

TEAM LONG RUN.

GETTING STARTED RUNNING!

AGES 12+

DAYS 6-10

DAY 6

Shoulder Taps

10 reps

15-20 Minute Run

Try varying the pace!

How did the run feel?

DAY 7

Walking Marches

"A" marches for 15-20 meters

Alternating ankle pulls / knee hugs for 15-20 meters

Swap legs and return 15-20 meters

15-20 Minute Run

How did the run feel?

DAY 8

Hill or Stair Runs

10 reps

15-20 Minute Run

Remember, you may have good miles and bad miles. Just keep going, it will get better.

How did the run feel?

DAY 9

Cross-Train

15-20 minutes

15-20 Minute Run

How did the run feel?

DAY 10

Skipping

40 meters of regular skipping

20 meters of skipping for height

20 meters of skipping for distance

15-20 Minute Run

How did the the second 5-day week of running feel?
