

HONEY WE'RE HEALTHY

30-DAY FITNESS CHALLENGE

#HWHMove20

RUNNING/WALKING WORKOUT

OPTION #1: HILL WORKOUT

**(as you know) hill workouts are great because they will strengthen your legs (especially booty!) and build speed!*

OUTDOOR HILL WORKOUT (all levels):

**Never run down the hill. Always walk or slow jog at an angle to protect knees.*

Find a medium grade hill that takes about 20-30 seconds to run/walk to the top. Each interval is that pace for you...so if you are a beginning runner your "sprint" pace is going to be slower than someone advanced - but should be "all out" no matter what level you are.

Just try to keep 4 distinct paces: slow, medium, fast, sprint (all out!).

Remember - you will not be sprinting for an entire 2 minutes because you will be going slower down hill!

0-2 min: Flat walk/jog
2-5 min: Slow hill intervals
5-10 min: Medium hill intervals
10-12 min: Slow hill intervals
12-15 min: Medium hill intervals
15-17 min: Hill sprints
17-20 min: Fast sprints

OPTION #2: SPEED INTERVALS (flat) Treadmill or Outside

Use RPE Scale ("rate of perceived exertion") where warmup pace is about a 3 and all out sprint (you can't sustain for more than 20 seconds) is a level 10.

Again, this is your pace...so an RPE of level 8 (hard) may equate to 9mph on the treadmill for an accomplished runner and maybe 5mph for a beginning runner.

If you are looking to convert mph to miles per minute (for outside running) you can view on my blog [here](#).

0-5min: RPE 3-4: warmup walk/jog
5-7min: RPE 5-6
7-10min: RPE 6-7
10-11min: RPE 5
11-15min alternate RPE 8 with RPE 6
15-16 min RPE 5
16-20 min alternate RPE 10 with RPE 2

OPTION #3: ENDURANCE RUN

Warmup jog/walk for 5 minutes. Then, try to run or walk steady for 15-20 minutes and finish with a cooldown walk/run for 3-5minutes.