



IT'S TIME TO STEP TO IT

REV UP YOUR WALKING ROUTINE

REGISTER FOR THE JULY CHALLENGE

- Log into Challenge Runner, our online fitness tracker, at www.challengerunner.com.
- Sign in as a new member and set up your free account.
- Then indicate when you've completed weekly activities.
- You'll earn fitness points and qualify to receive a Certificate of Completion and recognition for your hard work.
- You'll be able to see who else is participating in the challenge. However, participants' actual names will be kept private.
- Smartphone users can download and use the free Challenge Runner app or one of the free apps listed below to track workouts and sync with Challenge Runner. Links to apps are available at the bottom of the Challenge Runner homepage.
 - Apple Health
 - Garmin
 - Jawbone
 - Fitbit App (no Fitbit device is needed)
 - Moves
- Note: You must first register for the challenge online to sync it with your selected tracker.
- If you do not have a smartphone, you can simply return to the website to track your progress.

INCREASE SPEED



ACCELERATOR SPEED INTERVALS* 30 MINUTES

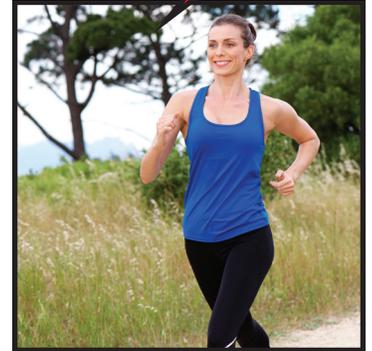
- Start at a comfortable speed for a 5-minute warm-up.
- Then increase your speed by 0.6 mph or walk as fast as you can for 10 minutes. *Don't have a pedometer or smartphone app to track your pace? No problem! Pick up your pace to the point where you're just about ready to break into a jog. That's about where you want to hover for 10 minutes. Your pace should feel as if you were running late for an important appointment.*
- For the next 10 minutes, increase your speed intervals by 0.2 mph or speed up until you feel slightly out of breath but can still talk. Do this every 5 minutes.
- For the last 5 minutes cool down by returning to your normal/comfortable pace.

*Routine from Lee Scott, creator of the DVD *Simple Steps for a Great Walking Workout*.



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TURBO CHARGE IT!



DROP-IT-FAST SPRINT 25-30 MINUTES

- Start at a comfortable speed for a 5-minute warm-up.
- Walk as fast as you can for 10 minutes. Note how far you went.
- Then turn around and walk back at a brisk pace, slowing your speed to cool down as you get closer to your starting point.
- Repeat until you reach 25 or 30 minutes.
- Each time you repeat this cycle, aim to walk faster and go farther than your initial turnaround point.

BLAST OFF THE WEIGHT



SUPER FAT BLAST

Use this chart to guide you through a 10-minute interval. Then repeat until you reach 30 minutes.

You'll burn nearly 70% more calories than if you had walked at a steady pace for the same amount of time.

TIME	ACTIVITY
0:00-2:59	Warm-up, easy to moderate pace
3:00-3:59	Brisk walk
4:00-4:29	Jog
4:30-5:29	Fast walk
5:30-5:59	Jumping jacks in place
6:00-6:59	Fast walk
7:00-7:29	Side jumps, feet together, in place
7:30-8:29	Fast walk
8:30-8:59	Jog
9:00-10:00	Cool-down, easy pace

