

JENN MARASCO

— *wellness* —

Interval Run Workout

Directions: Run/jog outside or on treadmill for 10 mins at beginning and end of this workout

Equipment: Weights (Or heavy canned good) & mat (optional)

Target Muscles: Quads, glutes, abs

Set 1: interval run 10 mins

2 mins run jogging pace

6 mins run faster pace (still jog-think 60% of your fastest)

1 min run close to fastest speed (90-100%)

1 min slow jog

Set 2: HIIT intervals 10 mins (repeat 5 min HIIT 2x)

1 min jumping jacks

1 min plank

1 min scissors jumps

1 min crunches

1 min side lunge hop

Set 3: interval run 10 mins

2 mins run jogging pace

6 mins run faster pace (still jog-think 60% of your fastest)

1 min run close to fastest speed (90-100%)

1 min slow jog