

The Montana Donut Challenge
 8-Week Training Program
(Tastefully adapted from Hal Higdon's 10K Novice training)

WK	M	T	W	T	F	S	S
1	1d, 2 min x 2	2.5 m run	30 min cross	2 m run	1d, 1 min x2	40 min cross	3 m run
2	2d, 2 min	2.5 m run	30 min cross	2 m run	2d, 2, min x2	40 min cross	3.5 m run
3	3d, 3 min	2.5 m run	35 min cross	2 m run	3d, 2 min	50 min cross	4 m run
4	4d, 4 min	3 m run	35 min cross	2 m run	5d, 5 min	50 min cross	4 m run
5	6d, 5 min	3 m run	40 min cross	2 m run	7d, 7 min	60 min cross	4.5 m run
6	8d, 7 min	3 m run	40 min cross	2 m run	9d, 9 min	60 min cross	5 m run
7	10d, 10 min	3 m run	45 min cross	2 m run	11d, 11 min	60 min cross	5.5 m run
8	12d, 11 min	3 m run	30 min cross	2 m run	Rest	Race Day!	

Cross-Training ('cross'): swimming, cycling, walking, cross-country skiing, snowshoeing, or other forms of aerobic activity. Take it easy, these are light days.

Donuts ('d'): glazed with ample water. Keep in touch with us on Facebook @MontanaImaginarium for special donut days.

We strongly recommend that you consult with your physician before beginning any exercise or competitive eating training program. If you engage in this training program, you do so at your own risk.



MONTANA Imaginarium
Bozeman, Montana

(5 MILES. 12 DONUTS. 1 HOUR.)
 Register online at www.MontanaImaginarium.com/donut

THE TRUEST TEST OF PHYSICAL AND GASTROINTESTINAL GREATNESS.

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