

# TRAILBLAZER

DAREBEE RUNNING WORKOUT @ [darebee.com](https://darebee.com)



**30 minutes**

**25 minute** run

**5** squats every 5 minutes

**4 minute** run

**10-count** sprint

**10-count** slow run

**10-count** sprint

**10-count** slow run

**10-count** sprint

**10-count** slow run