

ON YOUR

WARRIORS

#FIT IN
30
minutes

Want to get fit but short on time? Celebrity trainer Chris Richardson helps you run into shape by combining cardio with strength sessions...



Planning your new running routine for 2018? Before you dust off your trainers, you may be pleased to hear that relentlessly pounding the pavement might not be on the cards. Whether you're a newbie or trying to achieve your PB, you need to mix things up a bit if you want to get faster and stronger, as well as burn fat and tone up. 'Including strengthening exercises in your running workout is as important as the running itself,' says Chris. 'They help stretch and lengthen tight muscles, build core strength (the engine of your body) and improve posture and body condition to help you run with minimal effort.' And the best part? We know you're all short on time at the start of the year, so blending a running cardio routine and strength sesh together will mean you've combined your exercise needs into one ultimate 30-minute workout. So lace up ladies, and let's get going...

Your **RUNPLUS** programme

Chris has created two plans (beginners and advanced) to boost performance, technique and fitness. 'If you're at the early stages of exercising, I'd suggest the beginner's plan,' says Chris. 'If you've been running for more than 4-6 months, go for the advanced.'

Each session is based around Fartlek training - a combination of high and low/moderate intensity runs, combined

with whole body exercises. We've started each workout with the strength section to ensure you have enough energy for these exercises to maintain good form. But, if you're looking to max your calorie burn, switch these sections around. You'll ramp up your heart rate and body temperature, which increases your metabolism.

Perform on alternate days

THAT'S CLEVER!

Try downing a glass of beetroot juice before your run, to help you perform longer and harder.

The score out of 10 indicates how fast your pace should be - one being a walk and 10 being as fast as you can run

SAY WHAT...?

Here's how to do those lesser-known moves **COBRA**

Lie face down on the floor, hands either side of your chest, elbows in. Push up, lifting your head, neck and chest off the floor. Hold **JUMPING SPLIT LUNGE**

Lunge with both legs bent at 90 degrees. Engage your core, jump as high as you can and switch the position of your legs in mid-air. Land in a lunge with back leg forwards and front leg back. **SINGLE LEG DEADLIFT**

Hinge forwards at your hips, stick your right leg out behind you and lower your weight to the floor. Extend your left arm out and back to aid stability. Switch sides and repeat.

BEGINNERS

	WORKOUT 1	WORKOUT 2	WORKOUT 3
WEEK 1	Squat x 8 Lunge x 8 Cobra x 8 30 sec Plank Run for 2 mins (exertion 5/10) Walk for 1 min Repeat running section x 5	Squat x 10 Lunge x 10 Cobra x 10 40 sec Plank Run for 2 mins (exertion 5/10) Walk for 50 secs Repeat running section x 5	Squat x 12 Lunge x 12 Cobra x 12 45 sec Plank Run for 2 mins (exertion 5/10) Walk for 40 secs Repeat running section x 5
WEEK 2	Squat x 14 Lunge x 14 Cobra x 14 45 sec Plank Run for 3 mins (exertion 6/10) Walk for 1 min Repeat running section x 5	Squat x 16 Lunge x 16 Cobra x 16 55 sec plank Run for 3 mins (exertion 6/10) Walk for 50 secs Repeat running section x 5	Squat x 18 Lunge x 18 Cobra x 18 60 sec plank Run for 3 mins (exertion 6/10) Walk for 40 secs Repeat running section x 5
WEEK 3	Squat x 20 Lunge x 20 Cobra x 20 65 sec plank Run for 3 mins (exertion 7/10) Sprint for 10 secs (exertion 9/10) Walk for 50 secs Repeat running section x 5	Squat x 22 Lunge x 22 Cobra x 22 70 sec plank Run for 3 mins (exertion 7/10) Sprint for 10 secs (exertion 9/10) Walk for 45 secs Repeat running section x 5	Squat x 24 Lunge x 24 Cobra x 24 75 sec plank Run for 3 mins (exertion 7/10) Sprint for 10 secs (exertion 9/10) Walk for 40 secs Repeat running section x 5
WEEK 4	Squat x 26 Lunge x 26 Cobra x 26 80 sec plank Run for 4 mins (exertion 7/10) Sprint for 15 secs (exertion 9/10) Walk for 50 secs Repeat running section x 4	Squat x 28 Lunge x 28 Cobra x 28 85 sec plank Run for 4 mins (exertion 7/10) Sprint for 15 secs (exertion 9/10) Walk for 40 secs Repeat running section x 4	Squat x 30 Lunge x 30 Cobra x 30 90 sec plank Run for 4 mins (exertion 7/10) Sprint for 15 secs (exertion 9/10) Walk for 30 secs Repeat running section x 4

PUT MAGNESIUM ON THE MENU

'Consuming more magnesium as part of your daily diet will help reduce muscle and nerve twitches, preventing spasms and cramping,' says nutritionist Liam Mahoney at sports performance brand Grenade (grenade.com). It will also help your body turn food into energy.

ROUGH GUIDE TO YOUR TOP SOURCES

Cheddar cheese = **27mg*** (*Per 100g)
Cooked chicken breast = **29mg**
Cooked salmon = **30mg**
Cooked brown rice = **39mg**
Raw spinach = **79mg**
Hazelnut butter = **154mg**

ADVANCED

Completed the beginners plan? You may want to ease into week 1 of the advanced programme, but repeat week 1 for 2 weeks before advancing

	WORKOUT 1	WORKOUT 2	WORKOUT 3
WEEK 1	Jumping squat x 10 Jumping split lunge x 10 Alternate single leg deadlift x 10 30 sec burpees Moderate to high-tempo run for 4 mins (exertion 7/10) Sprint for 15 secs (exertion 8/10) Walk for 35 secs Repeat running section x 3	Jumping squat x 12 Jumping split lunge x 12 Alternate single leg deadlift x 12 35 sec burpees Moderate to high-tempo run for 4 mins (exertion 7/10) Sprint for 15 secs (exertion 8/10) Walk for 30 secs Repeat running section x 3	Jumping squat x 14 Jumping split lunge x 14 Alternate single leg deadlift x 14 40 sec burpees Moderate to high-tempo run for 4 mins (exertion 7/10) Sprint for 15 secs (exertion 8/10) Walk for 25 secs Repeat running section x 3
WEEK 2	Jumping squat x 16 Jumping split lunge x 16 Alternate single leg deadlift x 16 45 sec burpees Moderate to high-tempo run for 4 mins (exertion 7/10) Hill sprint for 10 secs (exertion 9/10) Walk for 25 secs Repeat running section x 4	Jumping squat x 18 Jumping split lunge x 18 Alternate single leg deadlift x 18 50 sec burpees Moderate to high-tempo run for 4 mins (exertion 7/10) Hill sprint for 15 secs (exertion 9/10) Walk for 20 secs Repeat running section x 4	Jumping squat x 20 Jumping split lunge x 20 Alternate single leg deadlift x 20 55 sec burpees Moderate to high-tempo run for 4 mins (exertion 7/10) Hill sprint for 10 secs (exertion 9/10) Walk for 15 secs Repeat running section x 4
WEEK 3	Jumping squat x 22 Jumping split lunge x 22 Alternate single leg deadlift x 22 60 sec burpees Moderate to high-tempo run for 5 mins (exertion 7.5/10) Hill sprint for 15 secs (exertion 9/10) Walk for 25 secs Repeat running section x 3	Jumping squat x 24 Jumping split lunge x 24 Alternate single leg deadlift x 24 65 sec burpees Moderate to high-tempo run for 5 mins (exertion 7.5/10) Hill sprint for 15 secs (exertion 9/10) Walk for 25 secs Repeat running section x 3	Jumping squat x 26 Jumping split lunge x 26 Alternate single leg deadlift x 26 70 sec burpees Moderate to high-tempo run for 5 mins (exertion 7.5/10) Hill sprint for 15 secs (exertion 9/10) Walk for 15 secs Repeat running section x 3
WEEK 4	Jumping squat x 29 Jumping split lunge x 29 Alternate single leg deadlift x 29 75 sec burpees Moderate to high-tempo run for 5 mins (exertion 8/10) Hill sprint for 15 secs (exertion 10/10) Walk for 25 secs Repeat running section x 4	Jumping squat x 32 Jumping split lunge x 32 Alternate single leg deadlift x 32 80 sec burpees Moderate to high-tempo run for 5 mins (exertion 8/10) Hill sprint for 15 secs (exertion 10/10) Walk for 20 secs Repeat running section x 4	Jumping squat x 35 Jumping split lunge x 35 Alternate single leg deadlift x 35 85 sec burpees Moderate to high-tempo run for 5 mins (exertion 8/10) Hill sprint for 15 secs (exertion 10/10) Walk for 15 secs Repeat running section x 4

#FIT IN
30
minutes

LIGHT IT UP

Run safe this winter with reflective running gear

Asics Lite-Show Winter Jacket, £90, asics.com

This wind- and water-repellent cover-up solves a multitude of cold-weather running problems, and helps keep you visible in low-light conditions.

FlipBelt Reflective, £32, flipbelt.co.uk

Stay safe and store your stuff with this clever piece of kit. It fits securely around your waist, so no bouncing or rubbing, and has space for your phone, keys, money and snacks.



On Cloud X, £125, on-running.com

The world's lightest fully-cushioned shoe. Super-comfy, supportive, and covered on every side with reflective detailing.



Tell us about it!

After your workout, let us know how it was for you at [facebook.com/fitandwellmagazine](https://www.facebook.com/fitandwellmagazine)