

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

3-5 x Jumping Back Squat (light weight only)

into

3 Sets

of

8-12 x Pendlay Row (Again for practice stay light)

Rest as needed in-between sets and movements.

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.

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!

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

Workout
(40 minutes)

Day 1 - Workout

Grab yourself **Rower, Ski Erg, Assault Bike** or **Alternative Piece of Cardio Equipment**

Then

Row, Ski or Cycle as far as you can

in

10 Minutes

Rest 2 Minutes and complete

70 x Box Jumps

70 x Thrusters (with barbell only)

Then again rest 2 Minutes and complete another

Row, Ski or Cycle as far as you can

in

10 Minutes

Box Jump – 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 to 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.

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.

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

**Core &
Assistance
Work**
(5 minutes)

Day 1 - Core & Assistance Work

For your final section today complete

3-5 Rounds

of

20 x Plank Pull Throughs

10 x Jefferson Squat (each side)

Plank Pull Throughs – 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.

Jefferson Squat – With a barbell between your legs, take a wider stance and have your feet 90 degrees to each other. Grip the bar with alternate grip, one palm in, one palm out. The first squat will feel odd as this isn't a normal movement. Focus on an external rotation in your hips, aiming to keep your knees over your ankles. This isn't any easy position to maintain so think about purposeful movement

Watch video for movement demonstrations & workout explanation.

Day 2 - (72 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 todays session we have

3 Sets

of

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

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 (28 minutes)

Day 2 - Workout

Set a timer for

28 Minutes

then at the start of every minute complete **1, 2, 3, or 4** before resting the remainder of the time in that minute.

Starting the next movement at the start of the following minute.

1: 12 x Dirty Cleans

2: 9 x Front Squats

3: 6 x Push Press

4: Rest

Dirty Cleans – With a wide grip, similar to your handlebar grip width, hinge forward and take the bar to just below the knee at its lowest on each rep, not the floor. Stand tall and use the momentum in the bar to bring it up and bring your arms from above to below the bar, avoiding any contact with your body. Maintain a grip that's around handlebar width and keep you forearms and elbows vertically under the bar at the top, no change in grip.

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.

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

Sprints (9 minutes)

Day 2 - Sprints

Grab a cardio piece of equipment preferably an **Assault Bike, Static Bike** or **Turbo Trainer** and set a timer for

9 Minutes

then perform a

3 x 20 seconds all out MAX EFFORT SPRINT

at

3 Minute Intervals (3 rounds total)

Please watch the video for a full demonstrations.

Core
(10 minutes)

Day 2 - Core

Complete

8 Rounds

of

Max Effort Hollow Hang

into

20-30 x Wipers

Hollow Hang – 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.

Wipers – Laying with your back flat on the floor and your arms out to your sides, bring your straight legs up and then rotate them side to side down to the floor.

Please watch video for full movement explanations.

Day 3 - (30 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

3-5 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

Workout (10 minutes)

Day 3 - Workout

Grab yourself **1 or 2 Dumbbells**

In a **4 Minute window** work up the following ladder as far as you can

2 x Dumbbell Squat Cleans (single or double)

1 x Wall Climb

4 x Dumbbell Squat Cleans (single or double)

1 x Wall Climb

6 x Dumbbell Squat Cleans (single or double)

1 x Wall Climb

.... and so on adding 2 x Dumbbell Squat Cleans on each time until you reach the 4 minute mark.

Then **Rest 2 Minutes** and start where you finished off but this time work down the ladder and try to finish the workout in **4 minutes**.

DB Squat Cleans – With a pair of dumbbells/kettlebells, perform a hinge forward with a slight squat, holding the weights between or outside your legs, stand straight out of the hinge opening your hips and use this extension to bring the weights to a front rack position, use the hip pop to help the weight lift and try to avoid a bicep curl, we call this turning over. Aim to catch the weight in a a squat, if not, squat down with the weight still in front rack, then stand from the squat.

Wall Climb – For the wall walk. In a push up position with your feet to the wall, Walk you feet up the wall and your hands closer to the wall. The target is reach your belly to the wall. If you're nervous about this movement, then walk your feet up as high as you can.

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

Day 4 - (60 minutes)

Zone 4 Steady State (60 minutes)

Day 4 - Cardio

This week for your final session we would like you to sustain a

Heart Rate Zone 4 effort for an hour

This cycle could be completed either on the **road** or on a **turbo trainer**.

Heart rate Zone 4 = 80-90% of Heart Rate max

If you don't have a heart rate monitor. You'll be breathing hard and working aerobically **8/10 in effort**. If you train at this intensity, you'll improve your speed endurance. Your body will get better at using carbohydrates for energy and you'll be able to withstand higher levels of lactic acid in your blood for longer.

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.