



WARM UP

HALF KNEELING HIP FLEXOR STRETCH	2 X :10 EACH
SQUAT SPIDERMAN STRETCH	2 X :10 EACH
HEEL SIT UPPER BACK ROTATION	X 10 EACH
YOGA PUSH UP CALF STRETCH	X 10 EACH
HIP BRIDGE	X 10 W/:02 PAUSE AT TOP
FRONT PLANK FLOOR CRUSH	2 X :25
SIDE PLANK	2 X :20 EACH SIDE
CLAMSHELL	2 X 10 EACH SIDE
BOTTOM LEG STRAIGHT LEG RAISE	2 X 10 EACH
REVERSE LUNGE TO 1 LEG SUPERMAN	X 8 EACH

RUNNING MECHANICS

COMPLETE THIS CIRCUIT 3 X

LINEAR WALL POSTURE HOLD	2 X :05 EACH
A MARCH IN PLACE - SLOW RESPONSE	2 X 16 CONTACTS
A SKIP IN PLACE	2 X 16 CONTACTS
SPLIT SQUAT JUMP AND STICK	X 10 TOTAL

STRENGTH TRAINING

	WEEK 1	WEEK 2	WEEK 3
DAY 1			
DUMBBELL REVERSE LUNGE	4:00 AMAP	4:00 AMAP	5:00 AMAP
DAY 2			
DUMBBELL STEP UP	4:00 AMAP	4:00 AMAP	5:00 AMAP
DAY 3			
REAR FOOT ELEVATED SPLIT SQUAT	3:00 AMAP	3:00 AMAP	4:00 AMAP

*AMAP - AS MANY AS POSSIBLE. COMPLETE AS MANY REPS AS YOU CAN IN PRESCRIBED TIME (MINUTES). SWITCH LEGS WHEN NEEDED. REST WHEN NEEDED. RECORD YOUR REPS AND TRY TO BEAT YOUR SCORE EACH WEEK.