

BASIC MOVEMENT WARM UP

DISTANCE	LOW PACE EXERCISE
45'	WALKING LUNGE
45'	TWISTING LUNGE
45'	SIDE LUNGE WITH SQUAT
45'	KNEE TO CHEST WALK
45'	WALKING HAND KICK

DISTANCE	MOVEMENT EXERCISE
60'	HIGH KNEES
60'	CARIOCA
60'	SIDE SHUFFLE
60'	SIDE SHUFFLE WITH ARM SWING

DISTANCE	RUNNING EXERCISE
90'	2 @ JOG 50%
90'	2 @ JOG 75%
90'	2 @ 100%