



## CORE A

5 Pushups  
15 Russian Twists  
20 V-Ups  
30 Second Plank  
Easy Run (optional)

## CORE B

10 Pushups  
10 Squats  
30 Second Wall Sit  
30 Sec Plank with Leg Raises  
Easy Run (optional)

## TEMPO

Warm up with an easy 5-10 minute jog.  
Run the specified distance at your half marathon pace. This should be a comfortably hard pace. You can talk in short sentences.

## HILLS A

Find a 200 meter hill (Treadmill ok).  
After a short warm up, run hard up the hill then jog back down.

### REPEAT FOR

Beginner: 10 Minutes  
Intermediate: 15 Minutes  
Advanced: 20 Minutes

Finish with an easy jog to cool down.

## LONG RUN

This is your longest run of the week. Each week you should add 10% to the distance to make it a little longer. Run at a comfortable pace where you can hold a conversation.

## FARTLEK

Warm up with an easy 5-10 minute jog. Mix in short periods of faster running. If doing this workout outside, you may want to run fast between mailboxes or street signs. If on a treadmill, you can try running fast during commercials (for example).

## IN THE BOX

### **WOOL BEANIE \$25**

100% Wool. Soft and lightweight, perfect for a cold winter run.

### **FRB Tech Shirt \$20**

Fun and Practical, soft and wicking.

### **ROP Flexible LED Light \$12**

Flexible strap, white and red lights, 6 hour run time.

### **Natural Delights Mixed Berries energy Date Bar \$1.49**

### **EBOOST Super Powder \$1.66**

## HILLS B

Find a long gentle hill (treadmill ok), about 400 m. After a short warm up, run moderately hard up the hill then jog back down.

### REPEAT FOR

Beginner: 15 Minutes  
Intermediate: 20 Minutes  
Advanced: 25 Minutes

Finish with an easy jog

## SHARE & WIN

We are giving away 4 \$25 FRB Gift Certificates this month! To play, post at least 5 workout photos during the month with the hashtags #FunRunBox and #FRBResolutions. See more at [FunRunBox.com/resolutions](http://FunRunBox.com/resolutions)