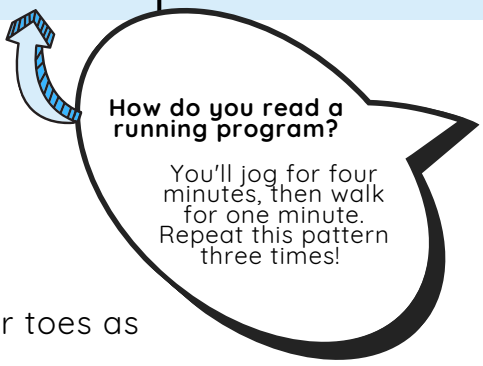
SASKATCHEWAN MARATHON marafun PRESENTED BY SIGA

WEEK 9

CRAVEN SPORT SERVICES

RUNNING

	Monday	Wednesday	Friday
Week 9	Jog 1.5km continuous	3x 4' jog/ 1' walk	Jog 2km continuous



STRENGTHENING

1 Tubing Skirt Reverse Pivots:

- Focus on keeping your knees towards your toes as your hips rotate.

WATCH → www.youtube.com/watch?v=tAm50LAe56s

2 March A to Single Leg Landing:

- This exercise helps you control your body weight on a single leg!

WATCH → www.youtube.com/watch?v=0hUD35EcxjU

3 Weighted Bench Press - Feet Up:

- This exercise helps you strengthen your upper body while also maintaining a stable core.

WATCH → www.youtube.com/watch?v=pdVKeBA02OE&t=94s

TIP OF THE DAY

Stay social! Did you know that research suggests social support is an important aspect of being physically active? The longer and more consistently you exercise, the less you may come to rely on others for support (you're building your own internal motivation!). However, especially in the early phases of a new activity, it's important not to go at it alone! Have you tried doing your program in the company of your family and friends? The more the merrier!