



# MAY DAYS TRAINING PROGRAM



Train along Gigante using the Giant Race Mays Days Training Program. In just 4 weeks, our goal is to get everyone (big & little) moving and grooving in preparation for the San Jose Giant Race presented by Alaska Airlines on June 6th. With “race day” right around the corner, we want YOU to feel YOUR best, and we’ll surely support you along the way!

<b>WEEK 1</b> May 11-17	<b>WEEK 2</b> May 18-24	<b>WEEK 3</b> May 25-31	<b>WEEK 4</b> June 1-7
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LITTLE SLUGGERS	DAY	ACTIVITY	DURATION	DESCRIPTION
	Monday, May 11	<b>Homerun Trot</b>	10-20 min	Run, skip, jump, and hop your way around the block. Take breaks as needed.
	Tuesday, May 12	<b>Batting Practice</b>	30-40 min	Practice your “swing” and spring to the end of your yard/block. Walk/Jog back and repeat.
	Wednesday, May 13	<b>7th Inning Stretch</b>	30 min	Downward dog with your furry friends at home.
	Thursday, May 14	<b>Pickle</b>	30-40 min	The classic game. sprint repeatedly from one bag to the other, but don't get tagged out! play for 30-40min
	Friday, May 15	<b>7th Inning Stretch</b>	30 min	Downward dog with your furry friends at home.
	Saturday, May 16	<b>Homerun Trot</b>	10-20 min	Run, skip, jump, and hop your way around the block. Take breaks as needed.
	Sunday, May 17	<b>Strike Out</b>		Take a day off.

BIG LEAGUERS	DAY	ACTIVITY	DURATION	DESCRIPTION
	Monday, May 11	<b>Homerun Trot</b>	1 mile	Nice easy run for distance.
	Tuesday, May 12	<b>7th Inning Stretch</b>	30-60 min	Take an easy day! Relax, stretch, do some yoga, or core exercises
	Wednesday, May 13	<b>Change Up</b>	1 mile	During your 1 mile jog, practice running in intervals. 2 minutes running, 1 minute walking repeating.
	Thursday, May 14	<b>7th Inning Stretch</b>	30-60 min	Take an easy day! Relax, stretch, do some yoga, or core exercises
	Friday, May 15	<b>Bullpen</b>	20-30 min	Meditation and mindset training. Try a new setting like outside, on a walk, or with some new music.
	Saturday, May 16	<b>Homerun Trot</b>	1 mile	Nice easy run for distance.
	Sunday, May 17	<b>7th Inning Stretch</b>	60 min	Take an easy day! Relax, stretch, do some yoga, or core exercises