

RUNNING

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



How do you read a running program?

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

STRENGTHENING

1 Hinge with Stick on Back:

- Continue with this exercise to work on your triple extension!



CLICK HERE TO WATCH

or copy this link:
www.youtube.com/watch?v=mjiBJPq4KQA

2 Squat:

- Use squats to strengthen your lower body!



CLICK HERE TO WATCH

or copy this link:
www.youtube.com/watch?v=4uY0rpXgHO8

3 Pull:

- Pulls help strength your posterior chain (back of the body).
- Remember: a strong posterior chain helps us run with good posture!



CLICK HERE TO WATCH

or copy this link:
www.youtube.com/watch?v=FH1O7WM4nHE

FUN FACT!

Your heart beats about 100,000 times in one day, and about 35 million times in one year! During an average lifetime, the human heart will beat more than 2.5 billion times!