

RUNNING + STRENGTH PLAN

INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on nourishmovelove.com. And be sure to tag @nourishmovelove on social!

WEEK 1

01

10-Minute Weighted Abs

Medium
Intensity Run
(2-4 miles)

02

25-Minute Compound Legs

03

15-Minute Tabata Arms

Low
Intensity Run
(1-3 miles)

04

15-Minute Full Body Mobility

05

10-Minute Glute Activation

High
Intensity Run
(1-5 miles)

06

30-Minute Full Body Strength

WEEK 2

08

10-Minute Standing Abs

Medium
Intensity Run
(2-4 miles)

09

30-Minute Dumbbell Legs

10

10-Minute Upper Body

Low
Intensity Run
(1-3 miles)

11

7-Minute Hip Mobility

12

10-Minute Glute Activation

High
Intensity Run
(1-5 miles)

13

30-Minute Compound Strength