



12 week program. Each week, you'll perform the same run session 3 times. Only move on if without discomfort. Always perform a 5min brisk walk as a warm up at the beginning of each session. Quick Strength sessions can be completed post run or on non run days.

WEEK	Session 1	Session 2	Session 3	STRENGTH WORKOUT
1	30- seconds of slow running and 2-minutes of walking for a total of 20-minutes.	30- seconds of slow running and 2-minutes of walking for a total of 20-minutes.	30- seconds of slow running and 2-minutes of walking for a total of 20-minutes.	Strength Routine 1. 2 sets.
2	60-seconds of slow running and 2-minutes of walking for a total of 20-minutes.	60-seconds of slow running and 2-minutes of walking for a total of 20-minutes.	60-seconds of slow running and 2-minutes of walking for a total of 20-minutes.	Strength Routine 1. 2 sets
3	1-minute of slow running and 2-minutes of walking for a total of 25-minutes.	1-minute of slow running and 2-minutes of walking for a total of 25-minutes.	1-minute of slow running and 2-minutes of walking for a total of 25-minutes.	Strength Routine 1. 2 sets
4	90-seconds of slow running and 2-minutes of walking for a total of 25-minutes.	90-seconds of slow running and 2-minutes of walking for a total of 25-minutes.	90-seconds of slow running and 2-minutes of walking for a total of 25-minutes.	Strength Routine 1. 2 sets
5	90-seconds of slow running and 1-minute of walking for a total of 25-minutes.	90-seconds of slow running and 1-minute of walking for a total of 25-minutes.	90-seconds of slow running and 1-minute of walking for a total of 25-minutes.	Strength Routine 2.
6	90-seconds of slow running and 1-minute of walking for a total of 25-minutes.	90-seconds of slow running and 1-minute of walking for a total of 25-minutes.	90-seconds of slow running and 1-minute of walking for a total of 25-minutes.	Strength Routine 2.
7	2-minutes of slow running and 30-seconds of walking for a total of 25-minutes.	2-minutes of slow running and 30-seconds of walking for a total of 25-minutes.	2-minutes of slow running and 30-seconds of walking for a total of 25-minutes.	Strength Routine 2.
8	2-minutes of slow running and 30-seconds of walking for a total of 25-minutes.	2-minutes of slow running and 30-seconds of walking for a total of 25-minutes.	2-minutes of slow running and 30-seconds of walking for a total of 25-minutes.	Strength Routine 3.
9	5-minutes of slow running and 2-minutes of walking for a total of 25-minutes.	5-minutes of slow running and 2-minutes of walking for a total of 25-minutes.	5-minutes of slow running and 2-minutes of walking for a total of 25-minutes.	Strength Routine 3.
10	Run slowly for 20-minutes.	Run slowly for 20-minutes	Run slowly for 20-minutes	Strength Routine 3.
11	Run slowly for 22-minutes.	Run slowly for 22-minutes.	Run slowly for 22-minutes.	Strength Routine 3.
12	Run slowly for 25-minutes.	Run slowly for 25-minutes.	Run slowly for 25-minutes.	Strength Routine 3.

## Strength Routine 1

Exercise 1 - Body weight squats: perform for 30-seconds

Exercise 2 - Glute bridge with march: perform for 45-seconds

Exercise 3 - Side leg raise: perform 30-seconds per leg



## Strength Routine 2

Exercise 1 - Side Lunge - 10 reps per leg

Exercise 2 - Side Leg Raise - 10 reps per leg

Exercise 3 - Glute Bridge With March - 30 seconds

Exercise 4 - Clamshells - 12 reps per side

Exercise 5 - Hip Circles - 12 reps per leg

## Strength Routine 3 – 40 seconds of exercise with 20 sec rest

1: Squats

2:Alt Backwards Lunge

3: Side Leg Raise – 20s each side

4:Glute Bridge

5:Bird Dogs

6: Plank

7: Side plank – 20 secs each side

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For questions or information please contact [info@storeysport.co.nz](mailto:info@storeysport.co.nz) | [www.storeysport.co.nz](http://www.storeysport.co.nz)