

LEG + CORE TEAM WORK // 35 to 40 minutes

WORKOUT SETS - CLICK MOVEMENT TITLE FOR EXAMPLE VIDEO LINK

<u>WARM UP</u>	<u>REPS</u>
Easy Warm Up Jog or Jump Rope or Jumping Jacks, etc	5 min
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH, CARS	1 per side

<u>MAIN SET</u>	<u>REPS</u>
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GRAB A PARTNER // if no partner, do movements in order

Partner 1 --> [Walking lunges](#) 15 yards out and back

Partner 2 --> While waiting on partner 1, [plank as long as possible](#). Breaks if needed, but keep after it
30 second break, switch partner position and repeat



Partner 1 --> [Lateral Squat Walk](#) 15 yards out and back

Partner 2 --> While waiting on partner 1, [leg flutters as long as possible](#). Breaks if needed, but keep going.
30 second break, switch partner position and repeat



Partner 1 --> [Frog Jumps](#) 15 yards out and back

Partner 2 --> While waiting on partner 1, [V-ups as long as possible](#). Breaks if needed, but keep going.
30 second break, switch partner position and repeat



<https://youtu.be/k25vwsuOHpg> <-- Video Description of Workout

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<u>COOL DOWN</u>

Easy Cool Down Jog / walk / jump rope / jumping jacks

2 min

Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg

1 per side

[Visit www.SetThePaceTriathlon.com](http://www.SetThePaceTriathlon.com) for more triathlon goodness!