



## Let Me Run At-Home Workouts

**Let Me Run Boys are resilient!** We hope you use this challenging time to stay active and positive. Below are some exercise suggestions to do at home. Encourage a family member to join you. Find an accountability partner to encourage you to complete your workouts.

### Running

**Run or run/walk 8 non-consecutive days over the next 4 weeks.**

Gratitude challenge - before each run. To do this, pick one thing that you are grateful for and dedicate your run to it. At the end of the run share your gratitude choice with your running buddy, if you have one. Here is a sample schedule:

#### Week One

- Tuesday- 1-mile or 15-25 minutes of run/walking
- Thursday-1.25 miles or 15-25 minutes of run/walking

#### Week Two

- Tuesday-1.25 miles or 15-25 minutes of run/walking
- Thursday-1.50 miles or 15-25 minutes of run/walking

#### Week Three

- Tuesday-1.50 miles or 15-25 minutes of run/walking
- Thursday-1.75 miles or 15-25 minutes of run/walking

#### Week Four

- Tuesday-1.75 miles or 15-25 minutes of run/walking
- Thursday- 2 miles or 15-25 minutes of run/walking

### Cross-Training

Cross-training is a great way to stay active in between running days. Select some of these workouts to make sure you're active each day!

#### **ONE MINUTE STATIONARY EXERCISES**

Pick 6 – 10 exercises listed below from the video. Perform each exercise for one minute with a 30-second rest break in between exercises.

Examples:

- High Knees

- Jump Squats
- Push Ups
- Crunches
- Plank/Forearm Plank
- lunges
- DB drill
- Burpees
- Gliders-Running Plank
- Gliders-Spiderman
- Gliders-Mountain Climber

### **DECK OF CARDS WORKOUT**

Use a Deck of Cards and assign each suit within the deck an exercise. For instance: Hearts = push ups, Diamonds = sit ups, Spades = jump squats, and Clubs = shuttle run. The corresponding number on the card represents the number of repetitions (2 – 11, with face cards being 10, and A's being 11). Once you've assigned the suits, set a goal for the number of cards you wish to go through.

Next, start by flipping the first card and performing the number of repetitions of the exercise dictated by the card. Ex. 9 of Hearts = 9 push ups, 3 of Spades = 3 jump squats, etc. Repeat the process through the number of cards you set as a goal. There will be a lot of cheers, groans, joy, and accomplishment within the 52 cards.

### **ACCOUNTABILITY RELAY**

Find a partner and each of you choose to be a 1 or a 2. Pick both a starting line and a turnaround point.

*Option 1* — Have the 2's hold plank while the 1's run down and back. When the 1's finish, they are to hold plank and the 2's go. Continue this until each partner has gone 4 times.

*Option 2* — 1's run down and do 20 push ups, squat jumps, etc. When 1's return, 2's go. When 2's return, 1's run down and do 15 push ups. Continue decreasing by 5 until you get to zero.

*Option 3* — Pick a time limit (for example, 8 minutes), and 1's run down and back (about 50 yards) then 2's go until the time limit is up.

*Option 4*- Find a hill near your house and take turns running up and down the hill. Choose a goal before you start. For example: 10 times each.

### **YOUR CHOICE**

Pick an outdoor activity such as bike riding, skateboarding, or hiking a new trail for at least 45 minutes.