| WEEK | WORKOUT 1 | WORKOUT 2 | WORKOUT 3 | STRENGTH WORKOUT |
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| 1 | Walk briskly for 5-minutes. Then alternate between 30 - seconds of slow running and 2-minutes of walking for a total of 20-minutes. | Walk briskly for 5-minutes. Then alternate between 30 -seconds of slow running and 2-minutes of walking for a total of 20-minutes. | Walk briskly for 5-minutes. Then alternate between 30 -seconds of slow running and 2-minutes of walking for a total of 20-minutes. | Simple Strength Routine for Runners. Perform 2 sets. |
| 2 | Walk briskly for 5-minutes. Then alternate between 60 -seconds of slow running and 2 -minutes of walking for a total of 20-minutes. | Walk briskly for 5-minutes. Then alternate between 60 -seconds of slow running and 2-minutes of walking for a total of 20-minutes. | Walk briskly for 5-minutes. Then alternate between 60-seconds of slow running and 2-minutes of walking for a total of 20-minutes. | Simple Strength Routine for Runners. Perform 2 sets. |
| 3 | Walk briskly for 5-minutes. Then alternate between 1-minute of slow running and 2-minutes of walking for a total of 25 -minutes. | Walk briskly for 5-minutes. Then alternate between 1-minute of slow running and 2 -minutes of walking for a total of 25 -minutes. | Walk briskly for 5-minutes. Then alternate between 1-minute of slow running and 2-minutes of walking for a total of 25-minutes. | Simple Strength Routine for Runners. Perform 2 sets. |
| 4 | Walk briskly for 5-minutes. Then alternate between 90 -seconds of slow running and 2-minutes of walking for a total of 25-minutes. | Walk briskly for 5-minutes. Then alternate between 90 -seconds of slow running and 2-minutes of walking for a total of 25-minutes. | Walk briskly for 5-minutes. Then alternate between 90 -seconds of slow running and 2 -minutes of walking for a total of 25-minutes. | Simple Strength Routine for Runners. Perform 2 sets. |
| 5 | Walk briskly for 5-minutes. Then alternate between 90 -seconds of slow running and 1-minute of walking for a total of 25-minutes. | Walk briskly for 5-minutes. Then alternate between 90 -seconds of slow running and 1-minute of walking for a total of 25-minutes. | Walk briskly for 5-minutes. Then alternate between 90 -seconds of slow running and 1-minute of walking for a total of 25-minutes. | IT Band Routine |
| 6 | Walk briskly for 5-minutes. Then alternate between 90 -seconds of slow running and 1-minute of walking for a total of 25 -minutes. | "Walk briskly for 5-minutes. Then alternate between 90-seconds of slow running and 1-minute of walking for a total of 25-minutes. | Walk briskly for 5-minutes. Then alternate between 90-seconds of slow running and 1-minute of walking for a total of 25-minutes. | IT Band Routine |
| 7 | Walk briskly for 5-minutes. Then alternate between 2-minutes of slow running and 30 -seconds of walking for a total of 25-minutes. | Walk briskly for 5-minutes. Then alternate between 2-minutes of slow running and 30 -seconds of walking for a total of 25 -minutes. | Walk briskly for 5-minutes. Then alternate between 2-minutes of slow running and 30 -seconds of walking for a total of 25 -minutes. | IT Band Routine |
| 8 | Walk briskly for 5-minutes. Then alternate between 2-minutes of slow running and 30 -seconds of walking for a total of 25 -minutes. | Walk briskly for 5-minutes. Then alternate between 2-minutes of slow running and 30 -seconds of walking for a total of 25 -minutes. | Walk briskly for 5-minutes. Then alternate between 2-minutes of slow running and 30 -seconds of walking for a total of 25-minutes. | 7-Minute Strength Workout for Runners |
| 9 | Walk briskly for 5-minutes. Then alternate between 5 -minutes of slow running and 2-minutes of walking for a total of 25 -minutes. | Walk briskly for 5-minutes. Then alternate between 5 -minutes of slow running and 2-minutes of walking for a total of 25 -minutes. | Walk briskly for 5-minutes. Then alternate between 5-minutes of slow running and 2-minutes of walking for a total of 25-minutes. | 7-Minute Strength Workout for Runners |
| 10 | Walk briskly for 5 -minutes. Then run slowly for 20-minutes. | Walk briskly for 5-minutes. Then run slowly for 20-minutes. | Walk briskly for 5-minutes. Then run slowly for 20-minutes. | 7-Minute Strength Workout for Runners |
| 11 | Walk briskly for 5 -minutes. Then run slowly for 22-minutes. | Walk briskly for 5 -minutes. Then run slowly for 22-minutes. | Walk briskly for 5-minutes. Then run slowly for 22-minutes. | 7-Minute Strength Workout for Runners |
| 12 | Walk briskly for 5-minutes. Then run slowly for 25-minutes. | Walk briskly for 5-minutes. Then run slowly for 25-minutes. | Walk briskly for 5 -minutes. Then run slowly for 25-minutes. | 7-Minute Strength Workout for Runners |

