GETTING TO RACE DAY

STRENGTH PROGRAM

HOW TO USE THIS PROGRAM

Welcome to your new strength program! The goal of this program is to prepare you for race day with the Run for Rossy crew! Before you dive in, here is some quick info to get you started.

As mentioned in the video you will have two seperate days.
Line up day 1 with your shorter run for the week.
Line up day 2 with your longer run for that week.
That's all.

For any further help with strength training around running or injury,
call us at 03 8692-7506.
Or find out more information about us at www.basepp.com

PROGRAM

DAY 1

	EXERCISE	SETS X REPS
A1	SL GOBLET SQUAT	3 X 8 EACH SIDE
	VIDEO LINK	
A2	POGOS	2 X 20
	VIDEO LINK	
B1	SL CALF RAISES	3 X 12 EACH SIDE
	VIDEO LINK	
B2	SL GLUTE BRIDGE	2 X 12 EACH SIDE
	VIDEO LINK	

DAY 2

	EXERCISE	SETS X REPS
A1	SL HAMSTRING BRIDGE ISO	3 X 20 SECONDS EACH SIDE
	VIDEO LINK	
A2	SL WALL SIT	3 X 20 SECONDS EACH SIDE
	VIDEO LINK	
B1	COPENHAGEN HOLD	2 X 10 SECONDS EACH SIDE
	VIDEO LINK	
B2	CALF ISO HOLD	2 X 30 SECONDS EACH SIDE
	VIDEO LINK	