

# TEAM LONG RUN.

## GETTING STARTED RUNNING!

**AGES 12+**

**DAYS 26-30**

**DAY 26**

- Jogging
- A-frame stretching

- Rolling 200's  
8 reps followed with  
cooldown

How did the run feel?

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**DAY 27**

- 15 Minute  
Mix & Match

- Timed Mile!  
 Followed with  
cooldown

How did the run feel?

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**DAY 28**

- Single leg supports
- Ankle rolls

- Recovery "C" Run  
Try some chocolate  
milk after!

How did the run feel?

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**DAY 29**

- Lunges
- Forward
- Backward
- Diagonal

- Hilly "B" Run  
 19-24 minutes

How did the run feel?

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**DAY 30**

- Supermans
- 10 times

- "B" Run  
 22-25 minutes

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

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