








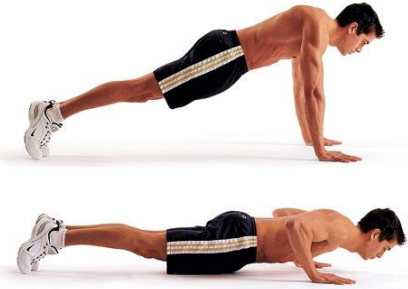








2017 B2V Cross Training Workout

Here is a basic workout that targets all of the major muscle groups you use when running. Do this workout once or twice a week on your non-running (cross training) days for the first 4 weeks. The exercises can be done anywhere with or without weights. You can start out doing the first five exercises on the first non-running (cross training) day and the second five exercises on the next non-running (cross training) day. If you are already in good shape, do the prescribed number of sets for each of the 10 exercises before moving to the next exercise when doing the workout. If you really want to intensify it, do the workout as a circuit. Do one set of each exercise, moving immediately to the next exercise with as little rest as possible in between. Do the circuit twice as your workout. You can always modify the workout by replacing any of the listed exercises with one of your own that targets the specific muscle group. The workout is a good enhancement to your run training, but should not be done in place of a run. If you have to choose between running and doing the workout, run!

#	Exercise	Picture	Target	Reps	How To Do It	Modifier
1	Turkish Getup		Whole Body	3 sets of 4 reps per side. Rest 90 seconds in between sets.	<ol style="list-style-type: none"> 1. Lie on your back holding a medium weight straight up. 2. Do a crunch to raise your upper body while keeping your arm straight above your shoulder. 3. Place your empty hand on the floor and roll to that side extending your leg keeping the weight straight above your shoulder. 4. Sweep the extended leg under your body and place that knee on the floor. 5. Use your legs to press up into a standing position. 6. Repeat the process in reverse, that's one rep. 	Begin using a light weight. To increase the intensity, use a heavier weight or do 8 reps per side.
2	Lunges		Legs (quads)	3 sets of 10-12 reps per side. Rest 90 seconds in between sets.	<ol style="list-style-type: none"> 1. Keep your upper body straight, with your shoulders back and relaxed and chin up (pick a point to stare at in front of you so you don't keep looking down). Always engage your core. 2. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. 3. Return to the starting position and repeat for the prescribed number of rep. 	<p>To increase the intensity, hold dumbbells in each hand while doing the exercise.</p> <p>You can add curling the dumbbells at the end of each lunge to make it even harder.</p> 

3	Dumbbell Curls		Arms (biceps)	<p>3 sets of 10-12 reps.</p> <p>Rest 90 seconds in between sets.</p>	<ol style="list-style-type: none"> 1. Stand straight with a dumbbell in each hand. 2. Keeping the upper arm stationary, curl the dumbbells while contracting your biceps. 3. Lower the dumbbells back to the starting position. 	<p>To increase the intensity, use a heavier weight or increase the number of reps.</p>
4	Superman Plank		Lower Back (hamstrings, glutes, lower back)	<p>Hold for 15 seconds.</p> <p>Repeat 4 times resting for 30 seconds in between.</p>	<ol style="list-style-type: none"> 1. Lie on your stomach with your arms and legs extended. 2. Raise your upper body and legs up off of the floor while pressing your hips down. 3. Hold the position for the prescribed time. 4. Slowly lower back down. 	<p>To increase the intensity, hold the position for 30 seconds and increase the number of reps.</p>
5	Air Squats		Legs (glutes, quads, hamstrings)	<p>3 sets of 10-12 reps.</p> <p>Rest 90 seconds in between sets.</p>	<ol style="list-style-type: none"> 1. Stand with your feet shoulder width apart. 2. Engage your core muscles. 3. Bend your knees slowly, pushing your butt and hips down and out behind you. 4. Lower your body until your thighs are parallel to the floor. 5. Straighten up return to the starting position. 	<p>To increase the intensity, hold light dumbbells in each hand while doing the exercise.</p> <p>To make it even harder, you can add in shoulder presses, pressing the dumbbells above your head as you rise up from the squat.</p> 

6	Planks		Whole Body	<p>Hold for 30 sec.</p> <p>Repeat 3 times resting for 90 seconds in between.</p>	<ol style="list-style-type: none"> 1. Start in the plank position on your elbows. 2. Your body should form a straight line from head to heels. 3. Hold this position for 30 seconds. Work up to holding the position for 1 minute 	<p>To increase the intensity, do Up/Downs</p>  <p>Start on your elbows, then straighten one arm at a time until you are in the pushup position. Now lower back down by bending one elbow at a time. Repeat these movements throughout the 30 second set.</p>
7	Pushups		Upper body (chest, abs, arms, shoulders)	<p>2 set of AMRAP do <u>as many reps as possible</u> while maintaining good form.</p>	<ol style="list-style-type: none"> 1. Start in a plank position. 2. Lower your body until your chest is just above the floor. 3. Push back up. 	<p>To increase the intensity, do Pushup Dumbbell Rows</p>  <p>At the top of each pushup, alternate pulling each dumbbell upward towards your chest.</p>
8	Boat Pose		Abs	<p>Hold for 15 seconds.</p> <p>Repeat 3 times resting 90 seconds in between.</p>	<ol style="list-style-type: none"> 1. Start seated on the floor with your feet on the floor and yours knees bent. 2. Raise your legs pulling the knees in toward your chest while stretching your arms toward your heels. 3. Hold the position for the prescribed time and lower your legs to the starting position. 	<p>To increase the intensity, hold the position for 30 seconds or straighten your legs while doing the exercise.</p> 

9	Single Leg Romanian Dead Lift		Legs (Glutes & hamstrings)	3 sets of 10 reps per side. Rest 90 seconds in between sets.	<ol style="list-style-type: none"> 1. Stand on one leg keeping your knees slightly bent. 2. Bend at the hips, extending your free leg behind you to maintain balance, while reaching toward the floor until your torso is parallel to the floor. 3. Return to the upright position and repeat for the prescribed number of reps on that side. 4. Then repeat on the opposite leg. 	<p>To increase the intensity, hold dumbbells while doing the exercise.</p> 
10	Bridges		Abs, Glutes & Lower Back	Hold for 15 seconds. Repeat 5 times.	<ol style="list-style-type: none"> 1. Lie on floor with your knees bent and your arms by your sides. 2. Lift your hips off of the floor while keeping your back straight. 3. Slowly lower back down to the starting position. 	<p>To increase the intensity, hold the position for 30 seconds or alternate raising one leg at a time while hold the position for the prescribed time</p> 