

RUNNING

	Monday	Wednesday	Friday
Week 6	5x 2' jog/ 1' walk	Jog 1.5km continuous	3x 4' jog/ 1' walk

STRENGTHENING

1 Hinge to Toes, Hinge to Jump:

- Focus on finding triple-extension (remember: that's the full extension of your ankles, knees, and hips!).

WATCH



www.youtube.com/watch?v=V_WpErGIUD0

2 Tubing-Skirt Side Steps:

- This exercise is great for strengthening your glutes!

WATCH



www.youtube.com/watch?v=dr3R1HSF_gQ

3 Bear Hold:

- Remember to focus on core control and stability!

WATCH



www.youtube.com/watch?v=4QNFxfHfqQ8&t=105s

How do you read a running program?

You'll jog for four minutes, then walk for one minute! Repeat this pattern 3 times!

TIP OF THE DAY

Core training is diverse and often utilizes total body exercises performed on variable surface types. The fundamental principle with core training is 'stability with movement', and the ability to maintain a 'neutral' spine. As a result, posture, strength, and mobility of the surrounding muscles and joints are essential!