

BIKE WORKOUTS

- Wear bike shorts or longer spandex shorts. Bring a water bottle and definitely a towel because you should be dripping sweat during these workouts, and I suggest headphones/music because you will have to focus your eyes on the bike timer for **all of the SPEED workout** and some of the TEMPO so you cannot watch TV or chat. Easy/Recovery/Distance workout - you can chat but just keep an eye on your RPM (never below 90).
- Use a bike that has pedal straps. **Keep your RPM at 95 (90-100 is okay) for almost all of the workouts (unless otherwise noted). Do not ever let RPM drop below 90.** 90-95 RPM is our average leg turn over when we run so we want to make sure we match that when we bike.
- Position the seat high enough so that when your foot is at the bottom of the stroke, your knee is almost straight. You don't want too much bend in the knee of the fully extended leg. But you also do not want the seat too high so that you are reaching to get your foot down there.

1) **SPEED - sprint workout – 50 minutes total:** hit “quick start” and do 15 minute warm up on level 4-5 (easy but RPM still at 95); workout is on level 8-12 (whatever level you need to keep RPM high enough) and you do 20 minutes of the following intervals: 8 seconds all out sprint followed by 12 seconds recovery so you do 3 sprints every minute. **You sprint when the timer reads: :00, :20, :40** of each minute. The 8 second all out sprint is very fast - over 120 RPM. The 12 second recovery is easy 85-95 RPM but never below 85 RPM. Once you hit 35:00 total on the bike timer, drop the level to 3-4 for an easy 15 minute cool down but still keep RPM at 95.

2) **TEMPO - 60 minutes total:** hit “quick start” and do 20 minutes warm up on level 4-6 with RPM at 95; workout is 25 minutes of steady cycling which is comfortably hard like a tempo run at level 9-12 but you must keep RPM at 95. The 25 minutes of tempo are harder than the long slow distance workout but definitely not a sprint. Finish with a 15 minute cool down on level 3-5 keeping RPM at 95.

3) **DISTANCE / RANDOM HILLS – 80-95 minutes:** on the bike at the gym, select the workout button for something with hills like random, aerobic, fat burner, etc. and enter do the 60:00 on level 7-12 (but please start with a 10:00 warm up on a lower level like 3-5 then increase your level for the rest of the time). Hills will come at you at random if you choose the hill workout and your goal is to keep RPM at 95 throughout. Once your time finishes, it will automatically take you into a 5 minute cool down where you also keep RPM at 95. You will then have to start another workout to complete the remaining time of 80-95 minutes total at level 7-12. The bikes generally only allow 60:00 max per workout.

After each bike workout, foam roll and stretch.

STRENGTH WORKOUTS & INJURY PREVENTION

LOWER LEG/FOOT PREHAB

Equipment needed:

- big beach towel folded into a square
- a step or stair or door threshold that has a little drop off
- blue disc or throw pillow with towel over it
- one set of medium to heavy DBs (10-15 lbs.) or med ball
- long thin towel or access to grass
- watch or timer

*** Please read through all exercises plus the notes below before you begin. ***

It takes about 26:00-30:00 to do one set:

- 1) 20 each side balance and reach #1
- 2) 20 each side balance and reach #2
- 3) 20 each side in each direction foot circles (draw big perfect circles with your big toe - 20 clockwise & 20 counterclockwise on each foot)
- 4) 20 each side point and flex (straight up and down, don't let foot go off to side)
- 5) 2:00 each leg balance on one foot on a pad or disc or folded up beach towel (to add difficulty, look up or close eyes)
- 6) 3 x 20 heel drops using a step or stair, drop heels down then return to neutral, do not raise up higher than neutral (20 toes out, 20 toes in, 20 toes straight ahead)
- 7) 1:00 balance on toes with feet about hips width apart or just slightly wider, be sure to squeeze legs towards middle
- 8) 10 super slow forward and back (full range of motion) then 50 super fast (shorter range) ankle range of motion on blue disc
- 9) 3 x 20 shin strengtheners with back against wall and feet about 12 inches away from wall (20 toes out, 20 toes in, 20 straight ahead)
- 10) 3 x 20 calf raises holding two heavy DB or med ball (20 toes out, 20 toes in, 20 straight ahead)
- 11) 2:00 towel scrunches or pick the grass (do one foot at a time)

Lower Leg/Foot Prehab Notes:

1 & 2) For both balance and reach, you may start with 2 sets of 10 each side until you work up to one set of 20 each side without pausing or touching the lifted foot down. Once you rest that foot, you should stop and do other side then you can go back and finish first side once you have given it a little rest.

3 & 4) For both circles and point and flex, hold knee with interlaced hand underneath and thumbs on each side to keep leg still

5) For balance on one foot on a pad or disc or towel, you may start with 4 x 0:30 then work to 2 x 1:00 until you can do 2:00 each side without a break.

7) For balance on toes, you can start with 3 x 0:20 or 2 x 0:30 until you can handle the 1:00 each side without a break.

8) Should be done on the blue discs like we have at track shack but you'll have to be creative at home. You can use a plump throw pillow but put a towel over it so your shoes don't ruin it.

10) Suggest DBs or med ball of 10 lbs. or more for calf raises.

11) For towel scrunches or pick the grass, you should be barefoot. You may start with 4 x 0:30 then work up to 2 x 1:00 until you can do 2:00 each side without a break.

STRENGTH WORKOUTS & INJURY PREVENTION

CORE #1

Equipment needed:

- small resistance band
- one medium DB or med ball (8-10 lbs.)
- one heavy DB or med ball (10-15 lbs.)
- long resistance band with handle OR light DB or med ball (5-8 lbs.)

*** Please read through all exercises plus the notes below before you begin. ***

It takes about 30:00 to do 3 sets:

- 1) 10 total plank on forearms w/leg walk out, out, in, in
- 2) 20 total cross mountain climbers reaching knee to outside of opposite elbow
- 3) 20 each side clamshells w/small resistance band just above knee (slow and controlled)
- 4) 20 each direction side walks w/small resistance band just above ankles
- 5) 10 each side diagonal sit ups w/medium to heavy DB or med ball (recommend about 10 lbs.)
- 6) 20 each side single leg bridge w/medium to heavy DB resting on working side hip (10-15 lbs.)
- 7) 10 each side bird dog

Core #1 Notes:

- 1)** Do 5 leading w/left leg then 5 leading w/right. Out, out, in, in = 1.
- 2)** Do cross mountain climbers SLOW AND CONTROLLED. Try to literally touch your knee to outside elbow.
- 4)** For side walks, take a big step out with foot staying parallel then only step in halfway each time. Keep resistance on. Band never gets loose.
- 5)** These are full sit ups. Hold DB or med ball w/both hands and touch floor with weight next to right ear and also next to left hip; do all 20 one side then switch to left ear to right hip.
- 7)** For bird dog, extend arm and opposite leg fully straight at same height. Do all reps on one side then switch.

STRENGTH WORKOUTS & INJURY PREVENTION

CORE #2

Equipment needed:

- small resistance band

*** Please read through all exercises plus the notes below before you begin. ***

It takes about 30:00 to do 2 sets:

- 1) Hip Series: 10 x each of the 5 positions: 1. clams, 2. big clams, 3. knees together open feet, 4. whole leg raise w/knees bent, 5. big clams w/leg extension
- 2) 10 total of IYT to strengthen upper back (1 rep = lift up in "I" then "Y" then "T")
- 3) 20 each side of cross crawl chops (40 total)
- 4) 20 each side of mountain climbers (40 total)
- 5) 40 each side of side plank w/hip pulses: 20 squeeze and lift hips, 20 squeeze and drop hips (40 total each side)
- 6) 20 each side of plank on forearms w/alternating leg lift (40 total)
- 7) 10 each side of side plank on forearm w/reach under
- 8) 40 total hip lifts
- 9) 10 total of "Super legs" to strengthen lower back (1 rep = up, out, back to center, down)
- 10) 20 each direction side squats w/small resistance band just above ankles

Core #2 Notes:

1) Do 10 reps of all 5 different positions on one side before switching to other side. 1. Clams are regular clamshells (no band), 2. Big clams are same motion as clams but you start with knees down and feet in the air and keep feet in the air for all reps, 3. Knees together open feet is pretty self-explanatory, 4. Whole leg raise is just a leg raise but you keep knees bent in the position of all the other exercises, 5. Big clams w/leg extension starts in big clam position with knees down, feet in the air, you open knees, extend top leg out straight then bend knee and close clamshell.

2) For IYT: lie face down, **keep legs and feet on the ground** the entire time, squeeze upper back/shoulder blades while you lift upper body and arms up into "I" position which is straight out front then release slightly down and lift up arms into "Y" position then release slightly down and lift arms up out in "T" position. If these get too easy, you may add a pair of very light DBs or bottles of water, canned goods, etc. Be creative at home to find some lighter weights.

3) Cross crawl chops are like regular cross crawls except you extend your top arm straight across body in a chopping motion. Be sure to extend opposite leg out straight each time.

5) Pulses are **quick, small movements**. From your side plank, you literally just squeeze that hip and do 20 quick lifts where you lift hip up then return to neutral and then do 20 quick hip drops then return to neutral each time. You DO NOT ever drop to the floor – that is too big a range of motion. These are short range and quick. If too easy, you may add a light DB in top hand which can be extended straight up or rested on top hip.

6) For plank w/alternating leg lift, make sure you squeeze your glutes and lift leg only about 2 inches off floor (no more) and hold it up there for a 2 second count of "one thousand one, one thousand two" each time before lowering.

9) For "Super legs," imagine you are flying from the waist down. **Keep head resting on hands** out in front of you the entire time and you work lower body only. Squeeze your glutes to lift legs off ground and keep them active as you bring legs out, back to center, then lower down. One rep = up, out, back to center, and down.

10) Side squats w/resistance band is similar to our side walks except you are in a half squat position the entire time. Stay low.

STRENGTH WORKOUTS & INJURY PREVENTION

CORE #3

Equipment needed:

- watch or timer
- med ball or DB optional for sit ups
- recommend yoga mat or something non-slip for hands in some of the plank exercises

*** Please read through all exercises plus the notes below before you begin. ***

It takes about 15:00 to do 3 sets with 1:00 break between sets = 17:00 total:

Set your watch or timer to beep every 0:30. **Do every exercise for 0:30 each**, moving from one exercise to the next with no rest between exercises. Do all 10 exercises (one set), then rest 1:00, do another set, rest 1:00, and finish up last set. If you need more than 1:00 rest between sets, please feel free to work that in.

- 1) Side to side knees: lie on back with arms out in big T, knees are bent and over hips with shins parallel to sky. Slowly lower your knees (together) side to side. Works obliques.
- 2) Single leg drops: lie on back with legs straight up in the air, lower one leg down then lift it back up, alternate. Only one leg moves at a time.
- 3) Double leg drops: lie on back with legs straight up in the air, lower both legs down at the same time then lift back up and do one hip lift once legs are back up. Lower legs, lift back to straight up, do hip lift, then lower legs, repeat.
- 4) Plank hold: on forearms (just hold a plank for 0:30)
- 5) Plank to down dog: start in plank on hands, hold for two seconds, push back to down dog (push into hands, lift bottom to sky, keep legs straight, push heels down for calf stretch), hold for two seconds, return to plank, hold two seconds, back to down dog, hold two seconds, etc.
- 6) Sit ups: full sits ups with shoulders passing in front of hips at the top
- 7) V toe touches: lie on back with legs up in a V position, reach up and touch hand to opposite foot on outside, come back down in between, alternate sides
- 8) Plank to push up: also called walking plank or walking push up; start in plank on forearms, walk up to hands (straight arms) then back down
- 9) Scissors: lie on back with legs out straight close to floor and make quick small scissor movements with straight legs
- 10) Criss cross legs: lie on back with legs out straight close to floor and make quick small criss cross movements as you raise and then lower legs; try to keep toes pointed so you can move quickly.

Core #3 Notes:

1, 2, 3, 7, 9, & 10) Please keep low back flat to floor on all of these to avoid hurting your back!

6) If sit ups become too easy, add a med ball and hold it overhead throughout the movement.

8) On plank to push up, alternate the lead hand each time, so go up with left, down with left then up with right, down with right.

9) If you cannot keep your low back flat to the floor and have legs low to ground, simply lift legs higher to maybe 30-45 degrees and do the scissors there instead. If toes cramp from pointing toes during scissors, then flex feet instead.

STRENGTH WORKOUTS & INJURY PREVENTION

UPPER BODY

Equipment needed:

- set of medium to heavy DBs (8-12 lbs.)
- a sturdy bench, chair, or couch
- set of light DBs (3-5 lbs.) or be creative at home (water bottles, cans, etc.)
- one heavy item for overhead tricep press such as DBs, med ball, kettlebell, weight plates, etc. (10-20 lbs.)

*** Please read through all exercises plus the notes below before you begin. ***

It takes about 30:00 to do 3 sets:

- 1) 20 plank rows w/medium DB (8-10 lbs.) and feet wide
- 2) 20 bench dips making sure elbows go back, not out to sides
- 3) 10 push ups
- 4) 20 bicep curls each side w/medium DB (8-10 lbs.)
- 5) 15 shoulder raises of 5 x 3 different positions of IYT w/light DB (3-5 lbs.)
- 6) 20 tricep kick backs with hand and knee on bench w/medium DB (8-10 lbs.)
- 7) 20 plank on forearms w/front taps, extend arm straight each time
- 8) 20 single arm rows with hand and knee on bench w/ medium DB (8-10 lbs.)
- 9) 20 plank on hands w/shoulder taps, keep feet wide
- 10) 20 tricep overhead/behind head press holding heavy DB w/both hands (10-15 lbs.)
- 11) 20 reverse flies slightly bent over keeping back straight w/light DB (3-5 lbs.)
- 12) 10 shoulder presses w/medium to heavy DB (8-12 lbs.)

Upper Body Notes:

5) For the 15 shoulder raises, it is 5 reps x each of the 3 different positions which are IYT. Do 5 in "I" position (straight out in front), 5 in "Y" position (about 45 degrees or halfway between "I" and "T"), and 5 in "T" position (straight out from your sides) to get to the 15 total.

6) On tricep kick backs, only move from the elbow down, do not move shoulder.

STRENGTH WORKOUTS & INJURY PREVENTION

LEG DAY

Equipment needed:

- set of medium to heavy DBs (8-15 lbs.)
- a sturdy bench, chair, or couch
- bench or step or stair for step ups
- big inflated exercise ball (Swiss ball) if you have it

*** Please read through all exercises plus the notes below before you begin. ***

Leg Day Notes:

- 1)** If your form is not good yet on RDL, work on it without weights and without holding onto anything first before adding weights. Standing leg has slight bend in it. Leg lifting behind you should be straight and keep hip facing floor, don't let hip open up to side.
- 2)** If you do not have a big exercise ball, do inchworms where you walk out to plank, do two shoulder taps, then walk hands back to feet, keeping legs straight so you get a good hamstring stretch each time.
- 3)** For single leg squat, push back foot into sturdy bench, couch, or chair and take a huge step out so that when you do your half squat, your knee stays over your ankle and does not move forward over your toes. If knee goes over toes, you will most likely cause an injury.
- 5)** If step ups become too easy, you may hold two light DBs as long as you keep arms swinging in "running arms" motion as your knee drive dictates.
- 6)** Lie on side about 10-12 inches away from wall and keep your body in a straight line. Don't let your lower body sag back towards the wall. Use your glutes to lift your straight top leg slightly up and back to touch wall.

It takes about 32:00 to do 3 sets plus the hip mobility warm up:

Hip mobility warm up: 1 set of 10 on each side of each exercise: 1. Donkey kick, 2. Fire hydrant, 3. Straight leg extended back and lift, 4. Straight leg out to 45 degrees and lift.

Then do 3 sets of:

- 1) 15 each side RDL (single leg deadlift) holding two DBs
- 2) 15 pike on big exercise ball or 10 inchworms w/2 shoulder taps
- 3) 15 each side single leg squat w/back foot on bench (half squat only, do not go too low!)
- 4) 15 each side (30 total) walking lunges holding two DBs
- 5) 15 each side (30 total) step ups on bench, driving knee up and lifting foot up two inches off bench each time; keep arms moving as if you are running in sync with your legs
- 6) 15 each side straight leg lifts up and back to touch wall while lying on your side (use glutes)