

# 20x3

RUNNING PROGRAM



*20 minute run  
3 times a week*

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1 20 minute run	2 ab workout	3 20 minute run	4 ab workout	5 20 minute run
6 HIIT workout	7 ab workout	8 20 minute run	9 ab workout	10 20 minute run
11 ab workout	12 20 minute run	13 HIIT workout	14 ab workout	15 20 minute run
16 ab workout	17 20 minute run	18 ab workout	19 20 minute run	20 HIIT workout
21 ab workout	22 20 minute run	23 ab workout	24 20 minute run	25 ab workout
26 20 minute run	27 HIIT workout	28 ab workout	29 20 minute run	30 ab workout