

Sample Weekly Workout



Dynamic warm-up: Pick some activities that get your muscles moving and stretch you out at the same time, like a brisk walk or slow jog, some lunges, high knees, and arm circles.

Training run exercise: Make it your goal each week to increase your running distance! Use the Regional Fun Run 1 mile or 5K distance as your goal, and work up to it each week. Remember it's ok to walk or slow down if you need to, just keep moving.

Game or other activity: Make time for physical activity that you think is FUN! Play an exercise game, ride your bike, go on a walk in the woods, or kick around a ball as a reward for finishing your training run.

Cool-down and stretch: After you finish exercising, it's important to take some time to stretch out your muscles. Do a cool down walk, then stretch out your leg muscles (hamstrings, quads, calves, etc), and upper body (shoulders, triceps, biceps, etc).

WEEK 1: training run

Session 1

- Run easy for 3 minutes, walk for 1 minute
- Run easy for 2 minutes, run hard for 30 seconds
- Take a break for 2 minutes
- REPEAT!

Session 2

- Run hard for 2 minutes, walk for 1 minute
- Run hard for 1 minute, run easy for 2 minutes
- Take a break for 1 minute
- REPEAT
- Take a break for 1 minute
- REPEAT

Training Tip

When you're running easy, you should be able to have a conversation with the person next to you

WEEK 2: training run

Session 1

- Run easy for 5 minutes, walk for 2 minutes
- Run easy for 5 minutes, walk for 2 minutes

Session 2

- Run easy for 4 minutes, walk for 2 minutes
- Run easy for 5 minutes, walk for 1 minute
- Run easy for 4 minutes

Training Tip

During week two, work on building your endurance! Try to run longer without taking as many walking breaks

WEEK 3: training run

Session 1

- Run hard for 1 minute, run easy for 1 minute
- REPEAT 3 times
- Take a break for 2 minutes
- Run hard for 2 minutes, run easy for 1 minute
- REPEAT 2 times

Session 2

- Run easy for 5 minutes, walk for 2 minutes
- Run hard for 3 minutes, run easy for 2 minutes

WEEK 4: training run

Session 1

- Run hard for 4 minutes, run easy for 3 minutes
- Run hard for 3 minutes, run easy for 2 minutes
- Run hard for 2 minutes, run easy for 1 minute

Session 2

- Run hard for 4 minutes, walk for 1 minute
- Run hard for 5 minutes, run easy for 2 minutes

Training Tip

It's week 4, and we're over half way through training! Try some muscle strengthening exercises while you're sitting around the house. For example, while you're watching tv, try to do some stationary exercises like push ups during commercial breaks!

WEEK 5: training run

Session 1

- Run hard for 3 minutes, run easy for 2 minutes
- Run hard for 2 minutes, Run easy for 1 minute
- REPEAT

Session 2

- Run hard for 6 minutes, walk for 1 minute
- Run hard for 3 minutes, run easy for 1 minute
- Run hard for 2 minutes

WEEK 6: training run

Session 1

- Run hard for 5 minutes, walk for 1 minute
- Run easy for 4 minutes, Run hard for 30 seconds
- Take a break for 2 minutes

Session 2

- Run hard for 2 minutes, Walk for 1 minute
- Run hard for 1 minute, Run easy for two minutes
- Take a break for 1 minute
- REPEAT
- Take a break for 1 minute
- REPEAT

Training Tip

It's week 6, you're final week of training! Do the workouts here, OR run the 1-mile distance you've been working towards for the Regional Fun Run!

Indoor/outdoor dynamic warm-ups

Here are a whole bunch of exercises you can pick from to warm up, or use a combination of them to do a whole workout inside or outside if you have a limited amount of space:

Bunny Hops

Bear Crawl

Skip

Hopscotch

High Kicks

Push ups

Jumping jacks

Lunges

Skater hops

High Knees

Butt Kicks

Side shuffle

Grapevine

High kicks squat

Planks

Arm circles

Twist

One leg hops

Sit ups

Star jumps

Beached whale

Wall sit

Inch worm

Balance

Heel toe walk

Frog leaps

Toy Soldiers

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Star jumps

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Toy Soldiers

Indoor/outdoor cool-down stretches

After finishing your workout, take some time to 'cool-down' and stretch out your muscles! Walk or jog for 2 minutes, and then hold each stretch for 10-30 seconds. Here are the some areas to focus on:

Lower Body

Quadricep - front of the thigh

Hip flexor - front of the hips

Calf - back of the lower leg

Hamstring - back of the upper leg

Glutes - buttocks

Groin - inner thigh

IT band - outside of the hip

Upper Body

Shoulder - outside of the upper arm

Bicep - front of the upper arm above elbow

Tricep - back of the arm above elbow

Abdominals - stomach area below chest and above hips