your workouts and discuss the problem with Kasie or your mentors.



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