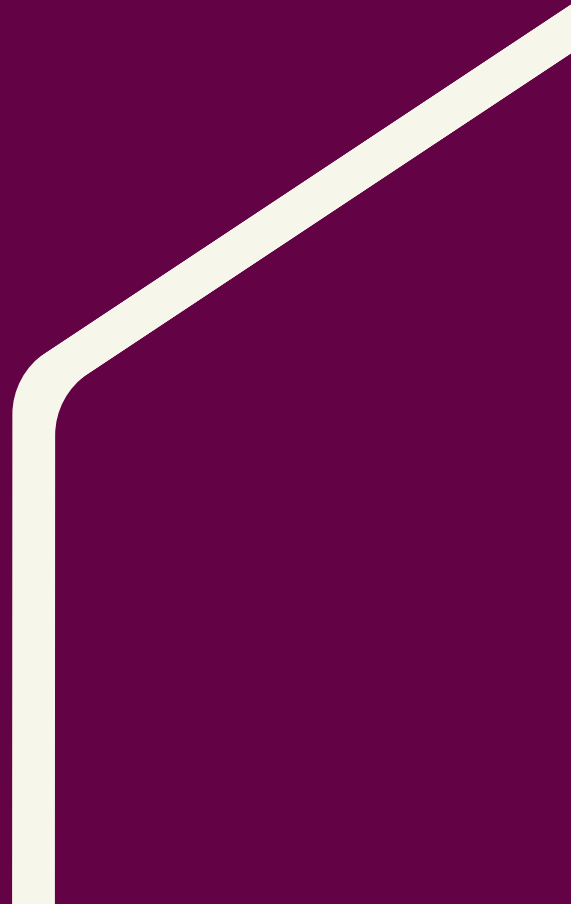
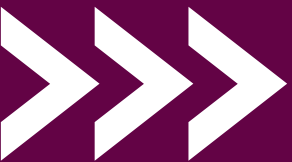


**PEAK
TRAIN**

STRENGTH TRAINING FOR RUNNERS



WEEK 1

DAY 1



WARM UP

2 SETS

1. CARDIO 60 SEC RUN/JOG
2. SHOULDER EXTENSION BRIDGE X 6 REPS
3. SHIN BOX SWITCH X 10 REPS 5/5

* ONE SET = 1+2+3

JUMPING JACKS
SHOULDER EXTENSION BRIDGE
SHIN BOX SWITCH

A. UPPER BODY STRENGTH

3 SETS

1. SEATED DUMBBELL PRESS 6-8 REPS

* 3 SETS

DUAL SEATED DUMBBELL STRICT PRESS

B. LOWER BODY STRENGTH

3 SETS

1. DB FRONT SQUAT 8-12 REPS

* 3 SETS

DUMBBELL FRONT SQUATS

C. LOWER BODY BALANCE

3 SETS EACH LEG

- 1) RIGHT KNEE OVER TOE SPLIT SQUAT
6-8 REPS
- 2) LEFT KNEE OVER TOE SPLIT SQUAT
6-8 REPS

* 1 SET = 1+2

KNEE OVER TOE SPLIT SQUAT

D. COOL DOWN

PRAYER STRETCH 60 SEC

PIGEON STRETCH 60 SEC

FROG STRETCH 60 SEC

PRAYER STRETCH

PIGEON STRETCH

FROG STRETCH



RECOVERY

- 1) BODYWEIGHT RDL X 10 REPS
- 2) ELEPHANT WALK X 10/SIDE
- 3) PIKE STRETCH X 2 MIN
- 4) PANCAKE STRETCH X 1MIN LEFT, 1MIN RIGHT, 1MIN CENTRE
- 5) SQUAT HOLD 30 SECS
- 6) CHILD'S POSE X 1MIN
- 7) PASSIVE HANG X 1MIN

- BODYWEIGHT RDL
- ELEPHANT WALK STEP
- PIKE STRETCH
- PANCAKE STRETCH
- SQUAT HOLD
- CHILD'S POSE
- PASSIVE HANG

DAY 2

WARM UP

2 SETS

1. CARDIO 60 SEC RUN/ JOG/ JUMPING JACKS
2. INCHWORM 5
3. ELEPHANT WALK STEP X 10/SIDE

*1 SET = 1+2+3

JUMPING JACKS

INCHWORM

ELEPHANT WALK STEP

A. LOWER BODY STRENGTH

3 SETS

- DUMBBELL DEADLIFTS 12-10 REPS
@ 7/10 EFFORT

DUMBBELL DEADLIFT

B. UPPER BODY STRENGTH

3 SETS

1. DB BENTOVER ROWS X 8-10 REPS
2. DB BICEP CURL X 8-10 REPS

* 1 SET = 1+2

DUMBBELL BENT OVER ROW
DUAL DUMBBELL BICEP CURL

C. BODY BALANCE

3 SETS

- SINGLE LEG BALANCE 15/30SEC PER SIDE

SINGLE LEG BALANCE

D. CORE FINISHER

- 50 PIKE LIFT OVERS/ LEG RAISES

PIKE LEG LIFT OVER
SUPINE LEG RAISES

E. COOLDOWN

- PASSIVE SUPINE HANG X 30 SEC
DOWNWARD DOG X 30 SEC
SHINBOX GOOD MORNING TO SWITCH
X 6-8 REPS/SIDE

PASSIVE HANG
DOWNWARD DOG
SHINBOX GOOD MORNING +
SHINBOX SWITCH



WEEK 2

DAY 1



WARM UP

2 SETS

1. 90 SEC CARDIO BIKE/JOG/ JUMPING JACKS
2. 5 EACH SIDE ACTIVE SCRATCH TEST
3. 15 CRUSH GRIP BENTOVER ROW

* 1 SET = 1+2+3

JUMPING JACKS
ACTIVE SCRATCH TEST
15 CRUSH GRIP BENTOVER ROW

A. UPPER BODY STRENGTH

3 SETS

1. DB BENCH PRESS 8-12 REPS
2. DUMBBELL BENTOVER ROWS 10-12 REPS

* 1 + 2 = 1 SET

DUMBBELL BENCH PRESS
DUMBBELL BENT OVER ROW

B. UPPER BODY ACCESSORY

3 SETS

1. HAMMER CURL X 10-12 REPS
2. DB PULLOVER X 10-12 REPS

1 SET = 1+ 2

HAMMER CURLS
DUMBBELL PULLOVER

C. STRETCH

- PRAYER STRETCH 60 SEC SIDE
BICEP STRETCH 60 SEC SIDE
PUPPY DOG 60 SEC

SINGLE ARM WALL PRAYER STRETCH
BICEP STRETCH
PUPPY DOG STRETCH



RECOVERY

SHOULDER CIRCLES X 10 REPS/ DIRECTION
CHILD'S POSE WITH LAT STRETCH X 1MIN/SIDE
CHILD'S POSE REACH THROUGH X 1MIN/SIDE
KNEELING TRICEP STRETCH X 30 SEC/SIDE
BEHIND THE NECK STRETCH X 30 SEC/SIDE
PRONE T'S X 3 REPS WITH 5 SEC HOLD
PRONE Y'S X 3 REPS WITH 5 SEC HOLD
BODYWEIGHT RDL X 10 REPS
ELEPHANT WALK X 10/SIDE
PIKE STRETCH X 2 MIN
PANCAKE STRETCH X 1MIN LEFT, 1MIN RIGHT, 1MIN CENTRE
SQUAT HOLD 30 SECS

SHOULDER CIRCLES
CHILDS POSE WITH LAT STRETCH
CHILDS POSE REACH THROUGH
KNEELING TRICEPS STRETCH
BEHIND THE BACK NECK STRETCH
PRONE T RAISE
PRONE Y RAISE
BODYWEIGHT RDL
ELEPHANT WALK STEP
PIKE STRETCH
PANCAKE STRETCH
SQUAT HOLD

DAY 2

WARM UP

3 SETS

1. 60 SEC CARDIO JOG/BIKE/PLATE HOPS/SKIP
2. 10 SHIN BOX SWITCH 5 EACH SIDE
3. 10 KNEE OVER TOES SPLIT SQUATS

* 1 SET = 1+2+3

PLATE HOPS
SHINBOX SWITCH 90 90 HIP ROLLS
KNEE OVER TOE SPLIT SQUAT

A. LOWER BODY STRENGTH

3 SETS

1. HEEL ELEVATED DB FRONT SQUAT X 10 REPS
2. FEET ELEVATED GLUTE BRIDGES X 10 REPS

* 1 SET = 1+2

HEEL ELEVATED DB FRONT SQUAT
FEET ELEVATED GLUTE BRIDGES

B. CORE WORK

3 SETS

1. 30 SEC PLANK
2. 30 SEC LEFT SIDE PLANK
3. 30 SEC RIGHT SIDE PLANK

1 SET = 1+2+3

FOREARM PLANK
SIDE PLANK
SIDE PLANK

C. STRETCH

- PIKE STRETCH X 60 SEC
RECLINING HERO POSE X 60 SEC
PIGEON STRECTCH X 60 SEC

PIKE STRETCH
RECLINING HERO POSE
PIGEON POSE



WEEK 3

DAY 1



WARM UP

CARDIO 2:00 MIN RUN/SKIP/BIKE

2 SETS

1. ELEPHANT WALK STEP X 5 EACH SIDE
2. GLUTE BRIDGES X 15 REPS
3. SCAPULAR PUSH UPS X 10 REPS

* 1 SET = 1+2+3

ELEPHANT WALK STEP

GLUTE BRIDGES

SCAPULAR PUSH UP

A. LOWER BODY STRENGTH

3 SETS

1. FEET ELEVATED DB CYCLIST SQUAT X 10-12 REPS
2. RIGHT KNEE OVER TOE SPLIT SQUAT X 6-8 REPS
3. LEFT KNEE OVER TOE SPLIT SQUAT X 6-8 REPS

* ONE SET = 1 + 2 + 3 (TAKE YOUR TIME, DON'T RUSH)

GOBLET CYCLIST SQUATS

KNEE OVER TOE SPLIT SQUAT

KNEE OVER TOE SPLIT SQUAT

B. UPPER BODY STRENGTH

3 SETS

1. DB BENCH PRESS X 10-12 REPS
2. BENCH DIPS X 12-15 REPS

* ONE SET = 1 + 2

DUMBBELL BENCH PRESS

BENCH DIPS

C. CORE WORK

3 SETS

1. BIRD DOG 6/6 (MAKE SURE YOU KEEP YOUR SPINE NEUTRAL)
2. SIDE PLANK TAPS WITH A 10 SEC HOLD ON TOP 6/6

* ONE SET = 1 + 2

BIRD DOG

SIDE PLANK HIP TAPS

STRETCH (5 MINS)

SHINBOX SWITCH X 10/SIDE

HALF SADDLE 30 SEC/SIDE

SHOULDER EXTENSION STRETCH ON FLOOR 60 SEC

SHINBOX SWITCH 90 90 HIP ROLLS

HALF SADDLE

SHOULDER EXTENSION STRETCH ON FLOOR

RECOVERY

3-4 SETS TAKE 30 MINS

30 SEC CHILD POSE

30 SEC DRAGON LEFT LEG

30 SEC DRAGON RIGHT LEG

30 SEC PIGEON LEFT LEG

30 SEC PIGEON RIGHT LEG

FOAM ROLL/ MOBILTY BALL ON FEET, BACK, HIP FLEXORS

CHILD'S POSE

LOW DRAGON STRETCH

LOW DRAGON STRETCH

PIGEON POSE

PIGEON POSE

DAY 2

WARM UP

CARDIO 2 MINS RUN/BIKE/SKIP

3 SETS

1. GLUTE BRIDGES X 20 REPS
2. 90/90 HIP ROTATION X 5/EACH SIDE
3. ANTERIOR TIBIALIS RAISE X 10 REPS

* 1 SET = 1+2+3

GLUTE BRIDGES

SHINBOX SWITCH 90 90 HIP ROLLS

BODYWEIGHT TIBIALIS RAISES

A. LOWER BODY STRENGTH

3 SETS

SUMO DEADLIFTS 12 @ 20X1
(THINK ABOUT SQUAT KEEPING TORSE UPRIGHT)

DUAL DB SUMO DEADLIFT

B. UPPER BODY STRENGTH

3 SETS

DB BENTOVER ROWS @20X1 10-12 REPS

DUMBBELL BENT OVER ROW

C. STABILTIY

3 SETS

1. SINGLE LEG BALANCE 15-20 SEC/SIDE
2. POLIQUIN SQUATS X 8/8 EACH SIDE

* 1 SET = 1+2

PIKE STRETCH

RECLINING HERO POSE

PIGEON POSE

C. STABILTIY

TRICEP STRETCH X 60SEC/ SIDE
CROSS BODY STRETCH X 60 SEC/ SIDE
PIGEON STRETCH X 60 SEC/SIDE

TRICEP STRETCH X 60SEC/ SIDE

CROSS BODY STRETCH X 60 SEC/ SIDE

PIGEON STRETCH X 60 SEC/SIDE



WEEK 4

DAY 1



WARM UP

CARDIO 2:00 MIN RUN/SKIP/BIKE

3 SETS

1. 10/10 SINGLE LEG GLUTE BRIDGES
2. 10 WALKING LUNGE 5/SIDE
3. 10 SHOULDER EXTENSIONS ON THE FLOOR

* 1 SET = 1+2+3

SINGLE LEG GLUTE BRIDGE

WALKING LUNGES

SHOULDER EXTENSION STRETCH ON FLOOR

A. LOWER BODY STRENGTH

3 SETS

1. FEET ELEVATED DB CYCLIST SQUAT X 10-12 REPS
2. FOOT ELEVATED RIGHT KNEE OVER TOE SPLIT SQUAT X 6-8 REPS
3. FOOT ELEVATED LEFT KNEE OVER TOE SPLIT SQUAT X 6-8 REPS

* 1 SET = 1+2+3

GOBLET CYCLIST SQUATS

KNEE OVER TOE SPLIT SQUAT

KNEE OVER TOE SPLIT SQUAT

B. UPPER BODY STRENGTH

3 SETS

1. DB SIDE LATERAL RAISE X 10-12 REPS
2. DB STRICT PRESS X 8-6 REPS

* 1 SET = 1+2+3

DUMBBELL BENCH PRESS

BENCH DIPS

C. STABILTIY

- LAT STRETCH ON THE BENCH
SHOULDER EXTENSION ON FLOOR
PIGEON STRETCH

PIKE STRETCH

RECLINING HERO POSE

PIGEON POSE



RECOVERY FLOW

3-4 SETS TAKE 30 MINS

6/6 90 90 HIP ROTATIONS

6 LEFT LEG RUNNERS LUNGE THORACIC ROTATION

6 RIGHT LEG RUNNERS LUNGE THORACIC ROTATION

30 SEC CHILDS POSE

30 SEC HORSE HOLD

SHINBOX SWITCH 90 90 HIP ROLLS

RUNNERS LUNGE THORACIC ROTATION

RUNNERS LUNGE THORACIC ROTATION

CHILD'S POSE

HORSE HOLD

DAY 2

WARM UP

CARDIO 2 MINS RUN/BIKE/SKIP

3 SETS

1. GLUTE BRIDGES
2. 90/90 HIP ROTATION X 5/EACH SIDE
3. ANTERIOR TIBIALIS RAISE X 10 REPS

* 1 SET = 1+2+3

SINGLE LEG GLUTE BRIDGE

WALKING LUNGES

SHOULDER EXTENSION STRETCH ON FLOOR

A. LOWER BODY STRENGTH

3 SETS

1. FEET ELEVATED DB CYCLIST SQUAT X 10-12 REPS GOBLET CYCLIST SQUATS
2. FOOT ELEVATED RIGHT KNEE OVER TOE SPLIT SQUAT X 6-8 REPS KNEE OVER TOE SPLIT SQUAT
3. FOOT ELEVATED LEFT KNEE OVER TOE SPLIT SQUAT X 6-8 ~~REPS~~ REPS OVER TOE SPLIT SQUAT - YOUTUBE

* 1 SET = 1+2+3

B. UPPER BODY STRENGTH

3 SETS

1. DB SIDE LATERAL RAISE X 10-12 REPS DUMBBELL BENCH PRESS
2. DB STRICT PRESS X 8-6 REPS BENCH DIPS

* 1 SET = 1+2+3

C. BODY STABILITY

3 SETS

1. SINGLE LEG BALANCE 15-20 SEC/SIDE PIKE STRETCH
2. POLIQUIN SQUATS X 8/8 EACH SIDE RECLINING HERO POSE
PIGEON POSE

* 1 SET = 1+2

D. STRETCH

- LAT STRETCH ON THE BENCH PIKE STRETCH
SHOULDER EXTENSION ON FLOOR RECLINING HERO POSE
PIGEON STRETCH PIGEON POSE



WEEK 5

DAY 1



WARM UP

CARDIO 2:00 MIN RUN/SKIP/BIKE

3 SETS

1. RUNNERS THORACIC ROTATION 6/6 EACH SIDE
2. RUSSIAN BABYMAKERS 10
3. POLIQUIN SQUATS 8/PER SIDE

* 1 SET = 1+2+3

RUNNERS LUNGE THORACIC ROTATION

RUSSIAN BABYMAKER

POLIQUIN SQUATS

A. LOWER BODY STRENGTH

3 SETS

1. FEET ELEVATED DUAL DB CYCLIST SQUAT X 10-12 REPS
2. SUITCASE RIGHT KNEE OVER TOE DB SPLIT SQUAT
X 6-8 REPS
3. SUITCASE LEFT KNEE OVER TOE DB SPLIT SQUAT
X 6-8 REPS

* 1 SET = 1+2+3

FEET ELEVATED DUAL DB CYCLIST

DB SUITCASE KNEE OVER TOE SPLIT SQUAT

DB SUITCASE KNEE OVER TOE SPLIT SQUAT

B. UPPER BODY STRENGTH

3 SETS

1. DB FULL RAISE X 10-12 REPS
2. DB ARNOLD STRICT PRESS X 8-6 REPS

* 1 SET = 1+2

DB FULL RAISE

STANDING DUAL ARNOLD PRESS

C. BODY BALANCE

3 SETS

1. BIRD DOG 6/6 (MAKE SURE YOU KEEP YOUR SPINE NEUTRAL)
2. SIDE PLANK 30SEC/EACH SIDE

* 1 SET = 1+2

BIRD DOG

SIDE PLANK

STRETCH

- TRICEP STRETCH X 60SEC/ SIDE
CROSS BODY STRETCH X 60 SEC/ SIDE
PIGEON STRETCH X 60 SEC/SIDE

TRICEP STRETCH

CROSS BODY STRETCH

PIGEON POSE

RECOVERY

3-4 SETS TAKE 30 MINS TO FINISH

10 BANDED LEG EXTENSIONS

6 LEFT LEG RUNNERS LUNGE THORACIC ROTATION

6 RIGHT LEG RUNNERS LUNGE THORACIC ROTATION

30 SEC PIGEON LEFT

30 SEC PIGEON LEFT

FOAM ROLL/ MOBILTY BALL ON FEET, BACK, HIP FLEXORS

BANDED LEG EXTENSION

RUNNERS LUNGE THORACIC ROTATION

RUNNERS LUNGE THORACIC ROTATION

PIGEON POSE

PIGEON POSE



DAY 2

WARM UP

CARDIO 2 MINS RUN/BIKE/SKIP

1. GLUTE BRIDGES X 20 REPS
2. 90/90 HIP ROTATION X 5/EACH SIDE
3. ANTERIOR TIBIALIS RAISE X 10 REPS

* 1 SET = 1+2+3

GLUTE BRIDGES
SHINBOX SWITCH 90 90 HIP ROLLS
BODYWEIGHT TIBIALIS RAISES

A. LOWER BODY STRENGTH

3 SETS

1. DUAL DB SUMO DEADLIFTS X 12 (THINK ABOUT SQUAT KEEPING TORSE UPRIGHT)
2. BANDED GLUTE BRIDGE MARCH X 6/6 EACH SIDE

* 1 SET = 1+2

DUAL DB SUMO DEADLIFT
BANDED GLUTE BRIDGE MARCH

B. UPPER BODY STRENGTH

3 SETS

1. DB BENCH PRESS X 10-12 REPS
2. BENTOVER ROWS X 10-12 REPS

* 1 SET = 1+2

DUMBBELL BENCH PRESS
DUMBBELL BENT OVER ROW

C. BODY STABILITY

3 SETS

1. SINGLE LEG BALANCE 15-20 SEC/SIDE (KEEP EYES OPEN)
2. POLIQUIN SQUATS X 8/8 EACH SIDE

* 1 SET = 1+2

SINGLE LEG BALANCE
YOUR PARAGRAPH TEXT

D. STRETCH

- PIKE STRETCH X 60 SEC
RECLINING HERO POSE X 60 SEC
PIGEON STRECTCH X 60 SEC

PIKE STRETCH
RECLINING HERO POSE
PIGEON POSE



WEEK 6

DAY 1



WARM UP

CARDIO 2:00 MIN RUN/SKIP/BIKE

2 SETS

1. RUNNERS THORACIC ROTATION X 6/6 EACH SIDE
 2. RUSSIAN BABYMAKERS X 10
 3. POLIQUIN SQUATS X 8/PER SIDE
- * 1 SET = 1+2+3

RUNNERS LUNGE THORACIC ROTATION
RUSSIAN BABYMAKER - YOUTUBE
POLIQUIN SQUATS

A. LOWER BODY STRENGTH

3 SETS

1. DB CYCLIST SQUATS X 10-12 REPS
 2. RIGHT KNEE OVER TOE DB SPLIT SQUAT X 6-8 REPS
 3. LEFT KNEE OVER TOE DB SPLIT SQUAT X 6-8 REPS
- * 1 SET = 1+2+3

DB CYCLIST SQUATS
KNEE OVER TOE SPLIT SQUAT
KNEE OVER TOE SPLIT SQUAT

B. UPPER BODY STRENGTH

3 SETS

1. DB FULL RAISE X 10-12 REPS
 2. DB STRICT PRESS X 8-6 REPS
- * 1 SET = 1+2

DB FULL RAISE
DUMBBELL STRICT PRESS

C. CORE

3 SETS

1. BIRD DOG 6/6 (MAKE SURE YOU KEEP YOUR SPINE NEUTRAL)
 2. SIDE PLANK 30SEC/EACH SIDE
- * 1 SET = 1+2

BIRD DOG
SIDE PLANK

D. STRETCH

TRICEP STRETCH X 60SEC/ SIDE
CROSS BODY STRETCH X 60 SEC/ SIDE
PIGEON STRETCH X 60 SEC/SIDE

TRICEP STRETCH
CROSS BODY STRETCH
PIGEON POSE



RECOVERY

4 SETS TAKE 30 MINS

10 BANDED LEG EXTENSIONS

6 LEFT LEG RUNNERS LUNGE THORACIC ROTATION

6 RIGHT LEG RUNNERS LUNGE THORACIC ROTATION

30 SEC PIGEON LEFT

30 SEC PIGEON LEFT

BANDED LEG EXTENSION

RUNNERS LUNGE THORACIC ROTATION

RUNNERS LUNGE THORACIC ROTATION

PIGEON POSE

PIGEON POSE

FOAM ROLL/ MOBILTY BALL ON FEET, BACK, HIP FLEXORS

DAY 2

WARM UP

CARDIO 2 MINS RUN/BIKE/SKIP

2 SETS

1. GLUTE BRIDGES X 20 REPS
2. 90/90 HIP ROTATION X 5/EACH SIDE
3. ANTERIOR TIBIALIS RAISE X 10 REPS

* 1 SET = 1+2+3

GLUTE BRIDGES

SHINBOX SWITCH 90 90 HIP ROLLS

BODYWEIGHT TIBIALIS RAISES

A. LOWER BODY STRENGTH

3 SETS

1. DB DEADLIFTS X 10-12 REPS
2. BANDED GLUTE BRIDGE MARCH 6/6 EACH SIDE

* 1 SET = 1+2

DUMBBELL DEADLIFT

BANDED GLUTE BRIDGE MARCH

B. UPPER BODY STRENGTH

3 SETS

1. DB BENCH PRESS X 10-12 REPS
2. BENCH TRICEP DIPS X 8-12 REPS

* 1 SET = 1+2

DUMBBELL BENCH PRESS

BENCH DIPS

C. BODY STABILITY

3 SETS

1. SINGLE LEG BALANCE 15-20 SEC/SIDE (KEEP EYES OPEN)
2. POLIQUIN SQUATS X 8/8 EACH SIDE

* 1 SET = 1+2

SINGLE LEG BALANCE

POLIQUIN SQUATS

D. STRETCH

PIKE STRETCH X 60 SEC

RECLINING HERO POSE X 60 SEC

PIGEON STRETCH X 60 SEC



WEEK 7

DAY 1



WARM UP

CARDIO 2:00 MIN RUN/SKIP/BIKE

2 SETS

1. RUNNERS THORACIC ROTATION 6/6 EACH SIDE
2. RUSSIAN BABYMAKERS 10
3. POLIQUIN SQUATS 8/PER SIDE

* 1 SET = 1+2+3

RUNNERS LUNGE THORACIC ROTATION
RUSSIAN BABYMAKER
POLIQUIN SQUATS

A. LOWER BODY STRENGTH

3 SETS

1. FEET ELEVATED CYCLIST SQUATS X 10-12 REPS
2. BODY WEIGHT WALKING LUNGES X 10 REPS/ EACH SIDE

* 1 SET = 1+2

DB CYCLIST SQUAT
WALKING LUNGE

B. LOWER BODY STRENGTH

3 SETS

1. DB FULL RAISE X 10-12 REPS
2. DB STRICT PRESS X 8-6 REPS

* 1 SET = 1+2

DUMBBELL FULL RAISE
DUMBBELL STRICT PRESS

C. CORE STABILITY

3 SETS

1. BIRD DOG 6/6 (MAKE SURE YOU KEEP YOUR SPINE NEUTRAL)
2. SIDE PLANK 30SEC/EACH SIDE
3. PLANK 30 SECS

* 1 SET = 1+2+3

BIRD DOG
SIDE PLANK
FOREARM PLANK

D. STRETCH

- TRICEP STRETCH X 60SEC/ SIDE
CROSS BODY STRETCH X 60 SEC/ SIDE
PIGEON STRETCH X 60 SEC/SIDE

KNEELING TRICEPS STRETCH
CROSS BODY STRETCH
PIGEON POSE



RECOVERY

3-4 SETS TAKE 30 MINS

30 SEC PANCAKE STRETCH

30 SEC RIGHT RUNNERS LUNGE HOLD

30 SEC LEFT RUNNERS LUNGE HOLD

30 SEC PIGEON LEFT

30 SEC PIGEON RIGHT

PANCAKE STRETCH

RUNNERS LUNGE HOLD

RUNNERS LUNGE HOLD

PIGEON POSE

PIGEON POSE

FOAM ROLL/ MOBILTY BALL ON FEET, BACK, HIP FLEXORS

DAY 2

WARM UP

CARDIO 2 MINS RUN/BIKE/SKIP

2 SETS

1. DB STRAIGHT LEG HIP LIFT X 20 REPS
2. 90/90 HIP ROTATION X 5/EACH SIDE
3. CALF RAISE X 10 REPS
4. SCAPULAR PUSH UP TO DOWNWARD DOG X 5 REPS

* 1 SET = 1+2+3+4

DUMBBELL STRAIGHT LEG HIP LIFT
SHINBOX SWITCH 90 90 HIP ROLLS
SINGLE LEG STANDING CALF RAISE
SCAPULAR PUSH UP TO DOWNDOG

A. LOWER BODY STRENGTH

3 SETS

DB STIFF LEG DEADLIFTS X 8-12

DUMBBELL STIFF LEGGED DEADLIFT

B. LOWER BODY STRENGTH

3 SETS

1. DB BENCH PRESS X 10-12 REPS
2. DB BENTOVER MEADOW ROW X 10 REPS

* 1 SET = 1+2

DUMBBELL BENCH PRESS
DUMBBELL MEADOW ROW

C. CORE STABILITY

3 SETS

1. SINGLE LEG BALANCE 15-20 SEC/SIDE (KEEP EYES OPEN)
2. BANDED GLUTE BRIDGES
3. POLIQUIN SQUATS X 8/8 EACH SIDE

* 1 SET = 1+2+3

SINGLE LEG BALANCE
THERABAND GLUTE BRIDGE
POLIQUIN SQUATS

D. STRETCH

PIKE STRETCH X 60 SEC
RECLINING HERO POSE X 60 SEC
PIGEON STRECTCH X 60 SEC

PIKE STRETCH
RECLINING HERO POSE
PIGEON POSE



WEEK 8

DAY 1



WARM UP

CARDIO 2:00 MIN RUN/SKIP/BIKE

2 SETS

1. RUNNERS THORACIC ROATION 6/6 EACH SIDE
 2. AIR SQUATS 10
 3. DOWNWARD DOG TO SCAPULAR PUSH UP 5
- * 1 SET = 1+2+3

RUNNERS LUNGE THORACIC ROTATION
AIR SQUAT
SCAPULAR PUSH UP TO DOWNDOG

A. LOWER BODY STRENGTH

3 SETS

1. FEET ELEVATED CYCLIST SQUATS X 10-12 REPS
 2. BODY WEIGHT WALKING LUNGES X 10 REPS/ EACH SIDE
- * 1 SET = 1+2

DB CYCLIST SQUAT
WALKING LUNGE

B. LOWER BODY STRENGTH

3 SETS

1. DB FULL RAISE X 10-12 REPS
 2. DB STRICT PRESS X 8-10 REPS
- * 1 SET = 1+2

DUMBBELL FULL RAISE
DUMBBELL STRICT PRESS

C. CORE STABILITY

3 SETS

1. BIRD DOG 6/6 (MAKE SURE YOU KEEP YOUR SPINE NEUTRAL/ STRAIGHT)
 2. SIDE PLANK 15-45SEC/EACH SIDE
 3. PLANK 15-45 SECS
- * 1 SET = 1+2+3

BIRD DOG
SIDE PLANK
FOREARM PLANK

D. STRETCH

PIGEON HOLD
KNEELING TRICEP STRETCH
CHILD'S POSE REACH THROUGH

PIGEON POSE
KNEELING TRICEPS STRETCH
CHILDS POSE REACH THROUGH



RECOVERY

4 SETS TAKE 30 MINS

30 SEC CHILD'S POSE WITH LAT STRETCH

30 SEC ELEPHANT WALK

30 SEC SQUAT HOLD

30 SEC RIGHT LEG HALF LOTUS WALL STRETCH

30 SEC LEFT LEG HALF LOTUS WALL STRETCH

CHILDS POSE WITH LAT STRETCH

ELEPHANT WALK STEP

SQUAT HOLD

HALF LOTUS WALL STRETCH

HALF LOTUS WALL STRETCH

FOAM ROLL/ MOBILTY BALL ON FEET, BACK, HIP FLEXORS



DAY 2

WARM UP

CARDIO 2 MINS RUN/BIKE/SKIP

2 SETS

1. DB STRAIGHT LEG HIP LIFT X 20 REPS
 2. CROSS BODY DB DEADLIFTS 10/ REPS EACH SIDE
 3. SCAPULAR PUSH UP TO DONWARD DOG X 5 REPS
- *1 SET = 1+2+3

- DUMBBELL STRAIGHT LEG HIP LIFT
- DUMBBELL CROSS BODY ROMANIAN DEADLIFT
- SCAPULAR PUSH UP TO DOWNDOG

A. LOWER BODY STRENGTH

3 SETS

BARBELL STIFF LEG DEADLIFTS X 8-12

STIFF LEGGED DEADLIFT

B. UPPER BODY STRENGTH

3 SETS

- DB BENCH PRESS @20X1 10-12 REPS
- DB BENTOVER MEADOW ROW @20X1 10 REPS
- *1 SET = 1+2+3

- DUMBBELL BENCH PRESS
- DUMBBELL MEADOW ROW

C. BODY STABILITY

3 SETS

1. BANDED CLAMSHELLS
 2. BANDED GLUTE BRIDGES
 3. ASSISTED KOT SQUATS @20X1 8/8 EACH SIDE
- *1 SET = 1+2+3

- BANDED CLAMSHELL
- THERABAND GLUTE BRIDGE
- ASSISTED KOT SQUATS

D. STRETCH

- PIKE STRETCH X 60 SEC
- CHILD'S POSE X 60 SEC
- PIGEON STRETCH X 60 SEC

- PIKE STRETCH
- CHILD'S POSE
- PIGEON POSE



WEEK 9

DAY 1



WARM UP

1. 90 SEC CARDIO BIKE/JOG/ JUMPING JACKS
2. 5 EACH SIDE ACTIVE SCRATCH TEST
3. 15 CRUSH GRIP BENTOVER ROW

*1 SET = 1+2+3

- JUMPING JACKS
- ACTIVE SCRATCH TEST
- CRUSH GRIP BENTOVER ROW

A. UPPER BODY STRENGTH

3 SETS

1. DB BENCH PRESS X 8-12 REPS
 2. DUMBBELL BENTOVER ROWS X 8-12 REPS
- * BENCH PRESS DIRECTLY INTO DB ROWS AND REST

*1 SET = 1+2

- DUMBBELL BENCH PRESS
- DUMBBELL BENT OVER ROW

B. UPPER BODY ACCESSORY

3 SETS

1. HAMMER CURL X 10-12 REPS
2. DB PULLOVER X 10-12 REPS

*1 SET = 1+2

- HAMMER CURLS
- DUMBBELL PULLOVER

C. STRETCH

- PRAYER STRETCH 60 SEC
- SIDE BICEP STRETCH 60 SEC
- SIDE PUPPY DOG 60 SEC

- SINGLE ARM WALL PRAYER STRETCH
- SIDE BICEP STRETCH
- PUPPY DOG STRETCH



RECOVERY

SHOULDER CIRCLES X 10 REPS/ DIRECTION
CHILD'S POSE WITH LAT STRETCH X 1MIN/SIDE
CHILD'S POSE REACH THROUGH X 1MIN/SIDE
KNEELING TRICEP STRETCH X 30 SEC/SIDE
BEHIND THE NECK STRETCH X 30 SEC/SIDE
PRONE T'S X 3 REPS WITH 5 SEC HOLD
PRONE Y'S X 3 REPS WITH 5 SEC HOLD
BODYWEIGHT RDL X 10 REPS
ELEPHANT WALK X 10/SIDE
PIKE STRETCH X 2 MIN
PANCAKE STRETCH X 1MIN LEFT, 1MIN RIGHT, 1MIN CENTRE
SQUAT HOLD 30 SECS

SHOULDER CIRCLES
CHILDS POSE WITH LAT STRETCH
CHILDS POSE REACH THROUGH
KNEELING TRICEPS STRETCH
BEHIND THE BACK NECK STRETCH
PRONE T RAISE
PRONE Y RAISE
BODYWEIGHT RDL
ELEPHANT WALK STEP
PIKE STRETCH
PANCAKE STRETCH
SQUAT HOLD



DAY 2

WARM UP

CARDIO 2 MINS RUN/BIKE/SKIP

3 SETS

1. 60 SEC CARDIO JOG/BIKE/PLATE HOPS/SKIP
2. 10 SHIN BOX SWITCH 5 EACH SIDE
3. 10 KNEE OVER TOES SPLIT SQUATS 5 EACH SIDE

*1 SET = 1+2+3

A. LOWER BODY STRENGTH

3 SETS

1. HEEL ELEVATED DB FRONT SQUAT X 10 REPS
2. FEET ELEVATED GLUTE BRIDGES X 10 REPS

*1 SET = 1+2

B. CORE WORK

3 SETS

- 30 SEC PLANK
- 30 SEC LEFT SIDE PLANK
- 30 SEC RIGHT SIDE PLANK

STRETCH

- PIKE STRETCH X 60 SEC
- RECLINING HERO POSE X 60 SEC
- PIGEON STRECTCH X 60 SEC

- SCAPULAR PUSH UP TO DOWNDOG
- SHINBOX SWITCH 90 90 HIP ROLLS
- KNEE OVER TOE SPLIT SQUAT

- HEEL ELEVATED DB FRONT SQUAT
- FEET ELEVATED GLUTE BRIDGES

- FOREARM PLANK
- SIDE PLANK
- SIDE PLANK

- PIKE STRETCH
- RECLINING HERO POSE
- PIGEON POSE



WEEK 10

DAY 1



WARM UP

2 SET

1. CARDIO 1 MIN RUN/ ROW/ JUMPING JACKS
2. BANDED GLUTE BRIDGES X 5 REPS
3. BANDED SIDE CLAMSHELLS X 10/10 EACH SIDE
4. BANDED MONSTER WALK BACK & FORWARD 10 FT EACH
5. BANDED LATERAL ZOMBIE WALK 10 FT EACH SIDE

*1 SET = 1+2+3+4+5

GLUTE LOOP GLUTE BRIDGES

GLUTE LOOP GLUTE BRIDGES

MONSTER WALKS

LATERAL BAND WALKS

A. LOWER BODY STRENGTH

3 SETS

1. FEET ELEVATED DB CYCLIST SQUATS X 10-12 REPS
2. ROMANIAN DB DEADLIFTS X 10-12 REPS

*1 SET = 1+2

DB CYCLIST SQUAT

DUMBBELL ROMANIAN DEADLIFT

B. LOWER BODY STABILITY

3 SETS

1. DB SHORT STEP WALKING LUNGE X 8-12 REPS PER SIDE
2. DB GOOD MORNINGS X 8-12 REPS

*1 SET = 1+2

DUMBBELL SHORT STEP WALKING LUNGE

DB GOOD MORNINGS

C. STRETCH

PIGEON HOLD

RUNNERS LUNGE HOLD

CHILD'S POSE REACH THROUGH

PIGEON POSE

RUNNERS LUNGE THORACIC ROTATION

CHILDS POSE REACH THROUGH



RECOVERY

3 SETS

DB BICEP CURL X @20X1 10 REPS

DB SKULL CRUSHERS X @20X1 10 REPS

30 SEC PLANK

DUAL DUMBBELL BICEP CURL

DB SKULL CRUSHERS

FOREARM PLANK

RECOVERY FLOW

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=JE4CM1HCOW8](https://www.youtube.com/watch?v=JE4CM1HCOW8)



DAY 2

WARM UP

CARDIO 2 MINS RUN/BIKE/SKIP

2 SETS

1. SCAPULAR PUSH UP TO DOWNDOG @ 6 REPS
 2. BAND PULL APARTS @ 15 REPS
 3. DIAGONAL BAND PULL APARTS @10 REPS
- *1 SET = 1+2+3

SCAPULAR PUSH UP TO DOWNDOG
PRONATED BAND PULL APART
YOUR PARAGRAPH TEXT

A. UPPER BODY STRENGTH

3 SETS

1. DB STRICT PRESS X 8 REPS
 2. DB SIDE LATERAL RAISE X 10 REPS
- *1 SET = 1+2

DUMBBELL STRICT PRESS
SHOULDER LATERAL RAISE

B. UPPER BODY PUMP

3 SETS

1. DB BENCH PRESS X 10-12 REPS
 2. DB BENTOVER ROW X 10 REPS
- *1 SET = 1+2

DUMBBELL BENCH PRESS
DUMBBELL BENT OVER ROW

STRETCH

PIKE STRETCH X 60 SEC
CHILD'S POSE X 60 SEC
PIGEON STRECTCH X 60 SEC

PIKE STRETCH
CHILD'S POSE
PIGEON POSE



WEEK 11

DAY 1



WARM UP

2 SETS

1. CARDIO 1 MIN RUN/ ROW/ JUMPING JACKS
2. BANDED GLUTE BRIDGES X 15 REPS
3. BANDED SIDE CLAMSHELLS X 10/10 EACH SIDE
4. BANDED MONSTER WALK BACK & FORWARD 10 FT EACH
5. BANDED LATERAL ZOMBIE WALK 10 FT EACH SIDE

*1 SET = 1+2+3+4+5

GLUTE LOOP GLUTE BRIDGES

GLUTE LOOP GLUTE BRIDGES

YOUR PARAGRAPH TEXT

LATERAL BAND WALKS

A. LOWER BODY STRENGTH

3 SETS

1. FEET ELEVATED DB CYCLIST SQUATS X 10-12 REPS
2. ROMANIAN DB DEADLIFTS X 10-12 REPS

*1 SET = 1+2

DB CYCLIST SQUAT

DUMBBELL ROMANIAN DEADLIFT

B. LOWER BODY STRENGTH BALANCE

3 SETS

1. DB SHORT STEP LUNGE X 8-12 REPS PER SIDE
2. DB GOOD MORNINGS X 8-12 REPS

*1 SET = 1+2

DUMBBELL SHORT STEP WALKING LUNGE

DB GOOD MORNINGS

STRETCH

- PIGEON HOLD 30 SEC/SIDE
- RUNNERS LUNGE HOLD 30 SEC/SIDE
- CHILD'S POSE REACH THROUGH 30 SECS/SIDE

PIGEON POSE

RUNNERS LUNGE THORACIC ROTATION

CHILDS POSE REACH THROUGH



RECOVERY

RECOVERY FLOW

RECOVERY FLOW

DAY 2

WARM UP

CARDIO 2 MINS RUN/BIKE/SKIP

2 SETS

1. SCAPULAR PUSH UP TO DOWNDOG X 6 REPS

2. BAND PULL APARTS X 15 REPS

*1 SET = 1+2

SCAPULAR PUSH UP TO DOWNDOG

PRONATED BAND PULL APART

A. UPPER BODY STRENGTH

3 SETS

1. DB STRICT PRESS X 8-12 REPS

2. DB SIDE LATERAL RAISE X 10 REPS

*1 SET = 1+2

DUMBBELL STRICT PRESS

SHOULDER LATERAL RAISE

B. UPPER BODY PUMP

3 SETS

DB BENCH PRESS X 10-12 REPS DB BENTOVER

ROW X 10 REPS

*1 SET = 1+2

DUMBBELL BENCH PRESS

DUMBBELL BENT OVER ROW

STRETCH

PIKE STRETCH X 60 SEC

CHILD'S POSE X 60 SEC

PIGEON STRECTCH X 60 SEC

PIKE STRETCH

CHILD'S POSE

PIGEON POSE



WEEK 12

DAY 1



WARM UP

3 SETS

1. 90 SEC CARDIO BIKE/JOG/ JUMPING JACKS
2. 5 EACH SIDE ACTIVE SCRATCH TEST
3. 15 CRUSH GRIP BENTOVER ROW

*1 SET = 1+2+3

JUMPING JACKS

ACTIVE SCRATCH TEST

CRUSH GRIP DUMBBELL BENT OVER ROW

A. UPPER BODY STRENGTH

3 SETS

1. DB BENCH PRESS X 8 REPS
2. DUMBBELL BENTOVER ROWS X 12 REPS

*1 SET = 1+2

DUMBBELL BENCH PRESS

DUMBBELL BENT OVER ROW

B. UPPER BODY ACCESSORY

3 SETS

1. HAMMER CURL X 10-12 REPS
2. DB PULLOVER X 10-12 REPS

*1 SET = 1+2

HAMMER CURLS

DUMBBELL PULLOVER

STRETCH

- PRAYER STRETCH 60 SEC SIDE
- BICEP STRETCH 60 SEC SIDE
- PUPPY DOG 60 SEC

SINGLE ARM WALL PRAYER STRETCH

BICEP STRETCH

PUPPY DOG STRETCH



RECOVERY

SHOULDER CIRCLES X 10 REPS/ DIRECTION
CHILD'S POSE WITH LAT STRETCH X 1MIN/SIDE
CHILD'S POSE REACH THROUGH X 1MIN/SIDE
KNEELING TRICEP STRETCH X 30 SEC/SIDE
BEHIND THE NECK STRETCH X 30 SEC/SIDE
PRONE T'S X 3 REPS WITH 5 SEC HOLD
PRONE Y'S X 3 REPS WITH 5 SEC HOLD
BODYWEIGHT RDL X 10 REPS
ELEPHANT WALK X 10/SIDE
PIKE STRETCH X 2 MIN
PANCAKE STRETCH X 1MIN LEFT, 1MIN RIGHT, 1MIN CENTRE
SQUAT HOLD 30 SECS

SHOULDER CIRCLES
CHILDS POSE WITH LAT STRETCH
CHILDS POSE REACH THROUGH
KNEELING TRICEPS STRETCH
BEHIND THE BACK NECK STRETCH
PRONE T RAISE
PRONE Y RAISE
BODYWEIGHT RDL
ELEPHANT WALK STEP
PIKE STRETCH
PANCAKE STRETCH
SQUAT HOLD



DAY 2

WARM UP

3 SETS

1. 60 SEC CARDIO JOG/BIKE/PLATE HOPS/SKIP
2. 10 SHIN BOX SWITCH X 5 EACH SIDE
3. 10 KNEE OVER TOES SPLIT SQUATS X 5 EACH SIDE

*1 SET = 1+2+3

- JUMPING JACKS
- SHINBOX SWITCH 90 90 HIP ROLLS
- KNEE OVER TOE SPLIT SQUAT

A. LOWER BODY STRENGTH

3 SETS

1. HEEL ELEVATED DB FRONT SQUAT X 10 REPS
2. FEET ELEVATED GLUTE BRIDGES X 10 REPS

*STICK TO LIGHT LOADS

*1 SET = 1+2

- HEEL ELEVATED DB FRONT SQUAT
- FEET ELEVATED GLUTE BRIDGES

B. CORE STRENGTH

3 SETS

1. 30 SEC PLANK
2. 30 SEC LEFT SIDE PLANK
3. 30 SEC RIGHT SIDE PLANK

*1 SET = 1+2+3

- FOREARM PLANK
- SIDE PLANK
- SIDE PLANK

STRETCH

- PIKE STRETCH X 60 SEC
- RECLINING HERO POSE X 60 SEC
- PIGEON STRECTCH X 60 SEC

- PIKE STRETCH
- RECLINING HERO POSE
- PIGEON POSE

* TRY BANDED GLUTE WARM UP BEFORE RACE





MEMBERSHIP PLAN

MONTH	GYM + TRAINING	TRANSFORMATION PLAN	PERSONAL TRAINING
1	7,500	-	35,000
3	20,000	29,000	90,000
6	X	X	X
12	70,000	-	-

*PERSONAL TRAINING VALIDITY FOR
MONTHLY PACKAGE (20 SESSIONS 40 DAYS)
QUARTERLY PACKAGE (60 SESSIONS 120 DAYS)

