



Run for Joy

A LIFESTYLE RUN-PLAN FOR CULTIVATING HAPPINESS

WEEK ONE

WEEK TWO

WEEK THREE

WEEK FOUR

MONDAY

.5 mile walk/run

2 mile walk/run. Journal after your run.

2 miles. After your run do something creative.

3 miles. Use a positive affirmation as a mantra

TUESDAY

Go to bed 15 mins earlier than usual.

Try [this](#) yoga practice.

Commit to waking up and going to bed at the same time every day.

Take a social media break.

WEDNESDAY

1-2 mile walk/run use the mantra "just breathe".

2 mile walk/run. While running, reflect on a positive relationship.

3 miles. Before you run, do [this](#) yoga practice.

3 miles followed by [this](#) yoga practice.

THURSDAY

Carry a water bottle with you throughout the day; drink more.

Meet a friend for lunch

Try a guided meditation.

Spend 30 + mins in nature.

FRIDAY

2 miles walk/run use the mantra "I can, I will".

3 miles walk/run. After, refuel with a protein smoothie

3 miles After, refuel with a slice of avocado toast.

3 miles. Schedule 10 mins of your run to ponder on your worries. Then let them go.

SATURDAY

2-3 miles walk/run consciously choose to smile throughout the run.

3 miles walk/run. Notice any cathartic release to stress

3 miles. Invite a friend to join.

3 miles. Let your mind wander in nostalgia.

SUNDAY

Treat yourself. Sleep in, take a nap, go for a manicure.

If there is someone that deserves your apology, give it.

Go to the movies.

Treat yourself. Try a new to-you restaurant.



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SHARE YOUR JOURNEY ON
INSTAGRAM AND TAG
@kjersti_running_therapy

WEEK FIVE

WEEK SIX

WEEK SEVEN

WEEK EIGHT

MONDAY	3 miles. Journal after your run.	3 miles. Tune into your senses. Run device free.	3 miles. Just run.	4 miles. For a portion of the run, alternate 1 min fast with 1 min slow.
TUESDAY	Spruce up something in your living situation.	Do something today with the intention to laugh.	Try out a local yoga or Pilates class	Try this runners yoga here!
WEDNESDAY	3 miles. Try running slightly faster than usual.	4 miles. Repeat the mantra, "May I be filled with loving-kindness".	4 miles. After your run use a foam roller.	4 miles. Do a long warm-up. Focus on your breath. Find your flow.
THURSDAY	Try a new-to-you exercise: swimming or Zumba!	Begin reading a book for pleasure. Check out my book club pics here!	If you've been experiencing stress, make an action plan for addressing your needs.	Indulge in a favorite treat.
FRIDAY	3 miles. Try running slightly slower than usual.	3 miles. Tune into your imagination. After your run journal about your creative journey.	3 miles. Pick up the pace, and use the mantra "light and fast".	3 miles. Run to a favorite play list.
SATURDAY	4 miles. Ask a friend to join you.	4 miles. listen to a podcast.	miles. Run somewhere new-to-you. Enjoy exploring.	6 miles. Run slowly with a friend.
SUNDAY	Treat yourself. Try a guided body scan meditation.	Treat yourself. Go for a massage.	Spend quality time with a loved-one.	Go for a scenic drive.