

## RUNNING

	Monday	Wednesday	Friday
Week 7	Jog 1km continuous	5x 1' jog/ 1' walk	Jog 2km continuous

## STRENGTHENING

### 1 Lunge with Rotation - Push to March A:

- Don't forget to stabilize your lower body as you rotate your upper body

WATCH



[www.youtube.com/watch?v=m7kqn4FvFh4](http://www.youtube.com/watch?v=m7kqn4FvFh4)

### 2 Tubing-Skirt Side Steps:

- This exercise is great for strengthening your glutes!

WATCH



[www.youtube.com/watch?v=dr3R1HSF\\_gQ](http://www.youtube.com/watch?v=dr3R1HSF_gQ)

### 3 Squat Jumps:

- This exercise is all about building lower-body power!

WATCH



[www.youtube.com/watch?v=BtnNpPa90bE](http://www.youtube.com/watch?v=BtnNpPa90bE)

How do you read a running program?

You'll jog for one minute, then walk for one minute. Repeat this pattern five times!

## TIP OF THE DAY

It's important to care for your heart! Your heart is responsible for many of the important functions in your body, but neglecting our hearts causes several of the leading causes of hospitalization in Canada. Some great ways to show your heart the love it deserves include:

- Get at least 30 minutes of aerobic activity 3-5 x/week
- Focus on reducing your cholesterol, salt, and saturated/trans-fat intake
- Eat as many fibre-rich foods as you can!