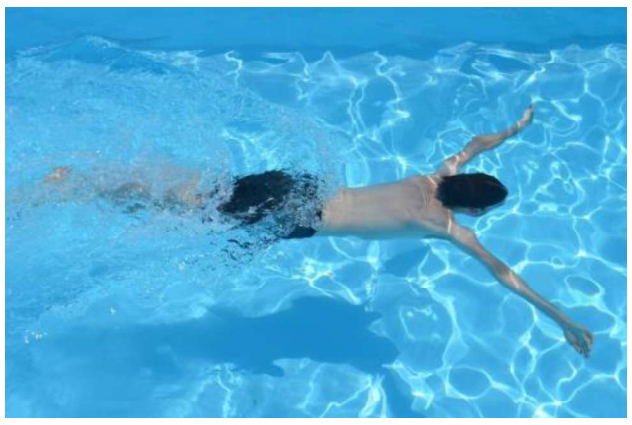
WEEK 12

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Run 5 Miles	Pool Foot Exercises	Run 6 Miles	**Rest**	**Rest**	Run 12 Miles

Jump in the Pool



You know you must drink a lot of water to keep your blood flowing, cool your working muscles, and facilitate digestion and most other bodily functions. You can also use water in another way.

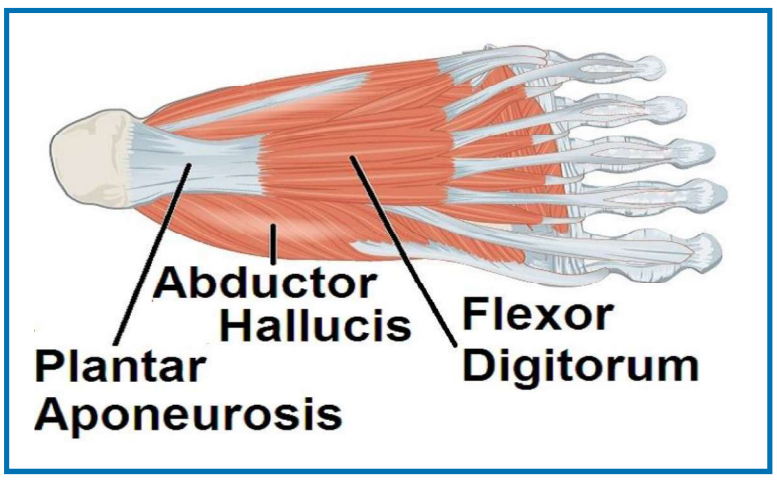
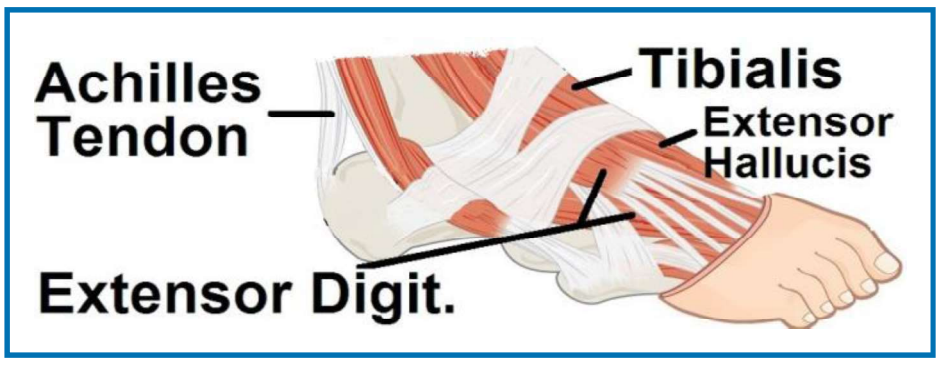
As you have learned already, it is important to strengthen your core muscles. What you might not know is that the pool is one of the best places to do it. Impact is low, and resistance is high through the whole range of motion.

Visit the pool this week to exercise your core and feet. You might want to find a water fitness instructor to teach you exercises that will help with your particular needs. Or you could try some of these exercises.

Core Muscles

1. Tread water for 2 minutes to warm up.
2. Face the wall in deep water. Holding yourself at arm's length from the wall with both arms, extend both legs and scissor them back and forth. Work your arms, abs, back, and abductors to stabilize the rest of your body in one position.
3. Standing in shallow water, put a water polo ball or floatation device between your knees. Engaging your gluts and hip flexors for stability bend your knees so your feet come off the bottom of the pool. Use your core and your arms in the water to stay balanced on top of the ball.

Foot Muscles

Your feet are built like a complex spring. With 26 bones and over 100 different muscles, they are designed to help absorb the impact of your steps as you run. Take "steps" to strengthen them.

1. Balance in chest-deep water. Carefully raise one leg, extending it out in front of you. While balancing, make small circles with your toes in the water by rotating your ankle.
2. In shallow water gently raise yourself up by extending your feet and toes. As it gets easier, raise up faster, until you lift completely off the bottom of the pool. Land carefully, using your whole foot.