



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!

WEEK 1 May 11-17	WEEK 2 May 18-24	WEEK 3 May 25-31	WEEK 4 June 1-7
----------------------------	----------------------------	----------------------------	---------------------------

	DAY	ACTIVITY	DURATION	DESCRIPTION
LITTLE SLUGGERS	Monday, May 18	Home Run Trot	10-20 min	Run, skip, jump, and hop your way around the block. Take breaks as needed.
	Tuesday, May 19	Home Run Derby	30 min	Practice your swing, and if you get a hit, do a lap around the yard/park to earn a token (eg popsicle stick). See how many you can collect in 30 minutes!
	Wednesday, May 20	7th Inning Stretch	30 min	Downward dog with your furry friends at home.
	Thursday, May 21	Pickle	30-40 min	The classic game. Sprint from one location to the next, but don't get tagged out!
	Friday, May 22	7th Inning Stretch	30 min	Downward dog with your furry friends at home.
	Saturday, May 23	Home Run Trot	20-25 min	Run, skip, jump, and hop your way around the block. Take breaks as needed.
	Sunday, May 24	Strike Out		Enjoy the weekend with a movie marathon. Sandlot anyone?
BIG LEAGUERS	Monday, May 18	Home Run Trot	1.5 miles	Run continuously for as long as possible. Take a 1-minute fast walk break as needed
	Tuesday, May 19	7th Inning Stretch	30 min	Take an easy day! Relax, stretch, do some yoga, or core exercises
	Wednesday, May 20	Steal A Bag	1 mile	4 x 0.25 miles at a quick pace with a 2 min rest between reps.
	Thursday, May 21	7th Inning Stretch	30 min	Take an easy day! Relax, stretch, do some yoga, or core exercises
	Friday, May 22	Bullpen	20-30 min	Get out of the “bullpen” or “work from home” setting, by taking a zoom meeting outside or on a walk.
	Saturday, May 23	Home Run Trot	2 miles	Run continuously for 2 miles, as long as possible. Take a 1-minute fast walk break as needed
	Sunday, May 24	7th Inning Stretch	60 min	Take an easy day! Relax, stretch, do some yoga, or core exercises