

Session Conducted: Sat 11 April, 2015

Location: Captain Burke Park, Kangaroo Point

Session Details: complete session 1, 2, 3 consecutively.

Warm-Up	2km, or 10 min run , followed by dynamic stretching OR a stationary bike/rower for 10mins	
SESSION 1	SESSION 2	SESSION 3
Set 1	Set 2	Set 3
20 x weighted squats	20 x stomach crunches	20 x pushups
15 ea x weighted single leg lunges with back leg raised	20 x legs up stomach crunches	20 x tricep dips
20 x alternating jump lunges	12 prone to push ups	20 x alternating bicep curls
20 pushups	20 x squats	20 x stomach crunches
SET 1	SET 2	SET 3
20 tricep dips	15ea x weighted single leg lunges with back leg raised	20 x legs up stomach crunches
SET 1	SET 2	SET 3
20 alternating bicep curls	20 x alternating jump lunges	12 prone to push ups
REPEAT SESSION 1 FOR 10 MINS	REPEAT SESSION 2 FOR 10 MINS	REPEAT SESSION 3 FOR 10 MINS
2km run at 70% (short conversations) or stationary bike, rower	2km run at 70% (short conversations) or stationary bike, rower	2km run at 70% (short conversations) or stationary bike, rower
1 min rest	1 min rest	Warm down

** 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. **If you have been doing these sessions consistently your weight should be increasing.***

Recommendations:

1. Attend the scheduled Running Strength and Conditioning session once a month 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**
3. *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

BRISBANE RUN SQUAD

Running Strength & Conditioning Session 4

Approximately
50mins running
30mins cardio
weights

Running specific
strength workout

Improve your
strength, fitness
and form!

Questions?
Concerns?
Contact us:

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Exercises Explained

Squats: with weights* ensuring proper form

Single Leg Lunges: Rear leg raised on a chair, bench etc. Weights*optional

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)

Crunches: Stomach crunches as high as you can safely go

Leg up crunches: bend legs at right angles then crunches as high as you can safely go

Prone to push up: Start in a plank/prone position, lower to both elbows, then push up with each arm separately back to a prone. Swap your first push up arm every 6 reps.

Push-ups: On knees or feet (you should be progressing off knees to feet)

Tricep Dips: Using a bench/seat/step, ensuring arms are close to your body so you are working your triceps, not shoulders.

Bicep Curls: alternating each rep, ensuring knees are slightly bent and core engaged.