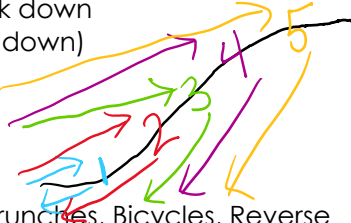
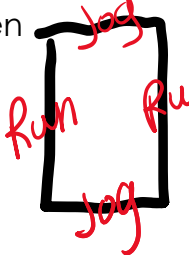


<p>Go on a 30-45 minute run</p> <p>If you need to walk do it – but try slowing your pace first – sometimes just striding out a little and finding that comfortable pace is the best.</p> <p>I always find that once I start walking it is hard to make myself run again.</p>	<p>AB Circuit</p> <p>30 second mountain climbers 30 second plank (elbows) 30 second squat jumps 30 second standing crunch (opposite elbow opposite knee) 30 second burpees (jump up then down to pushup repeat) 30 second jabs (punch arms forward - rotating arms) 1 minute break Repeat 3-4 times Cool Down light 5 minute jog</p>
<p>Endurance Run – Jog/Walk –</p> <ul style="list-style-type: none"> • 2 min run 30 sec walk • 3 min run 1 min walk • 4 min run 2 min walk • 5 min run 3 min walk • 4 min run 2 min walk • 3 min run 1 min walk • 2 min run – DONE <p>Cool Down light 5 minute jog</p>	<p>Circuit – Stations – 1:30 each station – :30 break – 2-3 times through</p> <ol style="list-style-type: none"> 1. Jump Ropes – if you don't have one pretend (you can still work arms and hop) 2. Squat Jumps (arms up – wide stance) 3. Sit- Ups (V-ups, bicycle, regular, etc.) 4. Line Hops – hop back and forth non-stop – you can put line down or imagine <p>* 2 min rest – water</p> <ol style="list-style-type: none"> 1. 3 – :30 second Planks – 1 straight arm/elbow plank – side planks (alternating) 2. Quick Feet 3. Superman/Bananas – (you choose alternating rate) 4. Pushups <p>*2 min rest – water</p> <p>Cool Down light 5 minute jog</p>
<p>Hill Run – Interval Sprints</p> <p>* 5-6 points up hill – work back down (hard run up - walk/jog back down)</p>  <p>Core Circuit</p> <ul style="list-style-type: none"> • Planks - full arm, elbows • Wall Sits • Sit-ups – Vups, Regular Crunches, Bicycles, Reverse • Lunges <p>Cool Down light 5 minute jog</p>	<p>Tabata Workout</p> <p>20 seconds on 10 sec off - 8 consecutive rounds 2 min break between</p> <ul style="list-style-type: none"> • Sprint • Squat Jumps • Supermans (Hollow Hold) • Burpees • Jumping Jacks • Wall Sits <p>Cool Down light 10 minute jog</p>
<p>Track Ladder</p> <p>If you want to use outdoor track independently.</p> <p><u>Sprinters</u> – 100, 200, 300, 400, 300, 200, 100 (1mile) - allow for recovery 1-3 min.</p> <p><u>Distance</u> – 200, 400, 800, 1200, 800, 400, 200 (2.5miles) - allow for recovery 1-3 min.</p>	<p>Block Runs</p> <p>Find a city/neighborhood block area</p> <ul style="list-style-type: none"> - Alternating sides of block between - Hard Run & LightJog/Walk - Follow this pattern for 15 minutes - 5 minute Break - Repeat for additional 15 minutes 
<p>Circuit Workout</p> <ul style="list-style-type: none"> • 2 minute run • 60 second squats • 2 minute run • 60 second pushups • 2 minute run • 60 second alternating leg lunges • 2 minute run • 60 second tricep dips – finish with 2 min. run 	<p>Track Workout or measure out 400m = ¼ mile</p> <p>If you want to use outdoor track independently.</p> <p><u>Sprinters</u> – 4 - 400's – 3 min recovery between <u>Distance</u> – 4- 800's – 2-3 min recovery between</p> <p>Cool Down light 5-10 minute light jog</p>