

Day 1 - (38 minutes)

T-Shirt Offer (10 minutes)

We have a number of FREE Fit4Racing branded T-Shirts up for grabs.

All you have to do is send a video message to jonny@fit4racing.com explaining - Who you are, where you come from and your experience on the Fit4Racing Training Program.

Then let us know your size (S, M or L), which colour T-shirt you would prefer (Teal or Burgundy) and your Postal Address.

There are 40 x T-Shirts available and it's first come first serve.

We look forward to hearing from you all and thank you in advance for your time.

Jonny

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 (15 minutes)

Day 1 - Assistance Work

To start the week
Grab yourself a Barbell and complete,
5 x Sets
of
8-10 x Jumping Back Squat (light weight only)
Rest as 2 minutes in-between sets.

Jumping Back Squat – 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. Pull the bar onto your shoulders to avoid bounce at the top.

Please watch video for movement demonstrations, scaling options and loading suggestions.

Bench Mark Workout (8 minutes)

Day 1 - Bench Mark Test #1

BENCHMARK TEST #1

Set a timer for
8 Minutes
Then complete as many rounds of
9 x Deadlift
3 x Hang Power Clean

3 x Push Press

3 x Hang Power Clean

9 x Front Squat

3 x Hang Power Clean

3 x Push Press

3 x Hang Power Clean

as your can in that time.

RECORD and SUBMIT your TOTAL NUMBER of REPETITIONS on the website.

The recommended prescribed weight for this workout is

Males – 40kgs

Woman – 25kgs

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!

Hang Power Clean –With the barbell starting around knee height, place your feet under the bar about hip width apart. Place both hands outside shoulder width and parallel on the bar. Before pulling, alight your spin to a neutral position. Pull the bar vertically upwards keeping your arms straight until you are near a full standing position, then quickly release the floor with your feet landing in a semi-squat position and playing the barbell on the front of your shoulder with your elbow pointing forwards. Finish the movement by standing fully.

Push Press – With weight held at your shoulders, and straight legs. Dip at the knees and drive to extension, use this energy to drive the weight overhead.

Front Squat – Keep the bar on the front your shoulders, which you do by driving your elbows up and in front of you. This pushes the bar on your shoulders and not your collarbones. Priority is on a safe/straight back, working to a depth your mobility allows and your knees tracking over your feet.

Please watch video for movement demonstrations, scaling options and loading suggestions.

Core
(5 minutes)

Day 1 - Core

For your final section today complete

4 Rounds

of

Flutter Kicks

Hollow Rocks

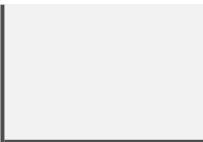
Plank

Spend as long as possible performing each exercise and **rest 20 seconds** in-between each movement.

Flutter Kicks – Lying on your back, with your hands under your hips and straight legs, toes pointed. Kick up and down with your legs.

Hollow Rocks – Laying on your back on the floor with your hands stretched above your head, and your legs straight and pointed, bring them off the floor by engaging your core. You should be resting on your lower back in a 'hollow' position. Rock back and forward lightly tapping your heels and hands as you move.

Plank – Resting on your forearms and your feet. Engage your core and hold your bum slightly higher so



that you don't risk any over extension in your lower back.
Watch video for movement demonstrations & workout explanation.

Day 2 - (70 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.

Strength (15 minutes)

Day 2 - Strength

To start today's session we have

3 Superets

of

12 x Pendlay Row

into

10 – 15 x Rear Foot Elevated Split Squat (each leg)

Pendlay Row – Using a barbell, pick it up from the floor in a safe deadlift. From here, take a neutral position with your feet and hinge as far forward – like a deadlift – as you safely can. Hanging the bar under your shoulders, row the bar from the hang in front of you to your chest and then back to the hang.

Pay very close attention to your lower back and make sure you keep it neutral and safe!

Rear Foot Elevated Split Squat – Using a bench, box or anything you can rest the top of your foot on, laces down. Assume a split foot style position with a Dumbbell/kettlebell/loaded bag held in your hands at chest height. Squat into your front leg loading onto it as much as possible.

Watch video for movement demonstrations and workout explanation.

Bench Mark Workout (30 minutes)

Day 2 - Bench Mark Workout #2

Set a timer for

30 Minutes

Then compete as many

Assault Bike Calories

as you can in that time.

However every

3 Minutes

get off the bike and complete

10 x Man Makers

before getting back on the bike to workout towards your total calorie count.

RECORD your TOTAL No. CALORIES and SUBMIT it on the website.

The recommended prescribed weight for this workout is

Males – 2 x 15kg Dumbbells

Woman – 2 x 10kg Dumbbells

Man Makers – In a push up position with a dumbbell in each hand, complete a push up, then 1 row in each hand. That's 1 rep.

Please watch the video for a full demonstrations, loading suggestions and workout explanation.

Grip & Core
(15 minutes)

Day 2 -Grip & Core

Complete

10 x Sets

of

Max Effort Hanging Target Leg Raises

Rest 20 seconds between sets.

Hanging Target Leg Raises – Hanging from a pull up bar, create active shoulders by pulling your shoulder blades back and down so that there's tension there. From here, raise your straight legs up in front of you, and over a target if you can. Ideally a pull up bar for this as you then get the benefit of the hang and grip, however if you don't have a pull up bar, you can complete an L-sit by resting your hands by your sides on 2 dumbbells/chairs or wall, as long as your butt is off the floor and your legs are raised using your core.

Please watch video for full movement explanation if your not sure on this movement.

Day 3 - (52 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.

Strength (10 minutes)

Day 3 - Strength

Complete

5 x Sets

of

5 x Tempo Front or Back Squats

Aim for 3 seconds down, 2 seconds pause and 3 seconds up.

Rest as needed in-between sets.

Front Squat – Keep the bar on the front your shoulders, which you do by driving your elbows up and in front of you. This pushes the bar on your shoulders and not your collarbones. Priority is on a safe/straight back, working to a depth your mobility allows and your knees tracking over your feet.

Back Squat – 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.

Watch video for movement full demonstrations and scaling options

Bench Mark Workout (20 minutes)

Day 3 - Bench Mark Workout #3

Bench Mark Workout #3

DEATH BY BURPEES

For this workout set a running timer,

Then at the start

of

Minute 1 – Complete 1 x Burpee

Minute 2 – 2 x Burpee

Minute 3 – 3 x Burpees

and so on ...

Add 1 x Burpee every minute until you can complete the required number of burpees in that minute.
(usually around minute 14-17.)

Record the Score of the last FULL round of Burpees you were able to complete (i.e. 15)

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.

Again, please watch the video for a full movement demonstrations and workout explanation if you are unsure of the workout.

Workout
(12 minutes)

Day 3 - Workout

Set a timer for

12 Minutes

Then complete as many rounds of

5 x Pull Ups

10 x Box Jumps

5 x Toes to Bar

10 x Calories on a Bike (or 40s on equivalent cardio equipment)

as your can in that time.

Pull Ups – Holding a pull up bar, engage your shoulders by thinking about pulling your shoulder blades back and down. Pull your weight to their, aiming to get your chin above the bar. You can use a band attached to the bar and wrapped around your feet to help with this if you struggle.

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.

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.

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

Day 4 - (60 minutes)

Testing (60 minutes)

Day 4 - Testing

This week for your final session we would like you to complete a number if not all of the

2 Minutes Tests

on the Testing section of the website.

The 2 minutes tests on the website are as follows:

Burpees

Toe to Bar

Pull Ups

Back Squat @ 35%

Calories on a Bike

Thrusters

and if after all that you have any energy left try to also complete the

Max Distance in 20 Minutes Test on a piece of cardio equipment.

Please complete these TESTS and SUBMIT your scores on the website.

For a **full** demonstration of this session or any other workouts from this weeks training **please** watch the description 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.

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

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