



Fit for Fall Program

Start your fall wellness routine with this 4-week “Fit for Fall” program! Enjoy the cool, crisp air with running/walking classes coached by Olympian Carrie Tollefson, plus strength training workouts, meditations, wellness prompts, and fall-inspired recipes to stay healthy and strong all season long.

This program includes: running/walking, strength training, guided cardio, meditation, and nutrition education



Recommended Equipment



Yoga Mat



Yoga Block



Dumbbells

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	15 Minutes Plus Strides (Running) 20 min	Lower Back Strength & Mobility (Strength) 22 min	Finding Stillness (Mindfulness) 17 min	Complete at least 1,000 steps today.	Hills & Intervals (Running) 26 min	Rest	Butternut Squash Kale Salad 3 min OR Make your own fall-inspired recipe
WEEK 2	Sunrise Run (Running) 20 min	Knee Mobility & Leg Strength (Strength) 20 min	Body Scan Meditation (Mindfulness) 16 min	Take a break from social media today.	1 Minute Bursts (Running) 26 min	Rest	Roasted Carrot Soup (Recipe) 2 min OR Make your own fall-inspired recipe
WEEK 3	Minnehaha Parkway (Running) 35 min	Strength Builder (Strength) 20 min	Gratitude Meditation (Mindfulness) 26 min	Organize your desk or workspace today.	Tabata With A Kicker (Running) 26 min	Rest	Roasted Acorn Squash 2 min OR Make your own fall-inspired recipe
WEEK 4	Basic Intervals (Running) 20 min	15 Min Strength (Strength) 15 min	Mindful Meditation (Mindfulness) 17 min	Put on your favorite music or go for a walk outside today.	Performance Power (Running) 31 min	Rest	Tahini Hot Chocolate (Recipe) 2 min OR Make your own fall-inspired recipe