

RunningDivaMom

www.RunningDivaMom.com

Treadmill & Strength Workout #2

Need: 3# 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	Arnold press
Walk	1 min	Upward row into a forward raise
Walk	1 min	Single/single/double bicep curls
Walk	1 min	Alternating arm curls
Walk	1 min	Overhead push & press
Walk	1 min	Painting arm raises – R
Walk	1 min	Painting arm raises - L
Walk	1 min	Shoulder blade touches (no bells)
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
	40 minutes	

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