

RUNNING

	Monday	Wednesday	Friday
Week 10	5x 2' jog/ 1' walk	Jog 2km continuous	3x 3' jog/ 2' walk



How do you read a running program?

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

STRENGTHENING

1 Bounding:

- Try to achieve triple extension each time you push off the ground.

WATCH



www.youtube.com/watch?v=v1weYpfUizI

2 Weighted Bent-Over Row:

- This exercise helps you strengthen your posterior chain!

WATCH



www.youtube.com/watch?v=FH1O7WM4nHE&t=15s

3 Two Foot Jumps for Distance:

- Focus on achieving triple extension as you push off, and on landing in a controlled squat.

WATCH



www.youtube.com/watch?v=7id5DCtFmfs

TIP OF THE DAY

In the 2007 Edition of *'Eating Well with Canada's Food Guide'*, vegetables and fruit make up the largest arc of the rainbow. This emphasizes the importance of vegetables and fruit in a healthy and balanced diet! However, many people struggle to consume the recommended number of servings each day. Try including servings of vegetables and/or fruit with each meal to help ensure you're hitting your daily target! These foods can help reduce the risk of cardiovascular disease and even some cancers. Don't forget that a balanced diet can also improve your energy levels before, during, and after a run!