



POST RUN

1. Push Ups (10)
2. Squats (20)
3. Stationary Front Lunges (10/leg)
4. Fire Hydrants—Knee Circles on all Fours (10/leg)
5. Knee hold for 3 counts, take 5 steps. (10/leg)
6. Walking Side Lunges (10/leg)
7. Front/Back Leg Swings (10/leg)
8. Side to Side Leg Swings (10/leg)
9. A-Skips (20/leg)
10. B-Skips—Higher Open/Leg Extension (20/leg)
11. Strides (3x100m)