

## RUNNING

	Monday	Wednesday	Friday
Week 8	3x 4' jog/ 1' walk	Jog 2km continuous	3x 3' jog/ 2' walk

## STRENGTHENING

### 1 Tubing Skirt Glute Bridge:

- This exercise is great for strengthening your glutes!

WATCH



[www.youtube.com/watch?v=TuN7sCUTK\\_g](http://www.youtube.com/watch?v=TuN7sCUTK_g)

### 2 Long Lunge - Push to March A:

- This exercise helps you development single-leg balance and stability

WATCH



[www.youtube.com/watch?v=dR1S3AOfMEY](http://www.youtube.com/watch?v=dR1S3AOfMEY)

### 3 1/2 Kneeling Shift and Lift:

- This exercise helps you build the strength to hold your own body weight during more complex movement patterns

WATCH



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

How do you read a running program?

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

## TIP OF THE DAY

Bones are a vital organ of the body. Did you know your skeleton is made up of 206 bones?! These bones are responsible for the protection of internal organs, provide shape and support to the body, enable movement of the body, support blood production, and assist with many other bodily functions! An important part of our health and wellness involves keeping our bones strong. We can support them through healthy diet and regular exercise! Weight-bearing exercise (like those in your MaraFun program) are especially good for bone health!