

RUN // CORE QUICKIE

WORKOUT SETS

<u>WARM UP</u>	<u>REPS</u>	<u>EFFORT</u>	<u>Time (Min)</u>
Easy Warm Up Jog	1	Z1 - Z2	5
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH, CARS	1	per side	3
<u>MAIN SET</u>	<u>REPS</u>	<u>EFFORT</u>	<u>TIME per rep (sec)</u>
<u>X Body Mountain Climber</u>	1		30
Start in a high plank position with arms straight, wrists over shoulders, body forming a straight line from your head to ankles. Engage your core and draw left knee as far as you can toward right elbow. Bring left foot back to starting position. Then draw right knee as far as you can toward left elbow. Continue alternating between legs as fast as possible.			
Rest	1		15
<u>Squat Thrust</u>	1		30
Stand with feet shoulder-width apart and arms at your side. Send hips back as you lower your body into a deep squat with hands on the floor. Kick your legs backward so that you land in a high plank position. Quickly bring your legs back to squat position and stand back up to starting position. Repeat.			
Rest	1		15
<u>Plank March</u>	1		30
Start in high plank position, with arms straight, wrists over shoulders, body forming a straight line from your head to your ankles. Bend right elbow to lower right forearm to the floor. Lower left forearm to the floor. Extend the right arm, then the left arm back to starting position. Continue to repeat, alternating which arm you start with each time.			
Rest	1		15
<u>Windshield Wiper</u>	1		30
Lie faceup on the mat with arms straight out from your sides so body forms a "T" and legs straight up toward ceiling. Keep your abs braced and lower your legs to the right as far as you can without lifting your shoulders off the floor. Swing legs to the left and lower as far as possible without lifting shoulders. Continue alternating from side to side.			
Rest	1		15
<u>Crab Kick</u>	1		30
Sit on the floor with your feet on the ground, hands under your shoulders, and press through hands to lift hips a few inches off the floor. Raise your right hand and left foot, bringing them to touch as fast as you can. Return to starting position. Repeat on the other side. Continue alternating between legs.			
Rest	1		15

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<u>COOL DOWN</u>	<u>REPS</u>	<u>EFFORT</u>	<u>Time (Min)</u>
Easy Cool Down Jog	1	Z1 - Z2	5
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg	1	Each Side	3

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