

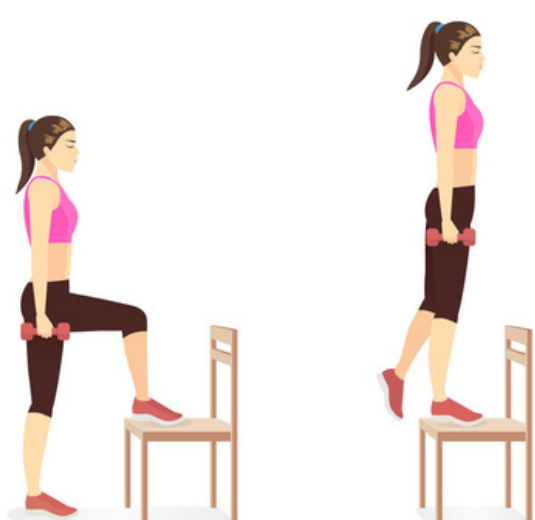
WORKOUT PER RUNNER



1 - CORSA CALCIATA
1 min x 2



2- POLPACCI
20 x 3



3 - STEP UP
10 per gamba x 3



4 - AFFONDI
10 per gamba x 3



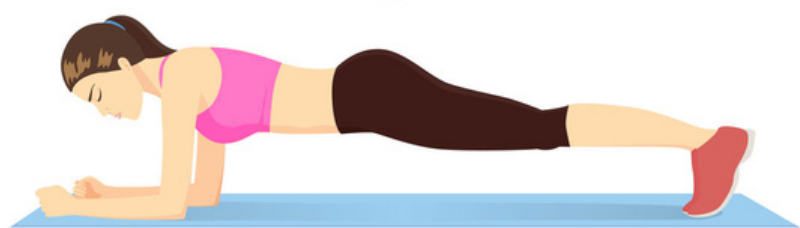
5 - SQUAT
15 x 3



6 - SIDE PLANK
20 sec x 3



7 - PONTE
20 x 3



8 - PLANK
40 sec x 3

RECUPERA!

Tra le serie 40 sec
Tra gli esercizi 2 min

STRETCHING



FEMORALI

QUADRICIPITI
30 sec per lato

