

Day 1 - (70 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 Work (15 minutes)	Day 1 - Strength Work Just like last week but with an added progression in Reps Grab yourself a Barbell and Bench and complete, 4 x Sets of 7 x Bench Press Rest 2-3 Minutes in-between sets Warm up to a working weight and the try to keep all sets within <u>10%</u> 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.
Capacity Workout (40 minutes)	Day 1 - Workout Set a timer for 40 Minutes in that time to cycle as far as possible on a Turbo Trainer or Static Bike However Every 3 Minutes get off the Bike and complete, <u>4 x Dumbbell Complex:</u> 1 x Push Up 1 x Dumbbell Row Left 1 x Push Up 1 x Dumbbell Row Right 1 x Double Dumbbell Snatch 1 x Double Dumbbell Thruster

before getting back on the bike to continue your Bike Effort.

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.

Dumbbell Row – In straight arm plank position and with a dumbbell in each hand, maintaining your body position row/pull one dumbbell off the floor until it touches your chest, then return it to the floor.

Double Dumbbell Snatch – Holding a pair of dumbbells at a manageable weight, bring them from floor between your legs with slightly wider feet and use your hip 'pop' to drive the weight up and a final small press overhead. It should be a continuous movement from the bottom to overhead. Be weary of your position picking it up from the floor, keeping your back safe and braced, no arching! If you need to, scale to a 'hang' position, so start from the bottom with the weight at your knees, not the floor. Focus on the hinge and drive overhead.

Double Dumbbell Thruster – Use two equally weighted dumbbells, one in each hand resting on each shoulder. Then perform a squat to the appropriate depth for your mobility, upon standing at the top of the squat press the dumbbells up overhead until locked out. Return the dumbbells to your shoulder to complete to rep.

Watch video for more workout details and scaling options.

Core
(5 minutes)

Day 1 - Core

For your core today set a timer for

5 Minutes

then during this time spend as long as possible in a

L-Hang Position

L-Hang – 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, aiming to get them to 90 degrees and hold at that position. If you can't get them all the way up, hold them as high as possible maintaining a tight and engaged core position. Ideally a pull up bar for this as you then get the benefit of the hang, 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.

Watch video for movement demonstrations & workout explanation.

Day 2 - (55 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.

Muscular Endurance (15 minutes)

Day 2 - Muscular Endurance

To start today's session with a Re-Test from last week,

5 x Max Effort Sets

of

Wall Balls

Rest

2 minutes in-between Set 1 & 2,

1:30 minutes in-between Set 2 & 3,

1:00 minutes in-between Set 3 & 4,

30 seconds in-between Set 4 & 5.

If you don't have access to a Wall Ball, then using a 15/20kg Barbell complete max effort Thrusters.

This is a Re-Test compare your score from the previous week.

Wall Ball – With a medicine ball in your hands, complete a squat with the ball, then stand tall and throw it to a target, catch and repeat. Ideally a 20lb/9kg ball and 10ft target for guys, and a 14lb/6kg ball 9ft target for ladies.

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.

Watch video for movement demonstrations

Capacity Workout (20 minutes)

Day 2 - Capacity Workout

Complete

6 Rounds

of a

500m Row

with

1 Minutes Rest in-between efforts

If you are unable to gain access to a rowing machine then use another piece of cardio equipment for 2 minutes with 1 minutes rest in-between rounds.

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

Core

(10 minutes)

Day 2 - Core

Set a timer for

5 Minutes

then perform Max Effort Sets
of the following movements in that time.

Russian Twists

Ball Pass V-Ups

Mountain Climbers with Hands on a Ball

Russian Twists – Sit on the floor holding a medicine ball or light weight. Lift your heels off the floor and twist side to side with the weight, keeping your head and chest facing the weight at all times.

Ball Pass 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. Pass a light medicine ball between your hands and your feet on each rep.

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.

video for full movement explanations.

Day 3 - (60 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 Split Leg Deadlift (each side)

into

3 x 5 Eccentric 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 – In a split leg position, your back foot toes are inline with the heel of your front foot. From here, hinge at the hip and using your chosen weight – be it a barbell, dumbbells or kettlebells – lower the weight to the floor keeping your shoulders pinned back and your back in a safe and neutral position. Aim to keep your shin as vertical as possible and a soft bend at the knee. The aim is 90 degrees at the hip, but if your mobility limits this don't worry. Stand tall, paying attention to using your front leg to power you up. This movement really engages the glute and hamstring on your front leg.

Eccentric Pull Ups - Called a "negative" or "eccentric" pull up, you're focusing on the downward part of the exercise—the part that you probably don't think of when you envision a pull up. You'll get your chest up to the bar, and then ever-so-slowly lower yourself down, maintaining control and total-body tension as you do.

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 as a couple of these movements may be new to some.

Workout (30 minutes)

Day 3 - Workout

Set a timer for

30 Minutes

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

70 x Box Jump Overs

60 x Thrusters (15-20kg)

50 x Butterfly Sit Ups

40 x Burpees

30 x Push Ups

20 x V-Ups

400 meter Run or 2 Minute Bike

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

Box Jump Overs – 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 of 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.

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 the ground and touching your hands behind your head.

Thrusters – 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.

Butterfly Sit Ups – Lie faceup on the floor with your arms extended past your head, your knees bent, and the soles of your feet facing one another. In one fluid movement, raise your torso to a sitting position as you reach forward with both hands to touch your ankles. Slowly lower your torso back to the starting position

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.

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.

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

For

5-8 Rounds

Alternate between

Plank Taps

&

Hollow Rocks

Plank Taps – In a Straight Arm Plank Position Raise one hand off the floor and move it up and across to tap the opposite shoulder, then repeat on the opposite side. Move deliberately, and engage your core and glutes to ensure that your hips don't rock from side to side as you move your arms

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.

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

Day 4 - (60 minutes)

Cardio (60 minutes)

Day 4 - Cardio

This week for your final session we would like you to spend time working on your cardio and aerobic capacity.

Get on any piece of Cardio Equipment and complete,

40-60 Minutes

in

Cardio Zone 2 Heart Rate

Exercising in heart rate zone 2 feels light and you should be able to go on for a long time at this intensity. **This is the zone that improves your general endurance:** your body will get better at oxidizing – burning – fat and your muscular fitness will increase along with your capillary density.

If you can complete this session a number of times this week preferably in the morning if you usually complete your Fit4Racing session in the evening.

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.