



CARRIE TOLLESON
 OLYMPIAN | 13-TIME STATE CHAMPION

Strides Channel, Running and Walking

It's never been easier to get your cardio on. Whether you're an experienced runner, frequent jogger, or simply enjoy walking outside, the Strides channel will feature classes for both treadmill and outdoors. Get ready to get after it!

- 11 running/walking workouts for treadmill or outdoors
- 2 stretching classes (pre and post run)
- 1 Tutorial class (intro to the channel, explanation of pace scale, types of runs, etc.)
- Train Your Way to a 5K workout plan (5 weeks)

Carrie is a 2004 Olympian and 13-time State Champion with eight in track and five in cross country. She brings an endearing passion and enthusiasm to the sport of running and walking. She's ready to coach through every stride with her genuine persona and "get after it!" attitude.

For a full list of what's included in the May Content Release, check out the classes below:



Strides Tutorial
 6 minutes

New to Strides? Carrie will explain the different performance paces and types of workouts used in the Strides classes, along with a few bonus training tips.



Two and One
 20 minutes

This challenging interval workout includes walking, jogging, or running at a fast pace for 2 minutes, followed by an easy 1-minute pace to recover.



Hills for Days
 30 minutes

This workout includes walking, jogging, or running at an incline to target your quads, hamstrings, glutes, and calves. Bring on the hills!



Up and Down the Ladder
 20 minutes

Walk, jog, or run through 8 intervals – building up the amount of time at your hard pace for the first 4 intervals, then slowly decreasing the amount of time at your hard pace for the remaining 4 intervals.



One Minuters

30 minutes

Looking to increase your walk, jog, or running speed? This workout repeats the same interval 8 times through: 1 minute at a hard pace, then 1 minute at an easy pace.



High Fiver

20 minutes

It's all about the 5's. Walk, jog, or run your way through a 5-minute warmup, followed by 5 intervals. Then, you guessed it, a 5-minute cool down. Can we get a high-five?



Out and Back

20 minutes

We save the best for last in this workout! Walk, jog, or run at an easy pace for 10 minutes, then turn back around and increase your speed for the remaining 10 minutes.



Progression Five

30 minutes

Get ready to build your endurance with this walk, jog, or run. You will start at an easy pace and slowly pick up the tempo after every 5 minutes. Now that's progress!



3s and 2s

30 minutes

This 30-minute walk, jog, or run is designed to build both strength and speed. You will interval train with a combination of both hard and easy paces.



Run at Red Rocks, NV

30 minutes

Walk, jog, or run through the scenic trails in Red Rocks, NV for 30 minutes at your own pace.



Run in Death Valley 1

30 minutes

Walk, jog, or run through the scenic trails in Death Valley for 30 minutes at your own pace.



Run in Death Valley 2

30 minutes

Walk, jog, or run through the scenic trails in Death Valley for 30 minutes at your own pace.



Pre-Run Stretch

3 minutes

Warming up your muscles is essential for avoiding injury. Carrie will guide you through several pre-run stretches to warm up your body and get you ready for your next run.



Post-Run Stretch

3 minutes

Congratulations on completing your run! It's time to take things down a notch and stretch out those hard-working muscles. Carrie will guide you through multiple stretches to wind down your body.

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