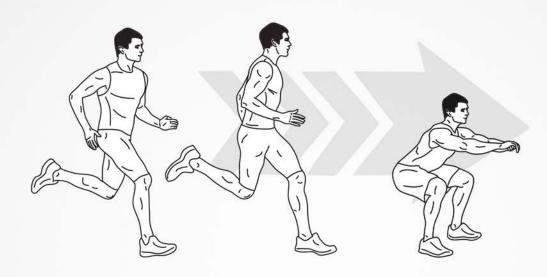
## TRAILBLAZER

DAREBEE RUNNING WORKOUT © darebee.com



## 30 minutes

**25 minute** run **5** squats <u>every 5 minutes</u>

4 minute run

10-count sprint

10-count slow run

10-count sprint

10-count slow run

10-count sprint

10-count slow run