



If you're looking for a little extra fitness motivation this season, a 30 day winter fitness challenge is a great place to start.

The challenge is not mandatory; however, it is a suggestion to keep yourself fit during the winter months. You can do it by yourself or challenge a parent/guardian or a sibling.

Pick one or do all three.

Have a FUN and MERRY FITNESS!

Maria Whitehead



FROM WALKING TO RUNNING

30-day running program © darebee.com

1 4 min walk 1 min run 3 sets	2 4 min walk 1 min run 4 sets	3 2 min walk 2 min run 2 sets	4 15 min walk	5 1 min walk 10 sec sprint 5 sets
6 2 min walk 2 min run 3 sets	7 3 min walk 2 min run 3 sets	8 15 min walk	9 2 min walk 2 min run 4 sets	10 2 min walk 10 sec sprint 5 sets
11 5 min walk 2 min run 4 sets	12 15 min walk	13 2 min walk 3 min run 3 sets	14 2 min walk 2 min run 4 sets	15 2 min walk 20 sec sprint 5 sets
16 15 min walk	17 3 min walk 3 min run 4 sets	18 2 min walk 3 min run 4 sets	19 3 min walk 3 min run 5 sets	20 15 min walk
21 1 min walk 1 min run 5 sets	22 1 min walk 2 min run 3 sets	23 1 min walk 3 min run 3 sets	24 15 min walk	25 2 min walk 25 sec sprint 5 sets
26 1 min walk 4 min run 3 sets	27 2 min walk 4 min run 4 sets	28 15 min walk	29 2 min walk 5 min run 3 sets	30 2 min walk 5 min run 4 sets

ab



30-DAY CHALLENGE

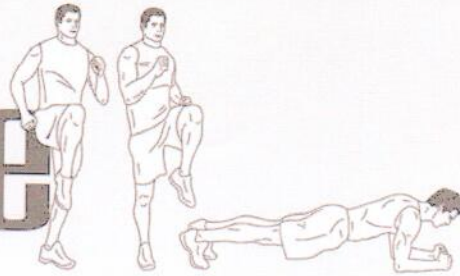
split total reps
into manageable sets

© darebee.com

1 10 sit-ups 20 flutter kicks 30sec plank	2 14 sit-ups 40 flutter kicks 40sec plank	3 16 sit-ups 60 flutter kicks 45sec plank	4 20 sit-ups 20 flutter kicks 20sec plank	5 24 sit-ups 80 flutter kicks 50sec plank
6 26 sit-ups 100 flutter kicks 1min plank	7 28 sit-ups 110 flutter kicks 1min10sec plank	8 20 sit-ups 20 flutter kicks 20sec plank	9 30 sit-ups 120 flutter kicks 1min20sec plank	10 32 sit-ups 130 flutter kicks 1min30sec plank
11 34 sit-ups 140 flutter kicks 1min40sec plank	12 20 sit-ups 20 flutter kicks 20sec plank	13 36 sit-ups 150 flutter kicks 1min45sec plank	14 38 sit-ups 160 flutter kicks 1min50sec plank	15 40 sit-ups 180 flutter kicks 2min plank
16 20 sit-ups 20 flutter kicks 20sec plank	17 42 sit-ups 190 flutter kicks 2min10sec plank	18 44 sit-ups 200 flutter kicks 2min20sec plank	19 46 sit-ups 210 flutter kicks 2min30sec plank	20 20 sit-ups 20 flutter kicks 20sec plank
21 50 sit-ups 220 flutter kicks 2min40sec plank	22 52 sit-ups 230 flutter kicks 2min50sec plank	23 54 sit-ups 240 flutter kicks 3min plank	24 20 sit-ups 20 flutter kicks 20sec plank	25 60 sit-ups 250 flutter kicks 3min10sec plank
26 62 sit-ups 260 flutter kicks 3min20sec plank	27 64 sit-ups 280 flutter kicks 3min30sec plank	28 20 sit-ups 20 flutter kicks 20sec plank	29 68 sit-ups 290 flutter kicks 3min40sec plank	30 70 sit-ups 300 flutter kicks 4min plank

endurance

30-day challenge



© darebee.com

1 1 minute high knees non-stop	2 30 seconds elbow plank in one go	3 1min 30sec high knees non-stop	4 40 seconds elbow plank in one go	5 2 minutes high knees non-stop
6 60 seconds elbow plank in one go	7 2min 30sec high knees non-stop	8 1min 20sec elbow plank in one go	9 3 minutes high knees non-stop	10 1min 40sec elbow plank in one go
11 3min 30sec high knees non-stop	12 2 minutes elbow plank in one go	13 4 minutes high knees non-stop	14 2min 20sec elbow plank in one go	15 4min 30sec high knees non-stop
16 2min 40sec elbow plank in one go	17 5 minutes high knees non-stop	18 3 minutes elbow plank in one go	19 5min 30sec high knees non-stop	20 3min 20sec elbow plank in one go
21 6 minutes high knees non-stop	22 3min 40sec elbow plank in one go	23 6min 30sec high knees non-stop	24 4 minutes elbow plank in one go	25 7 minutes high knees non-stop
26 4min 20sec elbow plank in one go	27 7min 30sec high knees non-stop	28 4min 40sec elbow plank in one go	29 8 minutes high knees non-stop	30 5 minutes elbow plank in one go