

## RUNNING

	Monday	Wednesday	Friday
Week 1	4x 1' walk/2' jog	5x 1' walk/2' jog	3x 2' walk/3' jog



How do you read a running program?

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

## STRENGTHENING

### 1 March A with Stick on Back:

- Keep your three points of contact with the stick. (head, shoulders, tailbone) - this maintains good posture!
- Remember to keep your feet under your shoulders.

WATCH



[www.youtube.com/watch?v=1MBUtLXIC\\_Q&t=9s](http://www.youtube.com/watch?v=1MBUtLXIC_Q&t=9s)

### 2 Hip Hinge with Stick on Back:

- The hip hinge helps us find triple extension.
- Triple extension helps you put all of your energy from your body into the ground with each stride. This makes you a faster runner!

WATCH



[www.youtube.com/watch?v=mjiBJPq4KQA](http://www.youtube.com/watch?v=mjiBJPq4KQA)

### 3 Squat with Stick on Back:

- Helps to strengthen your lower body while maintaining a good strong back!

WATCH



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

## TIP OF THE WEEK

Don't forget to warm up! Warming up helps to get the blood pumping in your body and supplies oxygen for your muscles to use. A warm up also heats up your muscles, which helps with their flexibility and efficiency. Warming up helps decrease injury and improves initial performance.