

## Cardio/Strength Fitness Plan



### **Week 1 & 3:**

#### **Day 1-**

Warm up-

30 second plank, 20 squats, 10 lunges each leg, 30 second plank. Repeat twice before running.

Running-

1 mile at sub 10-minute pace.

Cool down-

walk 1/2 mile, stretch after walk (focus stretches heavily on quads, hamstrings, and calves)

#### **Day 2-**

Warm up-

walk on tip toes (10 steps), walk on heels (10 steps), 30 second plank, 10 squats, 10 calf raises. Repeat three times before 1/2-mile warm up run.

Running-

5 sprints (can be hill sprints or flat, try not to run downhill) for a distance of 20-30 yards each sprint. Rest for 15 seconds in between each sprint.

Cool down-

walk 1/2 mile, stretch after walk (focus stretches heavily on quads, hamstrings, hip flexors, and calves)

#### **Day 3-**

Warm up-

30 second plank, 20 high knees, 20 butt-kickers, 10-star jumps (silent if you'd prefer). Repeat 3 times before running.

Running-

2 mile run at sub 10-minute pace per mile.

Cool down-

walk 1/2 mile, stretch after walk (focus stretches heavily on quads, hamstrings, and calves).

### **Week 2 & 4:**

#### **Day 1-**

Warm up-

45 second plank, 20 squats, 10 lunges each leg, 20 calf raises, 20 butt-kickers. Repeat three times before running.

Running-

1/2-mile jog, then 7 sprints of 30-40 yards each (can be hill or flat, try not to run downhill). Rest for 15 seconds in between each sprint.

Cool down-

1/2-mile walk, stretch after walk (focus stretches heavily on quads, hamstrings, hip flexors, and calves).

#### **Day 2-**

Warm up-

**Day 2-**

Warm up-

20 high knees, 20 butt-kickers, 10-star jumps (silent if you'd prefer). Repeat 3 times before running.

Running-

2 mile run at sub 9 minute pace per mile.

Cool down-

1/2 mile walk, 10 tip toe walks, 10 heel walks, stretch after walks (focus on hamstrings, quads, and calves).

**Day 3-**

Warm up-

45 second plank, 10 squats, 10 lunges each leg, 20 calf raises, 10 high knees, 10 butt-kickers. Repeat twice before running.

Running-

½-mile jog, 7 sprints of 30-40 yards each (can be hill or flat, try not to run downhill). Allow 20 seconds rest in between sprints for recovery. ½-mile jog after all sprints are complete

Cool down-

½-mile walk, 20 tip toe walks, 20 heel walks, stretch after walks (focus stretches heavily on quads, hamstrings, hip flexors, and calves).

**Day 4-**

Warm up-

10 high knees, 10 butt-kickers, 10 squats, 5 lunges each leg, 45 second plank. Repeat twice before running.

Running-

2.5 mile run at sub 10 minute pace per mile.

Cool down-

1/2 mile walk, 45 second plank, 10 tip toe walks, 10 heel walks, and stretch (focus on hamstrings, quads, and calves).

**Repeat week 1 on week 3 and week 2 on week 4.**