



## Backwards:

- 800m Run(backwards)
- 100 Walking Lunges(ttl)
- 400m Run(backwards)
- 50 Walking Lunges(ttl)
- 200m Run(backwards)
- 25 Walking Lunges(ttl)
- 800m Run

## Further Explanation:

- Find somewhere you are comfortable running backwards!
- Backwards running is loaded with benefits, try to enjoy the change up!
- Walking lunges will target the opposite muscles of the backwards running!

