

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.

Assistance Work (15 minutes)

Day 1 - Assistance Work

To start the week

Grab yourself a Barbell and complete,

5 x Sets

of

12-15 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.*

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 (40 minutes)

Day 1 - Cardio Workout

Set a timer for

40 Minutes

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

1: 50% Pace on a Turbo Trainer (or Assault Bike)

2: 90% Pace on a Turbo Trainer (or Assault Bike)

3 & 4 (so 2 minutes of work): **3 x Rounds of – 2-3 x Pull Ups, 3-5 x Push Ups , 8-12 x Mountain Climbers**

Move onto the next exercise at the end of each minute for a total of 10 Rounds/40 minutes.

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.

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.

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

working on

Hanging Leg Scissor Kicks

Resting as little as possible in that time.

Hanging Leg Scissor Kicks – Hang from an overhead bar, hands shoulder width apart. Your legs hang straight down and together. Lift one leg up, keeping it straight, until it is just above parallel to the floor straight out in front of you, and lower it under control, then repeat with the other leg. Alternate the legs under control. Keeping your core tight, flex each section of the torso involved with the different angles.

Watch video for movement demonstrations & workout explanation.

Day 2 - (75 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 (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)

*Again if you did this last week aim to increase the weight this week while maintaining your form.

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.

Workout (40 minutes)

Day 2 - Workout

Set a running timer and grab a barbell with moderate weight.

Then complete the following workout.

21 x Thrusters

10 x Over Bar Burpees

15 x Thrusters

10 x Over Bar Burpees

9 x Thrusters

REST – 2 minutes

15 x Thrusters

6 x Over Box Burpees

9 x Thrusters

6 x Over Box Burpees

6 x Thrusters

6 x Over Box Burpees

REST – 2 minutes

9 x Thrusters

3 x Over Box Burpees (with 2 x Dumbbells)

6 x Thrusters

3 x Over Box Burpees (with 2 x Dumbbells)

3 x Thrusters

3 x Over Box Burpees (with 2 x Dumbbells)

Pace yourself from the start during this workout as even with the rest in-between the intensity will catch up with you. Good Luck.

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.

Over Bar Burpees – 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.

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

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

Core
(10 minutes)

Day 2- Core

Complete

20-30 x Medium Paced Banded Rotations (each side)

for

3-5 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 - (55 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 (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 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 (25 minutes)

Day 3 - Workout

Set a timer for

25 Minutes

Then complete as many round of the following movements as you can in that time.

250m Row (or 1 minute alternative cardio option)

10 x Push Up Pumps

5 x Toes to Bar

Push Up Pumps – Resting on your hands and toes, with your body inline and no dip at the hips. Lower your chest 1/4 of the way to the floor. Then begin to ‘pump’ up and down completing 1\4 of a normal push up. 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

Hold a
Side Plank Position
as long as possible each side for
3-5 Rounds.

Side Plank – Resting on your forearm and the side of your foot with your other foot resting on top. Hold your body inline with no dip in the middle.

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

Day 4 - (30 minutes)

Barbell Cycling or Isometric Work (30 minutes)

Day 4 - Workouts

This week for your final session we would like you to complete either the Barbell Cycling Work or Isometric Burner.

Barbell Cycling Work

Work up to and find a weight that is as heavy as you can manage safely for the following movement sequence,

2 x Clean

3 x Front Squat

2 x Clean.

Then set a timer for 10 Minutes and complete

1 x Round @ 75% of the weight you just got, every minute for the 10 minutes.

The other options for today session is a

Isometric Burner

So, adopt a

Ski Sit Position

for as long as possible.

Then rest exactly **20 seconds** and complete

1/4 Squat Pumps

for as long as possible.

Rest and Repeat for a total of

3-5 x Rounds.

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 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.

Ski Sit – Against a wall with your knees at 90 degrees and your back flat against the wall. Don't lean on your legs with your arms, fold them across your chest or hold them against the wall.

1/4 Squat Pumps – With feet shoulder width apart, squat to a 1/4 of your normal depth you can maintain your spinal curve. Then 'pump' up and down in a squatting motion. Use your arms to counter balance you and keep your torso as vertical as possible. Draw your knees over your toes matching the angle.

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 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.