THIRTY19 DECEMBER 2026

500 BEYOND · GET READY

Ready for 100 days.

Running all 100 days with Dayne from 1 January? Use December to build up to 5 km on back-to-back days. Pick the track that fits you, and tick a box for every session.

WEEK	TRACK A **Walk it**	TRACK B **Run-walk it**
Week 1 1–6 Dec	Walk 20 min, easy pace 4 days ☐☐☐☐	Run 1 min, walk 2 min × 8 3 days + 1 easy walk ☐☐☐☐
Week 2 7–13 Dec	Walk 30 min · one 3 km walk without stopping 4 days ☐☐☐☐	Run 2 min, walk 1 min × 8 3–4 days ☐☐☐☐
Week 3 14–20 Dec	Walk 35–40 min · try two days in a row 5 days ☐☐☐☐☐	Run 4 min, walk 1 min × 6 4 days, two in a row ☐☐☐☐
Week 4 21–27 Dec	Walk 5 km three times (two back-to-back) · other days 30 min 5 days ☐☐☐☐☐	5 km run-walk 4 days, three in a row ☐☐☐☐
Week 5 28–31 Dec	Walk 5 km on 28, 29 and 30 Dec Rest on 31 Dec ☐☐☐	Easy 5 km on 28, 29 and 30 Dec Rest on 31 Dec ☐☐☐

Track A: new to exercise, or walking the 100 days. **Track B:** you can already walk briskly for 30 minutes.

GOLDEN RULES

Go easy. You should be able to talk while you move.

Walking counts. Walking 5 km a day is a big achievement.

Pain that gets worse or makes you limp: stop and see a doctor or physio.

Health condition? Check with your doctor before you start.

STRENGTH · 2× A WEEK · 10 MIN

Squats 2 × 12 · Calf raises 2 × 15

Glute bridges 2 × 12 · Plank 2 × 20 s

STAY SAFE

Go early before the heat, drink water, wear bright colours, and run with a friend.

Sign up and pick your days: thirty19.co.za · WhatsApp 074 787 7113 **Deut 30:19**