

## RUNNING

|        | Monday             | Wednesday          | Friday               |
|--------|--------------------|--------------------|----------------------|
| Week 5 | Jog 1km continuous | 6x 1' jog/ 1' walk | Jog 1.5km continuous |

How do you read a running program?

You'll jog for one minute, then run for one minute. Repeat this pattern six times!

## STRENGTHENING

### 1 Skipping A's:

- The more you push into the ground, the more the ground pushes to back! This means that the more you push into the ground, the faster you'll run.

WATCH



[www.youtube.com/watch?v=1MBUtLXIC\\_Q&t=101s](http://www.youtube.com/watch?v=1MBUtLXIC_Q&t=101s)

### 2 Hip Hinge to Toes, Hip Hinge to Jump:

- Work on pushing through the ground all the way through your jump until you reach trip extension before leaving the ground.

WATCH



[www.youtube.com/watch?v=V\\_WpErGIUD0](http://www.youtube.com/watch?v=V_WpErGIUD0)

### 3 Weighted Squat:

- Add soup cans or light dumbbells and hold your arms down the side of your body. Helps us move into triple extension with some load!

WATCH



[www.youtube.com/watch?v=4uY0rpXgHO8](http://www.youtube.com/watch?v=4uY0rpXgHO8)

## TIP OF THE DAY

Grains make up the second largest arc of *Eating Well with Canada's Food Guide*. This shows their importance in a healthy diet. It is recommended that you make half of your grain choices *whole* grain so as to get the added health benefits and satiety of fibre (Health Canada, 2007). Try including whole grains into your pre-run meal or snack!