



START2FINISH

# RUN4CHANGE

## 20/20 Challenge

### Training Guide





# WEEK 1

## Day 1, 3 and 5

Do the Warm Up once and then **REPEAT**. Then do the Run Circuit and each of the remaining exercises in the workout sequence and **REPEAT** these one more time.

**Warm-Up 1** – 2.5 Minutes (30 secs per exercise)

**Run Circuit** – 3 minutes

**Standard Crunch** – 30 Seconds

**Skater** – 45 Seconds

**Inch Worm to Push Up** – 45 Seconds

**Continuous In and Outs** – 45 Seconds

**Side Lunge** – 30 Seconds

**Mountain Climber** – 30 Seconds

**Squats** – 45 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up. Then do the running and the workout sequence once through, and **REPEAT** them one more time.

**5-Minute Dance Warm Up** – 5 Minutes

**Agility Running** – 4 Minutes

**Forearm Plank** – 30 Seconds

**Lateral Crossover** – 45 Seconds

**Mountain Climber** – 30 Seconds

**Switch Kicks** – 30 Seconds

**Crab Walk** – 30 Seconds

**Boxing** – 45 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 2

## Day 1, 3 and 5

Do the Warm Up once and then **REPEAT**. Then do the running and the workout sequence once through, and then **REPEAT** them one more time.

**Warm-Up 2** – 2.5 Minutes (30 secs per exercise)

**Running X** – 3.5 Minutes

**Flutter Kicks** – 30 Seconds

**Back Lunge with Twist** – 45 Seconds

**Two Feet Lateral Hops** – 45 Seconds

**Under the Fence** – 45 Seconds

**Squat Jumps** – 30 Seconds

**Jump Rope** – 45 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the first 5 exercises and then **REPEAT** once more. Next do the Run Walk. Finish by performing the remaining exercises and then **REPEAT** them one more time.

**High Knee Runs** – 30 Seconds

**Pendulum Swing** – 30 Seconds

**Standing Hamstring Stretch** – 30 Seconds

**Pretzel Stretch** – 30 Seconds

**But Kicks** – 30 Seconds

**Run Walk** – 8.5 Minutes

Run 3.5 Mins. Walk 30 Secs. Run 2.5 Mins.

Walk 30 Secs. Run 1 Min. Walk 30 Secs.

**Side Plank** – 30 Seconds

**Heisman** – 45 Seconds

**Walk Out Push-Up to Mountain Climber** – 45 Secs

**Hit the Floor** – 45 Seconds

**Side Lunge** – 30 Seconds (15 secs per side)

**Total Workout Time = 20 Minutes**



# WEEK 3

## Day 1, 3 and 5

Do the Warm Up once and then **REPEAT**. Then do the Run Circuit, and each of the remaining exercises in the workout sequence and **REPEAT** one more time.

**Warm Up 1** – 2.5 Minutes (30 secs per exercise)

**Run Circuit 2** – 3.5 Minutes

**Kick Downs** – 30 Seconds

**Split Jumps** – 30 Seconds

**Jump Rope** – 1 Minute

**Skater** – 45 Seconds

**Inch Worm to Push Up** – 45 Seconds

**High Knee Runs** – 30 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up. Then do the Run Walk. Finish by performing the workout sequence once through, and then **REPEAT** each exercise in the sequence one more time.

**5-Minute Dance Warm Up** – 5 Minutes

**Run Walk** – 8 Minutes

Run for 3.5 Mins. Walk for 30 Secs. Run for 2.5 Mins. Walk for 30 Secs. Run for 1 Min.

**Forearm Plank** – 45 Seconds

**Heisman** – 45 Seconds

**Crab Walk** – 30 Seconds

**Frog Squat** – 30 Seconds

**Walk Out Push-Up to Mountain Climber** – 30 Secs

**Two Feet Lateral Hops** – 30 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 4

## Day 1, 3 and 5

Do the first 5 exercises, and then **REPEAT** them one more time. Then do the running and the remaining exercises once through, and then **REPEAT** them one more time.

**Support High Knee Runs** – 30 Seconds

**Butt Kicks** – 30 Seconds

**Pendulum Swing** – 30 Seconds

**Warm Up (Hackey Sack)** – 30 Seconds

**Warm Up (Toy Soldier)** – 30 Seconds

**Running X's** – 4 Minutes

**Russian Twist** – 45 Seconds

**Continuous In and Outs** – 45 Seconds

**Reverse Dips** – 45 Seconds

**Lateral Crossover** – 45 Seconds

**Crab Walk** – 30 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up. Then do the Run Walk. Finish by performing the remaining exercises in the workout once through, and then **REPEAT** them one more time.

**5-Minute Dance Warm Up** – 5 Minutes

**Run Walk** – 10 Minutes

Run for 2 Mins. Walk for 30 Secs. Run for 3 Mins.  
Walk for 30 Secs. Run for 4 Mins.

**Side Plank** – 30 Seconds

**Hit the Floor** – 30 Seconds

**Under the Fence** – 30 Seconds

**Side Lunge** – 30 Seconds

**Inch Worm to Push Up** – 30 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 5

## Day 1, 3 and 5

Do the Warm Up once and then **REPEAT**. Then do the running and the workout sequence once through, and then **REPEAT** them one more time.

**Warm Up 2** – 2.5 Minutes (30 secs per exercise)

**Stair Running** – 4 Minutes

**Half Up Twists** – 45 Seconds

**Switch Kicks** – 30 Seconds

**Walk Out Push Up to Mountain Climber** – 45 Secs

**Two Feet Lateral Hops** – 45 Seconds

**Skater** – 45 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up once and then **REPEAT**. Then do the running and the workout sequence once through, and then **REPEAT** them one more time.

**Warm Up** – 2.5 Minutes (30 secs per exercise)

**Agility Running** – 5 Minutes

**Straight Arm Plank with Leg Raises** – 30 Secs

**Single Leg Get Up** – 30 Seconds

**Reverse Dips** – 30 Seconds

**Squats** – 30 Seconds

**Push Up to Frogger** – 30 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 6

## Day 1, 3 and 5

To warm up, do the first five exercises once, and then **REPEAT** them one more time. Then do the running and the remaining exercises once through, and then **REPEAT** them one more time.

**High Knee Runs** – 30 Seconds

**Butt Kicks** – 30 Seconds

**Pendulum Swing** – 30 Seconds

**Warm Up (just Hackey Sack)** – 30 Seconds

**Warm Up (just Toy Soldier)** – 30 Seconds

**High Intensity Interval Training** – 4 Minutes

**Bicycles** – 45 Seconds

**Split Jumps** – 30 Seconds

**Crab Walk** – 30 Seconds

**Lateral Crossover** – 45 Seconds

**Jump Rope** – 1 Minute

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up. Then do the running and the remaining five exercises once through, and **REPEAT** them one more time.

**5-Minute Dance Warm Up** – 5 Minutes

**Agility Running** – 4.5 Minutes

**Side Elbow Plank with Leg Raise** – 30 Seconds

**Continuous In and Outs** – 45 Seconds

**Reverse Dips** – 30 Seconds

**Switch Kicks** – 45 Seconds

**Inch Worm to Push Up** – 30 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 7

## Day 1, 3 and 5

Do the Warm Up once and then **REPEAT**. Then do the running and the workout sequence once through, and then **REPEAT** them one more time.

**Warm Up 2** – 2.5 Minutes

**High Intensity Interval Training** – 4 Minutes

**Bicycles** – 45 Seconds

**Split Jumps** – 45 Seconds

**Push Up to Frogger** – 30 Seconds

**Lateral Crossover** – 45 Seconds

**Under the Fence** – 45 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up. Then do the running and the remaining exercises once through, and **REPEAT** them one more time.

**5-Minute Dance Warm Up** – 5 Minutes

**Stair Running** – 4 Minutes

**Straight Arm Plank with Leg Raises** – 30 Seconds

**Jump Rope** – 1 Minute

**Heisman** – 1 Minute

**Crab Walk** – 30 Seconds

**Switch Kicks** – 30 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 8

## Day 1, 3 and 5

Do the first 5 exercises once, and then **REPEAT** them once more. Then do the running and remaining exercises and then **REPEAT** them once more.

**Support High Knee Runs** – 30 Seconds

**Pendulum Swing** – 30 Seconds

**Butt Kicks** – 30 Seconds

**Warm Up (just Walking Lunge)** – 30 Seconds

**Warm Up (just Toy Soldier)** – 30 Seconds

**Running X's** – 4.5 Minutes

**Elbow Plank & Leg Raise** – 30 Seconds

**Single Leg Get Up** – 30 Seconds

**Walk Out Push Up to Mountain Climber** – 45 Secs

**Stance Jacks** – 30 Seconds

**Two Feet Lateral Hops** – 45 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up (30 secs per exercise) once and then **REPEAT**. Then do the running and the workout sequence once through, and then **REPEAT** them one more time.

**Warm Up** – 2.5 Minutes

**Agility Running** – 5 Minutes

**Kick Downs** – 30 Seconds

**Squat Jumps** – 30 Seconds

**Under the Fence** – 45 Seconds

**Skater** – 45 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 9

## Day 1, 3 and 5

Do the Warm Up. Then do the running and the remaining exercises once through, and **REPEAT** them one more time.

**5-Minute Dance Warm Up** – 5 Minutes

**Run Circuit** – 5 Minutes

**Straight Arm Plank with Leg Raises** – 30 Seconds

**Back Lunge with Twist** – 30 Seconds

**Push Up To Frogger** – 30 Seconds

**Hit the Floor** – 30 Seconds

**Lateral Crossover** – 30 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up. Next do the Run Walk. Finish by performing the remaining exercises once through, and then **REPEAT** them one more time.

**Warm Up** – 2.5 Minutes (30 secs per exercise)

**Run Walk** – 12.5 Minutes

**Knee Up Crunches** – 30 Seconds

**Hit the Floor** – 30 Seconds

**Inch Worm to Push Up** – 45 Seconds

**Heisman** – 45 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 10

## Day 1, 3 and 5

Do the Warm Up once and then **REPEAT**. Then do the running and the workout sequence once through, and then **REPEAT** them one more time.

**Warm Up 2** – 2.5 Minutes

**Run Circuit 2** – 5 Minutes

**Bicycles** – 45 Seconds

**Boxing** – 30 Seconds

**Continuous In & Outs** – 45 Seconds

**Under the Fence** – 30 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

To warm up, do the first four exercises once, and then **REPEAT** them one more time. Then do the running and the remaining exercises once through, and then **REPEAT** them one more time.

**Support High Knee Runs** – 30 Seconds

**Warm Up (just Walking Lunge)** – 45 Seconds

**Pendulum Swing** – 45 Seconds

**Butt Kicks** – 30 Seconds

**Stair Running\*** – 5 Minutes

**Side Elbow Plank with Leg Raises** – 30 Seconds

**Hit the Floor** – 45 Seconds

**Inch Worm to Push Up** – 30 Seconds

**Skater** – 45 Seconds

**Total Workout Time = 20 Minutes**



# WEEK 11

## Day 1, 3 and 5

Do the Warm Up, and then the Run Circuit. Perform the remaining exercises once through, and then **REPEAT** them one more time.

**5-Minute Dance Warm Up** – 5 Minutes

**Run Circuit 2** – 10 Minutes

**Russian Twist** – 45 Seconds

**Under the Fence** – 45 Seconds

**Switch Kicks** – 30 Seconds

**Mountain Climber** – 30 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up, and then the running. Perform the remaining exercises once through, and then **REPEAT** them one more time.

**Warm Up 2** – 2.5 Minutes

**Agility Running** – 12 Minutes

**Straight Arm Plank with Leg Raises** – 30 Seconds

**Split Jumps** – 45 Seconds

**Inch Worm to Push Up** – 45 Seconds

**Heisman** – 45 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 12

## Day 1, 3 and 5

Do the Warm Up, and then the running. Perform the remaining exercises once through, and then **REPEAT** them one more time.

**Warm Up 1** – 2.5 Minutes (30 secs per exercise)

**Stair Running** – 11 Minutes

**Bicycles** – 45 Seconds

**Stance Jacks** – 45 Seconds

**Walk Out Push Up to Mountain Climber** – 45 Secs

**Two Feet Lateral Hops** – 30 Seconds

**Crab Walk** – 30 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

To warm up, do the first four exercises once. Next do the Interval Training. Finish by completing the remaining exercises once through, and then **REPEAT** them one more time.

**High Knees Runs** – 30 Seconds

**Pendulum Swing** – 45 Seconds

**Butt Kicks** – 30 Seconds

**Boxing** – 45 Seconds

**High Intensity Interval Training** – 11.5 Minutes

**Elbow Plank & Leg Raise** – 30 Seconds (15 secs/side)

**Squat Jumps** – 45 Seconds

**Inch Worm to Push Up** – 30 Seconds

**Heisman** – 45 Seconds

**Back Lunge with Twist** – 30 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 13

## Day 1, 3 and 5

Do the Warm Up, and then the running. Perform the remaining exercises once through, and then **REPEAT** them one more time.

**3-Minute Dance Warm Up** – 3 Minutes

**Run Walk** – 13 Minutes

Run 5 minutes. Walk 30 seconds. Run 4 minutes. Walk 30 seconds. Run 3 minutes.

**Kick Downs** – 30 Seconds

**Hit the Floor** – 30 Seconds

**Under the Fence** – 30 Seconds

**Skater** – 30 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up, and then the running. Perform the remaining exercises once through, and then **REPEAT** them one more time.

**Warm Up 2** – 2.5 Minutes

**Run Circuit** – 13 Minutes

(Also add in Butt Kicks, Split Jumps & High Knee Runs)

**Straight Arm Side Plank with Leg Raises** – 30 Secs  
(15 secs/side)

**Switch Kicks** – 30 Seconds

**Push Up To Frogger** – 30 Seconds

**Lateral Crossover** – 45 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 14

## Day 1, 3 and 5

To warm up, do the first five exercises once. Then do the running. Finish by performing the remaining exercises once through, and then **REPEAT** them one more time.

**High Knees Runs** – 30 Seconds

**Warm Up (just Hackey Sack)** – 30 Seconds

**Warm Up (just Toy Soldier)** – 30 Seconds

**Butt Kicks** – 30 Seconds

**Pendulum Swing** – 30 Seconds

**Agility Running** – 13 Minutes

**Half Up Twists** – 45 Seconds

**Continuous In & Outs** – 30 Seconds

**Walk Out Push Up to Mountain Climber** – 30 Secs

**Heisman** – 30 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up, and then do the Interval Training. Finish by performing the remaining exercises once through, and then **REPEAT** them one more time.

**Warm Up 2** – 2.5 Minutes

**High Intensity Interval Training** – 12 Minutes

**Straight Arm Reverse Plank + Leg Raises** – 30 Secs  
(15 seconds per side)

**Stance Jacks** – 45 Seconds

**Mountain Climber** – 45 Seconds

**Side Lunge** – 45 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 15

## Day 1, 3 and 5

Do the Warm Up, and then the running. Perform the remaining exercises once through, and then **REPEAT** them one more time.

**Warm Up** – 2.5 Minutes

**Running X's** – 14 Minutes

**Knee Up Crunches** – 30 Seconds

**Squat Jumps** – 45 Seconds

**Under the Fence** – 30 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up, and then the running. Perform the remaining exercises once through, and then **REPEAT** them one more time.

**3-Minute Dance Warm Up** – 3 Minutes

**Run Circuit** – 12 Minutes

(Also add in Butt Kicks, Split Jumps & High Knee Runs)

**Elbow Plank & Leg Raise** – 30 Seconds  
(15 secs/side)

**Continuous In & Outs** – 45 Seconds

**Crab Walk** – 30 Seconds

**Frog Squat** – 45 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 16

## Day 1, 3 and 5

Do the Warm Up, and then the running. Perform the remaining exercises once through, and then **REPEAT** them one more time.

**Warm Up 2** – 2.5 Minutes

**Stair Running** – 10 Minutes

**Russian Twist** – 1 Minute (15 secs per side)

**Reverse Dips** – 30 Seconds

**Switch Kicks** – 45 Seconds

**Inch Worm to Push Up** – 45 Seconds

**Two Feet Lateral Hops** – 45 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

To warm up, do the first four exercises once, and then **REPEAT** them one more time. Next do the Interval Training. Finish by performing the remaining exercises once through, and then **REPEAT** them one more time.

**Support High Knee Runs** – 30 Seconds

**Pendulum Swing** – 30 Seconds

**Warm Up (Lateral Skips)** – 30 Seconds

**Standing Hamstring Stretch** – 1 Minute

**High Intensity Interval Training** – 12 Minutes

**Inch Worm to Push Up** – 45 Seconds

**Skater** – 45 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 17

## Day 1, 3 and 5

Do the Warm Up, and then the running. Perform the remaining exercises once through, and then **REPEAT** them one more time.

**3-Minute Dance Warm Up** – 3 Minutes

**Agility Running** – 12 Minutes

**Kick Downs** – 45 Seconds

**Heisman** – 45 Seconds

**Push Up To Frogger** – 30 Seconds

**Single Leg Get Up** – 30 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up, and then the running. Perform the remaining exercises once through, and then **REPEAT** them one more time.

**Warm Up** – 2.5 Minutes (30 secs per exercise)

**Run Circuit** – 15.5 Minutes

(Also add in Butt Kicks, Squat Jumps & High Knee Runs)

**Straight Arm Reverse Plank**

+ **Leg Raises** – 30 Secs (15 secs per side)

**Frog Squat** – 30 Seconds

**Total Workout Time = 20 Minutes**

# WEEK 18

## Day 1, 3 and 5

Do the Warm Up, and then the running. Perform the remaining exercises once through, and then **REPEAT** them one more time.

**Warm Up 2** – 2 Minutes

**Hill Running** – 10 Minutes

**Bicycles** – 1 Minute

**Hit the Floor** – 1 Minute

**Walk Out Push Up to Mountain Climber** – 1 Min

**Jump Rope** – 1 Minute

**Total Workout Time = 20 Minutes**

## Day 2 and 4

To warm up, do the first four exercises once. Then do the running. Finish by performing the remaining exercises once through, and then **REPEAT** them one more time.

**High Knees Runs** – 30 Seconds

**Butt Kicks** – 30 Seconds

**Warm Up (just Hackey Sack)** – 30 Seconds

**Warm Up (just Toy Soldier)** – 30 Seconds

**Run** – 15 Minutes

**Standing Hamstring Stretch** – 45 Seconds

**Straight Arm Plank with Leg Raises** – 45 Secs

**Total Workout Time = 20 Minutes**



# WEEK 19

## Day 1, 3 and 5

Do the Warm Up, and then the running. Perform the remaining exercises once through, and then **REPEAT** them one more time.

**3-Minute Dance Warm Up** – 3 Minutes

**Running X's** – 11 Minutes

**Flutter Kicks** – 45 Seconds

**Split Jumps** – 45 Seconds

**Under the Fence** – 45 Seconds

**Skater** – 45 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Do the Warm Up, and then the running.

**Warm Up** – 2 Minutes (20 secs per exercise)

**Run** – 18 Minutes

Run using the following format:\*

1 minute at 1-3 RPE

16 minutes at 5-6 RPE

1 minute at 8-10 RPE

**Total Workout Time = 20 Minutes**

# WEEK 20

## Day 1, 3 and 5

To warm up, do the first four exercises once. Then do the running. Finish by performing the remaining exercises once, and then **REPEAT** them one more time.

**High Knees Runs** – 30 Seconds

**Butt Kicks** – 45 Seconds

**Pendulum Swing** – 30 Seconds

**Standing Hamstring Stretch** – 45 Seconds

**Agility Running** – 10 Minutes

**Knee Up Crunches** – 1 Minute

**Stance Jacks** – 1 Minute

**Straight Arm Reverse Plank + Leg Raises** – 30 Secs

**Squats** – 30 Seconds

**Lateral Crossover** – 45 Seconds

**Total Workout Time = 20 Minutes**

## Day 2 and 4

Run using the format below.

**Run** – 20 Minutes

Run using the following format:\*

1 minute at 1-3 RPE

18 minutes at 5-6 RPE

1 minute at 1-3 RPE

**Total Workout Time = 20 Minutes**



# glossary

To view a demonstration of the exercises described, please [Login](#) at [www.run4change.net](http://www.run4change.net).

\*For an explanation of "RPE" (Rate of Perceived Exertion) please see <http://run4change.net/wp-content/uploads/2013/01/Rating-of-Perceived-Exertion-RPE-Scale.pdf>.

## Warm-Up:

**Walking Lunge** -- Stand and lunge forward with one leg, not letting your knee go past your toe. Before your back knee touches the floor, push off with the back foot and stand, then repeat with the other leg.

**Toy Soldier** -- Stand and lean down to touch your toe with the opposite hand. Repeat with the other hand.

**Butt Kicks** -- Bring one heel to your butt as quickly as possible. Repeat with the other heel.

**Hackey Sack** -- Stand. Bring your foot up in front of you and touch the underside with the opposite hand.

**Lateral Skips** -- Skip laterally to the left off your right leg, landing on your right leg and touching the floor with your left. Continue in a straight line. Repeat in the opposite direction leading with the opposite leg.

## Warm-Up 2:

**Side Lunge** -- Stand and then step to the side, bending the leading leg and keeping the other leg straight. Return to the starting position and repeat a number of times, then switch sides.

**Wall Push Up** -- Stand facing a wall with your toes 2" away. Place your palms on the wall so your arms are out and elbows bent at a 90 degree angle. Slide one foot so your leg is straight out behind you. Bend your other leg forward until your knee lightly taps the wall, then pull it away. Repeat, then switch to the other leg.

**Squats** -- See "Squats" description in the main glossary.

**Shoulder Stretch** -- Stand and swing one arm up over your head. Grab it with your other hand and gently pull, then let go and let your arm swing back down. Repeat, then switch arms.

**Wall Angel** -- Lean back against the wall with your legs shoulder-width apart and knees slightly bent. Slide your arms up above your head towards each other against the wall, and then slide them back down.

# glossary

**3-Minute Dance Warm Up:** Start by bouncing and crisscrossing your feet (one leg in front and then same leg behind). Slow down, then speed up. Turn around while continuing the motion, then turn the other way. Switch to the running man. Then do the “party machine”.

**5-Minute Dance Warm Up:** Start by bouncing from side to side, do a single leg lift two times and a double leg lift (lifting the same leg 2 times quickly) once, and continue to repeat. Standing straight, twist one heel and then the other, moving your knees toward the inside. Add your arms, and push forward as if rowing.

**Agility Running:** Measure out a 10-meter area and mark at 5-meter increments (three lines). Sprint 5 meters to the right; touch Line 3 with your right hand. Turn and sprint back 10 meters and touch Line 2. Finally, sprint back through the starting line (Line 1) in the middle.

**Back Lunge with Twist:** Stand with your feet close together and your hands behind your head. Now step back with one foot stretched out behind you and crouch. While doing so, twist your upper body in the direction of the crouching leg. Return your body to the standing position, and repeat.

**Bent Leg Kick Backs:** Position yourself on all fours. Bend one leg and raise it slightly off the floor. Contract your glut (butt) muscles and raise your bent leg into the air until the sole of your foot points at the ceiling. Pause, then slowly lower back to the start position. Repeat for allotted time, then switch to the other leg.

**Bicycles:** Lie flat on the floor with your lower back pressed to the ground. With your hands gently holding your head, lift your knees to about a 45-degree angle. Slowly at first, go through a bicycle pedal motion, alternately touching your elbows to the opposite knees as you twist back and forth.

**Boxing:** Put one foot in front of the other, and lean forward. Step forward with your lead foot and extend your non-dominant arm so that your shoulder, elbow, wrist, and front two knuckles are in alignment. Your punch and your foot should land at the same time.

# glossary

**Butt Kicks:** Begin to jog on the spot. Lift your legs high enough so that your feet touch your bottom.

**Continuous In and Outs:** In a squat position with your feet together, jump and land with your feet wider than shoulder width. Jump back, and repeat.

**Crab Walk:** First sit on the ground then raise your bum so that only your hands and feet are touching the ground. Begin to walk on your hands and feet backwards and then forwards.

**Elbow Plank & Leg Raise:** Lay on your side and place your legs on top of each other. Position your elbow under your shoulder. Raise your upper body off the floor, supported by your elbow. Raise your upper leg, pause, and lower it. Repeat a number of times, then turn over and do the same on the other side.

**Flutter Kicks:** Lie on your back with your hands clasped behind your head. Lift your legs and shoulders off the floor. Raise one foot higher than the other, and then switch. Continue to repeat.

**Forearm Plank:** In a push-up position, keep your body as straight as possible for the time allotted.

**Frog Squat:** In a stationary position, crouch down, placing your elbows in between your knees, palms on the floor. Add pressure to your elbows by squeezing your thighs together. Move your bottom up, then down.

**Half Up Twists:** Sit up, put your hands on top of your knees and then lean back until your arms are straight. Cross your arms in front of you (each hand holding an elbow) and start twisting from side to side.

**Heisman:** Standing in an athletic stance (think football), take two quick steps in one direction and pause. Continue to repeat in the same direction, then switch directions.

**High Intensity Interval Training:** Walk/Run using the format specified. For an explanation of "RPE" please see <http://run4change.net/wp-content/uploads/2013/01/Rating-of-Perceived-Exertion-RPE-Scale.pdf>.

# glossary

**High Knee Runs:** Stand and raise your arms in front of you with your palms facing down. Alternately, lift each knee towards your palms.

**Hill Running:** Choose a hill approximately 100 meters long. Run from the bottom to the top at maximum capacity, using your arms to increase momentum. Walk slowly back down the hill to recover, and then repeat. **NOTE: If no hills are available, do RUNNING X'S instead.**

**Hit the Floor:** Standing with your feet shoulder width apart, crouch to place your right hand on the ground. Your left hand should be outstretched behind you. Switch arms, and repeat. After gaining proficiency, increase your speed.

**Inch Worm to Push Up:** Stand, then bend forward, placing both palms on the ground. Gradually walk your hands forward to a push-up position. Pause, and then walk your hands back and stand up.

**Jump Rope:** Using a regular jump rope, jump off both feet evenly, keeping your toes up and pushing off the balls of your feet. **NOTE: If no ropes are available, do TWO FEET LATERAL HOPS instead.**

**Kick Downs:** Laying on your back, lift your legs and feet straight up in a 90-degree angle then return to the ground. Repeat.

**Knee Up Crunches:** Lie on your back with your knees bent and your hands behind your ears. Raise your feet just a few inches off the floor and hold them there. Raise your torso up, then lower it back to the floor, keeping your feet suspended throughout the movement. Repeat.

**Lateral Crossover:** Run from side to side, having your outside leg cross over your inside leg ONCE before changing direction.

# glossary

**Mountain Climber:** Place your hands on the floor, slightly wider than shoulder width. On your forefeet, position one leg forward, bent under your body, and extend the other leg back. Alternate leg positions extending your forward leg back and pulling your rear leg forward, and vice versa.

**Pendulum Swing:** Stand with your feet shoulder width apart and, using your hands, hold yourself steady against a pole. Now begin to swing each foot, one at a time, diagonally across the other.

**Pretzel Stretch:** Lying on your back, bring your right foot to rest over your right knee. Using your hands, bring both legs towards your chest. Make sure that your right hand is behind your right knee, and your left hand under your left thigh.

**Push Up To Frogger:** Start in a push up position with your hands under your shoulders. Bend your elbows and lower your body down towards the floor. Push your arms back up and jump with your feet towards your hands, landing in a “frog” position. Jump back into a push up position and repeat.

**Reverse Crunches:** Lie on your back with your palms behind your head. Lift your feet off the ground. Lift your shoulders while bringing your knees up into your mid section and rolling your hips and thighs up toward your chest. Return back to the starting position. Repeat.

**Reverse Dips:** Sitting on a bench or chair, slide your bottom off the bench. With elbows shoulder width apart, use your arms to lift yourself up and down in a push-up motion (chest facing up).

**Run Circuit:** After 1.5 minutes of warm-up running, introduce periodically for 18 seconds each: Back-Peddling, Slide & Glide, High Knees, Karaoke and Ski Jumps.

**Run Circuit 2:** After 2 minutes of warm-up running, begin to back pedal by running backwards for 30 secs.

# glossary

**Running X's:** First, jog across the width of the gym/field, then sprint diagonally across the length at about 85% capacity. Repeat by jogging across the opposite diagonal width of the gym/field, creating an X pattern.

**Russian Twist:** Sit on the ground with your legs crouched towards your chest, feet off the ground, and your back raised so that only your bottom is seated on the floor. Now begin to move your arms from side to side.

**Side Elbow Plank with Leg Raises:** Lay on your side with your legs on top of each other. Position your elbow underneath your shoulder and raise your torso off the floor. Raise your upper leg, pause, and lower it. Repeat for the allotted time and then switch to the other side.

**Side Lunge:** Stand with your hands on your hips with your feet hip-width apart. Lunge out to your right with your right leg. Repeat on your left side with your left leg to complete one repetition.

**Side Plank:** Begin by lying on your side. Using your elbow to support your upper body, lift your hips off the ground and hold in that position for the allotted time. Now switch to your other side, and repeat.

**Single Leg Get Up:** Sit on a chair with your hands on your hips. Lift one foot a few inches off the floor, fully extending the leg. Stand up, keeping your one leg off the floor, then lower your body back down to a sitting position. Pause, and repeat. Then switch legs. **NOTE: If no chairs are available, do SIDE LUNGE instead.**

**Skater:** Move from side to side, allowing the back foot to cross over the main leg.

**Split Jumps:** As if you were walking, take a large step forward then bend your legs to bring your body to the floor. Using your arms, build momentum to switch your legs to then land in your initial position. Repeat.

**Squat Jumps:** Squat with your feet shoulder width apart, bending your knees slightly forward while maintaining a straight back. Now jump with your arms raised for momentum, and return to the squat position.



# glossary

**Squats:** Stand with your feet shoulder width apart. Keep your knees centered over your feet. Slowly bend your knees, lowering your body until you reach a 90-degree angle. Return to start position and repeat.

**Stair Running:** As you run up, focus on leaning slightly into the stairs, striking with the balls of your feet. Use your arms to increase momentum and help maintain form. Jog back down easily. Repeat. **NOTE: If no stairs are available, do RUN CIRCUIT instead, and add in BUTT KICKS and HIGH KNEE RUNS.**

**Stance Jacks:** Stand with your feet together. Raise your arms to chest level and bend them so your palms face down and your fingertips touch. Jump down into a wide squat and reach one hand towards the opposite foot, extending your other arm behind you. Jump back to the start position. Repeat with the opposite arm.

**Standard Crunch:** Lie on your back with your knees bent, feet on the floor, and arms at your sides. Curl your upper body forward and bring your shoulder blades just off the floor, lifting your arms out straight. Hold for a second, then slowly lower down to the starting position. Repeat.

**Standing Hamstring Stretch:** Standing with feet hip-width apart, step your right foot forward with only your heel to the floor and toes pointed up. Leaning forward, allow your opposite hand to touch your toes.

**Step Ups:** Using a stepper/bottom stair, put one foot up on the step and then quickly alternate to the other.

**Straight Arm Plank with Leg Raises:** Start in a push up position with arms straight and palms on the floor. With your glut (butt) muscles contracted, lift one leg off the ground, keeping it straight, and then return to the start position. Repeat several times with the same leg, and then switch to the other.

**Straight Arm Reverse Plank + Leg Raises:** Sit on the floor and lift your butt up, supporting your weight with only the palms of your hands and your heels touching the floor. Lift one leg off the ground and then bring it back down. Do repeatedly with the same leg, and then switch to the other leg.

# glossary

**Straight Arm Side Plank with Leg Raises:** Lay on your side and lift your torso up, supporting your weight with one hand and the side of one foot. Raise your top leg up and down, keeping your glut muscles contracted throughout. Repeat several times, and then switch sides.

**Support High Knee Runs:** Resting your hands on a pole, begin to run in a stationary position. Lift your knees as high as you can.

**Switch Kicks:** Stand with feet together. Raise one leg to waist level then jump while switching legs. Repeat.

**Toe Taps:** Lie on your back with your arms at your sides and your palms facing the floor. Bend your knees in a 90 degree angle so that your lower legs are parallel to the floor. Slowly lower one foot to the floor, tap your toe on the floor lightly, and pull your leg back up to the starting position. Repeat with the other leg. Continue alternating sides.

**Tuck Jumps:** Stand with knees slightly bent. Hold your arms straight out in front of you at chest height with your palms down and thumbs touching. Rapidly dip down into a quarter squat and immediately jump up. Drive your knees up to touch them to the palms of your hands and then return to starting position. Repeat.

**Two Feet Lateral Hops:** Stand with feet close together and squat. Push off both feet evenly then move from side to side as if you are jumping across an imaginary line.

**Under the Fence:** In a push-up position, allow your body to move forward, leaning your head and chest towards the floor then upward in a swooping motion. Return to starting position and repeat.

**Walk Out Push-Up to Mountain Climber:** Stand with your feet hip-width apart. Place your hands on the floor then walk them out until you have reached push-up position. Bring one knee to your elbow, then repeat using the other side.



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