



MAY DAYS

TRAINING PROGRAM



You're halfway to toeing the "Virtual Start-Line" of the San Jose Giant Race presented by Alaska Airlines. As your mileage increases this week, we hope that we're able to leave you feeling stronger on both mental and physical fronts. We're rooting for you from the sidelines, and we look forward to seeing you grow and improve in the 2 weeks to come.

WEEK 1 May 11-17	WEEK 2 May 18-24	WEEK 3 May 25-31	WEEK 4 June 1-7
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LITTLE SLUGGERS	DAY	ACTIVITY	DURATION	DESCRIPTION
	Monday, May 25	Homerun Trot	15-20 min	Run, skip, jump, and hop your way around the block. Take breaks as needed.
	Tuesday, May 26	Pickle	30 min	Sprint from one location in your home to another as many times as you can, but don't get tagged out!
	Wednesday, May 27	7th Inning Stretch	30 min	Downward dog with your furry friends at home.
	Thursday, May 28	Pickle	30-40 min	Sprint from one location in your home to another as many times as you can, but don't get tagged out!
	Friday, May 29	7th Inning Stretch	30 min	Downward dog with your furry friends at home.
	Saturday, May 30	Homerun Trot	20-25 min	Jog around the block with parent/guardian. Try to run continuously without any pauses or breaks!
	Sunday, May 31	Home Base		Rest day at home.

BIG LEAGUERS	DAY	ACTIVITY	DURATION	DESCRIPTION
	Monday, May 25	Homerun Trot	1.5 miles	Run continuously for as long as possible. Take a 1-minute fast walk break as needed.
	Tuesday, May 26	7th Inning Stretch	30 min	Take an easy day! Relax, stretch, do some yoga, or core exercises.
	Wednesday, May 27	Change Up	2 mile	Intervals: 2min "on," 1min "off" repeating.
	Thursday, May 28	7th Inning Stretch	30 min	Take an easy day! Relax, stretch, do some yoga, or core exercises
	Friday, May 29	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 30	Homerun Trot	2.5 miles	Run continuously for as long as possible. Take a 1-minute fast walk break as needed
Sunday, May 31	7th Inning Stretch	30 min	Take an easy day! Relax, stretch, do some yoga, or core exercises	