



1 mile run for time

Anytime Workouts



Jennifer Blair

Try This Workout

Run 1 mile

Keep track of your time

Each week should get less and less

Aim for 10minutes

Equipment: Bodyweight

Run

Cardio



- Run in an upright position, swinging your arms by your sides.
- Concentrate on both your stride length and your stride frequency.
- Your hand should swing up to about shoulder height in front and back down to your hip.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				