

WINTER FITNESS

SAMPLE WORKOUT

WARM-UP:

- ❖ 2 Laps
- ❖ Stretch

CONDITIONING:

- ❖ 4 Laps = 1 mile (Steady Pace)

STRENGTH:

- ❖ 2 Minute Intervals (2x)
- ❖ 5 – Stations
 - Planks (1min) / Left Side (30Sec) / Right Side (30 Sec)
 - Lunges (10 Meter Distance or Stationary (Drive off the front foot and push back up))
 - Pushups (1min) / Dips (1min)
 - Squats (Continuous or Wall Sits)
 - Sit-ups / 6" Leg Raises

COOL DOWN:

2 Laps
Static Stretch