

Day 1 - (58 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

20-25 x Jumping Back Squat (light weight only)

Rest as 2 minutes in-between sets.

**If you did this last week, then use the same weight but for more reps this week. If you are new to the program then stick to the rep scheme and pick a weight that will be challenging to complete 20-25 reps with.*

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.

Cardio Workout (28 minutes)

Day 1 - Cardio Workout

Set a timer for

16 Minutes

Then at the start of every minute complete either exercise 1, 2, 3 or 4 .

1: 50% of your 2 Minute Max Calories (Turbo Trainer or Assault Bike)

2: Full Rest

3: 50% of your 2 Minute Max Thruster (free bar only)

4: Full Rest

Then, rest the time for

12 Minutes

and complete as many rounds of

25 x KB Swing

15 x Push Ups

25% of your 2 Minute Max Pull Ups

as you can in that time.

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.

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.

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.

Kettlebell Swing – Holding a kettlebell between your legs, hinge at the hip generating power from your glutes and hamstrings, not your lower back. Swing to eye level. Priority is a safe back and using a weight you can manage.

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

Core
(5 minutes)

Day 1 - Core

For your final section today spend

5 Minutes

rotating through

10 x Plank Pass Thru's

10 x Semi Push Up Walk Over

10 x Double Leg Wipers

Resting as little as possible in that time.

Plank Pass Through – In a straight arm plank with a dumbbell, alternating moving the dumbbell to the each side with your opposite hand. Right hand takes it from the left side to right. Left hand takes it from right to left.

Semi Push Up Walk Over – Position yourself in a press-up position, with your arms straight. Keep your body in a straight line, with your bottom tucked under and your back flat. Drop your chest towards the floor and stop when your elbows reach 90 degrees. Return to the start position and proceed to walk your hands up and over a box. Repeat the semi press up on the opposite side of the box.

Double Leg Wipers – Using a dumbbell or something stood up on end that you can get your legs over. Start sat on the floor with your feet together on one side and your hands on the floor. Lift your feet up and over the object and lightly touch the floor on the other side, keeping tension in your core as you move.

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 **Rowe**/**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

12-15 x Seated Double Dumbbell Row (see video)

into

10 – 12 x Curtsey Squat of a Plate (each leg & add weight if possible)

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!

Seated Double Dumbbell Row – With a 2 x dumbbells, hinge forward at the hip and sit on a box or bench. With the weight hanging directly under your shoulder, pull your hand to your arm pit, keeping your elbow tight into your body.

Watch video for movement demonstrations and workout explanation.

Workout (18 minutes)

Day 2 - Workout

Set a timer for

4 Minutes

Then complete As Many Rounds As Possible of the following movements.

3 x Toes to Bar

3 x Burpee into Pull Up

6 x Clean and Press (Barbell or Dumbbell)

Then

REST- 2 minutes

Repeat this **4 Minute AMRAP** for a total of **3 Rounds**.

Go hard and give it you're all in each of these small workouts. The intensity should be high. Good Luck.

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.

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.

Pull Up –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.

Clean and Press – 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, alight your spin to a neutral position, if you can't do that at this stage, raiser 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 playing the barbell on the front of your shoulder with your elbow pointing forwards. Finish the movement by standing fully up and pressing the weight overhead.

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

Core
(10 minutes)

Day 2- Core

Complete

15-20 x Tempo Banded Rotations (each side)

* Tempo – 3 seconds in & 3 seconds out

for

3 x Sets

Rest as needed in-between sets

Banded rotations – With a banded fixed to a solid object, take a lunge stance with your forward foot on the opposite side to the band. With the band in your hands and your arms outstretched in front of you, twist away from the bands fixed point keeping your head, chest and hands in line with each other and returning back to neutral under control, not snapped back by the band. It should be a roughly 120 degree rotations.

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

Day 3 - (45 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 2 seconds down, 1 seconds pause and 1 seconds up.

**Aim for 10-20% Heavier than last week or a challenging weight for you.*

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

Workout (15 minutes)

Day 3 - Workout

Set a timer for

15 Minutes

Then complete a

2000m Row

(or 8 minute alternative cardio option).

In the remaining time you have left perform as many

Over Rower Burpees (or over Box)

as possible.

Over Rower Burpees – Perform a burpee with chest and thighs on the ground and stand. Once standing, jump onto then off the other side of a Rower or Box.

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

Complete

5-8 x Rounds

of

Max Effort Finger End Hangs

into

Plank Up – Downs

Finger End Hangs – From a pull up bar, engage your shoulders by pulling your shoulder blades back and down, whilst engaging your core and bringing your legs slightly forward and pointing your toes. Then hang there for as long as possible holding on with only your finger ends.

Plank Up Downs – From a plank position, lower yourself to your right elbow while keeping your left arm straight then lower to your left elbow as well. Straighten your right arm and then your left. Repeat quickly as in walking your arms up and down

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

Day 4 - (40 minutes)

Steady State Functional Training (40 minutes)

Day 4 - Workouts

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

Steady State Functional Training

(low tempo or zone 2 if you have a heart rate monitor.

The workout is

2 Minutes on a Turbo Trainer

into

3 x Rounds

of

10 x Air Squats

10 x Good Mornings

10 x Push Up

followed by another

2 Minute Turbo Trainer Effort

then a final

3 x Rounds

of

2 x Around the world Lunge (1 x each leg)

4 x Dive Bomber Push Up to Twist

6 x V-Ups

This will take you roughly **8 minutes** per round so complete **4 rounds** or **40 minutes** total

Air Squat – With feet shoulder width apart, squat to a depth you can maintain your spinal curve. Use your arms to counter balance you and keep your torso as vertical as possible. Draw your knees over your toes matching the angle.

Good Mornings – With a PVC pipe, broom handle or barbell with no weight on your shoulders, hinge forward at the hip with a soft bend in the knee, bringing your chest towards the ground. Feel the tension in your glutes and hamstrings. Don't push it too far but aim for a 90 degree bend at the hip, this will be hard. Engage your glutes and hamstrings to stand tall.

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.

Around the world Lunge – On one leg perform 1 x Forward Lunge, 1 x Cossack squat, 1 x Back Step Lunge and 1 x Curtsey Squat. Swap legs and repeat on the opposite leg.

Dive Bomber – Begin with your hands and feet shoulder-width apart, and your hips raised so that your body forms an inverted V. Keeping your shoulder lowered away from your ears, bring your chest forward between your hands as you bend your arms. Continue to glide through as you straighten your arms and bring your chest up.

Push Up to 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.

V-Ups – Laying on your back on the floor, with straight arms above your head and straight legs. Then use your core to bring your legs up to meet your hands over your body.

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.