

## Day 1 - (58 minutes)

### Primer (10 minutes)

#### Primer

Primer

Heart raiser: 10 minutes of state cardio preferably on a **Rower/Assault Bike/Turbo trainer/Ski Erg** or a **Run** if not.

### Assistance Work (10 minutes)

#### Day 1 - Assistance Work

To start this week we have some assistance exercises for you, so complete

**3 x Rounds**

of

**6 x Drop Lunges** (each side)

**4-6 x Dive Bomber Push Ups**

**6 x Back Step Lunge with Jump and Twist** (each side)

**12-15 x Face Pulls**

Rest as needed in-between rounds

**Drop Lunges** – From a standing position on you toes with your heels raised, drop down into a lunge position quickly by taking a step forward bringing your back knee down to the floor. Stand back up so that both feet are together to complete the rep single.

**Dive Bomber Push Ups** – Start in a downward dog position which is similar to a push up position but with your hips much higher. From here lower your head towards the ground, bending at the arms and keeping your face and chest as lower as possible. bring your head through, lowering your hips and straighten your arms.

**Back Step Lunge with Jump and Twist** – From a standing position, step backwards with one leg until your knee touches the ground. Brace through your core to maintain a safe position and keep your front shin vertical. Rotate your torso to one side and then back to the centre before exploding upwards and jumping into the air from the lunge position.

**Face Pulls** – Attach a resistance band to a rid. Then, pull the s band towards your face while simultaneously pulling your hands apart. The band should be stretched towards you as well as between your hands. Exhale as you pull the band. We suggest keeping the repetitions higher while using a lighter band.

Please watch video for a demonstration, and movement alternative suggestions

### Single Leg Squats (10 minutes)

#### Day 1 - Single Leg Squats

Complete

**4 x Sets**

of

**6-8 x Eccentric Single Leg Squats** (each side)

\*Descend slowly on a single leg and until you find the point where you are about to “drop”, at this point

stand back up using both legs.

Use a weight such as a Kettlebell that is heavy enough you couldn't stand up with using just one leg.

**Rest 30 seconds** between sides and **2 minutes** between sets

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**Single Leg Squat** – The one legged squat! Take your weight on one leg and raise your other leg in front of you off the floor. Squat as far down as possible on one leg. If you struggle with ankle mobility, put a small plate or wedge under your heel, this really helps get some depth without reducing the strength element of this movement. You can always do this to a box, step or chair that allows you to get depth without getting stuck at the bottom. Adding a little weight can help to counter balance this.

Please watch video for this demo and loading suggestions.

**Workout**  
(20 minutes)

**Day 1 - Workout**

For today's we have a **BIG CHIPPER** of a workout,  
so set up all the equipment you will need and start a running timer with the  
aim to work through this workout as quickly as you can. The workout is as follows:

**21 x Deadlift (<33% 3RM)**

**21 x Over Bar Burpees**

**15 x Deadlift**

**15 x Over Bar Burpees**

**9 x Deadlift**

**9 x Over Bar Burpees**

Rest **2 minutes**, before moving onto

**5 x Rounds**

of

**12 x Double Dumbbell Cleans**

**6 x Toes To Bar**

Again, rest **2 minutes**, before finally moving onto

**8 x Rounds**

**1 Minute of Box Jumps**

**30 Seconds of Push Ups**

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**Deadlift** – Build up to your working weight with plenty of warm up sets starting with an empty bar. Focus on making sure that you're engaging your glutes and hamstrings for the hinge not your lower back, which should be straight and kept inline at all times. When lifting from the floor, try not to come out of the hinge until the bar is above your knees and don't overextend at the top which can be just as dangerous!

**Burpee Over Bar** – Perform a burpee with chest and thighs hitting the floor but rather than jumping vertically, jump over a barbell. There is no requirement to reach full extension of your hips. Ensure the jump is with both feet at the same time.

**Double Dumbbell Cleans** – With a pair of dumbbells/kettlebells, perform a hinge forward with a slight squat, holding the weights between or outside your legs, stand straight out of the hinge opening your hips and use this extension to bring the weights to a front rack position, use the hip pop to help the weight lift and try to avoid a bicep curl, we call this turning over. Aim to catch the weight with your legs as straight as possible.

**Toes To Bar** – Hanging from a secure pull up bar and using what we call a kipping motion raise your toes to meet the bar. To make this movement most efficient, thinking about engaging your lats and

pulling the bar down in front of you with straight arms, trying to force it to meet your toes. That way you work from both ends of your body. Your legs don't have to be completely locked out/straight to count a rep but it does make this movement more effective.

**Box Jumps** – Using a suitable height box, starting from a standing position, lower to a short squat and extend to jump and land with both feet at the same time. Use your arms to help the extension to the hip unless otherwise stated. Stand fully on top of the box before returning to the starting position by either jumping or stepping off the box.

**Push Ups** – Resting on your hands and toes, with your body inline and no dip at the hips. Lower your chest to the floor on your arms, once your chest has met the ground, push up out of the position. Don't drop your hips or arch your back to complete the movement badly.

Please watch video for movement demonstrations and a workout explanation if you are unsure.

**Core**  
(8 minutes)

### Day 1 - Core

In your own time complete

**3-5 x Max Effort Rounds**

of

**L-Sit Flutter Kicks**

**Side Plank Crunches**

Rest as needed in-between rounds.

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**L-Sit Flutter Kicks** – Sit on the floor with your heels on the floor out in front of you. Keep your arms straight and shoulders pressed down, your ears away from the shoulders. Raise one leg in a straight position. Lower it without touching the ground, while raising the other one in a flutter-kick movement.

**Side Plank Crunches** – This movement is the crunching your top leg up towards your elbow whilst in a side-plank position.

Watch video for a movement demonstration of this plank and L-Sit variation

## Day 2 - (65 minutes)

### Primer (10 minutes)

#### Primer

Primer

Heart raiser: 10 minutes of state cardio preferably on a **Rower/Assault Bike/Turbo trainer/Ski Erg** or a **Run** if not.

### Assistance Work (10 minutes)

#### Day 2 -Assistance Work

To start todays session we have

**3 x Rounds**

of

**8-12 x Push Up Twists**

**8-12 x Bear Foot Taps**

**8-12 x Scapular Pull Ups**

**4 x Deck Squats with Jump**

Rest as needed in between rounds

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**Push Up with Twist** – Resting on your hands and toes, with your body inline and no dip at the hips. Lower your chest to the floor on your arms, once your chest has met the ground, push up out of the position then take one arm and open your chest to the sky, looking at your hand to increase the stretch. Don't drop your hips or arch your back to complete the movement badly.

**Bear Foot Taps** – Start on the ground on all fours, then lift the opposite hand and foot off the floor and rotate and touch your toe with your hand, return to the starting position and repeat on the opposite side.

**Scapular Pull Ups** – Begin in a normal pull-up position with a palms-away grip and hands shoulder-width apart. From a full, nearly passive hang (shrugged shoulders), draw your scapula down and together, thus raising your body slightly but without bending your arms as in a regular pull-up.

**Deck Squats with Jump** – This starts on your back, rolling back with your feet over your head, then rolling back up onto your feet from this position without using your hands. If you need to, you can use your hands for a light push off the floor. Then proceed to jump into the air tucking your knees up into your chest if you can.

Watch video for movement demonstrations, scaling options and drop set explanation.

### Drop Sets (10 minutes)

#### Day 2 - Drop Sets

A progression from last week

**3 x Drop Sets**

of

**5 x Bench Press**

straight into

**Max Rep Push Ups.**

Finally complete another,

**3 x Drops Sets**

of

**5-8 x Single Arm Row** (each side)

into

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|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                 | <p><b>As Many Reps as you can at 50% of the weight.</b></p> <p>Take plenty of rest in-between drop sets</p> <p>*Warm up by increasing the weight in small increments to a heavy 5 x bench press for the day</p> <hr/> <p><b>Push Ups</b>– Resting on your hands and toes, with your body inline and no dip at the hips. Lower your chest to the floor on your arms, once your chest has met the ground, push up out of the position. Don't drop your hips or arch your back to complete the movement badly.</p> <p><b>Bench Press</b> – With your back on a bench and a barbell in a rack in a safe position, brace your obliques and pinch your shoulders back and down before lifting the barbell off the rack. Lower the barbell to touch your chest whilst keeping your elbow in and your shoulder stable. Once the barbell hits your chest, press and return to the starting position.</p> <p><b>Single Arm Row</b> – With a single dumbbell or kettlebell in your hand, hinge forward at the hip with soft knees to the limit of your mobility and a safe and neutral spine. With the weight hanging directly under your shoulder, pull your hand to your arm pit, keeping your elbow tight into your body.</p> <p>Watch video for movement demonstrations, scaling options and drop set explanation.</p> |
| <p><b>Workout</b><br/>(30 minutes)</p>          | <p><b>Day 2 - Workout</b></p> <p>Set a timer for</p> <p><b>30 Minutes</b></p> <p>Then complete as many round of the following workout as you can in that time.</p> <p><b>60 seconds Bike</b></p> <p><b>10 x Alternating Lateral Box Step Ups with Jump</b></p> <p><b>20 x Push Up Pumps</b></p> <hr/> <p><b>Lateral Box Step Overs</b> – Standing side on next to a box or bench. Place one foot on top then stand tall and quickly transition over the box, swapping feet on top and placing your other foot on the floor on the other side. Alternating quickly over the box.</p> <p><b>Push Up Pumps</b> – Take the middle range of normal push up and “pump” up and down. While holding the tension in your core.</p> <p>Please watch the video for the workout explanations and movement explanations.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <p><b>Shoulder mobility</b><br/>(5 minutes)</p> | <p><b>Day 2 - Muscular Endurance</b></p> <p>Perform</p> <p><b>3-5 x Max Effort Rounds</b></p> <p>of</p> <p><b>Superman Push Up Hold</b></p> <p><b>Back Swimmers</b></p> <hr/> <p><b>Superman Push Up Hold</b> – The superman push-up is a push-up variation where your limbs are in an extended position, which means your hands are reached out as far forward as they can away from your body, whilst your feet are together.</p> <p><b>Back Swimmers</b> – Lift your upper body into a back arch by lifting your chest away from the floor and contracting your glutes and back muscles. Keep your chin tucked so that you are looking towards the floor. From here, lift your right arm up away from the floor and at the same time lift your left leg away from the floor.</p> <p>Please watch the demo video for a more in depth explanation of this new movement.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                    |

## Day 3 - (63 minutes)

### Primer (10 minutes)

#### Primer

Primer

Heart raiser: 10 minutes of state cardio preferably on a **Row**/**Assault Bike**/**Turbo trainer**/**Ski Erg** or a **Run** if not.

### Assistance Work (15 minutes)

#### Day 3 -Assistance Work

Complete

**3 x Rounds**

of

**8 x Alternating 4 Position Lunge** (4 x each side)

**8-12 x Elevated Archer Push Ups**

**8-12 x Supinated Row Side to Side**

\*Complete these rounds at a steady pace this is not a workout.

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**4 Position Lunge** – For this lunge variation imagine your stood in the centre of a clock face. With the same leg, perform a front step lunge or pistol squat (12 o'clock) into a cossack squat (3 o'clock) into a back step lunge (6 o'clock) and finally a curtsey squat (9 o'clock). Switch leg and repeat with the opposite leg.

**Archer Push Ups** – In a push up position with very wide hands, lower yourself to the ground towards one arm. The idea is to load each arm. This is a difficult one, so if you need to, perform on your knees.

**Supinated Row** – With a barbell in a rack in a safe and secure position, hold onto the bar and hang yourself under it with your hands. The aim is to get your body parallel with the floor, so raise your feet if you need to and keep your body inline. Row your chest to the bar by pulling your hands to your arm pits.

Please watch the video for a full explanation of this workout

### Muscular Endurance (10 minutes)

#### Day 3 - Muscular Endurance

Complete,

**3 x Sets**

of

**30 x Back Squats**

\*as heavy as good form will allow

Rest **3 minutes** between each set.

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**Back Squats** – With a barbell on your back, resting on your traps and not your neck, perform a squat as you would an air squat. Ensure your spinal curve is priority throughout the movement, keeping your torso as vertical as possible. Squat as deep as you can while maintaining your lower back curve, the appropriate depth is determined by your mobility and not a “movement standard”. Your knees should track the direction of your toes with your feet about shoulder width apart. The weight of the barbell should rest on your traps and not in your wrists. up to shoulder height.

Watch video for full movement demonstrations.

**Workout**  
(20 minutes)

**Day 3 - Workout**

Start by setting a running timer, then complete

**2 x Rounds**

of

**30 x Calories on an Assault Bike** (or 90 seconds hard Turbo effort)

**15 x Push Ups**

**30 x Box Jumps**

**15 x Supinated Row**

**30 x Jumping Alternating Lunge**

**15 x Burpees**

**30 x Tricep Dips**

**15 x Calories on an Assault Bike**

Rest 3 minutes between rounds.

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**Burpee** – From a standing position, lower yourself and jump both legs backwards whilst placing your hands in a push-up position. Lower yourself with your chest and thighs in contact with the ground. Return to standing by pressing yourself away from the ground and jumping your feet back in. Finish the movement by extending your hips and chest, leaving then ground and touching your hands behind your head.

**Box Jumps** -Using a suitable height box, starting from a standing position, lower to a short squat and extend to jump and land with both feet at the same time. Use your arms to help the extension fo the hip unless otherwise stated. Stand fully on top of the box before returning to the starting position by either jumping or stepping off the box.

**Supinated Row** – With a barbell in a rack in a safe and secure position, hold onto the bar and hang yourself under it with your hands. The aim is to get your body parallel with the floor, so raise your feet if you need to and keep your body inline. Row your chest to the bar by pulling your hands to your arm pits.

**Jumping Lunge** – Step forward, bringing your back knee down to the ground. Jump tall from this position, swapping legs as you jump to complete a lunge on the other side.

**Tricep Dips** – Using a Box, Bench or Rigs. You hold your entire body weight up with your arms extended and feet hovering over the floor, ankles crossed. Lower your body until your elbows reach a 90-degree angle before returning to your starting position.

**Push Ups** – You hold your entire body weight up with your arms extended and feet hovering over the floor, ankles crossed. Lower your body until your elbows reach a 90-degree angle before returning to your starting position.

Watch video for full movement demonstrations.

**Functional Movement**  
(8 minutes)

**Day 3 - Functional Movement**

Set a timer for

**8 x Minutes**

Then at the start of every minute complete

**4-6 x Sprawls**

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**Sprawls** – Perform a push up then proceed to walk your hands and feet roughly 1 meter to the side and perform another push up. That is 1 rep.

Please watch the video for a full movement demonstrations.

## Day 4 - (15 minutes)

### Workout of the Week (15 minutes)

#### Day 4 - Workout of the Week

This week for your final session we would like you to complete this

##### Warm Routine

and think about implementing it into your pre-Race/Ride warm up routine.

Work through the list of movements and exercises:

**5 Minutes Heart Raiser (Turbo or Spin) @ 150-160bpm**

**2 Rounds – 4 Point Lunge (each side), Dive Bomber Push Ups & Reverse Push Up Holds**

**2 x 2 Minute Turbo or Spin with 30-60 seconds Rest @ 160-170bpm**

**2 Rounds – Drop Lunge (4-6 x each side), Elevated Archer Push Ups (8-12 x reps), Curtsey Squat with Jump (4-6 x each side) & Double Band Pulls (8-12 x reps increasing speed)**

**3 x 1 Minute Turbo or Spin with 20-30 seconds Rest @170-180bpm**

**2 Rounds – Attack Position Push Up Pops (8-12 x Reps), Hinge Jumps (4-6 x reps)& Half Rotations with Jumps (3 x each side)**

and finally into

**5 x 3 Minute Sprints on the Turbo/Bike with 2 minutes off in-between efforts.**

\*take note of how you feel after this full on warm up and think about how you might introduce all or parts of this into your race run or pre ride warm up to get the most out of your day.

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**4 Point Lunge** – For this lunge variation imagine your stood in the centre of a clock face. With the same leg, perform a front step lunge or pistol squat (12 o'clock) into a cossack squat (3 o'clock) into a back step lunge (6 o'clock) and finally a curtsey squat (9 o'clock). Switch leg and repeat with the opposite leg.

**Dive Bomber Push Ups** – Start in a downward dog position which is similar to a push up position but with your hips much higher. From here lower your head towards the ground, bending at the arms and keeping your face and chest as lower as possible. bring your head through, lowering your hips and straighten your arms.

**Reverse Push Up Holds** – Lying on your back with your feet planted and knees at 90 degrees. Arms by your sides and elbows driving into the ground to bring your back off the floor. Don't use your core to 'sit up'.

**Drop Lunge** – Stand tall on you toes then drop down into a lunge position in an explosive manner. Try to land in as stable position as possible.

**Archer Push Ups**– In a push up position with very wide hands, lower yourself to the ground towards one arm. The idea is to load each arm. This is a difficult one, so if you need to, perform on your knees.

**Curtsey Squat**– Take your weight on one leg and move the other leg around behind you as far as possible whilst squatting as low as possible on the leg you're standing on. You'll feel a lot of stretch in your front leg through the ankle and upper joints. This is a great hip stretch!

**Double Band Pulls** – Attach a resistance band to a rid. Then, pull the s band towards your face while simultaneously pulling your hands apart. The band should be stretched towards you as well as between your hands. Exhale as you pull the band. We suggest keeping the repetitions higher while using a lighter band.

**Attack Position Push Up** – Place hands on the floor roughly the width of your handlebar riding position with finger pointing forwards. Plant your toes to create a stable "plank" position with arms extended. Ensuring your spinal curve is held, lower yourself to the ground so your chest touches, then press and return to the starting position.

**Hinge Jumps** – Imagine you are completing a deadlift, hinging at the hip. Then stand tall and jump, bringing your knees up and as high as possible.

**Half Rotations with Jumps** – Step forward, bringing your back knee down to the ground and twist to one side from the hip. Then jump tall from this position, swapping legs as you jump to complete a lunge on the other side.

For a **full** explanation of this session or of any other workouts from this weeks training **please** watch the demo video, where Jonny runs through all exercises the in greater detail.

And, if you have any questions about this please do fire them over, and we do hope you enjoy this weeks training.

**Cardio  
Options**

**Additional Cardio Options**

If you would like to add any additional cardio to your training this week the complete one, two or all of the cardio sessions below.

**1: 90-120 minutes on a Turbo Trainer at a Zone 2 Heart Rate.**

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**2: Row 10,000 meters, whilst trying to maintain a consistent pace throughout.**

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**3: Run 10,000 meters again try to maintain a consistent pace during this run.**