

TEAM LONG RUN.

GETTING STARTED RUNNING!

AGES 12+

DAYS 1-5

DAY 1

- Leg Swings**
- 10x each leg
- Front to back
- Side to side

- 15-20 Minute Run**
- Stop if you need to

How did the run feel?

DAY 2

- Walking Lunges**
- 10 strides out
- 10 strides back

- 15-20 Minute Run**
- Stop if you need to

How did the run feel?

DAY 3

- Walkouts**
- 5 sets

- 15-20 Minute Run**
- Stop if you need to

How did the run feel?

DAY 4

- Hamstring Raises**
- 20 reps left leg
- 20 reps right leg

- 15-20 Minute Run**
- Stop if you need to

How did the run feel?

DAY 5

- Barefoot Lower Leg Strength**
- Walk 15 secs, toes off the ground
- Walk 15 secs, heels off the ground
- Balance 30 secs on one foot, then the other foot
- Repeat balance exercise with running motion

- 15-20 Minute Run**
- Stop if you need to

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