



75-DAY TRAINING PLAN

From Recovery to Race Ready: Springtime Surprise Challenge Weekend
5K + 10K + 10-Miler = 19.3 Miles in 3 Days

A Training Guide for Dads AND Their Kids

runDis Dad

Let's figure this out together - and I'll see you at the finish line.

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Before We Start: Medical Disclaimer

Please Read Before Starting Any Exercise Program

The information in this guide is for educational and informational purposes only. It is not intended as a substitute for professional medical advice, diagnosis, or treatment.

Before beginning any new exercise or training program, including the running methods described in this guide, you should consult with your physician or other qualified healthcare provider. This is especially important if you:

- Have any pre-existing medical conditions
- Are over 40 years old and have been inactive
- Have a history of heart disease, high blood pressure, or other cardiovascular issues
- Have any joint, bone, or muscle problems
- Are significantly overweight
- Are pregnant or postpartum
- Take any medications regularly
- Have any concerns about your ability to safely exercise

Running and physical exercise carry inherent risks. While this guide provides general information based on my personal experience and widely-accepted training methods, every individual's body is different. What worked for me may not be appropriate for you.

Listen to your body. If you experience pain (not just discomfort), dizziness, shortness of breath, chest pain, or any other concerning symptoms while running, stop immediately and seek medical attention.

I am not a doctor, certified running coach, or medical professional. I'm a dad who learned to run and wants to help others on the same journey. The advice in this guide reflects my personal experience and research, but it should not replace professional medical or coaching guidance.

By using this guide, you acknowledge that you are voluntarily participating in running and training activities and assume all risks associated with such activities.

Stay safe, run smart, and take care of yourself.

-Michael Halbrook, runDis Dad

ABOUT THIS PLAN

This 75-day training plan is designed for:

- Dads who have completed at least one 5K or 10K
- Dads who can currently run 3-4 miles comfortably
- Kids (ages 10-17) running alongside their dad
- Families who want to complete a runDisney Challenge Weekend together
- People with busy lives (work, school, family, real responsibilities)
- Runners who prefer the run-walk method

This is NOT a plan for:

- Complete beginners (start with a Couch to 5K first)
- Runners targeting a specific finish time
- Elite or competitive runners

The Goal:

Finish all three races feeling strong — not just survive them. And do it together.

THE CHALLENGE AHEAD

Springtime Surprise Challenge Weekend:

- **Friday:** 5K (3.1 miles)
- **Saturday:** 10K (6.2 miles)
- **Sunday:** 10-Miler (10 miles)
- **Total:** 19.3 miles over 3 days

Why it's challenging:

- Cumulative fatigue (your legs don't fully recover between races)
- Early wake-ups (2:30-4:00 AM each day)
- Park time between races (you're at Disney – you're not just resting!)
- Mental stamina across three days

Why this plan works:

- Builds your aerobic base safely
- Includes a challenge simulation weekend (Week 6)
- Peaks at 10 miles (so race day isn't your longest run ever)
- Builds in recovery so you don't overtrain
- Realistic for people with jobs, school, and families
- Includes parallel guidance for your kid

TRAINING PHILOSOPHY

Run-Walk-Run Method

This plan uses Jeff Galloway's run-walk method. You'll alternate running and walking throughout every run.

Suggested intervals:

- **Beginners:** 30 seconds run / 30 seconds walk
- **Intermediate:** 1 minute run / 30 seconds walk
- **As you progress:** 2 minutes run / 30 seconds walk

For kids: They can use run-walk intervals with you, or run continuous if that's more comfortable for them. Let them choose — the goal is finishing together, not matching every step.

Why run-walk works:

- Reduces injury risk significantly
- Allows you to go farther with less fatigue
- Official runDisney training method
- You'll use it on race day too

Zone 2 Training (Easy Effort)

Most of your runs should be at an "easy" effort level:

- You can hold a conversation while running
- You're not gasping for breath
- It feels almost too easy (that's correct!)

Why slow running makes you faster:

- Builds aerobic base
- Trains your body to burn fat for fuel
- Allows for more volume without injury
- Recovery between runs is easier

The 80/20 Rule

- **80% of your runs:** Easy effort (Zone 2)
- **20% of your runs:** Harder effort (tempo, intervals)

Most runners go too hard on easy days and too easy on hard days. Trust the easy pace.

PLAN OVERVIEW

Phase	Weeks	Focus	Dad Weekly Miles	Kid Weekly Miles
Recovery	1-2	Rebuild habit, easy running	12-15	10-12
Base Building	3-5	Aerobic base, increase long run	18-22	15-20
Build	6-8	Challenge simulation, peak volume	20-26	18-24
Taper	9-10	Reduce volume, maintain fitness	12-18	10-15
Race Week	11	Rest, race, celebrate!	19.3 (race!)	19.3 (race!)

WEEK-BY-WEEK TRAINING PLAN

How to Read This Plan

Each week includes:

- **Dad's schedule:** Your primary training plan
- **Kid's modifications:** What your son/daughter can do differently
- **Strength days:** Outlined towards the end of the guide.
Optional for dad, recommended for kid

PHASE 1: RECOVERY (Weeks 1-2)

Goal: Recover from previous training/racing, rebuild the running habit, all easy effort.

WEEK 1 | Days 75-69 from races

Dad's Schedule:

Day	Workout	Time/Distance	Notes
Mon	Rest	-	Recovery day
Tue	Easy Run	30 min	Run-walk, conversational pace
Wed	Rest or Walk	20-30 min walk	Active recovery
Thu	Easy Run	30 min	Run-walk, easy effort
Fri	Rest	-	Recovery day
Sat	Easy Run	35 min	Slightly longer, still easy
Sun	Rest	-	Full rest

Kid's Modifications:

- Same running days as dad – run together
- Can run continuous instead of run-walk if preferred
- Add bodyweight strength circuit on Wed and/or Sat (see Strength Section)

Dad's Weekly Total: ~10-12 miles **Kid's Weekly Total:** ~8-10 miles

WEEK 2 | Days 68-62 from races

Dad's Schedule:

Day	Workout	Time/Distance	Notes
Mon	Rest	-	Recovery day
Tue	Easy Run	35 min	Run-walk, conversational pace
Wed	Rest or Walk	20-30 min walk	Walk, bike, or swim
Thu	Easy Run	35 min	Run-walk, easy
Fri	Rest	-	Recovery day
Sat	Easy Run	40 min	Building duration
Sun	Rest	-	Full rest

Kid's Modifications:

- Same schedule, run together
- Strength circuit on Wed and Sat
- If feeling good, kid can pick up pace for last 5 min of Saturday run

Dad's Weekly Total: ~12-15 miles **Kid's Weekly Total:** ~10-12 miles

PHASE 2: BASE BUILDING (Weeks 3-5)

Goal: Build aerobic fitness, gradually increase long run distance, introduce one slightly harder effort per week.

WEEK 3 | Days 61-55 from races

Dad's Schedule:

Day	Workout	Time/Distance	Notes
Mon	Rest	-	Recovery day
Tue	Easy Run	35 min	Run-walk, easy
Wed	Rest or Cross-train	30 min	Active recovery
Thu	Easy Run	40 min	Run-walk easy
Fri	Rest	-	Recovery day
Sat	Long Run	5 miles	Easy pace, run-walk
Sun	Rest	-	Full rest

Kid's Modifications:

- Same long run – this is your together time
- Strength circuit on Wed and one other day
- Optional: Add 4-6 strides after Tuesday's easy run (see Speed Work section)

Dad's Weekly Total: ~16-18 miles **Kid's Weekly Total:** ~14-16 miles

Milestone: First 5-mile long run together!

WEEK 4 | Days 54-48 from races

Dad's Schedule:

Day	Workout	Time/Distance	Notes
Mon	Rest	-	Recovery day
Tue	Easy Run	40 min	Run-walk, easy
Wed	Rest or Cross-train	30 min	Active recovery
Thu	Easy Run	40 min	Run-walk, easy
Fri	Rest	-	Recovery day
Sat	Long Run	6 miles	Easy pace, run-walk
Sun	Rest	-	Full rest

Kid's Modifications:

- Same schedule
- Can push pace slightly on Thursday if feeling good
- Strength circuit 2x this week

Dad's Weekly Total: ~18-20 miles **Kid's Weekly Total:** ~16-18 miles

Milestone: 6-mile long run!

WEEK 5 | Days 47-41 from races

Dad's Schedule:

Day	Workout	Time/Distance	Notes
Mon	Rest	-	Recovery day
Tue	Easy Run	35 min	Run-walk, easy
Wed	Tempo Run	30 min	10 min easy, 10 min moderate effort, 10 min easy
Thu	Rest	-	Recovery day
Fri	Easy Run	35 min	Run-walk, easy
Sat	Long Run	7 miles	Easy pace, run-walk
Sun	Rest	-	Full rest

Kid's Modifications:

- Join dad for tempo run OR do easy run + strides
- Same 7-mile long run together
- Strength circuit 2x (not on tempo day)

Dad's Weekly Total: ~20-22 miles **Kid's Weekly Total:** ~18-20 miles

Milestone: First tempo run + 7-mile long run!

PHASE 3: BUILD (Weeks 6-8)

Goal: Challenge simulation weekend, peak long run distance, build race-specific fitness.

WEEK 6 | Days 40-34 from races | ★ CHALLENGE SIMULATION WEEK

This is your dress rehearsal. Run three days in a row – together – to simulate race weekend.

Dad's Schedule:

Day	Workout	Time/Distance	Notes
Mon	Rest	-	Recovery day
Tue	Easy Run	30 min	Run-walk, easy
Wed	Rest	-	Rest before simulation
Thu	Rest	-	Rest before simulation
Fri	Simulation Day 1	3.1 miles (5K)	Race effort
Sat	Simulation Day 2	6.2 miles (10K)	Moderate effort, tired legs
Sun	Simulation Day 3	8 miles	Easy effort, cumulative fatigue

Kid's Modifications:

- Run ALL THREE DAYS with dad – this is the whole point
- Same distances, same effort levels
- No extra speed work this week
- Strength circuit on Mon or Tue only (before simulation)

Dad's Weekly Total: ~22-24 miles **Kid's Weekly Total:** ~20-22 miles

Milestone: Challenge simulation complete! You now know what 3 days in a row feels like.

Simulation Tips:

- Wake up early like race day (even if not 2:30 AM, try 5:00 AM)
- Eat and hydrate like you would on race weekend
- Pay attention to how your body feels on Day 2 and Day 3
- This is a HUGE mental confidence builder for both of you

WEEK 7 | Days 33-27 from races | Recovery Week

Dad's Schedule:

Day	Workout	Time/Distance	Notes
Mon	Rest	-	Recovery from simulation
Tue	Easy Run	30 min	Very easy, recovery
Wed	Rest	-	Let your body recover
Thu	Easy Run	35 min	Run-walk, easy
Fri	Rest	-	Recovery day
Sat	Easy Run	45 min	No long run - recovery week
Sun	Rest	-	Full rest

Kid's Modifications:

- Same easy schedule – resist the urge to push
- Strength circuit 2x (body is recovering from simulation)
- This is when the training absorbs – trust it

Dad's Weekly Total: ~15-18 miles **Kid's Weekly Total:** ~14-16 miles

Note: This is a PLANNED recovery week. Your body absorbs training during rest, not during runs. Trust the process.

WEEK 8 | Days 26-20 from races | ★ PEAK WEEK

Dad's Schedule:

Day	Workout	Time/Distance	Notes
Mon	Rest	-	Recovery day
Tue	Easy Run	35 min	Run-walk, easy
Wed	Tempo Run	35 min	10 min easy, 15 min moderate, 10 min easy
Thu	Rest	-	Recovery day
Fri	Easy Run	30 min	Short & easy
Sat	Long Run	10 miles	Easy pace, run-walk, your PEAK run
Sun	Rest	-	Full rest

Kid's Modifications:

- Same peak long run – 10 miles together
- Can skip tempo run and do easy run instead (their peak is the long run)
- Strength circuit 1x only this week (back off before peak run)

Dad's Weekly Total: ~24-26 miles **Kid's Weekly Total:** ~22-24 miles

Milestone: 10-MILE LONG RUN! Your longest run of the entire program. If you can do 10 miles in training, you can do the 10-miler on race day.

PHASE 4: TAPER (Weeks 9-10)

Goal: Reduce volume while maintaining fitness. Let your body recover and store energy for race weekend.

WEEK 9 | Days 19-13 from races

Dad's Schedule:

Day	Workout	Time/Distance	Notes
Mon	Rest	-	Recovery day
Tue	Easy Run	30 min	Run-walk, easy
Wed	Easy Run	25 min	Short and easy
Thu	Rest	-	Recovery day
Fri	Easy Run	30 min	Run-walk, easy
Sat	Long Run	6 miles	Easy pace - shorter than peak
Sun	Rest	-	Rull rest

Kid's Modifications:

- Same schedule – no extra pushing
- Strength circuit 1x only (light, maintenance)
- Trust the work you've done

Dad's Weekly Total: ~15-18 miles **Kid's Weekly Total:** ~14-16 miles

Taper Notes:

- You may feel like you're losing fitness. You're not.
- You may have "phantom pains" – aches you've never noticed before. This is normal.
- You may feel antsy and want to run more. Resist the urge.
- Kids especially want to "make up" training. Don't let them.

WEEK 10 | Days 12-6 from races

Dad's Schedule:

Day	Workout	Time/Distance	Notes
Mon	Rest	-	Recovery day
Tue	Easy Run	25 min	Run-walk, easy
Wed	Easy Run	20 min	Short shakeout
Thu	Rest	-	Recovery day
Fri	Easy Run	20 min	Short shakeout
Sat	Easy Run	25 min	Last real run before race week
Sun	Rest	-	Full rest

Kid's Modifications:

- Same schedule
- No strength training this week – full rest for muscles
- Focus on sleep, hydration, excitement
- Get ahead on school work!

Dad's Weekly Total: ~10-12 miles **Kid's Weekly Total:** ~10-12 miles

PHASE 5: RACE WEEK (Week 11)

Goal: Rest, trust your training, execute on race days – together.

WEEK 11 | Days 5-0 | 🌟 RACE WEEK!

Day	Workout	Time/Distance	Notes
Mon	Rest		Rest and pack
Tue	Shakeout run	15-20 min	Very easy – shake out the legs
Wed	Travel Day	-	Travel to Florida!
Thu	Expo Day		Bib pickup, expo, rest – walk only!
Fri	5K RACE!	3.1 miles	RACE DAY 1!
Sat	10K RACE!	6.2 miles	RACE DAY 2!
Sun	10-MILER!	10 miles	RACE DAY 3!

Race Week Total: 19.3 miles (racing!)

RACE DAY STRATEGIES

Day 1: 5K (Friday)

- **Effort:** Comfortable but controlled
- **Goal:** Finish feeling good, not exhausted
- **Don't:** Go out too fast trying to PR
- **Do:** Enjoy it, take character photos if you want, save energy
- **Together:** Start together, run together, finish together

Day 2: 10K (Saturday)

- **Effort:** Steady, moderate
- **Goal:** Even pacing throughout
- **Don't:** Push hard in the first half
- **Do:** Settle into your run-walk rhythm, stay hydrated
- **Together:** Check in with each other at mile 3

Day 3: 10-Miler (Sunday)

- **Effort:** Start easy, finish strong
- **Goal:** Cross that finish line together
- **Don't:** Panic if you feel tired at the start (you will – that's normal)
- **Do:** Trust your training, use your run-walk intervals, dig deep in the final miles
- **Together:** This is the one. Side by side across the finish line.

General Race Tips

- Use the same run-walk intervals you've trained with
- Start each race slower than you think you should
- Stay hydrated but don't overdo it
- Take fuel (gels, chews) if you've practiced with them
- Enjoy the characters, entertainment, and experience!

STRENGTH TRAINING

Why Strength Matters

You don't need to become a gym rat. But a little bodyweight strength work helps:

- **Injury prevention:** Strong hips and core protect your knees and back
- **Late-race form:** When you're tired at mile 8, core strength keeps you upright
- **Recovery:** Stronger muscles recover faster between runs
- **For kids:** Builds good habits and helps growing bodies

The Circuit (15-20 minutes)

Do this circuit 1-2x per week (dad) or 2x per week (kid).

Rest days or after easy runs work best. Not before long runs or hard efforts.

Exercise	Sets	Reps	Notes
Pullups	3	As many as possible	Or assisted, or inverted rows, or dead hangs
Pushups	3	10-20	Scale to your ability
Plank	3	30-45 seconds	Core stability for late-race form
Squats	3	15	Bodyweight only, full depth
Lunges	2	10 each leg	Hip mobility + single-leg strength
Dead Bug	3	10 each side	Core without stressing your back
Rest:	30-60 seconds between sets. Keep it moving.		

Dad vs. Kid Approach

	Dad	Kid
Frequency	1-2x per week (optional)	2x per week (recommended)
Intensity	Moderate, constancy over max	Can push harder, recovers faster
Goal	Injury prevention	Building strength & habits
When to skip	Before long runs, during taper	Week 10 & race week

When NOT to Do Strength

- The day before a long run
 - The day before or after the challenge simulation
 - Week 10 (final taper week)
 - Race week
-

SPEED WORK FOR KIDS (Optional)

Your kid recovers faster than you do. If they want to push a little harder on some days, here are safe options:

Strides (1x per week)

After an easy run, add 4-6 strides:

- 20-30 second accelerations to about 80% effort
- Walk back to recover between each
- Focus on smooth, relaxed form – not all-out sprinting
- Total time: 5-10 minutes

Fartlek (1x per week, instead of strides)

During an easy run, add unstructured speed play:

- Pick a landmark (mailbox, tree, sign) and run faster to it
- Recover with easy running
- 4-6 pickups throughout the run
- Keep it fun and unstructured

When to Add Speed Work

- Only during Weeks 3-5 and 7-8
- Never during recovery weeks (1-2), simulation week (6), or taper (9-10)
- Only if the kid WANTS to – this is optional

NUTRITION

The Simple Truth: Carbs are your running fuel. Don't fear them — embrace them.

A lot of beginner runners worry about carbs because of diet culture messaging. But here's the reality: carbs are the primary energy source for running. They digest quickly and give your muscles exactly what they need to perform. Research shows that most amateur runners actually *under-eat* carbs — only about 19% hit the recommended intake before long runs.

Before Runs (1-2 hours out)

- Light, easy-to-digest carbs: banana, toast, bagel, graham crackers
- Skip high-fiber foods before running — they can cause stomach issues
- Running early morning? It's okay to run on empty for shorter runs, but eat something before long runs
- What works for me: a banana about 90 minutes before

During Runs

- Under 60 minutes: Water is usually enough
- Over 60 minutes: Add electrolytes and consider fuel (gels, chews, Sport Beans)
- For long runs and races, simple sugars are actually *better* than whole grains — they hit your muscles faster
- runDisney courses have aid stations every mile or so with water and Powerade

After Runs

- Protein + carbs within 30-60 minutes helps recovery
- Chocolate milk is a classic — cheap, effective, tastes good
- This is when whole grains and complex carbs are great choices
- Don't skip post-run fuel, especially after long runs

Race Week

- Increase carbs slightly in the 2-3 days before racing
- Stay hydrated but don't overdo it
- Avoid new foods — stick with what you know works
- Race weekend at Disney? Give yourself permission to enjoy the park food. Churros, popcorn, Mickey pretzels — your body will use those carbs.

The Timing Trick

Think of it this way: *refined* carbs (white bread, pretzels, gels) are best right before and during runs because they digest fast. *Whole grain* carbs (brown rice, whole wheat bread, oatmeal) are better for your regular meals when you're not about to run. Both have their place.

What Happens If You Under-Fuel

Not eating enough carbs can lead to sluggish workouts, poor recovery, and even injuries like stress fractures over time. If you're feeling constantly tired during training, look at your nutrition first. You might just need to eat more.

Nutrition for Kids

Growing bodies need MORE fuel, not less. Make sure your kid:

- Eats breakfast on long run days (even if it's early)
- Has a post-run snack ready (chocolate milk, PB&J, fruit)
- Stays hydrated throughout the day, not just during runs
- Doesn't restrict food groups — they need carbs, protein, AND fat

My Approach

I'm not a nutritionist — I'm a dad who's learned by trial and error. I don't count macros or track every calorie. I just make sure I eat before long runs, fuel during races, and recover properly after. Simple beats complicated.

RECOVERY

Sleep

- **Dad:** 7-9 hours per night (this is when your body repairs)
- **Kid:** 8-10 hours per night (growing bodies need more)
- Sleep is the most underrated training tool

Rest Days

- Actually rest – don't cross-train hard on rest days
- Walking, stretching, easy movement is fine
- Binge a show, read a book, hang out with family

Post-Run Recovery

- Light stretching after runs (don't overdo it)
- Foam rolling if you have one (optional)
- Cold water on legs after long runs if it helps you

Listen to Your Body

- **Sharp pain = stop.** That's an injury signal.
- **Tired muscles = normal.** That's training.
- **Phantom pains during taper = normal.** Your brain notices everything when volume drops.

GEAR CHECKLIST

Running Essentials

- Shoes:** Get fitted at a running store. Break them in before race day.
- Socks:** Moisture-wicking running socks (prevents blisters)
- Clothes:** Whatever you've trained in. Nothing new on race day.
- Watch:** Any GPS watch or phone app to track your pace

Nice to Have

- Running belt or armband for phone
- Body Glide or anti-chafe (if you need it)
- Hat and sunglasses (for race day)
- Headphones (for training – skip them on race day to enjoy the course)

Race Weekend Specific

- Race bibs + safety pins (or BibBoards)
- Throwaway layers for early morning corrals
- Post-race recovery shoes
- Phone for finish line photos

COMMON MISTAKES TO AVOID

Training Mistakes

1. **Running too fast on easy days** – Slow down more than feels necessary
2. **Skipping rest days** – Rest is when you get stronger
3. **Increasing mileage too quickly** – Follow the plan, don't jump ahead
4. **Trying new things on race day** – No new shoes, foods, or gear
5. **Ignoring pain** – There's a difference between discomfort and injury

Kid-Specific Mistakes

1. **Letting them "extra train"** – More is not better, especially during taper
2. **Pushing them to keep up** – Let them find their own pace
3. **Skipping the simulation** – They need to know what 3 days feels like too
4. **Forgetting they need more food** – Growing bodies burn more fuel

Race Day Mistakes

1. **Starting too fast** – The first mile should feel easy
2. **Skipping aid stations** – Stay hydrated, especially in Florida heat
3. **Going out alone** – Start together, check in often, finish together
4. **Forgetting to enjoy it** – Take the character photos. It's Disney.

WEEKLY MILEAGE SUMMARY

Week	Phase	Dad Long Run	Dad Total	Kid Total
1	Recovery	35 min	10-12 mi	8-10 mi
2	Recovery	40 min	12-15 mi	10-12 mi
3	Base	5 mi	16-18 mi	14-16 mi
4	Base	6 mi	18-20 mi	16-18 mi
5	Base	7 mi	20-22 mi	18-20 mi
6	Build (Simulation)	8 mi	22-24 mi	20-22 mi
7	Build (Recovery)	-	15-18 mi	14-16 mi
8	Build (Peak)	10 mi	24-26 mi	22-24 mi
9	Taper	6 mi	15-18 mi	14-16 mi
10	Taper	-	10-12 mi	10-12 mi
11	Race Week	RACE	19.3 mi	19.3 mi

Total Program Mileage:

- Dad: ~175-200 miles over 11 weeks
- Kid: ~160-185 miles over 11 weeks

PRINTABLE WEEKLY CHECKLIST

Week _____ | Phase: _____ | Days Until Race: _____

Day	Dad Workout	Kid Workout	Strength?	Done? (Y/N)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Dad's Weekly Mileage Goal: _____ | Actual: _____

Kid's Weekly Mileage Goal: _____ | Actual: _____

How we felt this week:

What worked well:

What to adjust:

YOU'VE GOT THIS

75 days ago, you committed to this goal – together. You've put in the work. You've done the miles. You've simulated race weekend. You've run 10 miles side by side.

Now it's time to enjoy the reward.

When you cross that finish line on Sunday – when they put those Challenge medals around your necks – you'll know you earned it. Together.

Every early morning. Every long run. Every time you kept going when you wanted to stop.

It all led to this moment.

Let's figure this out together – and I'll see you at the finish line.

ABOUT THIS PLAN

This plan was created by **runDis Dad** – a regular dad who went from not being able to run a quarter mile to completing runDisney challenge weekends with his sons in 18 months.

More resources:

-  YouTube: runDis Dad: <https://www.youtube.com/@rundisdad>
-  Newsletter: <https://rundisdad.com/>
-  Registration Day Checklist: <https://rundisdad.com/p/runDisney-registration-day-checklist>

Running for a cause?

Learn about Kellsie's Hope – a childhood cancer charity that partners with runDisney:

<https://kellsieshopefoundation.com>