

**Week 1 [March 16th – 22nd]**  
Suggested At Home individual Workout Plan<sup>1</sup>

**Distance:**

Monday:

- Warm-Up Exercises – 10 - 15 minutes
- 35-40 minute road run at a brisk pace
- Light stretching following workout for 5 -10 minutes

Tuesday

- Core-Strength Training Exercises: 5 Sets
  - Push Ups [10]
  - Sit-Ups [10]
  - Crunches [10]
  - Leg Lifts<sup>2</sup> [10]
  - Running in Place [30 seconds with emphasis on high knees]
  - Total Plank Workout [Complete after 5th set – see instructional video]<sup>3</sup>
- 2 mile easy jog run
- Light stretching following workout for 5 – 10 minutes

Wednesday

- Warm-Up Exercises – 10 - 15 minutes
- 35-40 minute road farlek<sup>4</sup> run
- Light stretching following workout for 5 -10 minutes

Thursday

- Repeat Tuesday workout

Friday

- Day off

Saturday

- Warm-Up Exercises – 10 - 15 minutes
- 800 Meter Runners – 3-4 mile fast paced run
- 1600/3200 Runners – 5-6 mile fast paced run
- Light stretching following workout for 5 -10 minutes

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<sup>1</sup> Workout designed for individuals. Teaming up with other athletes excepting an immediate family member is not advised as adhering to “social distancing” recommendations becomes problematic and invites risk and unintended exposure.

<sup>2</sup> 3 parts (Feet together – UP, OUT (legs apart), TOGETHER (legs together) Down (both legs down) constitutes 1 set. Feet should be no more than 6 inches off the ground for each segment.

<sup>3</sup> This is an 8 minute workout, but it is recommend doing 4 minutes to start. <https://www.youtube.com/watch?v=IfR4sl0ZCE>  
This video is on you tube and entitled: “The Best Total Plank Workout -8 minutes of plank work for toned abs and a strong core.

<sup>4</sup> A watch is ideal to monitor aggressive periods of surge and non-surging running. 1st 10 minutes of run is easy then next 20-25 minutes is aggressive running with every 1 minute of fast surge running followed by return to a jog for 3 minutes and then repeat cycle for balance of time.