

# RunningDivaMom

www.RunningDivaMom.com

## Treadmill & Strength Workout #1

**Need: 3-5# bells**

Walk	5 min	3.0 mph or 4.0 mph
Run – easy	3 mins	conversation pace: ____ MPH
Run – hard	2 mins	race pace: ____ MPH
Run – easy	3 mins	conversation pace: ____ MPH
Run – hard	2 mins	race pace: ____ MPH
Run – easy	5 mins	conversation pace: ____ MPH
Walk	1 min	3.0 mph or 4.0 mph
Walk	1 min	<a href="#">Double bicep curls</a>
Walk	1 min	Single/single/double overhead press
Walk	1 min	<a href="#">Double bicep curls</a>
Walk	1 min	<a href="#">Overhead tricep extension</a> - R
Walk	1 min	<a href="#">Overhead tricep extension</a> - L
Walk	1 min	<a href="#">Double bicep curls</a>
Walk	1 min	Alternating lateral (side) extensions
Walk	1 min	<a href="#">Tricep pulses</a>
Walk	1 min	3.0 mph or 4.0 mph
Run – easy	3 mins	conversation pace: ____ MPH
Run – hard	2 mins	race pace: ____ MPH
Walk	5 min	3.0 mph or 4.0 mph
	<b>40 minutes</b>	

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"... Don't fear moving forward ... Fear standing still ..."