

Monday, January 03, 2011

Custom : Getting Started

Workout Description:

Review attached files to view program details & perceived exertion chart related to exercise intensity and heart rate zones.

Tuesday, January 04, 2011

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.

Wednesday, January 05, 2011

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.

Run : Pick-ups

Planned Time: 0:30:00

Workout Description:

Endurance run, heart rate zone 1-2, comfortable pace for 10:00 then add 10 x 60 seconds pickups with 60 second easy jog recovery in between intervals.

Pre Activity Comments:

Pickups are short, quick bursts of speed focusing on a quicker then normal turnover of your arms and legs.

Thursday, January 06, 2011

Bike : Endurance with Pick-ups

Planned Time: 0:45:00

Workout Description:

The endurance bike is a heart rate zone 1-2, comfortable pace. After 10-15:00 warm up, add 10 x 60 second pick-ups pedaling easy for 1:00 in between intervals in the small chain ring. Maintain good control and keep upper body relaxed. Continue riding for the suggested time at a comfortable pace.

Pre Activity Comments:

Pickups are short, quick bursts of speed focusing on a quicker then normal pedal turnover.

Friday, January 07, 2011

Run : Endurance

Planned Time: 0:30:00

Workout Description:

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

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.

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.

Saturday, January 08, 2011

Bike : Endurance

Planned Time: 1:15:00

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.

Run : Endurance

Planned Time: 0:10:00

Planned Distance: 1 miles

Workout Description:

Run immediately following the bike. Focus on controlling your breath, good form; eyes straight ahead, quick leg turn over and pumping arms.

Sunday, January 09, 2011

Run : Endurance

Planned Time: 1:00:00

Workout Description:

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

Run/Walk option: Run 14:00 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.