

FOUNDATION FOR RUNNING



Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>Core 1</u> Walk 15 min	<u>Glutes 1</u> 22:15 Cool Down	Stretch or Rest!	<u>Core 1</u> Walk & Jog 15 min	<u>Basic</u> <u>Strength</u> 37:40	<u>Core 1</u> Walk/Jog for FUN 10 min	Rest!
<u>Core 1 or 2</u> Walk 15 min	<u>HIIT 1</u> 33:25	Stretch or Rest!	<u>Core 1 or 2</u> Walk & Jog 15 min	<u>Hip Goodness</u> 36:52	<u>Core 1 or 2</u> Walk/Jog for FUN 10 - 15 min	Rest!
<u>Core 2</u> Walk 20 min	<u>Glutes 2</u> 20:31 Cool Down	Stretch or Rest!	<u>Core 2</u> Walk & Jog 20 min	<u>Strength 1</u> 31:42	<u>Core 2</u> Walk/Jog for FUN 15 min	Rest!
<u>Core 2 or 3</u> Walk 25 min	<u>HIIT 2</u> 33:25	Stretch or Rest!	<u>Core 2 or 3</u> Walk & Jog 25 min	<u>Hip Goodness</u> 36:52	<u>Core 2 or 3</u> Walk/Jog for FUN 15 - 20 min	Rest!
<u>Core 3</u> Walk 30 min	<u>Glutes ADV</u> 23:36 <u>Cool Down</u>	Stretch or Rest!	<u>Core 3</u> Walk & Jog 30 min	<u>Strength</u> <u>& Core</u> 32:10	<u>Core 3</u> Walk/Jog for FUN 20 min	Rest!