

1 week workout plan

- Muscular balance
- Core strength
- Increase performance
- Accelerate recovery

THE RUNNING PLAN

Week 1

- Day 1 - S&C for Runners
- Day 2 - Pilates and Abs for Runners
- Day 3 - Running Balance
- Day 4 - Runners Legs and Ab Intervals
- Day 5 - Posture Workout