

Session Conducted: Sat 14 February, 2015

Location: Captain Burke Park, Kangaroo Point

Session Details:

Complete the session 3 x with no rest between exercises or sets except for a quick water break.

Exercise	Notes
Warm-Up	3km, or 15 min run , followed by dynamic stretching OR a stationary bike/rower
800m run	at 10km pace (e.g. you should not be able to hold a conversation) OR a fast walk OR stationary bike
20 bicep curls	Stand on one leg, complete 10 alternate bicep curls and swap legs (with weights*)
40 abdo crunches	Stomach crunches as high as you can safely go
15 push-ups	On knees or feet (you should be progressing off knees to feet)
10 single leg lunges	Rear leg raised on a chair, bench etc. Weights*optional
800m run	at 10km pace (e.g. you should not be able to hold a conversation) OR a fast walk OR stationary bike
15 squat & shoulder press	Holding weights* on shoulders, a fluid movement from squat to shoulder press
2 x 30 sec prone hold (plank) with 10sec rest between	Keeping your back and bum horizontal. Try on knees if too hard
20 Tricep dips	Using a bench/seat/step
20 high bench step up finishing on toes (10 each leg)	Ensure your knee tracks inline (doesn't flare to the side or inwards), do 10 on one leg then swap. Weights* optional.
800m run	at 10km pace (e.g. you should not be able to hold a conversation) OR a fast walk OR stationary bike
Warm down	3km, or 15 min easy run (OR stationary bike, rower) & static stretching

* **WEIGHTS:** You will want 40% of your max single rep bicep curl. To do this do a standing bicep curl using a weight heavy enough to only perform 1 rep. You will want 40% of this weight. E.g.: I lift 30kg so I will be using a set of 12kg weights. If you are still unsure, use what you use for biceps in a pump classes. 2 dumbbells of the same weight are required.

By now you should be thinking about increasing your weight. Try adding 1 – 2kg per dumbbell.

Recommendations:

1. Attend the scheduled Running Strength and Conditioning sessions on Saturdays as per the [BRS home page](#) to ensure you understand the program and your technique has been checked and corrected where appropriate.
2. **Complete this session twice a week or 3 times a fortnight from 14th Feb to 14th March, 2015 to get the most out of it.**
3. On 14th March, please attend to go through the next program
4. *Got a gym membership?* Use the weight room at the gym and jump on the rower, cross-trainer, bike, or running machine for your running efforts

Session adapted from: Anderson, O. (2013). *Running Science*.

BRISBANE RUN SQUAD

Running Strength & Conditioning Session 2

Approximately
45mins cardio
weights & 10km
running

Running specific
strength workout

Improve your
strength, fitness
and form!

Questions?
Concerns?
Contact us:

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