



# FOUR LEGGED RUNNING

## RUN OR REST *(or walk)*

It is important to focus on all areas of health which means we should strive to include exercises that increase cardiovascular health, flexibility, balance, and muscular strength and endurance. By including all forms of exercise you will not only become a stronger and faster runner, but you will also see improvements in your overall health!

Remember that REST is as important to your body as exercising. Resting allows your body to recover and to build stronger muscles.

Download the [TRACKER TEMPLATE](#) to find 12 week training plans for race distances ranging from 5k to full marathon (16 week plan for full). Incorporate the FLR workouts in order to be the best, healthiest, and strongest runner you can be.