

# TEAM LONG RUN.

## GETTING STARTED RUNNING!

**AGES 12+**

**DAYS 21-25**

**DAY 21**

**Carioca**

With high knee variations

**"B" Run**

19-24 minutes

Followed by 8 build-ups

**How did the run feel?**

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**DAY 22**

**Water-pumps**

10 reps left leg

10 reps right leg

**"B" Run**

19-24 minutes

**How did the run feel?**

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**DAY 23**

**Fartlek Run**

Roughly 20 minutes

Play with your speed!

**How did the run feel?**

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**DAY 24**

**15 Minutes of Mixed Exercises**

**Plogging**

25 minutes

**How did the run feel?**

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**DAY 25**

**Skipping**

Skipping for height

Skipping for distance

**"B" Run**

19-24 minutes

**How did the the fifth 5-day week of running feel?**

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