

Running workout

This workout will supplement your normal running training, but it's no substitute for actually running outside. It will help you to tone your whole body, especially your leg muscles.

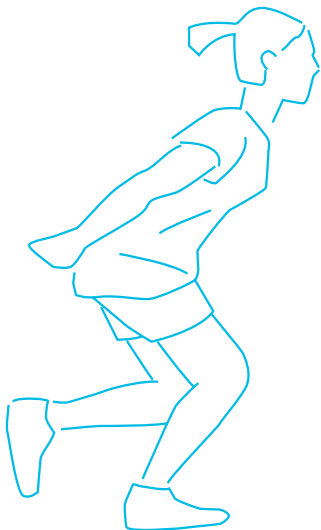
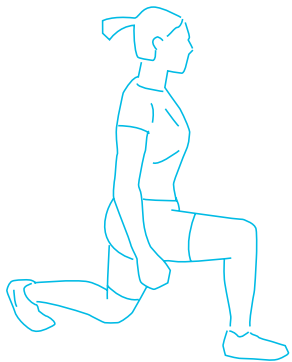
Using equipment:

X-Trainer

- Warm-up for 5 minutes
- Low intensity

Treadmill

Hill running - 3 minute jog, no incline, 3 minute jog 2% incline. Repeat a minimum of 3 times.



Squat Jumps (above)

Squat with arms behind you. Jump up and extend your arms in front of you. Repeat 15 times.

Walking Lunges (left)

With or without weights
• 6 in a row.



Side Lunges (left)

With or without dumbbells
• 12 -15 each side



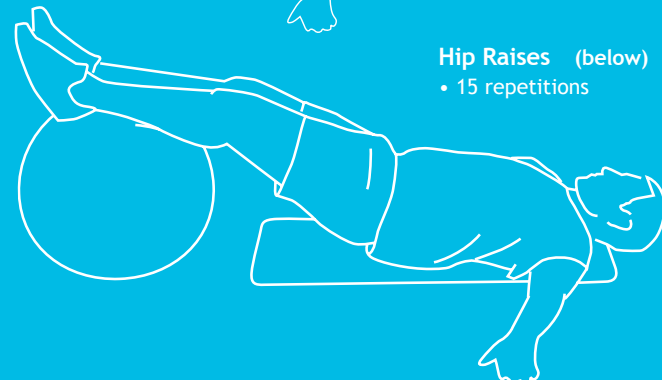
Calf Raises (right)

With or without dumbbells
• 15 repetitions



Side Leg Drops (left)

• 15 repetitions each side



Hip Raises (below)

• 15 repetitions