

## 1 mile warm up

### Dynamics

#### *First: Dynamic Stretches*

1. 6 pack
2. Heel ups
3. TVA March
4. Frankensteins
5. Leg huggers
6. Windmills
7. Duck walks
8. Toe walks
9. Lunges

#### *Second: Dynamic Drills*

1. High knee skip
2. A-skip
3. Carioca L/R
4. Leg Curls
5. B-skip
6. Side to Side L/R
7. Laterals
8. High and Back (running backwards)

9. C-Skip
10. High knees
11. Straight legs
12. Ankle pops
13. Bounding x3
14. Short and Fast + Sprint
15. Sprint stride
16. Sprint stride
17. Easy Skip Back

### Workout

Tempo/Easy Run, Pace Run, Intervals, Speed, etc.

### Strength and Conditioning (Lower Body OR Upper Body and Core OR Core Only)

#### *Lower Body – (Monday/Wednesday)*

- 3x20 Squats w/30sec rest
- 2x20 Lunges w/30sec rest
- 1x20 Lunge Holds w/30sec rest
- 1x20 Lunge Pulses w/30sec rest
- 3x15 Leg raises w/30sec rest
- 3x15 Fire hydrants w/30sec rest
- 3x5 Body falls w/30sec rest
- 3x20 Calf raises (neutral, out, in) w/30sec rest

#### *Upper Body – (Tuesday/Thursday)*

- \*3x10 Push-ups w/30sec rest
- \*3x10 Wide push-ups w/30sec rest
- \*3x10 Diamond push-ups w/30sec rest
- 3x10 Rope rows w/30sec rest
- 3x10 Rope curls w/30sec rest
- 4x15sec (Downward dog, hand plank, upward dog)

#### *Core – (Tuesday/Thursday/Saturday/Sunday)*

20 seconds each:

Toe touches, overhead sit-ups, cross body crunch, bicycles, heel touches, overhead crunch, side crunch

1min rest

1x20 Running Man

1min rest

\*\*3xPlank holds (on forearms) for 12 seconds each: Straight, Left, Straight, Right, Straight

### 1/2 mile cool down

#### Static Stretching

\*Choose from standard push-up, modified (knees on ground), slow modified. Focus on keeping back straight, arms perpendicular to the ground and full range of motion.

\*\* Remember to tighten core like going to the bathroom.