



# HOW TO DECIDE WHAT TRAINING PLAN TO FOLLOW

We have 3 different training plans based on your experience level and goals.

To figure out which Plan is best for you, we put together some questions for you to help figure out where you are at and what Training Plan will be most helpful for you!

Check out the questions below, be honest with yourself, and use the answer key to see which Plan you should follow.

## QUESTIONS!

## ANSWER KEY

### HOW LONG HAVE YOU BEEN RUNNING OR WALKING?

- A.** I'm brand new!
- B.** I'm coming off a break from running or walking but I'm ready to get back into it!
- C.** I've been running or walking consistently for the last 3 months

If you scored mostly A's the **"I am Awesome!"** Training Guide is a good fit for you!

If you scored mostly B's the **"I am Beautiful!"** Training Guide is catered to you!

If you scored mostly C's the **"I am Strong!"** Training Guide was made for you!

### HOW MANY DAYS A WEEK ARE YOU PLANNING TO RUN OR WALK LEADING UP TO RACE DAY?

- A.** 1-3 days a week
- B.** 4-5 days a week
- C.** 5-6 days a week

### NEXT STEP:

Select which Plan works best for you. Print it out and post it somewhere you'll see it everyday!

### HOW WOULD YOU IDENTIFY YOUR GOAL FOR RACE DAY?

- A.** It's my first race, I just want to finish!
- B.** I would like to finish feeling strong and prepared
- C.** I have a specific time goal and I'm interested in getting faster