

**Session Conducted:** Sat 14 March, 2015

**Location:** Rotunda end of New Farm Park

**Session Details:** Work through set 1-3 & repeat!

Exercise	Notes
Warm-Up	3km, or 15 min run , followed by dynamic stretching OR a stationary bike/rower
<b>Set 1 – Leg Smasher (total 10mins)</b>	
<b>Instructions:</b> 1. Work through the following 4 exercises continuously for 7 minutes 2. At 7 minutes, 1.5 mins run, cycle, row hard 3. Rest 1.5 mins	
20 squats	with weights* ensuring proper form
10 single leg lunges on each leg	Rear leg raised on a chair, bench etc. Weights*optional
20 jump lunges	Start in a wide lunge stance, jump up using your arms for leverage if like, change legs and back down into a wide lunge position (weights not required)
Run	100ms or 1 min hard Options – 100 skips, 1 min hard on stationary bike or rower
<b>Set 2 – Core Smasher (total 10mins)</b>	
<b>Instructions:</b> 1. Work through the following 4 exercises continuously for 7 minutes 2. At 7 minutes, 1.5 mins run, cycle, row hard 3. Rest 1.5 mins	
20 abdo crunches	Stomach crunches as high as you can safely go
20 push-ups	Plank to push up. Start in a plank position, lower to both elbows, then push up with each arm separately back to a prone. Swap your first push up arm every 5 reps.
10 one-legged dumbbell rows	10 on each arm/leg. See page 2 explanation
10 suitcase squats	10 on each arm. See page 2 explanation
<b>Set 3 – Upper Body Smasher (total 10mins)</b>	
<b>Instructions:</b> 1. Work through the following 4 exercises continuously for 7 minutes 2. At 7 minutes, 1.5 mins run, cycle, row hard 3. Rest 1.5 mins	
12 bicep curls	Stand on one leg, complete 12 alternate bicep curls and swap legs (with weights*)
20 dumbbell raises	See page 2 explanation
10 one arm benchpress (10 each arm)	Laying on ground, knees bent, arm without the weight pointing to the sky, other arm performs a bench/chest press. Ensure you engage your core.
20 incline push ups	Preferably place your feet on an elevated surface or on the ground or your kness.
Warm down	3km, or 15 min easy run (OR stationary bike, rower) & static stretching

# BRISBANE RUN SQUAD

## Running Strength & Conditioning Session 3

Approximately  
30mins running  
60mins cardio  
weights

Running specific  
strength workout

Improve your  
strength, fitness  
and form!

Questions?  
Concerns?  
Contact us:

info@brisbanerunsquad.com.au  
www.brisbanerunsquad.com.au  
0447-578-200

\* **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.

## 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 14<sup>th</sup> March to 11<sup>th</sup> April, 2015 to get the most out of it.**
3. On 11<sup>th</sup> April, 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

## New Exercises Explained

### One-legged Dumbbell Rows:

Hold a dumbbell in one hand and stand on the opposite leg. Keeping your lower back in its natural arch, bend forward at the hips until your torso is about 45 degrees to the floor. Row the weight to the outside of your chest, and lower it back down. Key is to engage the glute of the standing leg, obliques of the standing side, and keep shoulders square.



### Suitcase Squats

Hold a dumbbell in one hand at your side and squat as low as you can, as if you were putting down a suitcase. Key is to use your oblique and core muscles on the opposite side to your weight to stabilize yourself.



### Dumbbell Raises

Use a dumbbell instead of a plate if you don't have access to one. Stand with knees slightly bent and hold a weight plate in front of your hips. Keeping your arms straight, slowly raise the plate in front of you until it's at shoulder level, and then lower it back down. That's one rep. Good for your core too!

