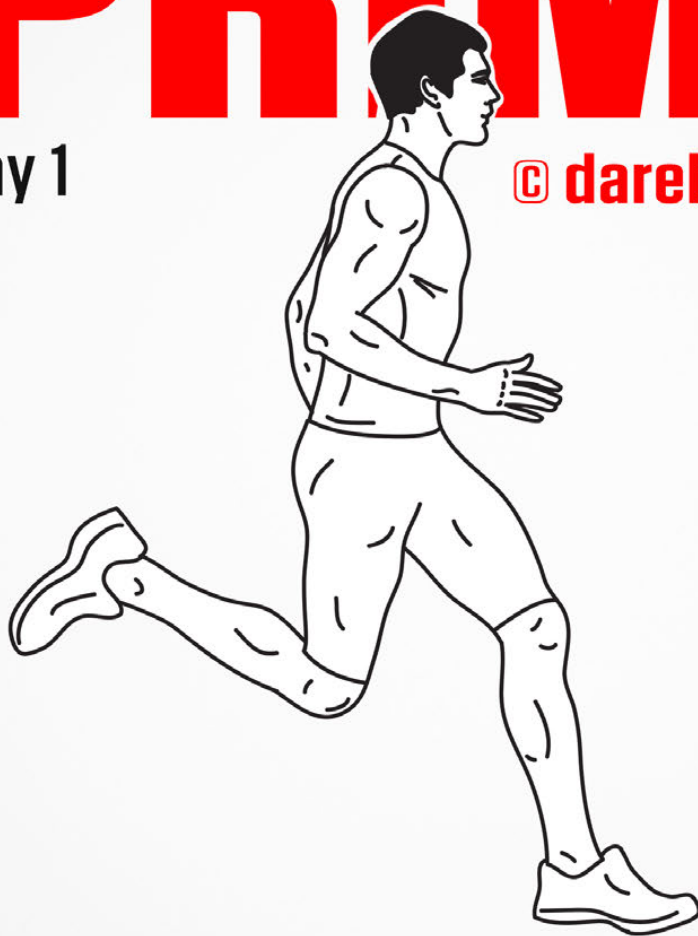


RUNNER
PRIME

RUNNER PRIME

Day 1

darebee.com



30 minute run

Set a timer for 30 minutes
and run or jog until the time is up.

Note the distance covered in 30 minutes.

RUNNER PRIME

© darebee.com

Day 2 **circuit**

Level I 3 sets

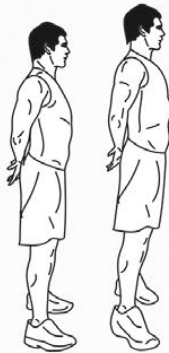
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



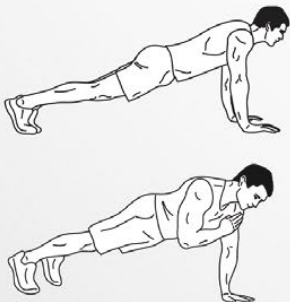
10 squats



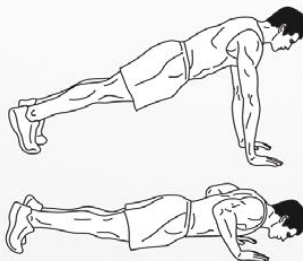
10 calf raises



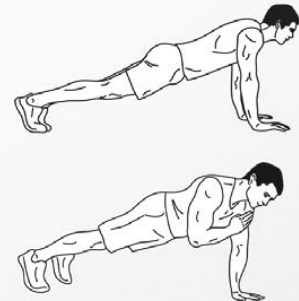
10 squats



10 shoulder taps



5 push-ups

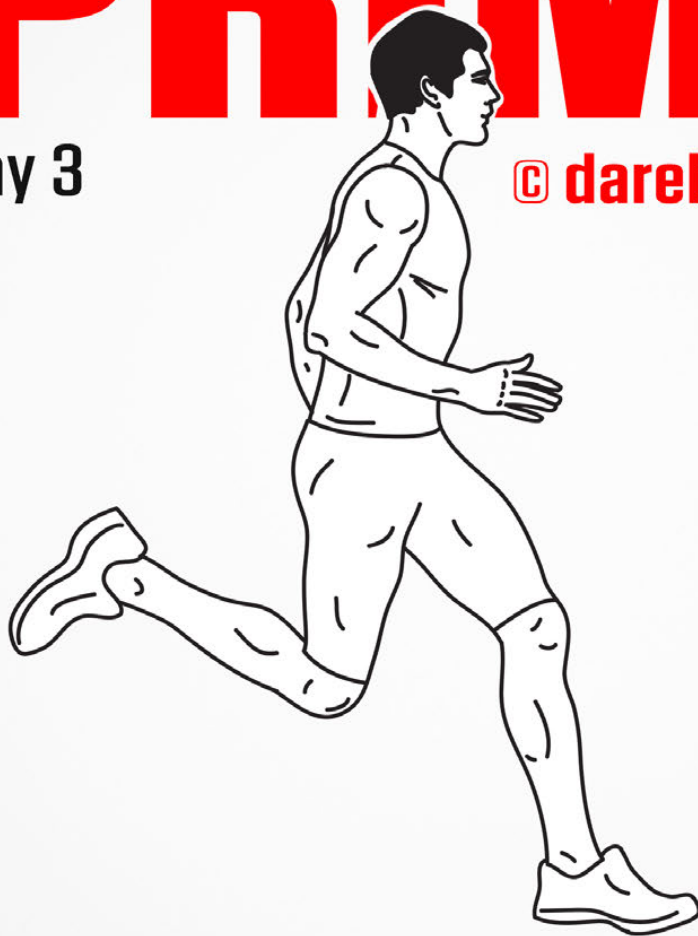


10 shoulder taps

RUNNER PRIME

Day 3

darebee.com



30 minute run

Set a timer for 30 minutes and run or jog until the time is up.

Beat your previous distance.



RUNNER PRIME

© darebee.com

Day 4 **abs & core**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets



10 crunches



20 heel taps



10 crunches



20 side leg raises



10 crunches

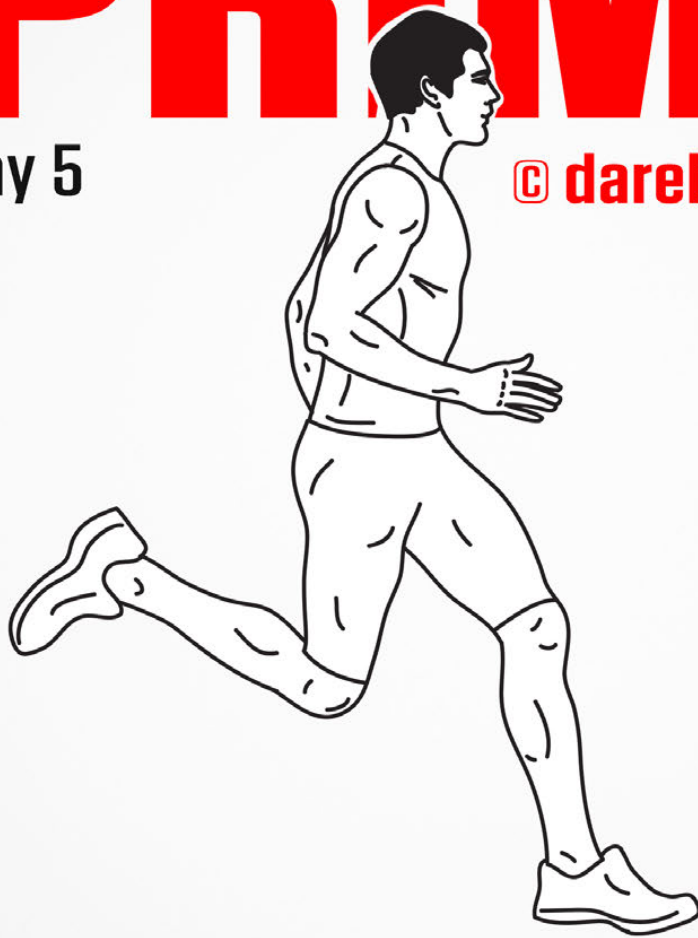


20 side leg raises

RUNNER PRIME

Day 5

darebee.com



30 minute run

Set a timer for 30 minutes
and run or jog until the time is up.

Note the distance covered in 30 minutes.

RUNNER PRIME

© darebee.com

Day 6 **circuit**

Level I 3 sets

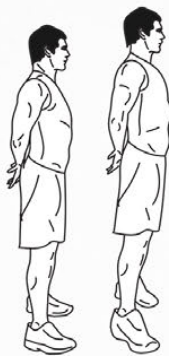
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



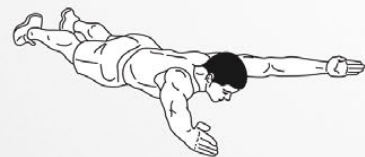
5 lunges (left side)



10 calf raises



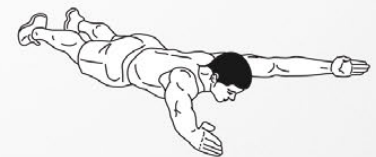
5 lunges (right side)



5 W-extensions



10 reverse angels

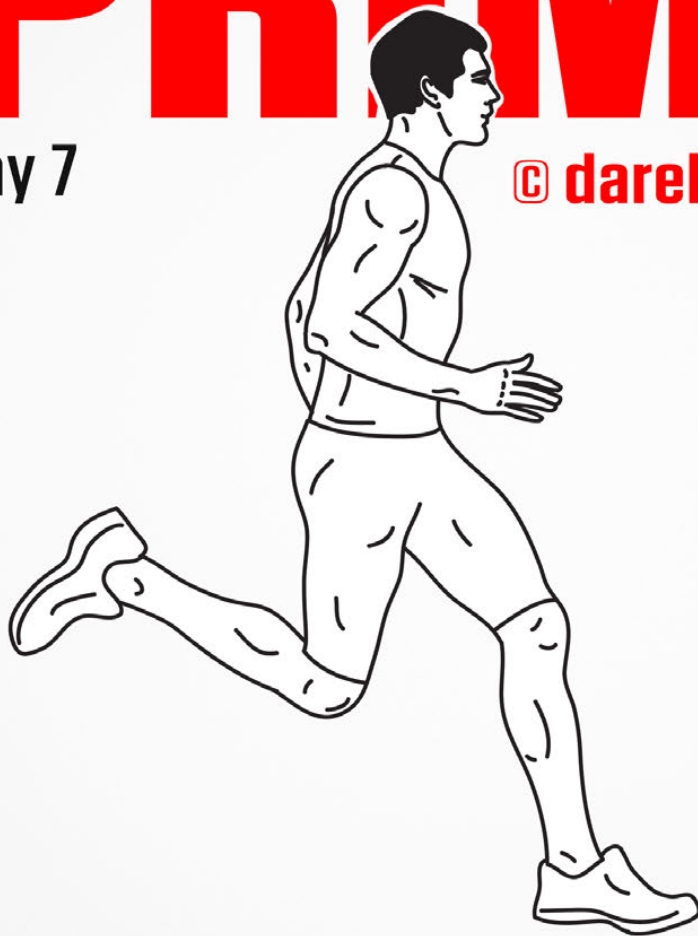


5 W-extensions

RUNNER PRIME

Day 7

darebee.com



30 minute run

Set a timer for 30 minutes and run or jog until the time is up.

Beat your previous distance.



RUNNER PRIME

© darebee.com

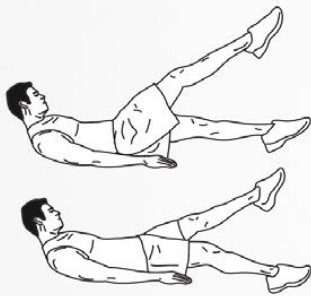
Day 8 **abs & core**

Level I 3 sets

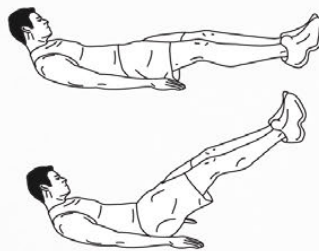
Level II 4 sets

Level III 5 sets

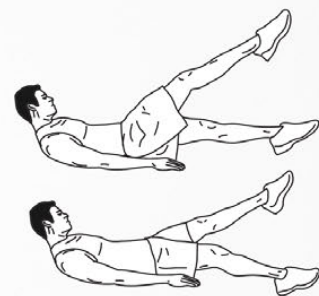
2 minutes rest
between sets



10 flutter kicks



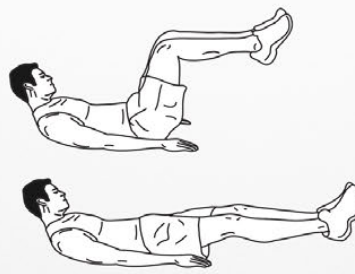
5 leg raises



10 flutter kicks



10 sitting twists



5 crunch kicks

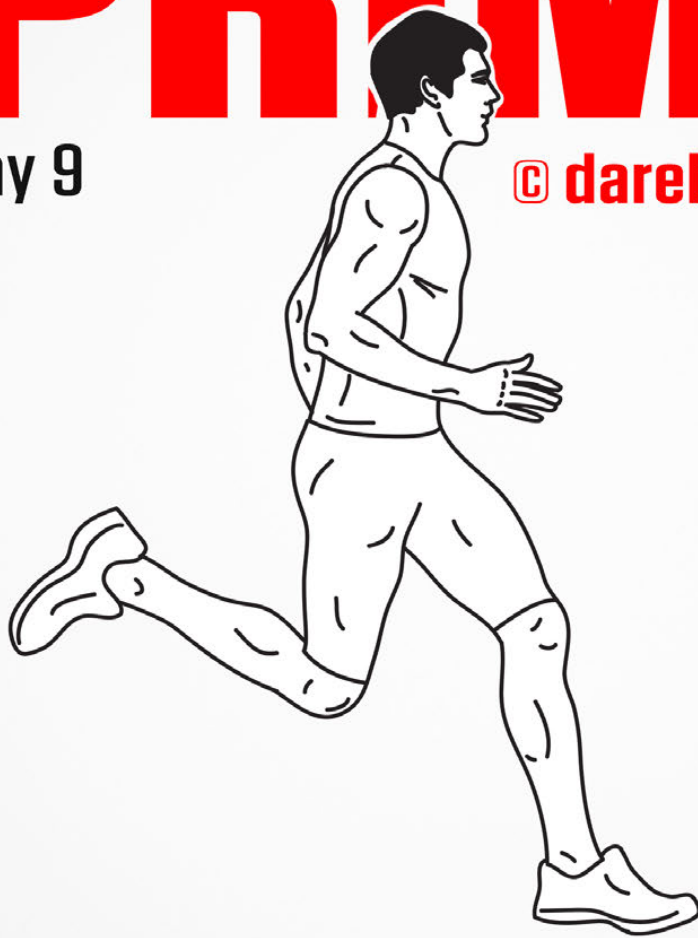


10 sitting twists

RUNNER PRIME

Day 9

darebee.com



30 minute run

Set a timer for 30 minutes
and run or jog until the time is up.

Note the distance covered in 30 minutes.

RUNNER PRIME

© darebee.com

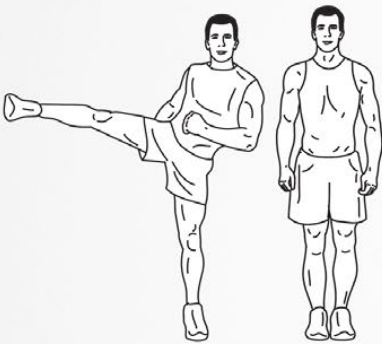
Day 10 **circuit**

Level I 3 sets

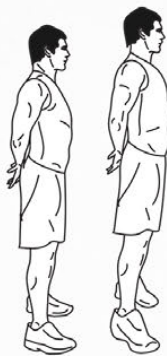
Level II 5 sets

Level III 7 sets

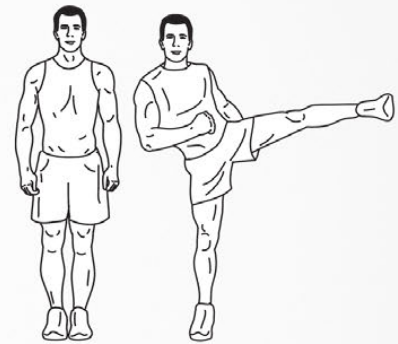
2 minutes rest
between sets



10 side leg raises
right side



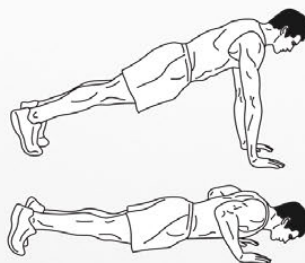
10 calf raises



10 side leg raises
left side



10 plank rotations



5 push-ups

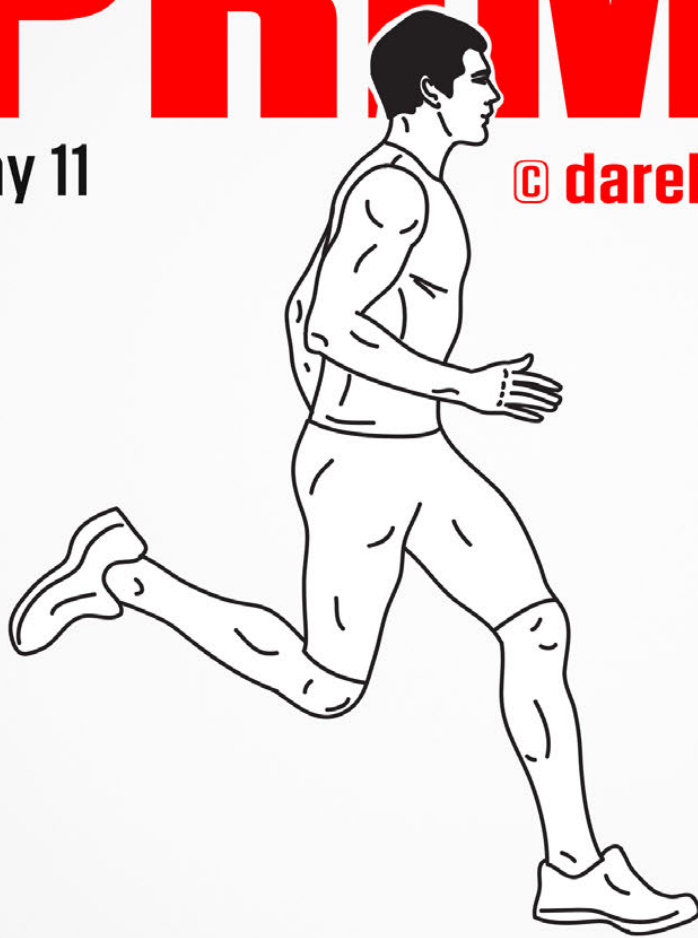


10 plank rotations

RUNNER PRIME

Day 11

darebee.com



30 minute run

Set a timer for 30 minutes and run or jog until the time is up.

Beat your previous distance.



RUNNER PRIME

© darebee.com

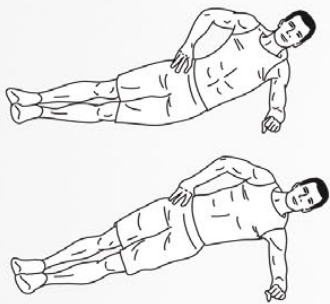
Day 12 **abs & core**

Level I 3 sets

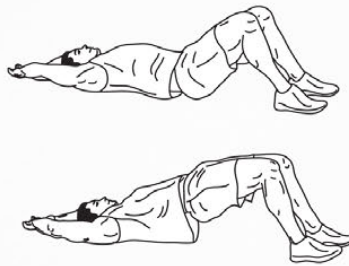
Level II 4 sets

Level III 5 sets

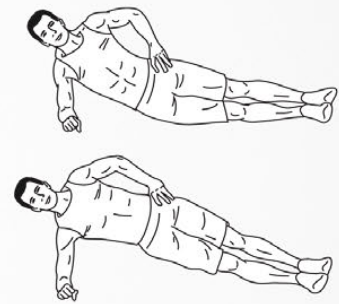
2 minutes rest
between sets



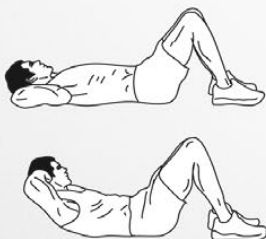
10 side bridges
right side



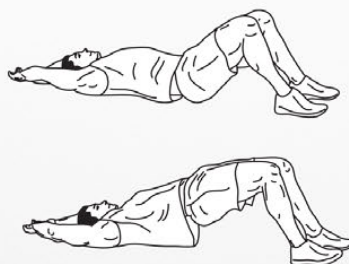
5 bridges



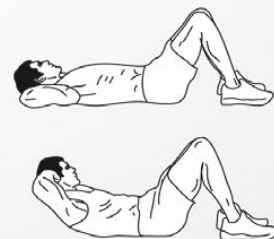
10 side bridges
left side



10 crunches



5 bridges



10 crunches

RUNNER PRIME

Day 13

© darebee.com



30 minute run

Set a timer for 30 minutes
and run or jog until the time is up.

Note the distance covered in 30 minutes.

RUNNER PRIME

© darebee.com

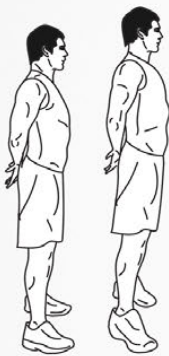
Day 14 **circuit**

Level I 3 sets

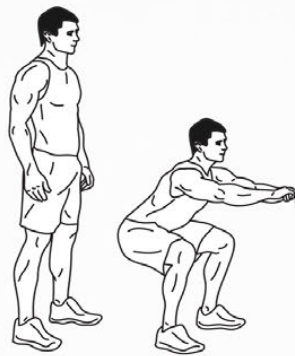
Level II 5 sets

Level III 7 sets

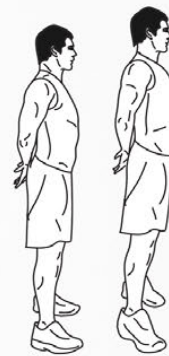
2 minutes rest
between sets



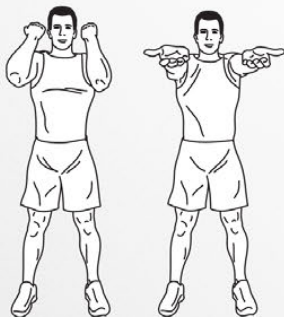
10 calf raises



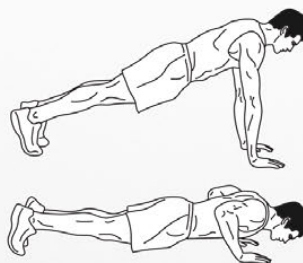
15 squats



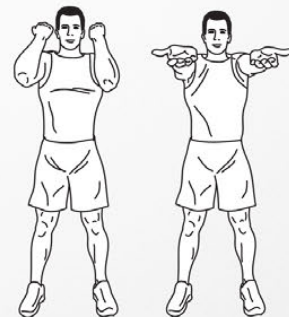
10 calf raises



15 bicep extensions



5 push-ups

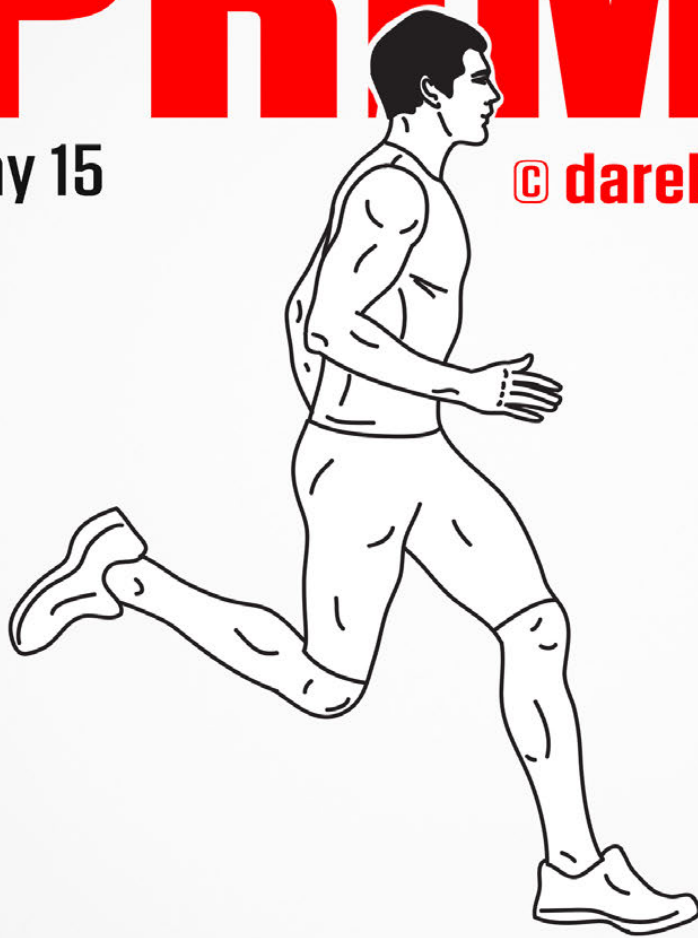


15 bicep extensions

RUNNER PRIME

Day 15

darebee.com



30 minute run

Set a timer for 30 minutes and run or jog until the time is up.

Beat your previous distance.



RUNNER PRIME

© darebee.com

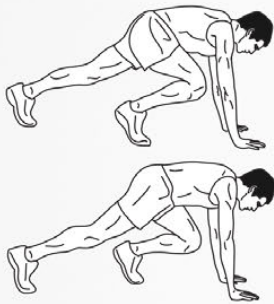
Day 16 **abs & core**

Level I 3 sets

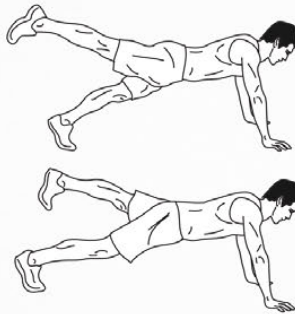
Level II 4 sets

Level III 5 sets

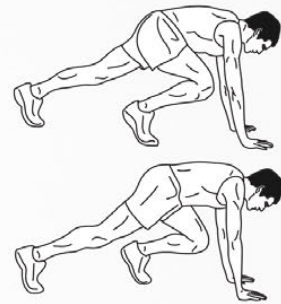
2 minutes rest
between sets



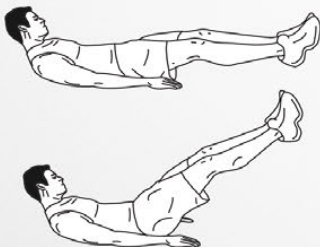
10 climbers



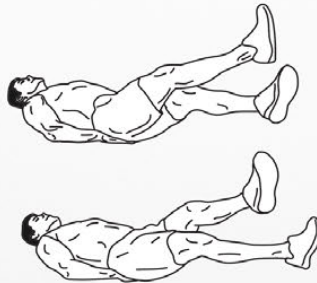
10 plank leg raises



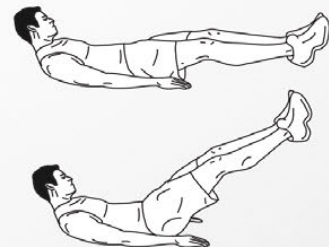
10 climbers



5 leg raises



10 scissors

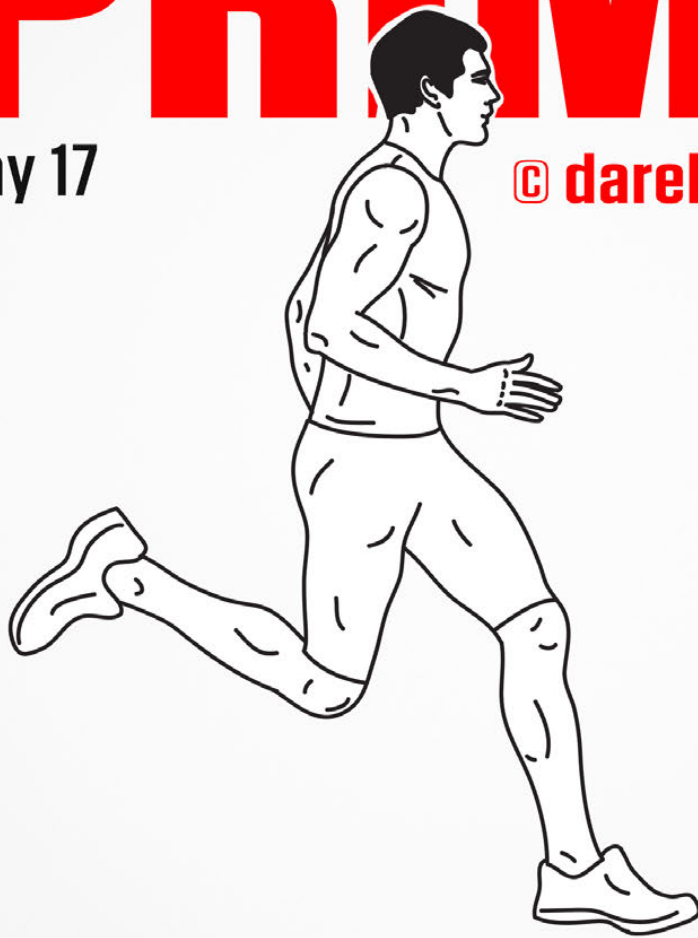


5 leg raises

RUNNER PRIME

Day 17

© darebee.com



30 minute run

Set a timer for 30 minutes
and run or jog until the time is up.

Note the distance covered in 30 minutes.

RUNNER PRIME

© darebee.com

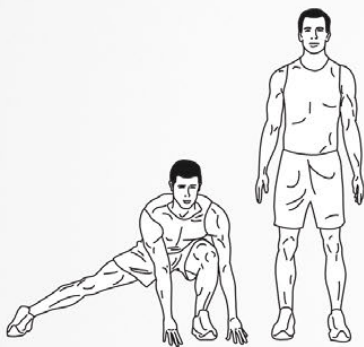
Day 18 **circuit**

Level I 3 sets

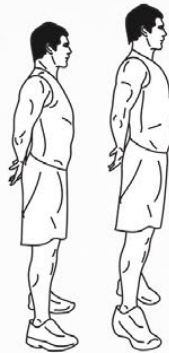
Level II 5 sets

Level III 7 sets

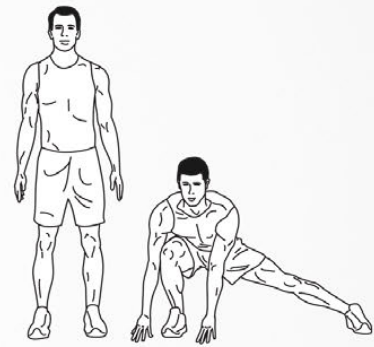
2 minutes rest
between sets



5 side lunges (left side)



10 calf raises



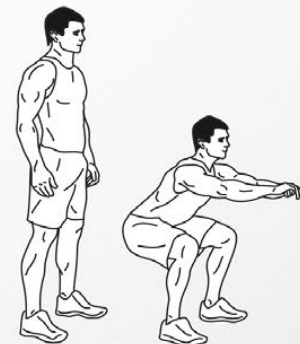
5 side lunges (right side)



5 squats



10 side-to-side lunges



5 squats

RUNNER PRIME

Day 19

© darebee.com



30 minute run

Set a timer for 30 minutes and run or jog until the time is up.

Beat your previous distance.



RUNNER PRIME

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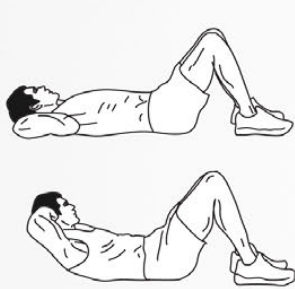
Day 20 **abs & core**

Level I 3 sets

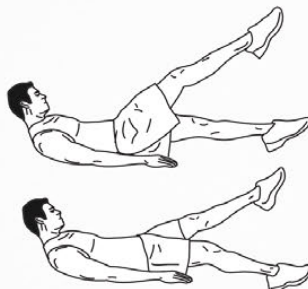
Level II 4 sets

Level III 5 sets

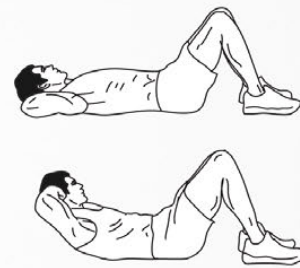
2 minutes rest
between sets



10 crunches



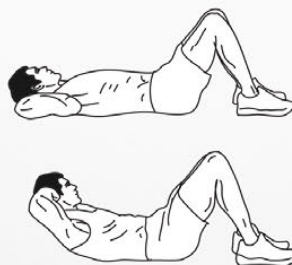
10 flutter kicks



10 crunches



5 raised leg circles
clockwise



10 crunches



5 raised leg circles
anticlockwise

RUNNER PRIME

Day 21

darebee.com



30 minute run

Set a timer for 30 minutes
and run or jog until the time is up.

Note the distance covered in 30 minutes.

RUNNER PRIME

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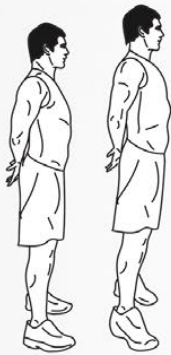
Day 22 **circuit**

Level I 3 sets

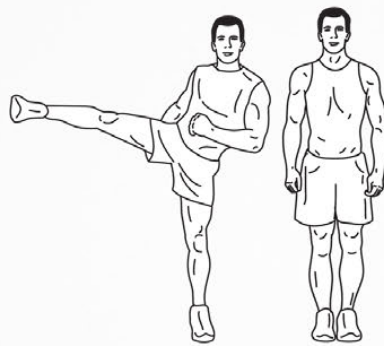
Level II 5 sets

Level III 7 sets

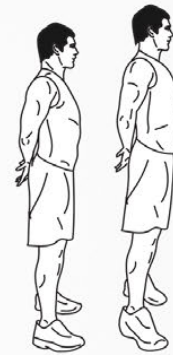
2 minutes rest
between sets



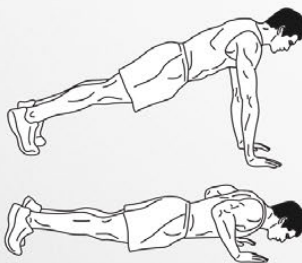
10 calf raises



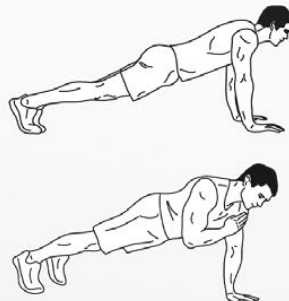
20 side leg raises



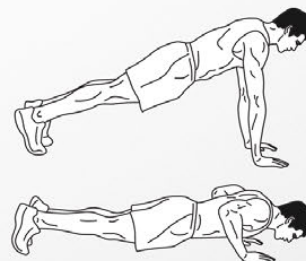
10 calf raises



5 push-ups



10 shoulder taps



5 push-ups

RUNNER PRIME

Day 23

© darebee.com



30 minute run

Set a timer for 30 minutes and run or jog until the time is up.

Beat your previous distance.



RUNNER PRIME

© darebee.com

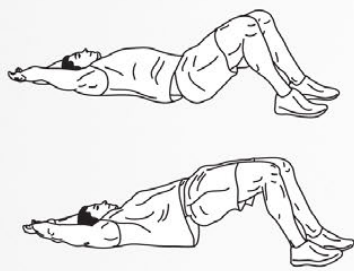
Day 24 **abs & core**

Level I 3 sets

Level II 4 sets

Level III 5 sets

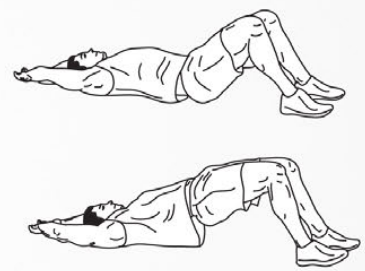
2 minutes rest
between sets



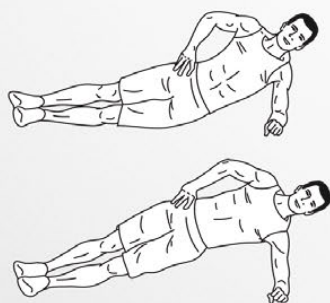
5 bridges



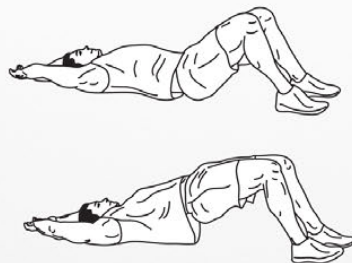
10 heel taps



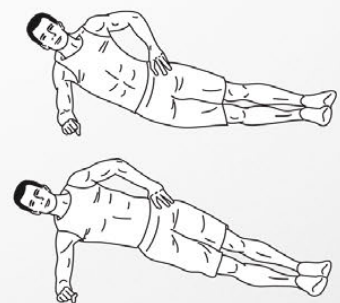
5 bridges



10 side bridges
right side



5 bridges



10 side bridges
left side

RUNNER PRIME

Day 25

darebee.com



30 minute run

Set a timer for 30 minutes
and run or jog until the time is up.

Note the distance covered in 30 minutes.

RUNNER PRIME

© darebee.com

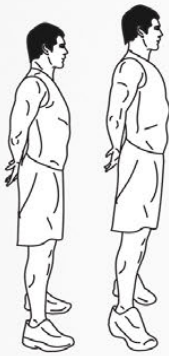
Day 26 **circuit**

Level I 3 sets

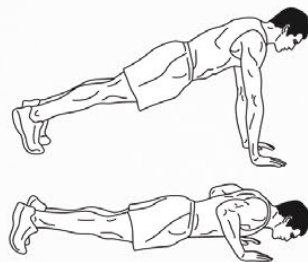
Level II 5 sets

Level III 7 sets

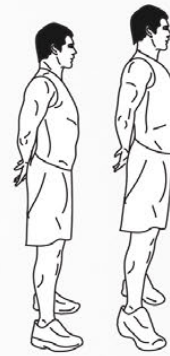
2 minutes rest
between sets



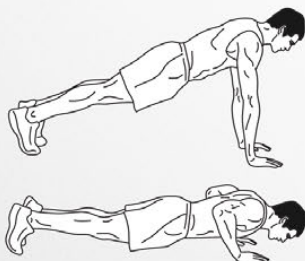
10 calf raises



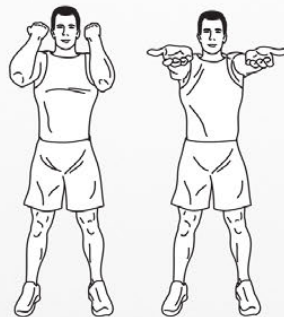
5 push-ups



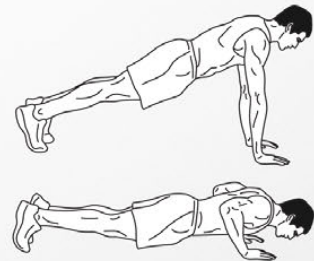
10 calf raises



5 push-ups



10 bicep extensions



5 push-ups

RUNNER PRIME

Day 27

© darebee.com



30 minute run

Set a timer for 30 minutes and run or jog until the time is up.

Beat your previous distance.



RUNNER PRIME

© darebee.com

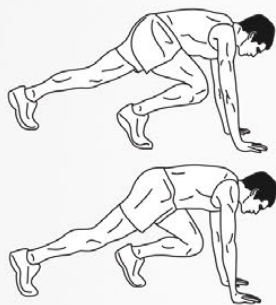
Day 28 **abs & core**

Level I 3 sets

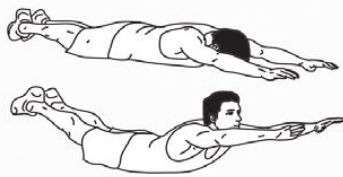
Level II 4 sets

Level III 5 sets

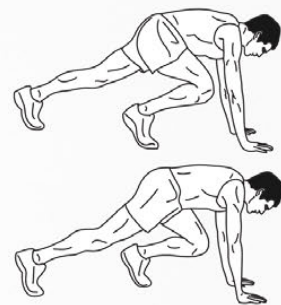
2 minutes rest
between sets



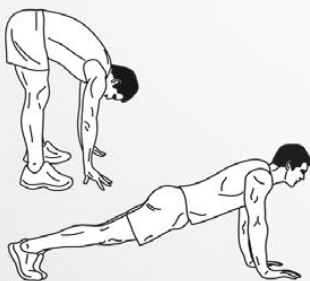
10 climbers



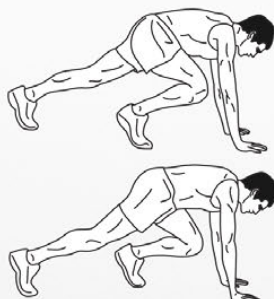
5 stretches



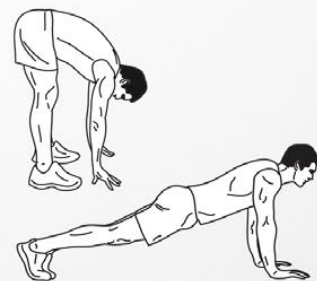
10 climbers



5 plank walk-outs



10 climbers

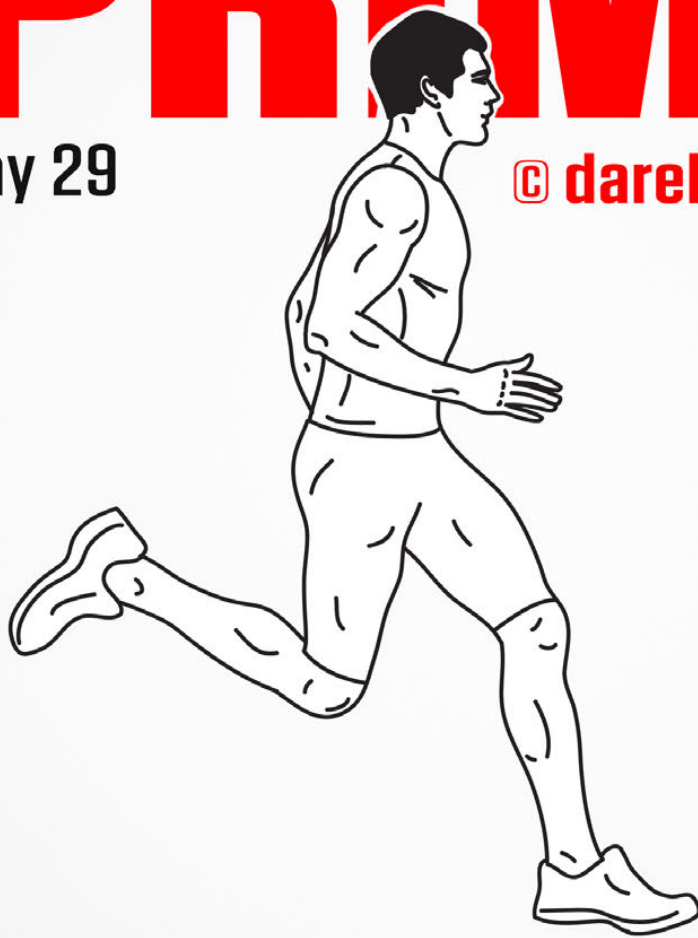


5 plank walk-outs

RUNNER PRIME

Day 29

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30 minute run

Set a timer for 30 minutes
and run or jog until the time is up.

Note the distance covered in 30 minutes.

RUNNER PRIME

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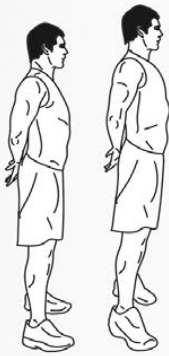
Day 30 **circuit**

Level I 3 sets

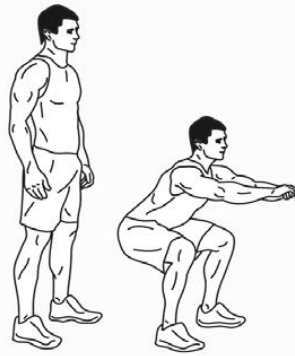
Level II 5 sets

Level III 7 sets

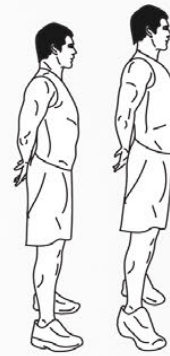
2 minutes rest
between sets



10 calf raises



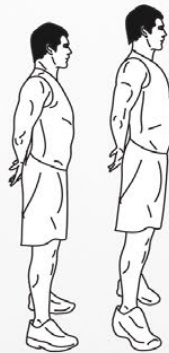
10 squats



10 calf raises



10 side-to-side lunges



10 calf raises



10 side-to-side lunges

RUNNER PRIME

Day 31

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30 minute run

Set a timer for 30 minutes and run or jog until the time is up.

Beat your previous distance.



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