

TEAM LONG RUN.

GETTING STARTED RUNNING!

AGES 12+

DAYS 11-15

DAY 11

Crossovers & Scorpions

10 reps per leg

Build-Ups & 17-22 Minute Run

(5) 100 meter build-ups

17-22 minute run

How did the run feel?

DAY 12

Side & Diagonal Lunges

10 reps per leg & per direction

Rolling 200's

8 reps

How did the run feel?

DAY 13

Squat & Sagittal Jumps

10 reps each

17-22 Minute "B" Run

How did the run feel?

DAY 14

Bicycles

30 seconds

6-10-6 Run

Run the first 6 easier than your normal pace

Run the middle 10 a little faster

Run the last 6 a little easier

How did the run feel?

DAY 15

Killer Penguins

50 reps

17-22 Minute "B" Run

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