JANUARY - WEEK 1

adidas RUNTASTIC

20IN20 WORKOUT PLAN TO FEEL THE CHANGE

FEEL DETERMINED

Set your goals, join the challenge, take the first step. Every active minute counts!

WORKOUT TIP:

Start collecting minutes for the "You: Version 2.0(20)" challenge in the adidas Running app!

WEDNESDAY **01**

FEEL EXCITED

Add 20 more minutes to your challenge with a short home workout – suitable for beginners!

WORKOUT TIP:

Try the Tabata 2020 in the adidas Training app.

THURSDAY **02**

FEEL ALIVE

Feel your heart pumping...run or walk outdoors in the cold, if possible. If not, try an energizing jumping workout at home.

WORKOUT TIP:

Try the Kilo workout in the adidas Training app.

FRIDAY **03**

FEEL FUL(FILLED)

Warm your body and soul with a nourishing recipe of your choice. We picked the best ones packed with new, tasty and healthy combinations!

READING TIP:

SATURDAY **04**

FEEL PROUD

Reflect on the success of the first (and hardest) week. Go for a walk or try foam rolling. Don't forget to set your goal for next week!

READING TIP:

SUNDAY **05**

FEEL MOTIVATED

Monday is THE day to train. Do at least a short workout every Monday to start building healthy habits.

READING TIP:

WORKOUT TIP:

Try the Tabata 2020 in the adidas Training app.

MONDAY **06**

FEEL TENACIOUS

What goal did you set on Sunday? Make sure to work on it today! Don't procrastinate!

WORKOUT TIP:

Try the Workout Creator in the adidas Training app or interval run in the adidas Running app.

TUESDAY **07**

JANUARY - WEEK 2

adidas RUNTASTIC

20IN20 WORKOUT PLAN TO FEEL THE CHANGE

FEEL FUELED

If you change one eating habit a week, by summer you will have a whole new approach to nutrition. Learn how to best fuel your body before and after workouts!

READING TIP:

WEDNESDAY **08**

FEEL CURIOUS

Go for a run or walk with no expectations or plans. How long will it be? What inspires you to keep going?

LISTENING TIP:

THURSDAY **09**

FEEL FIRM

It's time to step it up from last week with the new 10-minute workout!

WORKOUT TIP:

Try the 2020: The Remix in the adidas Training app.

FRIDAY **10**

FEEL BOLD

Make a decision – try a new recipe (like zucchini porridge!) or a crazy workout – it's your choice.

READING TIP:

WORKOUT TIP:

Try the Quebec workout in the adidas Training app.

SATURDAY **11**

FEEL RELAXED

Let stress relief be your focus for the day. It's as important as working out.
Don't forget to set a goal for next week!

READING TIP:

SUNDAY **12**

FEEL DRIVEN

You know the drill – never skip Monday! Run or walk for at least 20 minutes.

WORKOUT TIP:

Gain more minutes in the "You: Version 2.0(20)" challenge in the adidas Running app!

MONDAY **13**

FEEL STRONG

Even after two weeks, you're still going strong. Tap the workout creator and keep moving! Select the areas you'd like to focus on and build a workout or repeat last week's workout. Whatever you choose, push yourself harder!

WORKOUT TIP:

Create a custom workout in the Workout Creator or try the 2020: The Remix workout in adidas Training app.

TUESDAY **14**

adidas RUNTASTIC

FREE 20IN20 WORKOUT PLAN TO FEEL THE CHANGE

FEEL GRATEFUL

Appreciate the work you've done so far – listen to your body and what it wants. Walking, yoga, or one more home workout?

READING TIP:

WEDNESDAY **15**

FEEL NOURISHED

As the week goes on, energy levels get depleted. Make sure to eat the right breakfast to reach your goals.

READING TIP:

THURSDAY **16**

FEEL FREE

It doesn't matter how long or how fast you go, just go. Throw a short sprint or two into your run and let the speed set you free!

WORKOUT TIP:

Get those "You: Version 2.0(20)" challenge minutes in the adidas Running app before it's too late!

FRIDAY **17**

FEEL EMPOWERED

Love your body and tap into your inner strength. You can do this during a relaxing walk or try a meditation session.

READING TIP:

SATURDAY **18**

FEEL UPBEAT

Feeling low on energy? Try the best self care recipe: a home workout and your favorite tunes! Don't forget to set a goal for next week.

WORKOUT TIP:

Use the Workout Creator in the adidas Training app to match the duration of your playlist.

SUNDAY **19**

FEEL THE CHANGE

Will you stop with this self-care streak after 20 days? Reflect on what you'd like to continue and be proud of the change you've achieved!

READING TIP:

MONDAY **20**