

HOLIDAY CHALLENGE

FOUR GREAT RACES THIS HOLIDAY SEASON!



GRAY GHOST
RACE

OCTOBER 28
5K Run/Walk | 1 mi walk
ANOKA



HALLOWEEN
HALF MARATHON

OCTOBER 28
13.1 | 10K | 5K
MINNEAPOLIS



TURKEY TROT
ST. PAUL
THANKSGIVING DAY

10K | 6K
ST. PAUL



Reindeer Run

DECEMBER 9
10K | 5K | 15K
LAKE HARRIET

REGISTER TODAY: MNRUNSERIES.COM

MNRUN series Beautiful races that benefit the community

This challenge is a great way to prioritize yourself through the holidays and choose your health, sanity, and routine to keep you rolling into your 2024 goals.

Get training tips from Coach Jaci on our [training page](https://www.minnesotarunningseries.com/training)
<https://www.minnesotarunningseries.com/training>

When you sign up for 3 Holiday Challenge Races and get the Holiday Challenge Plaque Free at the Reindeer Run (2023 plaque design coming soon)



OCTOBER 2023

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------|---------------------|-----------------------|---------------------|--|--------------------|---|------------|
| WEEK 1 | 25 | 26 | 27 | 28 | 29 | 30 | 1 REST |
| WEEK 2 | 2 Easy run | 3 Lift upper body | 4 Speed workout | 5 Lift lower body | 6 Easy run | 7 Long run | 8 REST |
| WEEK 3 | 9 Easy run | 10 Lift upper body | 11 Speed workout | 12 Lift lower body | 13 Easy run | 14 Long run | 15 REST |
| WEEK 4 | 16 Speed workout | 17 Lift lower body | 18 Speed workout | 19 Lift upper body | 20 Easy run | 21 Long run | 22 REST |
| WEEK 5 | 23 Speed workout | 24 Glute bands | 25 Easy run | 26 Mobility | 27 Shakeout run | 28  | 29 REST |
| WEEK 6 | 30 REST | 31 REST | 1 | SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS | | | 5 |

NOVEMBER 2023

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------|---------------------|----------------------|---------------------|---|--|---------------------|------------|
| WEEK 1 | 30 | 31 | 1 | 2 | 3 Easy run | 4 Long run | 5 REST |
| WEEK 2 | 6 Speed workout | 7 Lift upper body | 8 Easy run | 9 Lift lower body | 10 Easy run | 11 Long run | 12 REST |
| WEEK 3 | 13 Speed workout | 14 Glute bands | 15 Easy run | 16 Lift upper body | 17 Easy run | 18 Speed workout | 19 REST |
| WEEK 4 | 20 Easy run | 21 Mobility | 22 Shakeout run | 23  | 24 REST | 25 Easy run | 26 REST |
| WEEK 5 | 27 Easy run | 28 Glute bands | 29 Speed workout | 30 Lift upper body | SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS | | |

DECEMBER 2023

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------|---------------------|--|---------------------|-----------------------|-------------------|--|------------|
| WEEK 1 | 27 | 28 SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS | 29 | 30 | 1 Easy run | 2 Long run | 3 REST |
| WEEK 2 | 4 Speed workout | 5 Glute bands | 6 Easy run | 7 Mobility | 8 Shakeout run | 9  | 10 REST |
| WEEK 3 | 11 REST | 12 Mobility | 13 Easy run | 14 Glute bands | 15 Easy run | 16 Long run | 17 REST |
| WEEK 4 | 18 Easy run | 19 Lift upper body | 20 Speed workout | 21 Lift lower body | 22 Easy run | 23 Long run | 24 REST |
| WEEK 5 | 25 Speed workout | 26 Lift upper body | 27 Easy run | 28 Lift lower body | 29 Easy run | 30 Long run | 31 REST |