

# STRENGTH + RUNNING PLAN

## INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on [nourishmove.com](http://nourishmove.com). And be sure to tag @nourishmove on social!

## Week 1

01	02	03	04	05	06	07
<b>35-Min Strength + Conditioning Workout</b>	<b>10-Min Shoulder, Bi + Tri</b>	<b>10-Min Glute Activation and 5-Min Abs</b>	<b>10-Min Dynamic Mobility</b>	<b>10-Min Recovery Yoga and 5-Min Abs</b>	Long Run (2-5+ miles)	<b>Rest Day Stretch and Foam Rolling</b>
	Short Run (1-3 miles)	Sprints (400 meters x6-10 sets)	Medium Run (1-5 miles)			

## Week 2

08	09	10	11	12	13	14
<b>30-Min Legs + Abs Workout</b>	<b>15-Min Full Body Strength</b>	<b>10-Min Arms and 5-Min Abs</b>	<b>10-Min Glute Activation</b>	<b>10-Min Recovery Yoga and 5-Min Abs</b>	Long Run (2-5+ miles)	<b>Rest Day Stretch and Foam Rolling</b>
	Short Run (1-3 miles)	Sprints (400 meters x6-10 sets)	Medium Run (1-5 miles)			

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