

Conditioning/Running Program: Monday/Wednesday/Saturday

Warm-Up:

5-minute walk: Increasing speed with each minute

Knee Hugs x 20 (10 each leg)

Lift your right leg and pull it toward body. Let go and repeat with the left leg.



Quad pulls x 20 (10 each leg)

Bend your right knee and, grabbing the front of your right ankle, pull the heel toward the buttocks. Release, then bend your left knee, grab your left ankle and pull the heel toward your buttocks. Continue alternating right and left.



Scoops x 12 (6 each leg....get low and go slow)

Start in a standing position. Take a short step forward, then bend the right knee and keep the left leg straight. Bend down and “scoop” the air by your ankle or lower leg. Repeat with the left leg bent and right leg straight. Continue alternating



Frankenstein x 12 (6 each leg) (just legs and hips, no low back)

Start in a standing position. Take a step forward and lift your right leg straight out in front, lifting it as high as you can. Return the leg to starting position, and repeat with the left leg. Continue alternating legs.



High Knees x 20 (10 each leg)

- a. Start from a standing position with one foot on the ground, and one off the ground with the knee bent. Alternate the position of the legs, then continue to alternate. Once you are comfortable doing several in a row, try moving forward with it to the necessary distance.



Butt Kickers x 20 (10 each leg)

Stand up straight like you are about to run. Start to jog in place while trying to gently tap your buttocks with your heel each time your knees bend. Keep alternating between right and left making sure to swing your arms like you are running.



Main Set

Week 1 (9/1-9/7):

Monday & Saturday: Walk 90 seconds then jog 60 seconds x 8 reps

Wednesday: Cross train for 10 minutes

Week 2 (9/8-9/14):

Monday & Saturday: Walk 60 seconds then Jog 90 seconds x 8 reps

Wednesday: Cross Train for 15 minutes

Week 3 (9/15-9/21):

Monday: Walk 30 seconds then Jog 90 seconds x 10 reps

Wednesday: Cross Train for 15 minutes then jog 2 minutes/walk 2 minutes x 2 reps

Saturday: Jog/Walk for 2 miles

Week 4 (9/22-9/28):

Monday: Walk 30 seconds then jog 2 minutes x 10 reps

Wednesday: Cross Train for 15 minutes then jog 2 minutes/walk 2 minutes x 4 reps

Saturday: Jog/Walk for 2.5 miles

Week 5 (9/29-10/4):

Monday: Walk 30 seconds then jog for 2.5 minutes x 10 reps

Wednesday: Cross Train for 15 minutes then jog 3 minutes/walk 3 minutes x 3 reps.

Saturday: Jog/Walk for 3 miles.

Week 6 (10/5-10-11):

Monday: Walk 1 Minute/Jog 10 Minutes x 3 reps

Wednesday: Walk 1 Minute/Jog 5 Minutes x 5 reps (5 minute jogs should be fast but comfortable.

Saturday: 5k Race!!! Make sure to get plenty of rest and hydration

Cool Down

Seated Hamstring Stretch x 20 seconds each leg



Calf Stretch: Toes on Wall x 20 seconds each leg

Stand approximately 12 inches away and facing a wall. Take your right foot and place the toes on the wall with the heel touching the floor. Lean forward until you feel a stretch in the back of the lower leg. Hold for the desired number of seconds, then release and repeat on the left leg.



Side to Side Inner Thigh Stretch x 20 (10 each side)



Quad Stretch x 20 seconds each leg

Bend your right knee and, grabbing the front of your right ankle, pull the heel toward the buttocks and hold for the desired number of seconds. Release and repeat with the left leg.



Scoops x 12 (6 each leg)

Start in a standing position. Take a short step forward, then bend the right knee and keep the left leg straight. Bend down and “scoop” the air by your ankle or lower leg. Repeat with the left leg bent and right leg straight. Continue alternating

