

20 Minute Runners and Track & Field Workout

Description: This cardiovascular endurance workout is great for improving endurance while strengthening the lower body & core muscles responsible for optimizing running form & technique. This workout is great for sports such as cross-country, track sports, and MORE!

Club Area: 360 Functional Training

Equipment Needed: None

Judgement Free Tip: Juice up your workout with a funky fresh playlist! Music is not only a great way to infuse your workout with energy, but it can also help to manage your heart rate or beats per minute (bpm's)!



Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!

Warm-up/30 sec each

1. Knee Huggers
2. Leg swings
3. Hip Openers
4. Run in Place

Main Workout (60:30 x 2)

Do each exercise for 60 seconds and rest for 30 seconds. Go straight to the next exercise in the circuit repeating the same work to rest (60:30) ratio until you've completed all 10 exercises. Then, repeat the entire circuit again (2x).

- Squat
 - + **Modification** - Reduce your range of motion
- Squat Jumps
 - + **Modification** - Instead of jumping, go into a calve raise
- Alternating Forward Lunge
 - + **Modification** - Perform an alternating pulse instead of adding the hop
- Alternating Lateral Lunge
 - + **Modification** - Take a giant step out to the side instead of sinking down into the full lunge
- Speed Skaters
 - + **Modification** - Do lateral step outs instead of bounding to the side
- Mountain Climbers
 - + **Modification** - Slow your pace and squeeze your core throughout
- Plank Jacks
 - + **Modification** - Tap one foot out to the side at a time
- Bicycle Crunches
 - + **Modification** - Keep one leg bent and your foot flat on the floor
- Reach Through
 - + **Modification** - Reach towards your knee instead of coming all the way up
 - Repeat 1x

Cool-down/30 sec each

1. Hip Flexor Stretch
2. Pigeon Stretch
3. Seated Hamstring Stretch
4. Cobra Stretch

