

RUNNING

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

STRENGTHENING

1 Skipping A's:

- Skipping A's help you focus on contacting the ground beneath you and not in-front of you as you run!

WATCH



www.youtube.com/watch?v=1MBUtLXIC_Q&t=101s

2 Lunge to March A:

- Your hips, knees, and toes are pointing toward where you are moving.
- Focus on finding triple extension as you push to your March A like you are running

WATCH



www.youtube.com/watch?v=dR1S3AOfMEY

3 Core exercise: Deadbug

- Core control helps you rotate your upper and lower body separately as you keep your hips pointed where you want to run.

WATCH



www.youtube.com/watch?v=14TpRYd36Zc&t=285s

How do you read a running program?

You'll jog for 5 minutes, then walk for 2 minutes. Repeat this pattern three times!

TIP OF THE DAY

Recovery from aerobic training is essential for deriving maximum benefits and preparing for future training sessions. The amount of recovery depends on the intensity of a training bout: the more intense the workout, the more recovery you'll need. Relax and avoid strenuous physical activity after high intensity and long-duration training sessions. Sufficient rest, rehydration, and restoration of fuel stores to replace lost fluid and glycogen stores are imperative to recovery.