

Improve your Running and Stamina at Home

Warm Up

Open the Gate

2 sets

5 reps on each side



Open the Gate

2 sets

5 reps on each side



High Knee Marching

1 set
50 reps



Standing Calf Raises

2 sets
12 reps



Side to Side Crab Walk

2 sets

5 reps each side



Inchworm

2 sets

5 reps



Side Step Touch Drill

2 sets

20 reps each side



Downward Dog into Hip Stretch

3 sets

2 reps each side



Training Plan

Countermovement Reach

Perform this exercise as a circuit with the other exercises of level 1

5 rounds

Timing: 40 seconds



Countermovement Reach Timer



A-Skip Low Impact

Perform this exercise as a circuit with the other exercises of level 1
5 Rounds

Timing: 40 seconds (20 seconds each side)



A-Skip Low Impact Timer



Drop Squats Swings

Perform this exercise as a circuit with the other exercises of level 1

5 rounds

Timing: 40 seconds



Drop Squats Swings Timer



Pogo Jumps

Perform this exercise as a circuit with the other exercises of level 2

5 rounds

Timing: 40 seconds



Pogo Jumps Timer



Side to Side Shuffle

Perform this exercise as a circuit with the other exercises of level 2

5 rounds

Timing: 40 seconds



Side to Side Shuffle Timer



Bounce Single Double

Perform this exercise as a circuit with the other exercises of level 3

5 rounds

Timing: 40 seconds



Bounce Single Double Timer



Stretches

Achilles Stretches

2 sets

10-20 secs each side



Wide Squats

2 sets

10-20 secs each side



To access the 5 levels visit my online course:

<https://payhip.com/b/L5OUV>

- Beginner friendly
- Progression over 5 levels where you can go to your own pace
- Detailed explanation of the technique and demonstration
- Timing, repetitions, sets and rest periods are included
- Warm up and cool down with repetitions and sets
- Online support
- Lifetime access