

Week 4:

Interval Training | Soft Sand



LOCATION: Beach or if not coastal, choose a grassy field

EQUIPMENT: Pack, towel, water bottle, poles optional

OVERVIEW: Jogging or brisk walking laps on the soft sand, hard sand and in thigh deep water. You can do this workout with your shoes on or barefoot.

TIME: 30-45 minutes

Set 1

With your pack on, complete a number of laps jogging (or brisk walking) on the SOFT sand for 10 - 15 minutes.

Set 2

Take your pack off and complete a number of laps jogging (or brisk walking) on the HARD sand for 10 - 15 minutes.

Set 3

Finish off with water wading at thigh height in either the ocean or in a pool for 10 - 15 minutes. (or if not by water, walk for 10-15 minutes.)

COOL DOWN and pick at least 5 different stretches including one for your calves Woohooo!!
Soft sand DONE!

HAPPY TRAINING!!!!

From Lisa Marshall, Director of Coastrek xx