

# DOWNTOWN ORLANDO 16.2 CHALLENGE OFFICIAL TRAINING GUIDE

Before beginning any exercise program, visit your doctor for a complete physical.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>		3 mile	Rest	3 mile	Rest	3 mile	Rest
<b>WEEK 2</b>	Cross-train	3 mile	Rest	3 mile	Rest	3.5 mile	Rest
<b>WEEK 3</b>	Cross-train	3 mile	Rest	3 mile	Rest	<i>Battle of the Bands 5K</i>	Rest
<b>WEEK 4</b>	Cross-train	3.5 mile	Rest	3.5 mile	Rest	5 mile	Rest
<b>WEEK 5</b>	Cross-train	3.5 mile	Rest	3.5 mile	Rest	Rest	<i>UCF 5 Mile &amp; 2 Mile</i>
<b>WEEK 6</b>	Cross-train	3 mile	Cross-train	3 mile	Rest	4 mile - 6 mile	Rest
<b>WEEK 7</b>	Cross-train	4 mile	Cross-train	4 mile	Rest	7 mile	Rest
<b>WEEK 8</b>	Cross-train	4 mile	Cross-train	4 mile	Rest	8 mile	2 mile
<b>WEEK 9</b>	Cross-train	4.5 mile	Cross-train	4.5 mile	Rest	9 mile	2.5 mile
<b>WEEK 10</b>	Cross-train	4.5 mile	Cross-train	4.5 mile	Rest	10 mile	3 mile
<b>WEEK 11</b>	Cross-train	5 mile	Cross-train	5 mile	Rest	12 mile - 14 mile	2 mile or Rest
<b>WEEK 12</b>	Cross-train	3 mile	Rest	<i>Turkey Trot 5K</i>	Rest	6 mile	Rest
<b>WEEK 13</b>	Cross-train	3 mile	Rest	3 mile	Rest	<b><i>OUC Orlando Half!</i></b>	<b><i>Track Shack Lake Eola 5K!</i></b>



## Cross-Train with Orangetheory Fitness

Orangetheory workouts are designed to boost race performance through purposeful training. Treadmill blocks improve pacing, rowing builds power and endurance, and strength work targets key running muscles. This science-backed, full-body approach prepares you to crush every mile of the DTO Challenge.



Get fit for new training shoes at Track Shack!

