A Mile a Day

The Idea is to run 30 miles in 30 day. This will help you create a habit and also get your workout for the week. There are many different ways to get your daily run for the week. You can run every day 1 mile or you can take a rest day in the middle of the week and make up for it on the weekend. Weight room or other form of exercise.

Warm-up

1. Swings- Ankle stretch
2. Low Walks- Across Lanes
3. Mobility 2 Each Side
4. Knees to chest- Roll Back- Straddles
5. Hip Circles- Bridges Both
6. Hamstring Roll- Eagles

Drills
1. High knees 30, 20, 10 X2
2. Straight Legs 20 X4
3. Skip Bounds 30 X3
4. Accelerations 30 X4
5. Karaoke

Cool-Down

1. Swings- Ankle stretch
2. Low Walks- Across Lanes
3. Mobility 2 Each Side
4. Knees to chest- Roll Back- Straddles
5. Hip Circles- Bridges Both
6. Hamstring Roll- Eagles

Drills
1. High knees 30, 20, 10 X2
2. Straight Legs 20 X4
3. Skip Bounds 30 X3
4. Accelerations 30 X4
5. Karaoke

Abs Workout   Monday, Wednesday, Friday

Weight Room Workout   Tuesday, Thursday

Week 1-30| **Date**

30 Miles in 30 days

Warm-up

Complete The warm up for every day. In addition, in corporate some kind of cardio workout like weight room or yoga.

Training Day

Monday	1 Mile
Tuesday	1 Mile
Wednesday	Rest Day
Thursday	1 Mile
Friday	1 Mile
Saturday	1.5 Miles
Sunday	1.5 Miles