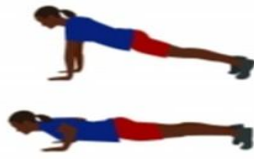


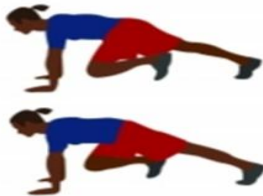
Pre-Running Workout



Push up



Plank Jumps



Slow Climbers



Bulgarian Split Squad



Jog around

Make sure to warm up before starting...

Push-up: Start from a plank position and go down. Engage your abdominal (Bauch), Dorsal and keep your behind tight and stable. Now, make sure that your elbows are in a straight line with your middle finger, while you are holding everything together relax your shoulders and PUSH the "Ground away from your stomach" (bauch).

You can do it also with your knees on the floor as an easier version.

From 10 to FAILURE

Plank jump: Start in plank position and jump by bringing your legs in and out at the same time while keeping your hands on the ground.

From 10 to FAILURE

Slow climber: Start in plank position and bring your legs in and out with an interchanged motion while your hands stay on the ground.

From 20 to FAILURE

Bulgarian Squad: Put the foot on a chair and with a controlled motion, bend your knee to a single leg squat, Make sure that your knee doesn't pass your foot (90°).

From 15 to FAILURE

(If you want, repeat the cycle for how many times you feel like)

Now you are ready for running, 10 min to FAILURE.