

TEAM LONG RUN.

GETTING STARTED RUNNING!

AGES 12+

DAYS 16-20

DAY 16

High Knees & High Heels

20 strides – high knees

20 strides – high heels

17-22 Minute Run

5 build-ups

How did the run feel?

DAY 17

Single Leg Balancing

30 seconds on each leg

30 seconds on each leg with running motion

30 seconds on each leg, close your eyes with running motion

17-22 Minute Run

Hilly!

How did the run feel?

DAY 18

Rotational Twists

60 seconds

Recovery "C" Run

Go a little easier/shorter than your "B" runs

How did the run feel?

DAY 19

Comprehensive Warm-up

Warm up both your lower & upper body for 15 minutes

Timed Mile

If you're not up for it today, do a "B" run

How did the run feel?

DAY 20

Walking Backward Lunges

15 strides

Recovery "C" Run

15-20 minutes

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