

core

for runners

WORKOUT

BY DAREBEE

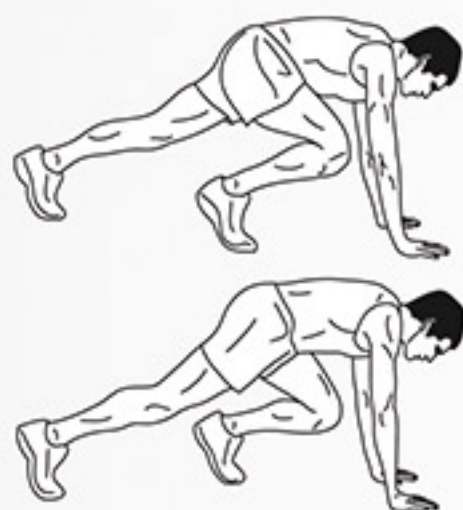
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LEVEL I 3 sets

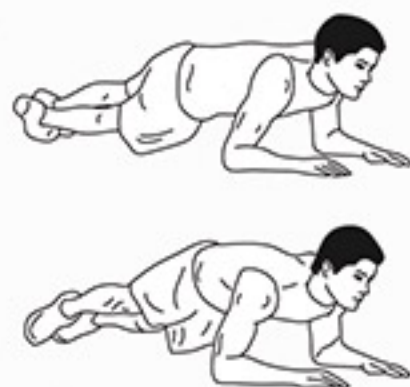
LEVEL II 4 sets

LEVEL III 5 sets

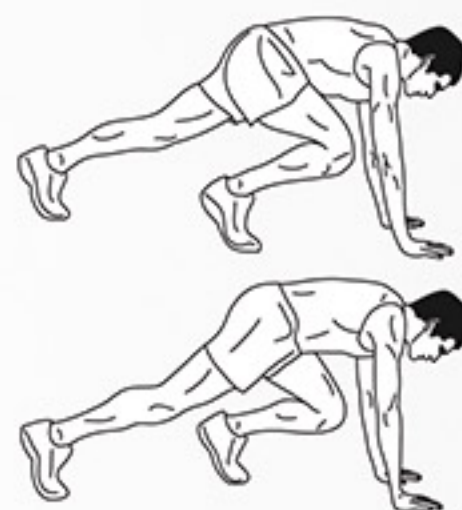
REST up to 2 minutes



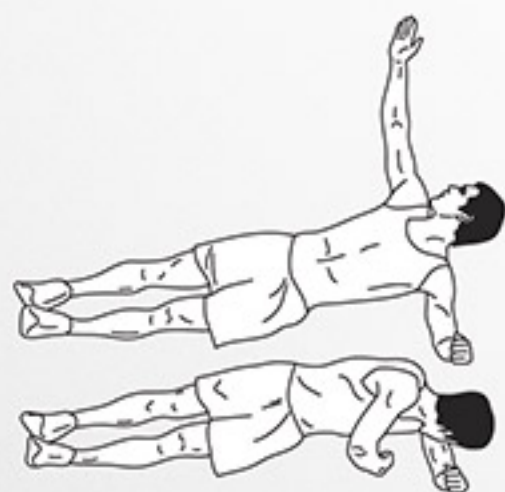
10 climbers



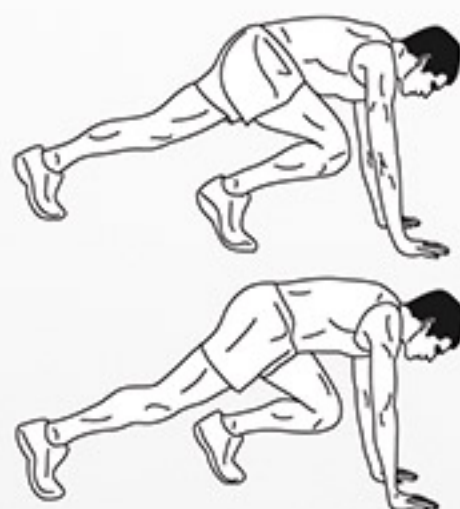
10 plank rolls



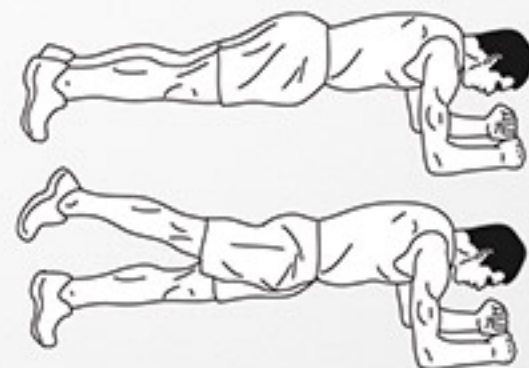
10 climbers



10 side plank rotations



10 climbers



10 plank leg raises

RUN **FASTER**

BY DAREBEE

CIRCUIT

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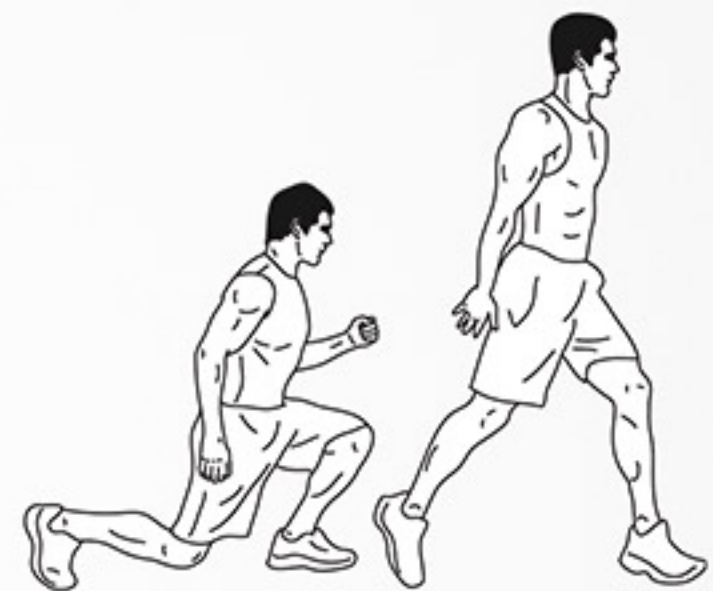
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



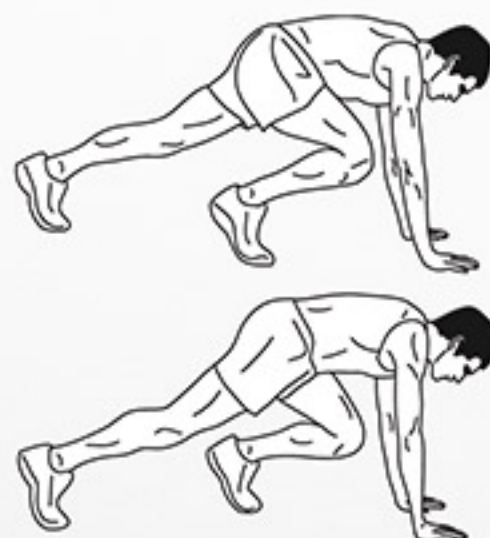
10 jump squats



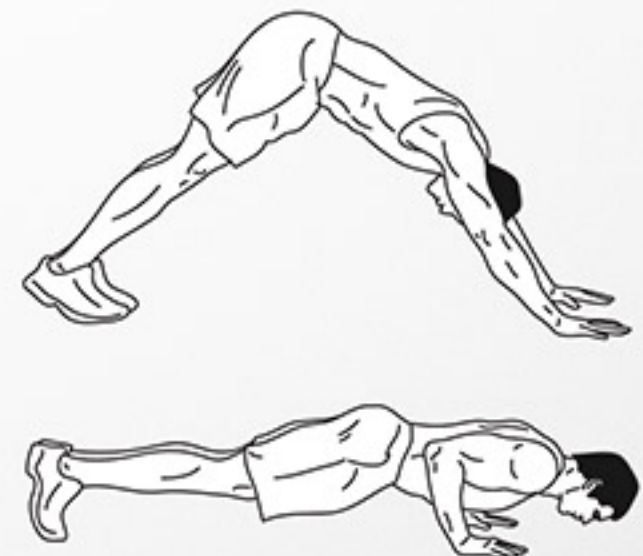
10 jumping lunges



20 calf raises



10 climbers



10 judo push-ups

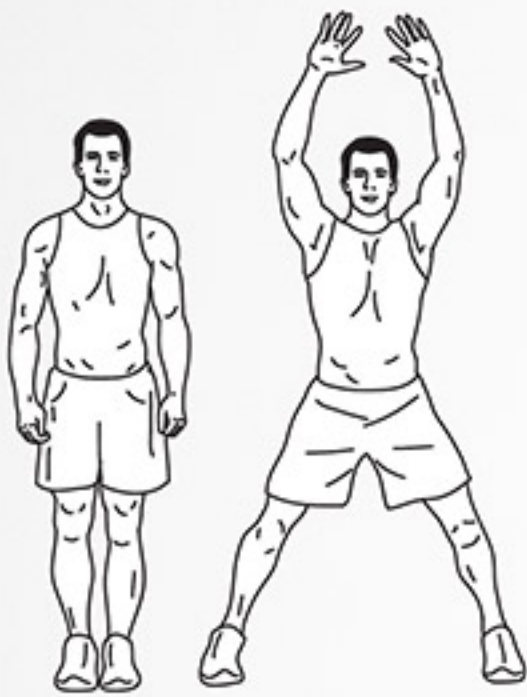
RUN LONGER

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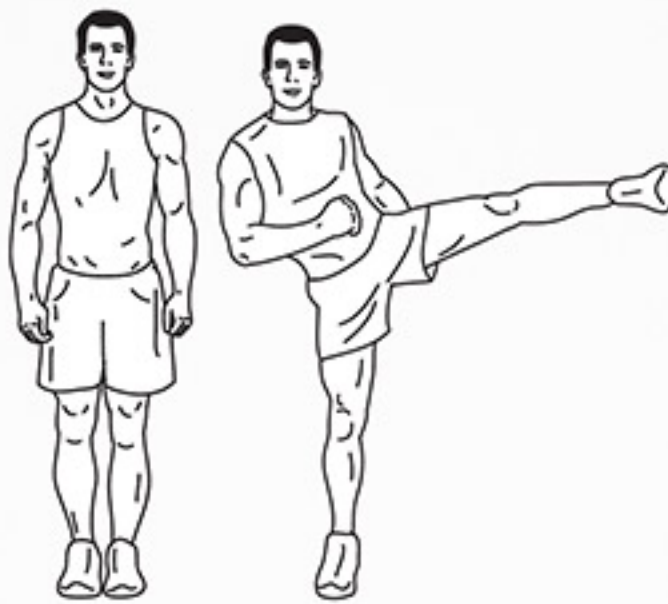
CIRCUIT

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



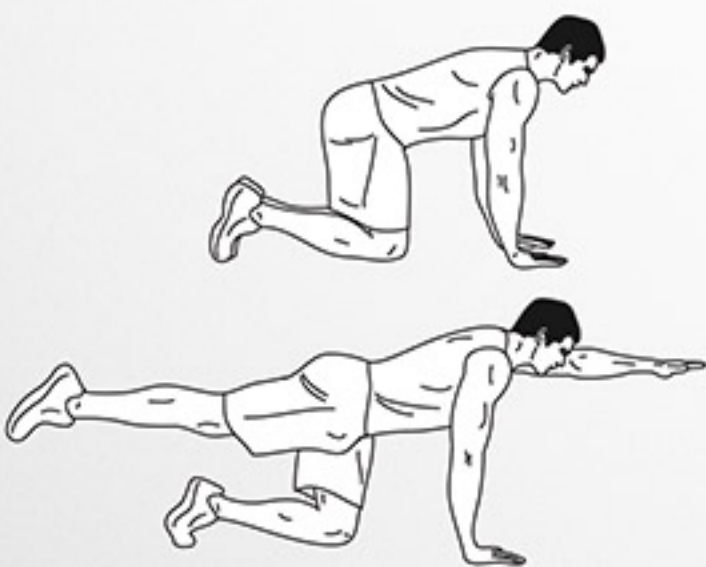
20 jumping jacks



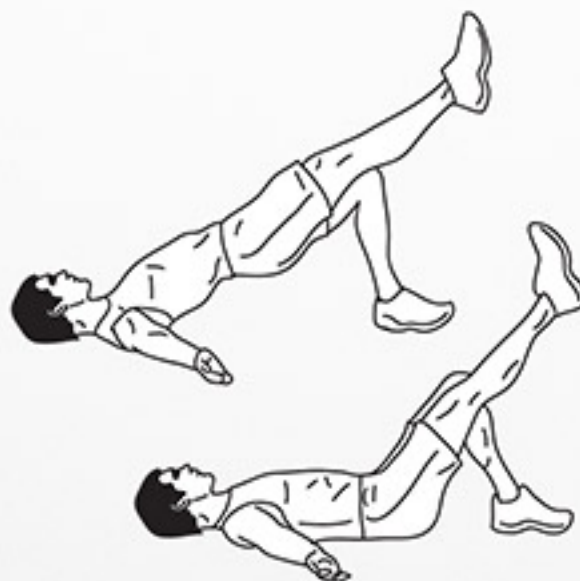
20 side leg raises



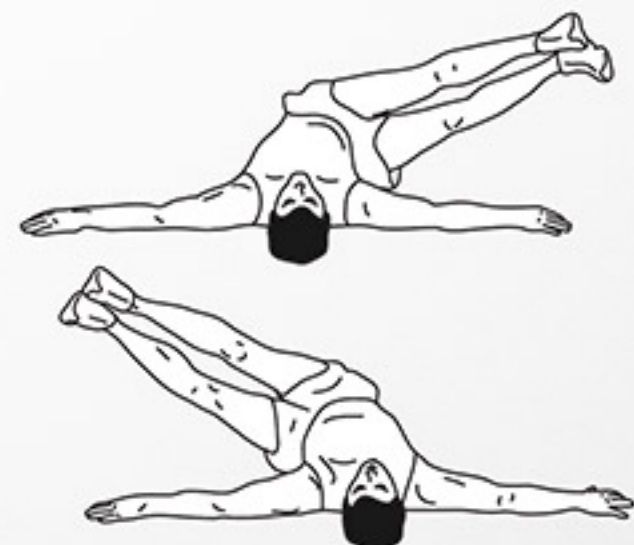
20 side-to-side deep lunges



20 alt arm/leg raises



20 single leg bridges



20 windshield wipers

RUNNER STRENGTH

LOWER BODY

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2 minutes rest between exercises



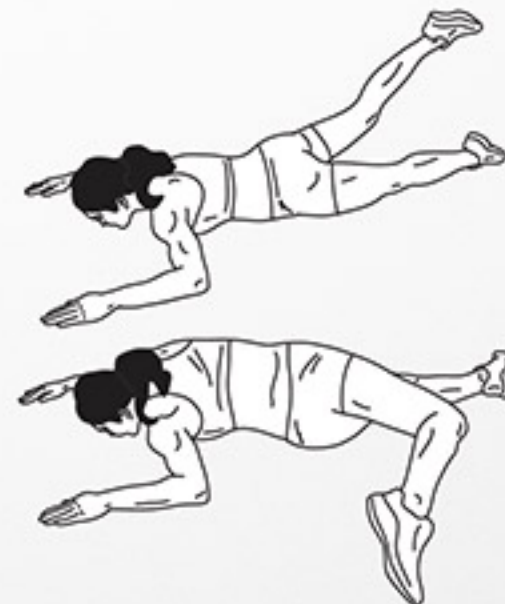
10 side lunges x **3** sets
20 seconds rest between sets



10 reverse lunges x **3** sets
20 seconds rest between sets



10 single leg bridges x **3** sets
20 seconds rest between sets



10 scorpion twists x **3** sets in total
20 seconds rest between sets

stretching

10-20 SECONDS EACH © darebee.com

post run



quad stretch



calf stretch



calf raises



toe touches



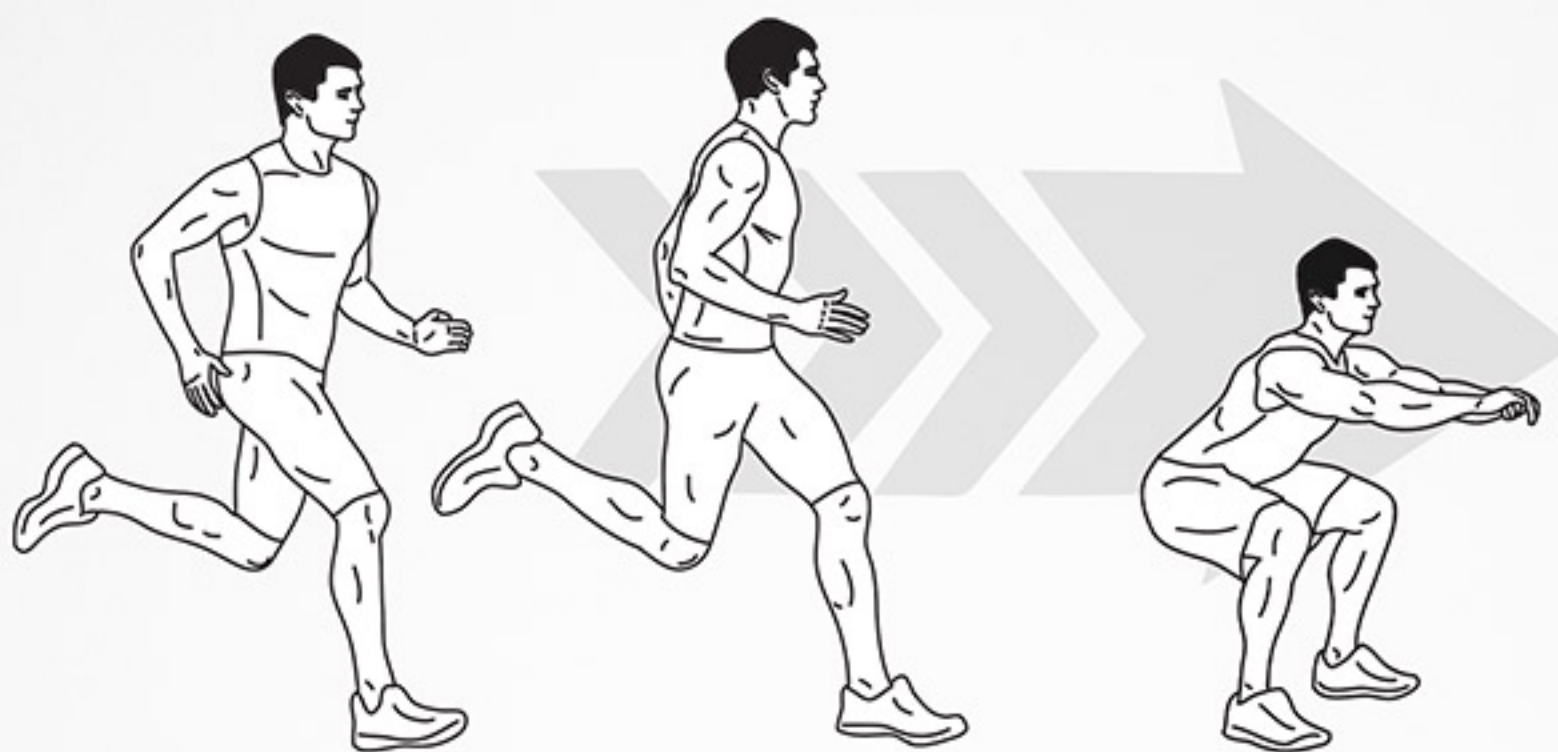
kneeling hip flexor



side-to-side lunges

TRAILBLAZER

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30 minutes

25 minute run

5 squats every 5 minutes

4 minute run

10-count sprint

10-count slow run

10-count sprint

10-count slow run

10-count sprint

10-count slow run

Yoga for **RUNNERS**

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Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.

