

INTERMITTENT/CONTINUOUS RUN WITH BANDS

Equipment: Resistance tubing for each participant

Location: Outdoors (may choose running trail or indoor track at WFFC)

What is continuous running with resistance bands: a basic slow paced jog mixed in with strength training. For example, subjects would jog for 10 minutes holding their resistance tubes in hands and then stop to perform one set of 12 to 16 arm curls etc, and then begin jogging for another 10-minutes. This program should take 45 minutes to do.

How to do it:

- Perform a low level jog for 5 minutes to warm-up
- Static stretch upper and lower body muscles
- Choose a running course where subjects may stop to perform the strength exercises when needed
- Jog for 10-minutes and then stop and have group perform 12 to 16 reps of any of the listed exercises below:

Exercises:

- Standing chest press
- Standing shoulder press
- Standing lat rows
- Standing arm curls
- Standing triceps extensions
- Standing lateral shoulder raises
- Pushups
- Crunches