

Day 1 - (70 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.

Strength Work (15 minutes)

Day 1 - Strength Work

Just like last week but with and an added progression in Reps

Grab yourself a Barbell and Bench and complete,

3 x Sets

of

12 x Bench Press

Rest 2-3 Minutes in-between sets

Warm up to a working weight and the try to keep all sets within 10% of each other

Rest 30 seconds

Bench Press – 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.

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

Workout (40 minutes)

Day 1 - Workout

Grab yourself **Turbo Trainer** or **Alternative Piece of Cardio Equipment**

Then

Cycle as far as you can

in

40 Minutes

However

Every 4 Minutes

stop and complete

2 x Rounds

of

4 x Clean

3 x Front Squat

2 x Thruster

1 x Push Press

before continuing on with your cycling effort.

Clean – With the barbell on the ground, place your feet under the bar about hip width apart. Place both hands outside shoulder width and parallel on the bar. Before pulling, align your spin to a neutral position, if you can't do that at this stage, raise the height of the barbell from the ground by putting plates under it. 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 placing the barbell on the front of your shoulder with your elbow pointing forwards. Finish the movement by standing fully.

Front Squat – Keep the bar on the front of 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.

Thruster – The thruster consists of a front squat and press in one fluid movement. Time the extension of the front squat to increase speed in the final part of the stand. Once at the top of the squat, press the barbell overhead until locked out. Return the barbell to the front rack position on your shoulder to finish the rep.

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.

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

Core
(5 minutes)

Day 1 - Core

For your core today complete

3-5 Rounds

of

30-60 seconds x DeadBugs

15-20 x Side Plank Pumps (each side)

Deadbug – On your back with your hands and feet off the ground with your core engaged, knees at 90 degrees and your shins parallel with the ground, arms straight up. Lower and straighten one leg whilst also lowering the opposite arm. Bring them back to the hold and alternate sides.

Side Plank Pumps – Resting on your forearm and the side of your foot with your other foot resting on top. Hold your body inline and slowly drop your hips to the floor. Once it touches, power up quickly back to centre with your body inline.

Watch video for movement demonstrations & workout explanation.

Day 2 - (53 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 todays session we have

1 x MAX Effort Set

of

Back Squats @45% of your **3 Rep Max** (Aim for 25+ Reps)

Then

Rest 3 minutes

Reduce the weight and complete another

MAX Effort Set @ 35-40% of your **3 Rep Max** (Try to match your score)

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 demonstrations and workout explanation.

Capacity Workout (18 minutes)

Day 2 - Capacity Workout

Complete

12 Rounds

of a

250m Row

with

30 Seconds Rest in-between efforts

If you are unable to gain access to a rowing machine then use another piece of cardio equipment for 1 minutes with 30 seconds rest in-between rounds.

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

Core (10 minutes)

Day 2 - Core

Complete

3-5 Rounds

of

40 Seconds Work / 20 Seconds Rest

on each of the following movements

Push Up Toe Taps

Tempo Mountain Climbers

Hollow Rocks

Push Up Toe Taps – Get into standard push-up position. Lower your chest to the floor and then as you straighten back up into starting plank position, bring your left arm and right leg beneath your body. Tap your foot with your hand and return to plank position. Do it on the opposite side and continue like.

Mountain Climbers – From a push up position, bring your left knee to your left elbow, then your right knee to right elbow. Repeating as fast as possible.

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.

Please watch video for full movement explanations.

Day 3 - (50 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 3 - Assistance Work

Complete

3 x Supersets

of

12-15 x Single Leg Deadlift (each side)

into

Max Effort Pull Ups

into

Max Effort Finger End Holds

Work through these movement with as little rest as possible then

Rest 2-3 minutes in-between supersets.

Split Leg Deadlift – A Single Leg Deadlift is a hip-hinge movement that strengthens the back, core and legs. This variation of a traditional deadlift involves one leg lifting off the ground and extending out behind you. The more complex movement works even more core muscles as well as the standing leg, which help to improve balance.

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.

Finger end holds – Hang from a pull up bar for as long as you can only using the ends of your fingers.

Watch video for movement full demonstrations and scaling options

Workout (20 minutes)

Day 3 - Workout

Set a timer for

20 Minutes

Complete as many round as possible of the following movements in that time.

6 x Lateral Box Jump Overs

6 x Push ups

6 x Lateral Box Jump Overs

6 x Toes To Bars

This is a longer workout so pace it from the start and work through all the movements at a good but steady pace.

Lateral Box Jump Overs – Using a suitable height box, starting from a standing position with the box by your side, 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 for the hip unless otherwise stated. Stand fully on top of the box before going

over the other side by either jumping down or stepping off the box.

Push Up – 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.

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.

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

Core
(10 minutes)

Day 3 - Core

3-5 Rounds

of

MAX EFFORT

Ski Sit with Banded Pulls

Ski sit with Banded Pull – Get yourself into the bottom of a squat position. Hold this solid position whilst holding a band in your hands with a straight arm attached to something solid under tension. Pull your hand towards you face and extend back out to the start position.

Watch the video for a full movement demonstrations and workout explanation.

Day 4 - (60 minutes)

Lunge Challenge (60 minutes)

Day 4 - Cardio

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

1000 x Walking Lunges

However every

2 Minutes Stop

and perform

10 x Push Ups

The time cap for this workout is

40-60 Minutes.

Walking Lunges – From a standing position, take a step forward bringing your back knee down to the floor. Stand back up so that both feet are together to complete the rep.

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.

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.