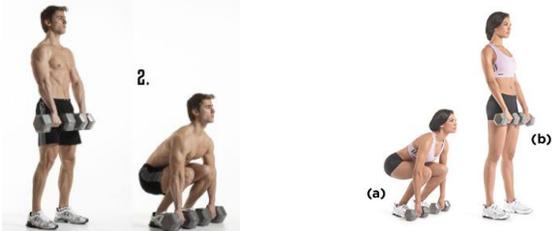


Session Conducted: Sat 9th May, 2015

Location: New Farm Park Rotunda

Session Details:

OPTION 1: 1.5 HOUR SESSION

Exercise	Notes
Warm-Up	3km, or 15 min run , followed by dynamic stretching OR a stationary bike/rower
Set 1 – 30 mins COMPLETE THE 4 EXERCISES AS MANY TIMES AS POSSIBLE IN 30 MINS	
20 squats to shoulder press	Holding weights* on shoulders, a fluid movement from squat to shoulder press
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)
20 Dumbbell deadlifts	Starting in a neutral stance, squat down, touching the weights in front of you, push to neutral stance engaging hamstrings, quads, and glute. 1.  2. (a) (b)
Run / row / stationary bike	800m hard or 3 mins on a machine
Set 2 – 20 mins COMPLETE THE 4 EXERCISES AS MANY TIMES AS POSSIBLE IN 20 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.
20 travelling lunges	With or without weights, perform a lunge, then move the opposite into a lunge, moving 10 steps and back
Run / row / stationary bike	400m hard or 1.5 mins on a machine
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. *If you have been doing these sessions consistently your weight should be increasing.*

BRISBANE RUN SQUAD

Running Strength & Conditioning Session 5

Approximately
30mins running
50mins cardio
weights

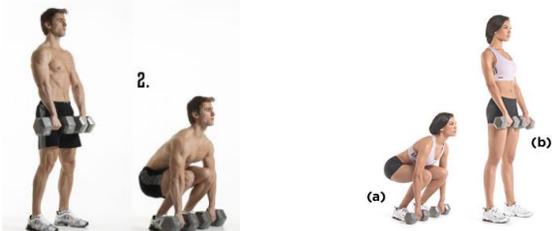
Running specific
strength workout

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strength, fitness
and form!

Questions?
Concerns?
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OPTION 2: 60 min SESSION

Exercise	Notes
Warm-Up	1km, or 5 min run , followed by dynamic stretching OR a stationary bike/rower
Set 1 – 30 mins COMPLETE THE 4 EXERCISES AS MANY TIMES AS POSSIBLE IN 30 MINS	
20 squats to shoulder press	Holding weights* on shoulders, a fluid movement from squat to shoulder press
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)
20 Dumbbell deadlifts	Starting in a neutral stance, squat down, touching the weights in front of you, push to neutral stance engaging hamstrings, quads, and glute. 1.  2. (a) (b)
Run / row / stationary bike	800m hard or 3 mins on a machine
Set 2 – 20 mins COMPLETE THE 4 EXERCISES AS MANY TIMES AS POSSIBLE IN 20 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.
20 travelling lunges	With or without weights, perform a lunge, then move the opposite into a lunge, moving 10 steps and back
Run / row / stationary bike	400m hard or 1.5 mins on a machine
Warm down	5 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. *If you have been doing these sessions consistently your weight should be increasing.*

BRISBANE RUN SQUAD

Running Strength & Conditioning Session 5

Approximately
10mins running
50mins cardio
weights

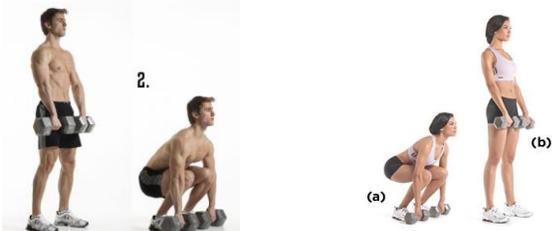
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OPTION 2: 35 min SESSION

Exercise	Notes
Warm-Up	1km, or 5 min run , followed by dynamic stretching OR a stationary bike/rower
Set 1 – 20 mins COMPLETE THE 4 EXERCISES AS MANY TIMES AS POSSIBLE IN 20 MINS	
20 squats to shoulder press	Holding weights* on shoulders, a fluid movement from squat to shoulder press
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)
20 Dumbbell deadlifts	Starting in a neutral stance, squat down, touching the weights in front of you, push to neutral stance engaging hamstrings, quads, and glute. 1.  2. (a) (b)
Run / row / stationary bike	400m hard or 3 mins on a machine
Set 2 – 10 mins COMPLETE THE 4 EXERCISES AS MANY TIMES AS POSSIBLE IN 10 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.
20 travelling lunges	With or without weights, perform a lunge, then move the opposite into a lunge, moving 10 steps and back
Run / row / stationary bike	200m hard or 1.5 mins on a machine
Warm down	5 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. *If you have been doing these sessions consistently your weight should be increasing.*

BRISBANE RUN SQUAD

Running Strength & Conditioning Session 5

Approximately
30mins cardio
weights

Running specific
strength workout

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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