

mix and match

CROSS TRAINING FOR RUNNERS

MONDAY | RUN | ARMS

Run for 15-20
minutes.

TUESDAY | RUN | ABS

WEDNESDAY | RUN | LEGS

Choose 4
exercises from their
category, repeat 2x.

THURSDAY | RUN |

FRIDAY | RUN | WHOLE BODY

SATURDAY | REST

Whole body:
choose 2 exercises
from each category
and repeat 2x.

SUNDAY | REST

ARMS:

- 15 PUSH UPS
- 15 TRIANGLE PUSH UPS
- 15 DIPS
- 15 BICEP CURLS
- 15 FLYS
- 15 UPRIGHT ROWS

ABS:

- 30 BICYCLES
- 30 PLANK JACKS
- 30 MOUNTAIN CLIMBERS
- 1:00 PLANK
- 50 RUSSIAN TWISTS
- 30 LEG LIFTS

LEGS:

- 30 SQUATS
- 30 WALKING LUNGES
- 15 SQUAT JUMPS
- 20 STEP UPS
- 20 SIDE TO SIDE LUNGES
- 30 SUMO SQUATS