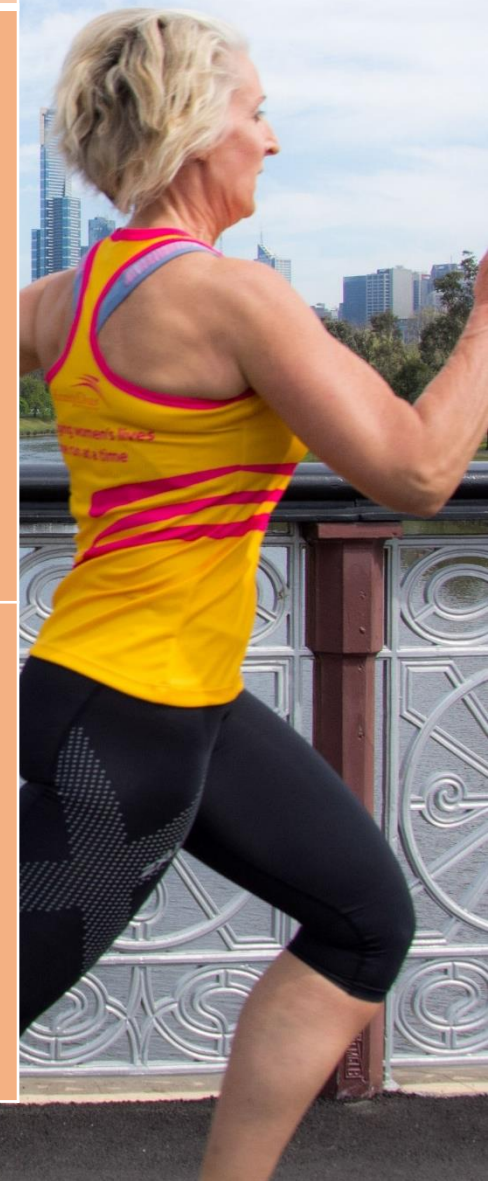


Running Divas Mid Distance 13 to 21kms Trail Program Beginner



| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---|--|--|--|--|---|
| 1 | Rest | <p>Strength</p> <ul style="list-style-type: none"> - X 20 squats - X 10 push ups - X 10 mountain climbers - X 20 glute bridges - X 10 clams - X 20 walking lunges <p>Rest 2 mins between sets Repeat 3 times</p> | <p>Warm up drills Option 1</p> <p>1km easy run X 4 sprints up hill of approx. 200m Rest in between each sprint until HR drops</p> <p>Option 2</p> <p>X 4 Walk up hill of approx. 200m & then sprint down again Rest in between each sprint until HR drops Stretch & foam roll</p> | <p>Strength</p> <ul style="list-style-type: none"> - X 10 v sits - X 10 sit ups - X 10 in & outs - X 10 Russian twists - X 30sec plank <p>Rest 1 min between sets Repeat 3 times</p> | <p>Warm up drills 30mins easy run on trails Stretch & foam roll</p> | <p>Xtraining30/45m in Choose - Spin, cycle, swim, yoga, pilates, HIIT, circuit, dance, Zumba, barre</p> | <p>Warm up drills Run 8kms easy run on trails Easy pace</p> <p>Stretch, foam roll, compression tights & soda crystal bath</p> |
| 2 | Rest | <p>Strength</p> <ul style="list-style-type: none"> - X 20 squats - X 10 push ups - X 10 Mountain climbers - X 20 glute bridges - X 20 clams - X 20 walking lunges <p>Rest 2 mins between sets Repeat 3 times</p> | <p>Warm Up Drills</p> <p>Run 200m at race pace or sprint & 200m steady for 3kms</p> <p>Stretch & foam roll</p> | <p>Strength</p> <ul style="list-style-type: none"> - X 10 v sits - X 10 sit ups - X 10 in & outs - X 10 Russian twists - X 30sec plank <p>Rest 1 min between sets Repeat 3 times</p> | <p>Warm up drills 40mins easy run on trails Stretch & foam roll</p> | <p>Xtraining30/45m in Choose - Spin, cycle, swim, yoga, pilates, HIIT, circuit, dance, Zumba, barre</p> | <p>Warm up drills Run 10kms easy run on trails Last 2kms faster pace</p> <p>Stretch, foam roll, compression tights & soda crystal bath</p> |