

# RunnerPrime

30-day running program © [darebee.com](https://darebee.com)

1 30 minute run	2 HIIT workout	3 30 minute run	4 100 crunches 50 push-ups	5 30 minute run
6 HIIT workout	7 30 minute run	8 150 crunches 80 push-ups	9 30 minute run	10 HIIT workout
11 30 minute run	12 200 crunches 100 push-ups	13 30 minute run	14 HIIT workout	15 30 minute run
16 300 crunches 120 push-ups	17 30 minute run	18 HIIT workout	19 30 minute run	20 400 crunches 140 push-ups
21 30 minute run	22 HIIT workout	23 30 minute run	24 450 crunches 160 push-ups	25 30 minute run
26 HIIT workout	27 30 minute run	28 500 crunches 200 push-ups	29 HIIT workout	30 30 minute run