

Sunday, March 25, 2012

Custom : Getting Started

Workout Description:

Review attached file to view perceived exertion chart related to exercise intensity and heart rate zones.

Monday, March 26, 2012

Swim : Endurance

Planned Time: 0:30:00
Planned Distance: 500 yards

Workout Description:

Swim at a comfortable pace, heart rate zone 1-2, completing 20 x 25 yards. Rest :40 or as needed after each interval.

Strength : Functional Strength

Planned Time: 0:30:00

Workout Description:

Do 2-3 x 15 reps (rest 60 seconds between sets) at 40-60% of your max load:

- 1) Squats - 3 x 30 squats on :30 sec rest
- 2) Overhead Dumbbell Shoulder Press,
- 3) Forward Lunges 10 per leg,
- 4) Dumbbell row,
- 5) Plank 4 x :30 rest :30, Side Plank 4 x :30 rest :30 each side.

Cool down with 5-10 min easy spinning at high rpm.

Pre Activity Comments:

Warm up by doing some light running or cycling for 5-10 minutes before starting strength work.

Squats

Notes - Begin with feet closer than shoulder width apart and hold both hands to the sides. Slowly squat down to 90 degrees and return to the start position. Repeat as desired.

Overhead Dumbbell shoulder press

Notes - Begin with feet shoulder width apart and dumbbells in each hand at shoulder height. Extend both dumbbells until your arms are fully extended above the head. Repeat as desired.

Forward lunge left

Notes - Begin with feet shoulder width apart and hands at waist height. Step the left foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

Forward lunge right

Notes - Begin with feet shoulders width apart and hands at waist height. Step the right foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

Dumbbell Rows

Notes - Begin by laying face down on the bench with the arms fully extended grasping the dumbbells on the ground. Slowly pull the elbows and dumbbells back as far as you can. Repeat as desired.

Plank

Notes - Begin by laying face down on the ground with the elbows flexed. Brace yourself and hold as long as possible. Repeat as desired.

Side Plank

Notes - Begin by laying on your right side with your right elbow flexed and the outside of the right foot in contact with the ground. Hold your left arm tight to the side of the body. Hold as long as possible. Repeat as desired.

Tuesday, March 27, 2012

Run : Endurance

Planned Time: 0:15:00

Workout Description:

Comfortable paced run.

Run/Walk option: Run 3:00 and Walk 1:00

Focus on running with proud posture, lean slightly forward, eyes looking ahead, pump the arms back and forth and quick leg turnover; ~15 right foot revolutions per 10 seconds.

Pre Activity Comments:

The endurance bike is a heart rate zone 1-2. This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.

Wednesday, March 28, 2012

Bike : Endurance

Planned Time: 0:20:00

Workout Description:

The endurance bike is a heart rate zone 1-2, comfortable pace. Maintain good control and keep upper body relaxed.

Pre Activity Comments:

The endurance bike is a heart rate zone 1-2. This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.

Thursday, March 29, 2012

Swim : Endurance

Planned Time: 0:30:00

Planned Distance: 500 yards

Workout Description:

Swim at a comfortable pace, heart rate zone 1-2, completing 20-25 x 25 yards. Rest :30 or as needed after each interval.

Strength : Functional Strength

Planned Time: 0:30:00

Workout Description:

Do 2-3 x 15 reps (rest 60 seconds between sets) at 40-60% of your max load:

- 1) Squats - 3 x 30 squats on :30 sec rest
- 2) Overhead Dumbbell Shoulder Press,
- 3) Forward Lunges 10 per leg,
- 4) Dumbbell row,
- 5) Plank 4 x :30 rest :30, Side Plank 4 x :30 rest :30 each side.

Cool down with 5-10 min easy spinning at high rpm.

Pre Activity Comments:

Warm up by doing some light running or cycling for 5-10 minutes before starting strength work.

Squats

Notes - Begin with feet closer than shoulder width apart and hold both hands to the sides. Slowly squat down to 90 degrees and return to the start position. Repeat as desired.

Overhead Dumbbell shoulder press

Notes - Begin with feet shoulder width apart and dumbbells in each hand at shoulder height. Extend both dumbbells until your arms are fully extended above the head. Repeat as desired.

Forward lunge left

Notes - Begin with feet shoulder width apart and hands at waist height. Step the left foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

Forward lunge right

Notes - Begin with feet shoulders width apart and hands at waist height. Step the right foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

Dumbbell Rows

Notes - Begin by laying face down on the bench with the arms fully extended grasping the dumbbells on the ground. Slowly pull the elbows and dumbbells back as far as you can. Repeat as desired.

Plank

Notes - Begin by laying face down on the ground with the elbows flexed. Brace yourself and hold as long as possible. Repeat as desired.

Side Plank

Notes - Begin by laying on your right side with your right elbow flexed and the outside of the right foot in contact with the ground. Hold your left arm tight to the side of the body. Hold as long as possible. Repeat as desired.

Friday, March 30, 2012

Day Off

Saturday, March 31, 2012

Run : Endurance

Planned Time: 0:15:00

Workout Description:

Endurance run, heart rate zone 1-2, comfortable pace.

Run/Walk option: Run 3:00 and Walk 1:00

Focus on running with proud posture, lean slightly forward, eyes looking ahead and pump the arms back and forth and a quick leg turnover; ~15 right foot revolutions per 10 seconds.

Pre Activity Comments:

This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.

Sunday, April 01, 2012

Bike : Endurance

Planned Time: 0:30:00

Workout Description:

Endurance ride. Focus on keeping your pedal stroke (cadence) at 85-90 rpm. This is ~15 right foot revolutions per 10 seconds. Keep your foot relaxed while engaging the quad to pull the leg up.

Pre Activity Comments:

The endurance bike is a heart rate zone 1-2. This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.

Monday, April 02, 2012

Swim : Endurance

Planned Time: 0:30:00

Planned Distance: 500 yards

Workout Description:

Swim at a comfortable pace, heart rate zone 1-2, completing 20 x 25 yards. Rest :30 or as needed after each interval.

Strength : Functional Strength

Planned Time: 0:30:00

Workout Description:

Do 2-3 x 15 reps (rest 60 seconds between sets) at 40-60% of your max load:

- 1) Squats - 3 x 30 squats on :30 sec rest
 - 2) Overhead Dumbbell Shoulder Press,
 - 3) Forward Lunges 10 per leg,
 - 4) Dumbbell row,
 - 5) Plank 4 x :30 rest :30, Side Plank 4 x :30 rest :30 each side.
- Cool down with 5-10 min easy spinning at high rpm.

Pre Activity Comments:

Warm up by doing some light running or cycling for 5-10 minutes before starting strength work.

Squats

Notes - Begin with feet closer than shoulder width apart and hold both hands to the sides. Slowly squat down to 90 degrees and return to the start position. Repeat as desired.

Overhead Dumbbell shoulder press

Notes - Begin with feet shoulder width apart and dumbbells in each hand at shoulder height. Extend both dumbbells until your arms are fully extended above the head. Repeat as desired.

Forward lunge left

Notes - Begin with feet shoulder width apart and hands at waist height. Step the left foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

Forward lunge right

Notes - Begin with feet shoulders width apart and hands at waist height. Step the right foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

Dumbbell Rows

Notes - Begin by laying face down on the bench with the arms fully extended grasping the dumbbells on the ground. Slowly pull the elbows and dumbbells back as far as you can. Repeat as desired.

Plank

Notes - Begin by laying face down on the ground with the elbows flexed. Brace yourself and hold as long as possible. Repeat as desired.

Side Plank

Notes - Begin by laying on your right side with your right elbow flexed and the outside of the right foot in contact with the ground. Hold your left arm tight to the side of the body. Hold as long as possible. Repeat as desired.

Tuesday, April 03, 2012

Run : Endurance

Planned Time: 0:15:00

Workout Description:

Endurance run, heart rate zone 1-2, comfortable pace.

Run/Walk option: Run 4:00 and Walk 1:00

Focus on running with proud posture, lean slightly forward, eyes looking ahead and pump the arms back and forth and a quick leg turnover; ~15 right foot strikes per 10 seconds.

Pre Activity Comments:

This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.

Wednesday, April 04, 2012

Bike : Isolated Leg Training 6-10 x :20

Planned Time: 0:30:00

Workout Description:

Isolated Leg Training. After 10-15:00 easy pedaling warm-up, do 6-10 x :20 sec isolated leg training with :60 sec easy recovery spin after a Rt and Lft leg set. Comfortably high cadence. Focus on eliminating dead spot at top of stroke by pushing toes forward in shoes at top.

Pre Activity Comments:

Isolated leg training improves the pedaling stroke by focusing on equal force used to drive the leg. If you are indoors riding a stationary bike, rest one leg on the frame of the bike or on a nearby chair. If on the road, simply relax one leg while the other leg does the majority of the work.

At the top of the pedal stroke, drive knee and toes forward by using the quad muscle. As the foot begins the downward motion, apply pressure as if you are scrapping mud off the shoe. As the foot moves to the back of the pedal stroke, relax your foot and prepare to drive the knee and toes forward again.

Thursday, April 05, 2012

Swim : Endurance

Planned Time: 0:30:00
Planned Distance: 500 yards

Workout Description:

Swim at a comfortable pace, heart rate zone 1-2, completing 20-25 x 25 yards. Rest :20 or as needed after each interval.

Strength : Functional Strength

Planned Time: 0:30:00

Workout Description:

Do 2-3 x 15 reps (rest 60 seconds between sets) at 40-60% of your max load:

- 1) Squats - 3 x 30 squats on :30 sec rest
- 2) Overhead Dumbbell Shoulder Press,
- 3) Forward Lunges 10 per leg,
- 4) Dumbbell row,
- 5) Plank 4 x :30 rest :30, Side Plank 4 x :30 rest :30 each side.

Cool down with 5-10 min easy spinning at high rpm.

Pre Activity Comments:

Warm up by doing some light running or cycling for 5-10 minutes before starting strength work.

Squats

Notes - Begin with feet closer than shoulder width apart and hold both hands to the sides. Slowly squat down to 90 degrees and return to the start position. Repeat as desired.

Overhead Dumbbell shoulder press

Notes - Begin with feet shoulder width apart and dumbbells in each hand at shoulder height. Extend both dumbbells until your arms are fully extended above the head. Repeat as desired.

Forward lunge left

Notes - Begin with feet shoulder width apart and hands at waist height. Step the left foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

Forward lunge right

Notes - Begin with feet shoulders width apart and hands at waist height. Step the right foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

Dumbbell Rows

Notes - Begin by laying face down on the bench with the arms fully extended grasping the dumbbells on the ground. Slowly pull the elbows and dumbbells back as far as you can. Repeat as desired.

Plank

Notes - Begin by laying face down on the ground with the elbows flexed. Brace yourself and hold as long as possible. Repeat as desired.

Side Plank

Notes - Begin by laying on your right side with your right elbow flexed and the outside of the right foot in contact with the ground. Hold your left arm tight to the side of the body. Hold as long as possible. Repeat as desired.

Friday, April 06, 2012

Day Off

Saturday, April 07, 2012

Run : Endurance

Planned Time: 0:20:00

Workout Description:

Endurance run, heart rate zone 1-2, comfortable pace.

Run/Walk option: Run 4:00 and Walk 1:00

Focus on running with proud posture, lean slightly forward, eyes looking ahead and pump the arms back and forth and a quick leg turnover; ~15 right foot revolutions per 10 seconds.

Pre Activity Comments:

This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.

Sunday, April 08, 2012

Bike : Endurance

Planned Time: 0:45:00

Workout Description:

Endurance ride. Focus on keeping your pedal stroke (cadence) at 85-90 rpm. This is ~15 right foot revolutions per 10 seconds. Keep your foot relaxed while engaging the quad to pull the leg up.

Pre Activity Comments:

The endurance bike is a heart rate zone 1-2. This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.