

RUNNING

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



How do you read a running program?

You'll jog for six minutes, then walk for three minutes. Do this just once!

STRENGTHENING

1 Hip hinge to toes:

- This helps you reach full triple extension as you push off your toes.
- Try and step forward vs stepping backwards after you push onto your toes.

WATCH



www.youtube.com/watch?v=VTCwHNuIQ4g

2 Squat:

- Continue squatting in week 3!
- Move from a loaded position to an upright running posture.

WATCH



www.youtube.com/watch?v=4uY0rpXgHO8

3 Push

- Having a balance in strength between the front and back of your body is important to reduce the risk of injury!

WATCH



www.youtube.com/watch?v=pdVKeBA02OE

TIP OF THE DAY

It is very easy to become dehydrated during exercise. When you exercise, your body heats up and in order to cool itself off, the body sweats. Although sweating is good, this also means you are losing water in your bloodstream by sweating it out in the skin. Sweating causes your blood volume to go down, and you can become dehydrated if fluids are not replenished at the same rate you're losing them. As you exercise, it's important you drink the right kind of fluids for the intensity and type of exercise you're doing, as well as for the length of the exercise session itself!