

## RUNNING

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

## STRENGTHENING

### 1 Skipping A's:

- Skipping A's help you focus on contacting the ground beneath you and not in-front of you as you run!

WATCH



[www.youtube.com/watch?v=1MBUtLXIC\\_Q&t=101s](http://www.youtube.com/watch?v=1MBUtLXIC_Q&t=101s)

### 2 Lunge to March A:

- Your hips, knees, and toes are pointing toward where you are moving.
- Focus on finding triple extension as you push to your March A like you are running

WATCH



[www.youtube.com/watch?v=dR1S3AOfMEY](http://www.youtube.com/watch?v=dR1S3AOfMEY)

### 3 Core exercise: Deadbug

- Core control helps you rotate your upper and lower body separately as you keep your hips pointed where you want to run.

WATCH



[www.youtube.com/watch?v=14TpRYd36Zc&t=285s](http://www.youtube.com/watch?v=14TpRYd36Zc&t=285s)



## TIP OF THE DAY

Recovery from aerobic training is essential for deriving maximum benefits and preparing for future training sessions. The amount of recovery depends on the intensity of a training bout: the more intense the workout, the more recovery you'll need. Relax and avoid strenuous physical activity after high intensity and long-duration training sessions. Sufficient rest, rehydration, and restoration of fuel stores to replace lost fluid and glycogen stores are imperative to recovery.