



## Welcome to the 12 Days of Running Challenge!

For 12 days straight, from December 5–17, you'll show up for yourself with one simple intention: **keep moving, even when life gets busy.**

This challenge isn't about running at the perfect pace or going as fast as you can. It's about consistency, joy, and proving to yourself that you can build momentum during one of the hardest times of the year to stay on track.

To make sure everyone can join, each day includes three options:

- ♥ **Beginner:** gentle, low-pressure, steady movement
- ★ **Intermediate:** comfortable runs with short pushes
- 🔥 **Advanced:** higher mileage and intentional effort

Choose your level each day based on how you feel, swap tiers whenever you need to. What matters most is that you *show up*.

### **Warm Up Routine:**

- 10 leg swings forward/back and side/side each leg
  - 5 hip circles forward and back each leg
    - 10 ankle rolls each side
  - Walk on toes → then heels for 10 steps
  - Light hamstring stretch
- 10–15 jumping jacks to get your blood moving

### **Cool Down Routine:**

- Slow walk post-run
  - 10 leg swings each direction
  - 20–30 sec hamstring stretch each leg
    - 20–30 sec standing quad stretch
  - 20–30 sec calf stretch on a curb or step
    - 40 sec butterfly stretch while seated
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DAY 1: Find Your Starting Pace

#### **WARM UP!**

Beginner: 10-min easy jog or jog/walk

Intermediate: 20-min steady run

Advanced: 3 miles easy

#### **COOL DOWN!**

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DAY 2: Set the Tone

#### **WARM UP!**

Beginner: 12-min jog/walk

Intermediate: 20-min run + 4 × 10s strides

Advanced: 3.5 miles with final 0.5 mile slightly faster

#### **COOL DOWN!**

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DAY 3: Cozy Consistency Run

**WARM UP!**

Beginner: 15-min easy run

Intermediate: 25-min steady run

Advanced: 4 miles steady

**COOL DOWN!**

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DAY 4: Jingle Jog Intervals

**WARM UP!**

Beginner: 1 min jog / 1 min walk × 10

Intermediate: 3 min run / 1 min jog × 6

Advanced: 5 min steady / 1 min easy × 5

**COOL DOWN!**

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DAY 5: Run Into the Weekend

**WARM UP!**

Beginner: 15-min continuous jog

Intermediate: 30-min easy run

Advanced: 4.5 miles easy

**COOL DOWN!**

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DAY 6: Festive Hill Boost

**WARM UP!**

Beginner: 10-min jog + 2 hill repeats

Intermediate: 20-min run + 4 hill repeats

Advanced: 5 miles + 6–8 hill repeats

**COOL DOWN!**

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DAY 7: Halfway Holiday Reset

**WARM UP!**

Beginner: 18-min easy run

Intermediate: 30-min relaxed run

Advanced: 5 miles relaxed

**COOL DOWN!**

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DAY 8: Sparkle Strides

**WARM UP!**

Beginner: 12-min jog + 2 strides

Intermediate: 25-min run + 4 strides

Advanced: 5 miles + 6 strides

**COOL DOWN!**

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DAY 9: Mindful Miles

**WARM UP!**

Beginner: 1 mile easy

Intermediate: 2 miles easy

Advanced: 4 miles conversational

**COOL DOWN!**

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DAY 10: Holiday Tempo

**WARM UP!**

Beginner: 12-min easy run

Intermediate: 5 easy → 10 tempo → 5 easy

Advanced: 1 mile easy → 2 miles tempo → 1 mile easy

**COOL DOWN!**

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DAY 11: Build Your Strength

**WARM UP!**

Beginner: 15-min jog

Intermediate: 30-min steady run

Advanced: 5–6 miles steady

**COOL DOWN!**

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DAY 12: The Holiday Chaos Run (You Made It!)

**WARM UP!**

Beginner: 20-min run

Intermediate: 3 miles

Advanced: 6 miles with a strong finish

**COOL DOWN!**

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**Congrats on finishing all 12 days!**

You pushed through the busy days and the chaos of this season, that is real commitment, and I'm so proud of you. You should feel incredibly proud of yourself too.

If you want to share how the challenge went for you, I'd love to hear from you:  
[wandasrunningreport@gmail.com](mailto:wandasrunningreport@gmail.com)

Keep going, runner... and happy holidays to all! 🌲 ✨ 🏃 💖

