

# THE ENDURANCE SERIES

POWERED BY NOFFS



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In the Endurance Series, you'll focus on your cardiovascular fitness. The workouts in this series are designed to help you break through training plateaus while decreasing injuries often associated with traditional endurance training. You can perform the workouts in these phases in a number of ways, from running to biking to using ellipticals and other cardio machines.

Beyond the cardiovascular training that you would expect to see in this series, we have also included additional training components that are vital to your sustained success with endurance activities. These include Pillar Prep, Movement Prep, Strength, and Plyometrics. Although these components can be completed separately, together they will provide all the training needed to improve your performance.

## CARDIOVASCULAR TRAINING OVERVIEW

Training zones are the building blocks of the interval workouts in the Endurance Series. Each cardio workout consists of one or more training zones; each zone represents a level of effort (easy, medium, and hard). But how do you know you're exercising at the right effort? You can perform these interval workouts by measuring your effort in one of two ways: (i) heart rate training, or (ii) rate of perceived exertion.

### Heart Rate Training

One way to calculate your training zones is based on your maximum heart rate (Max HR). If you have a heart rate monitor, you can measure your heart rate as you train to stay in each zone. If you don't know your Max HR, you can estimate it using this formula:  $\text{Max HR} = 220 - \text{your age}$ .

Once you've calculated your approximate Max HR, use the percentages below to determine your heart rate training zone for each interval.

### Rate of Perceived Exertion

Your rate of perceived exertion (RPE) is a simple and effective way to determine your training intensity when performing intervals. RPE uses a scale of 1-10 to rate your effort. A rating of 1 is equivalent to standing still, while a rating of 10 represents the most strenuous level of activity you can sustain. Use these general guidelines to put forth the right effort for each interval.

## TARGET YOUR TRAINING ZONES

	RPE LEVELS		HEART RATE	
	Target	Description	Target	My Heart Rates
<b>MAX</b>	10/10	Maximum effort. Give it all you got!	100% Max HR	_____
<b>HARD</b>	9/10	Extremely strenuous and difficult to maintain.	90% Max HR	_____
<b>MODERATE</b>	7/10	Rapid breathing. Can't talk now!	80% Max HR	_____
<b>EASY</b>	5/10	Moving with purpose, but still able to talk comfortably.	65% Max HR	_____

## WARM-UP, STRENGTH, AND PLYOMETRICS TRAINING OVERVIEW

Too often, when people participate in endurance training, they focus solely on the endurance activity they're training for, such as running or biking. These activities are essentially the same simple movement repeated over and over again, requiring your body to endure thousands of repetitions in a single bout of training. This places a great deal of stress on the body and over time can lead to training plateaus or injury.

The Pillar Prep, Movement Prep, Strength, and Plyometrics portions of your workouts focus on establishing a balance of mobility and stability, as well as developing the fundamental levels of strength and power required to withstand the stress placed on your body's musculoskeletal system.

For each of these training components as well as your cardio, the phases progress with variety and complexity, alternating between two workouts. Workout A focuses on strength, Workout B focuses on muscle elasticity and power using explosive drills called plyometrics. More specifically, in Workout A, you'll perform Pillar Prep, Movement Prep, Strength, and medium-intensity cardio; in Workout B, you do Pillar Prep, Movement Prep, Plyometrics, and high-intensity cardio.

The 6 phases of training progressively develop both your aerobic and anaerobic energy systems, effectively enhancing your ability to cover a greater distance at a faster pace. Each phase will include up to 12 sessions and cycle you through high, moderate, and low intensity training days, which gives you the flexibility to easily adapt your training to fit your schedule. The best part: You can customize these workouts to your fitness levels to keep your workouts challenging and effective throughout the phases.

## HOW TO SET UP YOUR SCHEDULE

- 1** Each phase in this series has 2 workouts, Workout A and Workout B.
- 2** Complete 3 to 4 training sessions per week, alternating between Workout A and Workout B.
- 3** Aim for no more than 2 consecutive training days each week. So if you do Workout A on Monday and Workout B on Tuesday, Wednesday should be a recovery day.
- 4** Add a recovery day to break up more than 2 consecutive training days and give your body the rest it needs to perform great. Recovery days can include a combination of light activity, low-intensity cardio, stretching, and massage. Refer to the sections in your workouts labeled Pillar Prep, Movement Prep, and Regeneration for examples of movements to do on your recovery days.

## THE ADVANTAGE OF RECOVERY

When it comes to recovery strategies, endurance athletes are a notoriously stubborn bunch, preferring to push forward with tough workouts day after day. While such a work ethic is admirable, it's impossible to go all-out all the time. You won't train as effectively and you'll likely break down with injuries and ailments. On the other hand, if you can focus on having high-quality rest and regeneration, you'll be able to get more return on investment from every minute of your workout.


Regeneration increases your energy, boosts your immune system, and helps you get the most out of each training session, which ultimately will improve your performance. So when setting up your schedule, remember to schedule recovery days to break up the grind of hard training. Still want to run on your recovery day? We hear you. Just remember to take it easy. Your recovery is for low-intensity cardio. These workouts should consist of easy intervals. And if you're a runner, why not mix it up and go for a swim or bike ride? Same principle applies for any endurance athlete—that is, choose an activity or surface that will reduce the impact on your body. You'll recover faster and perform better when it matters most.

## SAMPLE 3-WEEK SCHEDULE


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Workout A	Workout B	Recovery	Workout A	Workout B	Rest or light activity	Rest or light activity
Workout A	Rest or light activity	Workout B	Rest or light activity	Workout A	Rest or light activity	Rest or light activity
Workout B	Rest or light activity	Workout A	Workout B	Recovery	Rest or light activity	Workout A

## WORKOUT DURATION:

Each workout has three duration options. A small icon represents each duration, as shown below. Simply perform the movements with the corresponding icon that represents the workout time option that fits your schedule best.

 **Short** = 45 minutes

 **Medium** = 60 minutes

 **Long** = 75 minutes

If the movements in these workouts are new to you, it may take you longer than the duration specified to complete your workouts. As you become familiar with the movements, you'll be able to complete them in the allotted time.

## HOW STAGES WORK:

Each Phase in the Endurance Series has 3 progressive stages across Pillar Prep, Movement Prep, and Strength. As you advance through the stages, you'll notice that the repetitions, time, or number of circuits you perform may change. Advance to the next stage of training after every 4 workouts (ABAB). Once you complete the final stage in the phase, progress to the next phase of training.

## TRAINING EQUIPMENT:

The equipment used in this series includes:      Dumbbells      Weight bench

# THE ENDURANCE SERIES

## PHASE 1: WARM-UP & STRENGTH – WORKOUT A

Ⓢ Short Ⓜ Medium Ⓛ Long

### PILLAR PREPARATION

#### Ⓢ 1 PLANK - WITH ARM LIFT



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

#### Ⓢ 2 HIP EXTERNAL ROTATION - SIDELYING



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

#### Ⓜ 3 HIP ABDUCTION - SIDELYING



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

#### Ⓛ 4 90/90 STRETCH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

### MOVEMENT PREPARATION

#### Ⓢ 1 REVERSE LUNGE - WITH REACH



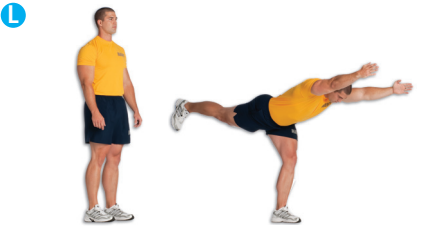
STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 2 KNEE HUG - SUPINE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓜ 3 INVERTED HAMSTRING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓛ 4 HANDWALK



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

### STRENGTH

STAGE	A	B	C
	X1 SET	X2 SETS	X2 SETS

#### Ⓢ 1 BENCH PRESS - ALTERNATING DUMBBELL



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA

#### Ⓢ 2 GLUTE BRIDGE - 1 LEG (REPS)



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA

#### Ⓜ 3 QUAD/HIP FLEXOR STRETCH - WITH ARM REACH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 4 BENT OVER ROW - 1 ARM DUMBBELL



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA

#### Ⓢ 5 SPLIT SQUAT - DUMBBELL



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA

# THE ENDURANCE SERIES

## PHASE 1: WARM-UP & STRENGTH – WORKOUT A

↻ Alternate Movement

### PILLAR PREPARATION

### MOVEMENT PREPARATION

### STRENGTH

#### 1 PLANK - WITH ARM LIFT

- Start in a push-up position with feet shoulder-width apart
- Lift one arm up and away from your body, holding for 1 to 2 seconds
- Return your arm to the floor underneath your shoulder and repeat with your opposite arm
- Continue alternating to complete the set

#### 1 REVERSE LUNGE - WITH REACH

- Contract your back glute at the bottom of the lunge
- Reach your one hand overhead, reaching other hand toward the ground – hold for 2 sec
- Keep chest up, don't let your back knee touch the ground
- Alternate sides each rep

#### 1 BENCH PRESS - ALTERNATING DUMBBELL

- Keeping one arm straight, lower the other dumbbell until your arm just breaks parallel with the ground, then push it back up
- Keep your nonworking arm straight with feet flat on the ground
- Keep hips & shoulders on the bench during the movement
- Alternate sides each rep

↻ PUSH-UP

#### 2 HIP EXTERNAL ROTATION - SIDELYING

- Lie on your side with hips and knees bent so heels are in line with torso and hips
- Rotate top knee toward the sky while heels stay in contact
- Lower knee to the starting position
- Complete the set on one side before repeating on other

#### 2 KNEE HUG - SUPINE

- Actively lift knee to your chest, gently assist by grabbing the knee & pulling it closer to chest
- Exhale & hold the stretch for 2 seconds, then return to the starting position
- Keep your non stretching leg flat on the floor by pushing the bottom of your heel away from your head
- Complete reps, repeat on opposite side

↻ KNEE HUG - IN PLACE

#### 2 GLUTE BRIDGE - 1 LEG (REPS)

- Lying on your back, with knees bent & toes pulled up towards shins, lift one knee to your chest
- Lift your hips off the ground until your knee, hips & shoulders are in a straight line – hold for 2 seconds
- Keep back flat & torso engaged throughout the movement
- Complete reps, repeat on opposite side

#### 3 HIP ABDUCTION - SIDELYING

- Lie on your side with your legs straight, top leg slightly behind bottom leg
- Lift your top leg up in the air and slightly back.
- Lower your leg to the floor
- Complete the set on one leg before repeating with other

#### 3 INVERTED HAMSTRING

- Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you
- When you feel a stretch, return to the standing position by contracting glute & hamstring
- Keep stance leg slightly unlocked, back flat & shoulders & hips parallel to ground
- Complete reps, repeat on opposite side

#### 3 QUAD/HIP FLEXOR STRETCH - WITH ARM REACH

- Start in half-kneeling position with one knee on soft pad
- Lean forward, tighten stomach, squeeze glute of back leg, and reach hand of kneeling leg overhead and crunch torso to opposite side
- Hold for 2 seconds and return to starting position
- Complete set on one side before repeating on other

#### 4 90/90 STRETCH

- Place a rolled towel between your knees
- Keep arms straight at a 90° angle to your torso
- Keep hips still while rotating chest & arm back
- Exhale & hold for 2 sec, return to starting position & repeat
- Complete reps, repeat on opposite side

#### 4 HANDWALK

- Stand with your legs straight and hands on the ground in front of you
- Keeping legs straight and stomach tight throughout movement, walk your hands forward
- Walk your feet back up to your hands to complete 1 rep

#### 4 BENT OVER ROW - 1 ARM DUMBBELL

- Stand hinged over at the waist, knees slightly bent, holding a dumbbell in one hand
- Slide shoulder blade toward your spine, lift weight to body by driving elbow to ceiling
- Keep your back level – your shoulders should stay parallel to the ground during the entire movement
- Complete reps, repeat on opposite side

↻ BENT OVER ROW TO ROMANIAN DEADLIFT - DUMBBELL

#### 5 SPLIT SQUAT - DUMBBELL

- Stand holding a pair of dumbbells tall in a split stance with feet shoulder-width apart
- Lower your hips toward the ground
- Push through your front leg to return to stand up
- Complete set on one side before repeating on other

# THE ENDURANCE SERIES

PHASE 1: CARDIO - WORKOUT A

## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

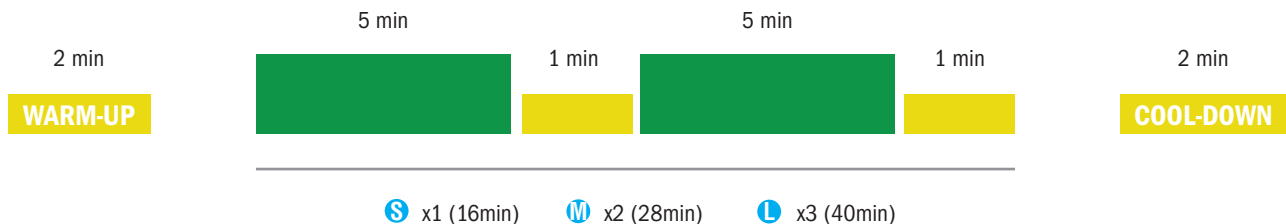
Target	Description
<b>MAX</b>	10/10 Maximum effort. Give it all you got!
<b>HARD</b>	9/10 Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10 Rapid breathing. Can't talk now!
<b>EASY</b>	5/10 Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### MEDIUM INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE ENDURANCE SERIES

## PHASE 1: WARM-UP & PLYOMETRICS – WORKOUT B

Short Medium Long

### PILLAR PREPARATION

#### 1 PILLAR BRIDGE (TIME)



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

#### 2 LATERAL PILLAR BRIDGE (TIME)



STAGE	A	B	C
	X20 SECS EA	X30 SECS EA	X40 SECS EA

#### 3 SINGLE LEG BALANCE - ALPHABET



STAGE	A	B	C
	X15 SECS EA	X20 SECS EA	X30 SECS EA

#### 4 THORACIC EXTENSION - HEEL SIT



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

### MOVEMENT PREPARATION

#### 1 LATERAL SQUAT



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 2 LEG CRADLE - SUPINE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 3 DROP LUNGE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 4 ROTATIONAL SQUAT - DYNAMIC



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

### PLYOMETRICS

STAGE	A	B	C
	X2 SETS	X2 SETS	X2 SETS

#### 1 DROP SQUAT



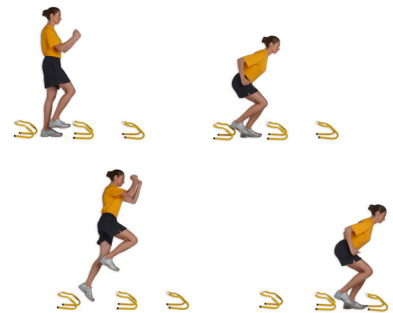
STAGE	A	B	C
	X4 REPS	X6 REPS	X8 REPS

#### 2 SQUAT JUMP - NON COUNTERMOVEMENT TO STABILIZE



STAGE	A	B	C
	X4 REPS	X6 REPS	X8 REPS

#### 3 LINEAR HOP - STABILIZE



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

#### 4 LATERAL BOUND - STABILIZE



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

# THE ENDURANCE SERIES

## PHASE 1: WARM-UP & PLYOMETRICS – WORKOUT B

↻ Alternate Movement

### PILLAR PREPARATION

#### 1 PILLAR BRIDGE (TIME)

- Push up tall on your elbows & tuck chin so head is in line with body
- Maintain a straight line from ears to ankle
- Feet shoulder width apart
- Complete for time

#### 2 LATERAL PILLAR BRIDGE (TIME)

- Lie on your side with your forearm on the ground under your shoulder - feet stacked together
- Keep body in a straight line from your ear to your ankles
- Hold for 30 seconds
- Complete for time, repeat on opposite side

#### 3 SINGLE LEG BALANCE - ALPHABET

- Sit your hips down & back into a quarter squat
- With 'floating' foot spell the alphabet with toe for prescribed time
- Keep your torso & hip engaged throughout the movement
- Alternate legs every 5 sec until working time elapsed

#### 4 THORACIC EXTENSION - HEEL SIT

- Kneel with arms straight in front of you, sitting back on heels
- Drop your head, round your upper back, and take a deep breath
- Extend, or arch your upper back, as you exhale

### MOVEMENT PREPARATION

#### 1 LATERAL SQUAT

- Stand with feet wider than shoulder width apart, shift hips to the side & down
- Push through your hip to return to start position
- Keep your opposite leg straight, back flat & your chest up
- Alternate sides each rep

#### 2 LEG CRADLE - SUPINE

- Actively lift knee to your chest, placing one hand on knee & one under ankle
- Pull leg to chest with both hands into a gentle stretch
- During the movement, contract the glute of the leg that's on the ground
- Complete reps, repeat on opposite side

↻ LEG CRADLE - IN PLACE

#### 3 DROP LUNGE

- Reach one foot across & behind, square hips forward, & sit back & down into a squat
- Maintain weight primarily on front leg, keep your chest up, torso engaged & sit hips back
- You should feel a stretch in the outsides of both hips
- Complete reps, then repeat on opposite side

#### 4 ROTATIONAL SQUAT - DYNAMIC

- Stand tall with hands clasped in front of chest
- Rotate shoulders and hips to one side as you squat hips back and down
- When thighs are close to parallel to the floor, push through hips and return to starting position
- Repeat in opposite direction to complete 1 rep

↻ REVERSE LUNGE - WITH ROTATION

### PLYOMETRICS

#### 1 DROP SQUAT

- Stand tall with arms bent 90 degrees, fore-arms pointed out
- Lift feet slightly off the floor, throw elbows back, and drop into a squat, bending knees and pushing hips back
- Stand and return to the starting position
- Move with speed and stick the landing

#### 2 SQUAT JUMP - NON COUNTERMOVEMENT TO STABILIZE

- Sit back and down into a squat with feet slightly wider than shoulder-width apart, hands behind head
- Jump up, extending hips
- Land softly in a squat position, hold for 3 seconds, and begin the next rep

#### 3 LINEAR HOP - STABILIZE

- Stand in front of a line of hurdles balancing on one leg
- Using arms and hips to generate force, hop over the first hurdle
- Stabilize and pause before continuing over the remaining hurdles
- Switch legs and repeat in opposite direction to complete 1 rep

↻ DROP SQUAT - 2 TO 1

#### 4 LATERAL BOUND - STABILIZE

- Standing with hips and knees slightly bent, bound to one side, generating force with arms
- Land softly on opposite leg and hold for 3 seconds
- Stand and repeat move in opposite direction to complete 1 rep



# THE ENDURANCE SERIES

PHASE 1: CARDIO - WORKOUT B

## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

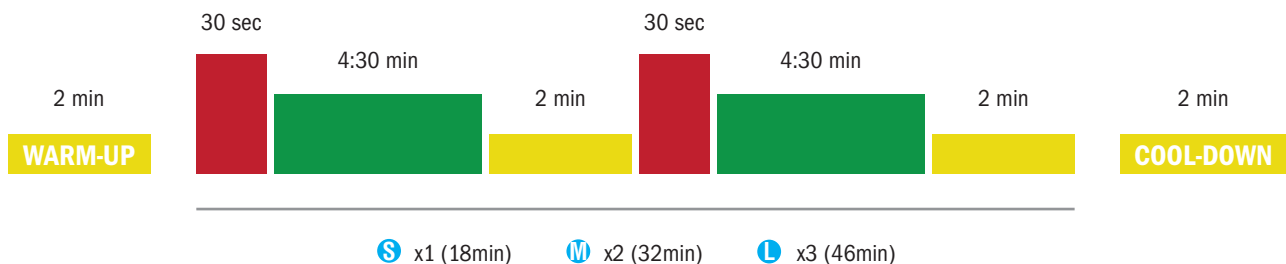
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<b>MODERATE</b>	7/10 Rapid breathing. Can't talk now!
<b>EASY</b>	5/10 Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### HIGH INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE ENDURANCE SERIES

## PHASE 2: WARM-UP & STRENGTH – WORKOUT A

Ⓢ Short Ⓜ Medium Ⓛ Long

### PILLAR PREPARATION

### MOVEMENT PREPARATION

### STRENGTH

#### Ⓢ 1 PLANK - WITH LEG LIFT

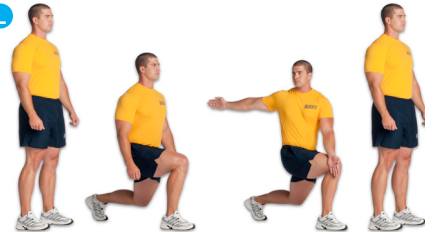
Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

#### Ⓢ 1 REVERSE LUNGE - WITH ROTATION

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

STAGE	A	B	C
	X2 SETS	X2 SETS	X2 SETS

#### Ⓢ 1 BENCH PRESS - 1 ARM DUMBBELL (HALF OFF BENCH)

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA

#### Ⓢ 2 ADDUCTOR STRETCH - 1/2 KNEELING

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 2 KNEE HUG - IN PLACE

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 2 ROMANIAN DEADLIFT - 1 LEG DUMBBELL

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA

#### Ⓜ 3 GLUTE BRIDGE - 1 LEG (WITH LEG LOCK)

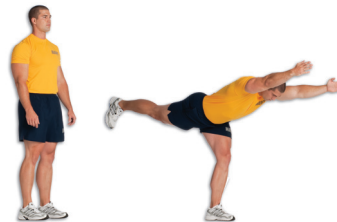
Ⓜ  
Ⓛ



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

#### Ⓜ 3 INVERTED HAMSTRING

Ⓜ  
Ⓛ



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓜ 3 BENT KNEE HAMSTRING STRETCH

Ⓜ  
Ⓛ



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓛ 4 90/90 - WITH ARM SWEEP

Ⓛ



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓛ 4 LINEAR MARCH

Ⓛ



STAGE	A	B	C
	10 YDS	10 YDS	10 YDS

#### Ⓢ 4 PULL OVER TO EXTENSION - DUMBBELL

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X12 REPS	X10 REPS	X8 REPS

#### Ⓢ 5 SINGLE LEG SQUAT - DUMBBELL

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA

# THE ENDURANCE SERIES

## PHASE 2: WARM-UP & STRENGTH – WORKOUT A

↻ Alternate Movement

### PILLAR PREPARATION

### MOVEMENT PREPARATION

### STRENGTH

#### 1 PLANK - WITH LEG LIFT

- Start in a push-up position with feet shoulder-width apart
- Maintain a straight line from ankles to head
- Lift one leg into the air, hold for 2 seconds, and lower it back down
- Repeat with opposite leg to complete 1 rep

#### 1 REVERSE LUNGE - WITH ROTATION

- Contract your back glute at the bottom of the lunge
- Rotate your torso towards the direction of your forward leg
- Keep chest up, don't let your back knee touch the ground
- Alternate sides each rep

#### 1 BENCH PRESS - 1 ARM DUMBBELL (HALF OFF BENCH)

- Lie on the bench with your shoulder & glute on one side slightly off the bench
- Hold a dumbbell with one hand, while the other grasps the bench above your head
- Keep your shoulders & hips parallel to the ground with your torso engaged during the movement
- Complete reps, repeat on opposite side

↻ PUSH-UP TO LATERAL PLANK - ALTERNATING

#### 2 ADDUCTOR STRETCH - 1/2 KNEELING

- Start in half-kneeling position with one knee up and one knee down
- Rotate down leg in so your foot is outside opposite hip
- Lean forward, tighten your stomach, and contract the glute of your back leg
- Hold for 2 seconds, relax, and return to the starting position
- Complete the set on one side before repeating on the other

#### 2 KNEE HUG - IN PLACE

- Lift one leg off the ground & squat back & down on the opposite leg
- Take hold just below your knee & pull towards your chest as you stand tall on the opposite leg
- Keep your weight in the middle of your foot, chest up & contract the glute of your stance leg
- Move with control, & alternate sides each rep

#### 2 ROMANIAN DEADLIFT - 1 LEG DUMBBELL

- Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you
- Return to the standing position by contracting your hamstring & glutes
- Keep back flat, shoulder blades back & down during movement & keep the dumbbells close to your shin
- Complete reps, repeat on opposite side

↻ ROMANIAN DEADLIFT - DUMBBELL

#### 3 GLUTE BRIDGE - 1 LEG (WITH LEG LOCK)

- Lie faceup with knees bent and heels on the ground
- Grab one knee with both hands and pull it toward your chest.
- Lift your hips toward the sky
- Hold for 1 to 2 seconds and lower your hips back down
- Complete the set on one leg before repeating on other

#### 3 INVERTED HAMSTRING

- Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you
- When you feel a stretch, return to the standing position by contracting glute & hamstring
- Keep stance leg slightly unlocked, back flat & shoulders & hips parallel to ground
- Complete reps, repeat on opposite side

#### 3 BENT KNEE HAMSTRING STRETCH

- Pull knee to chest, grasping behind the knee with both hands
- Actively straighten knee, gently assist with hands until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

#### 4 90/90 - WITH ARM SWEEP

- Lie with left knee bent 90°, your right leg crossed over the left
- Roll onto left side with knee and the ground
- Keep hips still, rotate chest & sweep with long arm – palm up, bending your elbow at the end reaching for your back pocket – palm down Hold 2 sec
- You should feel a stretch through your torso, mid/upper back, chest & shoulder
- Complete reps, repeat on opposite side

↻ QUADRUPED OBLIQUE CRUNCH (2 POINT)

#### 4 LINEAR MARCH

- Stand tall, arms at your sides, elbows bent 90 degrees
- March forward lifting one knee up as you drive same side arm forward, opposite arm back
- Drive your foot down and repeat the move, lifting opposite knee and switching arms
- Continue marching for 10 yards to complete 1 rep

#### 4 PULL OVER TO EXTENSION - DUMBBELL

- Lie faceup on a bench, holding dumbbells straight above shoulders, palms facing in
- Bend elbows to 90 degrees as you lower the weights behind head toward the floor
- In one motion, straighten your arms and return to starting position

#### 5 SINGLE LEG SQUAT - DUMBBELL

- Stand on one leg in front of a bench holding dumbbells on shoulders
- Squat back and down on one leg until your glute touches the bench
- Stand using your balancing leg
- Complete set on one leg before repeating on other

↻ ROTATIONAL SQUAT TO PRESS - DUMBBELL

# THE ENDURANCE SERIES

PHASE 2: CARDIO - WORKOUT A

## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

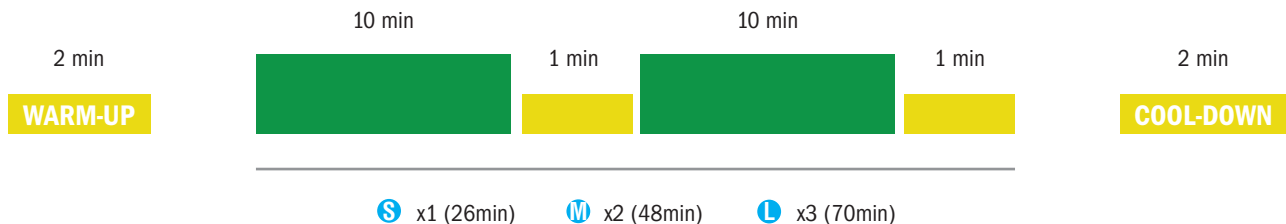
	Target	Description
<b>MAX</b>	10/10	Maximum effort. Give it all you got!
<b>HARD</b>	9/10	Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10	Rapid breathing. Can't talk now!
<b>EASY</b>	5/10	Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### MEDIUM INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE ENDURANCE SERIES

## PHASE 2: WARM-UP & PLYOMETRICS – WORKOUT B

Short Medium Long

### PILLAR PREPARATION

#### S1 DYNAMIC LATERAL PILLAR BRIDGE

S  
M  
L



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

#### S2 PLANK - WALKING

S  
M  
L



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### M3 GLUTE BRIDGE - MARCHING (HIP FLEXION)

M  
L



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

#### L4 LAT STRETCH - SUPINE

L



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

### MOVEMENT PREPARATION

#### S1 LATERAL SQUAT - LOW

S  
M  
L



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### S2 LEG CRADLE - IN PLACE

S  
M  
L



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### M3 DEEP SQUAT TO HAMSTRING STRETCH

M  
L



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### L4 LINEAR MARCH

L



STAGE	A	B	C
	10 YDS	10 YDS	10 YDS

### PLYOMETRICS

STAGE	A	B	C
	X2 SETS	X2 SETS	X2 SETS

#### S1 DROP SQUAT - 2 TO 1

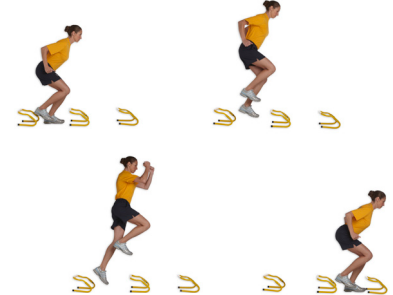
S  
M  
L



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

#### S2 LINEAR HOP - DOUBLE CONTACT TO STABILIZE

S  
M  
L



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

#### S3 SPLIT SQUAT JUMP - CONTINUOUS

S  
M  
L



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

#### S4 LATERAL BOUND - QUICK & STABILIZE

S  
M  
L



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

# THE ENDURANCE SERIES

## PHASE 2: WARM-UP & PLYOMETRICS – WORKOUT B

↻ Alternate Movement



### PILLAR PREPARATION

### MOVEMENT PREPARATION

### PLYOMETRICS

#### 1 DYNAMIC LATERAL PILLAR BRIDGE

- Lie on your side with your forearm on the ground under your shoulder - feet stacked together
- Push your hips off the ground, creating a straight line from ear to ankle, hold for 1-2 sec & return to starting position
- Repeat for reps & repeat on opposite side

#### 1 LATERAL SQUAT - LOW

- Stand with feet wider than shoulder width apart, shift hips to the side & down
- Keeping your hips low the entire time, push through your hip to shift your weight onto the opposite leg
- Move with control & keep your chest up throughout the movement
- Alternate sides each rep

#### 1 DROP SQUAT - 2 TO 1

- Stand tall with arms bent 90 degrees, fore-arms pointed out
- Lift feet slightly off the floor, throw elbows back, and drop into a single-leg squat, bending knees and pushing hips back
- Complete the set on one leg before repeating on the other
- Move with speed and stick the landing

↻ LATERAL LUNGE TO DROP LUNGE

#### 2 PLANK - WALKING

- Start in a push-up position with feet close together
- Keeping torso stable, walk feet backwards with small steps as arms extend overhead
- Hold for 1 to 2 seconds at bottom of movement and then walk your feet back up

#### 2 LEG CRADLE - IN PLACE

- Actively lift knee to your chest, placing one hand on knee & one under ankle
- Pull leg to chest with both hands into a gentle stretch
- During the movement, contract the glute of the leg that's on the ground
- Complete reps, repeat on opposite side

#### 2 LINEAR HOP - DOUBLE CONTACT TO STABILIZE

- Stand in front of a line of hurdles balancing on one leg
- Using arms and hips to generate force, bounce on your takeoff foot to preload and hop over the first hurdle
- Land on same leg and repeat move over remaining hurdles
- Switch legs and repeat in opposite direction to complete 1 rep

↻ LINEAR HOP - TO STABILIZE

#### 3 GLUTE BRIDGE - MARCHING (HIP FLEXION)

- Lift hips to create a line from knees, hips, and shoulders
- Lift one knee towards your chest, hold 2 sec. Alternate legs for prescribed reps with each leg
- Keep back flat and torso engaged throughout the movement

#### 3 DEEP SQUAT TO HAMSTRING STRETCH

- Stand with feet wide and toes slightly out
- Bend at the waist to grab toes
- Drop into deep squat with straight arms, elbows inside knees and chest up
- Raise hips and straighten knees until you feel a stretch in back of legs
- Hold for 1 to 2 seconds

#### 3 SPLIT SQUAT JUMP - CONTINUOUS

- Start in a split stance with arms bent 90 degrees
- Drop into split squat, swing elbows back, and then jump using arms and hips
- Keeping legs in same position land softly, and immediately take off into the next jump
- Complete set on one side before repeating on other

↻ SQUAT JUMP - NON-COUNTERMOVEMENT TO STABILIZE

#### 4 LAT STRETCH - SUPINE

- Lie faceup with knees bent, heels on the ground, hands in front of your face, elbows bent 90 degrees, and forearms close
- Keeping palms facing down, lift your hands over your head
- Hold for 2 to 3 seconds, relax, and return to starting position

#### 4 LINEAR MARCH

- Stand tall, arms at your sides, elbows bent 90 degrees
- March forward lifting one knee up as you drive same side arm forward, opposite arm back
- Drive your foot down and repeat the move, lifting opposite knee and switching arms
- Continue marching for 10 yards to complete 1 rep

#### 4 LATERAL BOUND - QUICK & STABILIZE

- Standing with hips and knees slightly bent, bound to one side by extending hip, knee, and ankle
- Land on opposite leg and without pausing, bound in opposite direction
- Land softly and hold for 3 seconds
- Complete the set on one side before repeating on other

# THE ENDURANCE SERIES

PHASE 2: CARDIO - WORKOUT B



## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

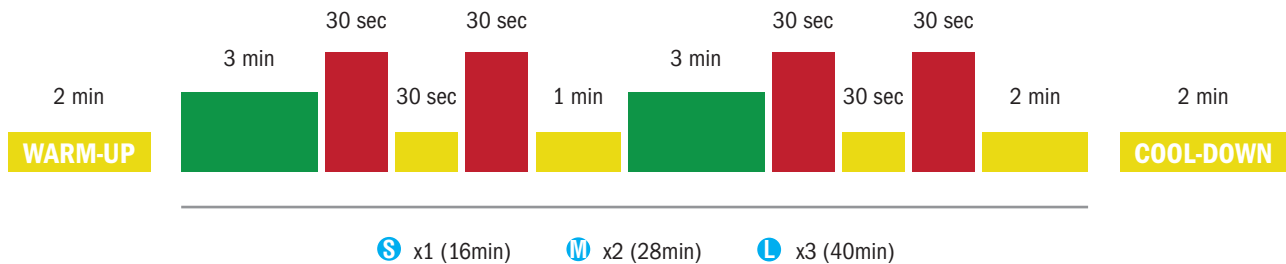
Target	Description
<b>MAX</b>	10/10 Maximum effort. Give it all you got!
<b>HARD</b>	9/10 Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10 Rapid breathing. Can't talk now!
<b>EASY</b>	5/10 Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### HIGH INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE ENDURANCE SERIES

## PHASE 3: WARM-UP & STRENGTH – WORKOUT A

Ⓢ Short Ⓜ Medium Ⓛ Long

### PILLAR PREPARATION

#### Ⓢ 1 PLANK - ROLLING



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

#### Ⓢ 2 GLUTE BRIDGE - MARCHING (WITH LEG LOCK)



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

#### Ⓜ 3 Ys - BENT OVER



STAGE	A	B	C
	X10 REPS	X12 REPS	X15 REPS

#### Ⓛ 4 Ws - BENT OVER



STAGE	A	B	C
	X10 REPS	X12 REPS	X15 REPS

### MOVEMENT PREPARATION

#### Ⓢ 1 KNEE HUG TO INVERTED HAMSTRING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 2 REVERSE LUNGE, ELBOW TO INSTEP - WITH ROTATION



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓜ 3 SUMO SQUAT



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### Ⓛ 4 LINEAR SKIP



STAGE	A	B	C
	10 YDS	10 YDS	10 YDS

### STRENGTH

STAGE	A	B	C
	X2 SETS	X3 SETS	X3 SETS

#### Ⓢ 1 BENCH PRESS - 1 ARM DUMBBELL (HIPS OFF BENCH, HIP FLEXION)



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA

#### Ⓢ 2 SQUAT - 1 ARM DUMBBELL



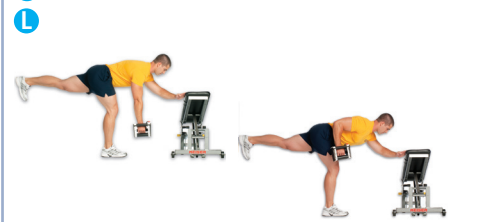
STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA

#### Ⓜ 3 PLANK - MARCHING WITH HIP FLEXION



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 4 BENT OVER ROW - 1 ARM 1 LEG DUMBBELL



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA

#### Ⓢ 5 SPLIT SQUAT - REAR FOOT ELEVATED DUMBBELL



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA



# THE ENDURANCE SERIES

## PHASE 3: WARM-UP & STRENGTH – WORKOUT A

↻ Alternate Movement

### PILLAR PREPARATION

#### 1 PLANK - ROLLING

- Start in a push-up position with feet shoulder-width apart
- Lift one arm toward the sky as you rotate torso and hips to face sideways and your body resembles the letter T
- Reverse the pattern back to the starting position
- Repeat in the opposite direction to complete 1 rep

#### ↻ PLANK - WALKING

#### 2 GLUTE BRIDGE - MARCHING (WITH LEG LOCK)

- Lie faceup with knees bent and heels on the ground
- Lift your hips off the ground so knees, hips, and shoulders are in a straight line
- Lift one knee up to your chest, holding it there with your hands for 1 to 2 seconds
- Repeat with opposite leg to complete 1 rep

#### 3 Ys - BENT OVER

- Hinge at waist, back flat & chest up
- Glide shoulder blades back & down, and raise your arms over your head to form a Y
- Initiate movement with shoulder blades, not arms & keep thumbs up throughout
- Lower arms back to start & repeat for reps

#### 4 Ws - BENT OVER

- Bend over at the waist with back flat, arms down, and elbows in toward ribs
- Keeping elbows at your sides, rotate arms toward ceiling to form a "W"
- Reverse directions to return to starting position

### MOVEMENT PREPARATION

#### 1 KNEE HUG TO INVERTED HAMSTRING

- Stand and lift one foot off the ground, squatting slightly with other leg
- Grab opposite knee and pull toward chest while straightening other leg
- Lower the leg and raise arms to your sides, thumbs pointed up
- Bend at waist to lift other leg straight behind you, returning to standing position when you feel a stretch
- Repeat with opposite leg to complete 1 rep

#### 2 REVERSE LUNGE, ELBOW TO INSTEP - WITH ROTATION

- Standing tall, step forward with left foot
- Place right hand on ground and left elbow inside of left foot. Hold for 2 sec
- Next, rotate right arm and chest to the sky as far as you can. Hold for 2 sec and return
- Place left hand outside foot and push hips to the sky

#### 3 SUMO SQUAT

- Stand with feet wider than shoulder-width, knees and toes angled out
- Squat back and down, keeping knees and toes in line
- Stand by pushing through your hips

#### 4 LINEAR SKIP

- Begin skipping by lifting one knee up while you bring same side arm forward, opposite arm back
- Drive your foot down, generating a double contact, as opposite foot and knee lift and arms switch
- Repeat on opposite side and continue skipping for 10 yards to complete 1 rep

### STRENGTH

#### 1 BENCH PRESS - 1 ARM DUMBBELL (HIPS OFF BENCH, HIP FLEXION)

- Lie faceup with your hips off the front of a bench, a dumbbell held above one shoulder, and opposite arm pointed up
- Lift the opposite leg up so your hip and knee are bent to 90 degrees
- Lower the dumbbell to your shoulder and press it back up
- Complete the set on one side before repeating on the other

#### ↻ BENCH PRESS - 1 ARM DUMBBELL (HALF OFF BENCH)

#### 2 SQUAT - 1 ARM DUMBBELL

- Stand with a tall posture, feet shoulder width apart and arms at your sides with a dumbbell in one hand
- Squat your hips down and back keeping your torso engaged and back flat, and return to standing
- Ensure hips and shoulders remain forward facing and parallel during the movement
- Complete reps, repeat on opposite side

#### ↻ ROTATIONAL SQUAT TO PRESS - 1 ARM DUMBBELL

#### 3 PLANK - MARCHING WITH HIP FLEXION

- Start in a push-up position with feet shoulder-width apart
- Keeping torso stable, draw one knee toward chest and tap foot on the ground
- Hold for 1 to 2 seconds and return to the starting position
- Repeat with opposite leg to complete 1 rep

#### 4 BENT OVER ROW - 1 ARM 1 LEG DUMBBELL

- Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you
- Slide shoulder blade toward, lift weight to body by driving elbow to ceiling
- Keep your back level, stance leg slightly unlocked & shoulders parallel to the ground
- Complete reps, repeat on opposite side

#### 5 SPLIT SQUAT - REAR FOOT ELEVATED DUMBBELL

- Place your rear foot up onto a box or bench behind you
- Drop hips towards ground by bending your front knee without letting your back knee touch the ground
- Return to starting position by pushing up with your front hip
- Complete reps on one leg, then switch legs & repeat

# THE ENDURANCE SERIES

PHASE 3: CARDIO - WORKOUT A

## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

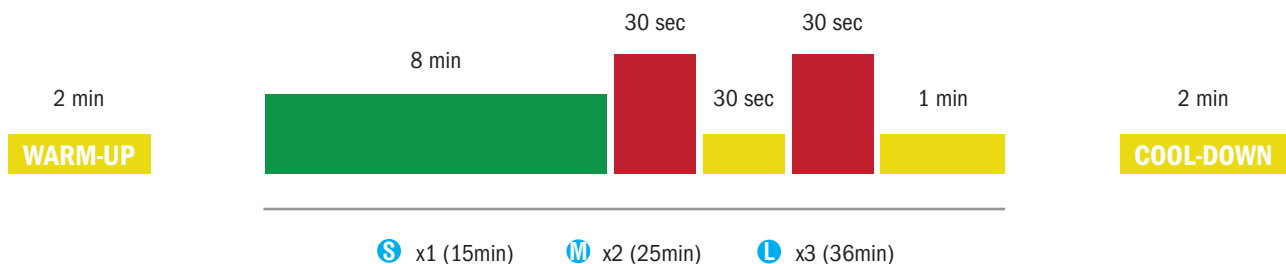
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<b>EASY</b>	5/10	Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### MEDIUM INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE ENDURANCE SERIES

## PHASE 3: WARM-UP & PLYOMETRICS- WORKOUT B

Short Medium Long

### PILLAR PREPARATION

### MOVEMENT PREPARATION

### PLYOMETRICS

#### S1 PLANK - MARCHING WITH HIP FLEXION



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

#### S2 GLUTE BRIDGE - 1 LEG (TIME)



STAGE	A	B	C
	X20 SECS EA	X30 SECS EA	X40 SECS EA

#### M3 THORACIC ROTATION - WITH HEEL SIT



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### L4 SHOULDER STRETCH - SIDELYING



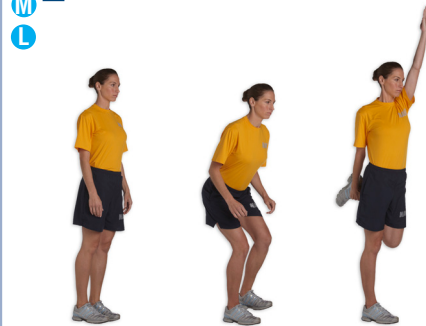
STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

#### S1 LATERAL LUNGE TO DROP LUNGE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### S2 HEEL TO GLUTE - WITH ARM REACH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### M3 HANDWALK



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### L4 LINEAR SKIP



STAGE	A	B	C
	10 YDS	10 YDS	10 YDS

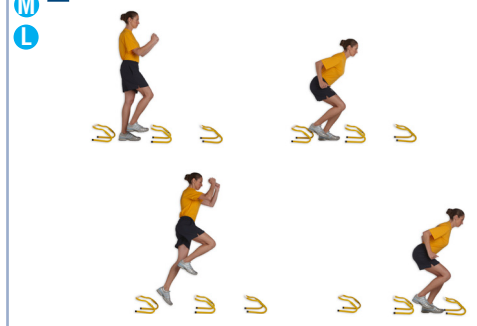
STAGE	A	B	C
	X1 SET	X1 SET	X1 SET

#### S1 SQUAT JUMP - COUNTERMOVEMENT TO STABILIZE



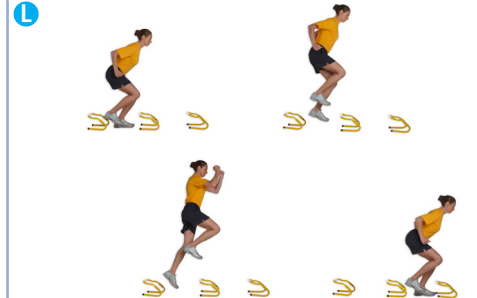
STAGE	A	B	C
	X4 REPS	X6 REPS	X8 REPS

#### S2 LINEAR HOP - STABILIZE



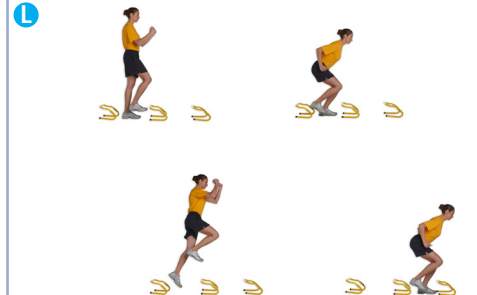
STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

#### S3 LINEAR HOP - DOUBLE CONTACT TO STABILIZE



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

#### S4 LINEAR HOP - CONTINUOUS



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

# THE ENDURANCE SERIES

## PHASE 3: WARM-UP & PLYOMETRICS- WORKOUT B

↻ Alternate Movement



### PILLAR PREPARATION

#### 1 PLANK - MARCHING WITH HIP FLEXION

- Start in a push-up position with feet shoulder-width apart
- Keeping torso stable, draw one knee toward chest and tap foot on the ground
- Hold for 1 to 2 seconds and return to the starting position
- Repeat with opposite leg to complete 1 rep

#### 2 GLUTE BRIDGE - 1 LEG (TIME)

- Lying on your back, with knees bent and toes pulled up towards shins, lift one knee to your chest
- Lift your hips off the ground until your knee, hips and shoulders are in a straight line – hold for 2 seconds
- Keep back flat and torso engaged throughout the movement
- Complete for time, repeat on opposite side

↻ GLUTE BRIDGE - 1 LEG (HIP FLEXION - EXTENTION)

#### 3 THORACIC ROTATION - WITH HEEL SIT

- Kneel with one hand behind head, the other in front of you, sitting back on heels
- Inhale as you lift bent arm toward the ceiling by rotating chest and shoulders
- Exhale, hold for 2 seconds, and return to starting position
- Complete set on one side before repeating on the other

#### 4 SHOULDER STRETCH - SIDELYING

- Lie on your side with bottom arm perpendicular to your torso and bent 90 degrees
- Rotate hand toward the ground as far as possible, and then gently use your other hand to rotate farther
- Hold for 2 seconds, relax, and return to starting position
- Complete set on one side before repeating on other

### MOVEMENT PREPARATION

#### 1 LATERAL LUNGE TO DROP LUNGE

- From a standing position, step to one side and squat down with the stepping leg, keeping the other straight
- Stand up and without pausing, reach the stepping foot behind and across the other foot
- Square your hips to face forward and squat down
- Stand, return to the start, and repeat in opposite direction to complete 1 rep

#### 2 HEEL TO GLUTE - WITH ARM REACH

- Stand tall, lift one foot up and hold it with the same-side hand
- Bring your heel to your glute as you reach overhead with the opposite arm
- Lower your leg to starting position and repeat with opposite leg to complete 1 rep

#### 3 HANDWALK

- Stand with your legs straight and hands on the ground in front of you
- Keeping legs straight and stomach tight throughout movement, walk your hands forward
- Walk your feet back up to your hands to complete 1 rep

↻ HANDWALK - HANDS PAST HEAD

#### 4 LINEAR SKIP

- Begin skipping by lifting one knee up while you bring same side arm forward, opposite arm back
- Drive your foot down, generating a double contact, as opposite foot and knee lift and arms switch
- Repeat on opposite side and continue skipping for 10 yards to complete 1 rep

### PLYOMETRICS

#### 1 SQUAT JUMP - COUNTERMOVEMENT TO STABILIZE

- Stand with feet slightly wider than shoulder-width apart, hands behind head
- Sit down into a squat and immediately jump, extending your hips
- Land softly in a squat and reset to starting position

↻ DROP SQUAT - 2 TO 1

#### 2 LINEAR HOP - STABILIZE

- Stand in front of a line of hurdles balancing on one leg
- Using arms and hips to generate force, hop over the first hurdle
- Stabilize and pause before continuing over the remaining hurdles
- Switch legs and repeat in opposite direction to complete 1 rep

#### 3 LINEAR HOP - DOUBLE CONTACT TO STABILIZE

- Stand in front of a line of hurdles balancing on one leg
- Using arms and hips to generate force, bounce on your takeoff foot to preload and hop over the first hurdle
- Land on same leg and repeat move over remaining hurdles
- Switch legs and repeat in opposite direction to complete 1 rep

↻ LATERAL BOUND - QUICK AND STABILIZE

#### 4 LINEAR HOP - CONTINUOUS

- Stand in front of a line of hurdles balancing on one leg
- Using arms and hips to generate force, hop over the first hurdle
- Land on same leg and, without pausing, continue over remaining hurdles
- Switch legs and repeat in opposite direction to complete 1 rep

# THE ENDURANCE SERIES

PHASE 3: CARDIO - WORKOUT B

## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

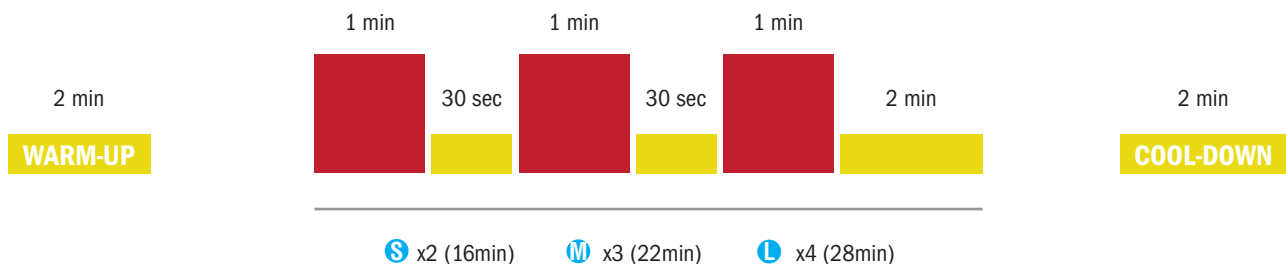
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#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### HIGH INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE ENDURANCE SERIES

## PHASE 4: WARM-UP & STRENGTH – WORKOUT A

Ⓢ Short Ⓜ Medium Ⓛ Long

### PILLAR PREPARATION

### MOVEMENT PREPARATION

### STRENGTH

#### Ⓢ 1 PLANK - WITH ARM LIFT



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

#### Ⓢ 1 REVERSE LUNGE - WITH REACH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

STAGE	A	B	C
	X1 SET	X2 SETS	X2 SETS

#### Ⓢ 1 BENCH PRESS - ALTERNATING DUMBBELL



STAGE	A	B	C
	X8 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 2 HIP EXTERNAL ROTATION - SIDELYING



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

#### Ⓢ 2 KNEE HUG - SUPINE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 2 GLUTE BRIDGE - 1 LEG (REPS)



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA

#### Ⓜ 3 HIP ABDUCTION - SIDELYING



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

#### Ⓜ 3 INVERTED HAMSTRING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓜ 3 QUAD/HIP FLEXOR STRETCH - WITH ARM REACH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓛ 4 90/90 STRETCH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓛ 4 HANDWALK



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### Ⓢ 4 BENT OVER ROW - 1 ARM DUMBBELL



STAGE	A	B	C
	X8 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 5 SPLIT SQUAT - DUMBBELL



STAGE	A	B	C
	X8 REPS EA	X6 REPS EA	X6 REPS EA

# THE ENDURANCE SERIES

## PHASE 4: WARM-UP & STRENGTH – WORKOUT A

↻ Alternate Movement

### PILLAR PREPARATION

### MOVEMENT PREPARATION

### STRENGTH

#### 1 PLANK - WITH ARM LIFT

- Start in a push-up position with feet shoulder-width apart
- Lift one arm up and away from your body, holding for 1 to 2 seconds
- Return your arm to the floor underneath your shoulder and repeat with your opposite arm
- Continue alternating to complete the set

#### 1 REVERSE LUNGE - WITH REACH

- Contract your back glute at the bottom of the lunge
- Reach your one hand overhead, reaching other hand toward the ground – hold for 2 sec
- Keep chest up, don't let your back knee touch the ground
- Alternate sides each rep

#### 1 BENCH PRESS - ALTERNATING DUMBBELL

- Keeping one arm straight, lower the other dumbbell until your arm just breaks parallel with the ground, then push it back up
- Keep your nonworking arm straight with feet flat on the ground
- Keep hips & shoulders on the bench during the movement
- Alternate sides each rep

↻ PUSH-UP

#### 2 HIP EXTERNAL ROTATION - SIDELYING

- Lie on your side with hips and knees bent so heels are in line with torso and hips
- Rotate top knee toward the sky while heels stay in contact
- Lower knee to the starting position
- Complete the set on one side before repeating on other

#### 2 KNEE HUG - SUPINE

- Actively lift knee to your chest, gently assist by grabbing the knee & pulling it closer to chest
- Exhale & hold the stretch for 2 seconds, then return to the starting position
- Keep your non stretching leg flat on the floor by pushing the bottom of your heel away from your head
- Complete reps, repeat on opposite side

↻ KNEE HUG - IN PLACE

#### 2 GLUTE BRIDGE - 1 LEG (REPS)

- Lying on your back, with knees bent & toes pulled up towards shins, lift one knee to your chest
- Lift your hips off the ground until your knee, hips & shoulders are in a straight line – hold for 2 seconds
- Keep back flat & torso engaged throughout the movement
- Complete reps, repeat on opposite side

#### 3 HIP ABDUCTION - SIDELYING

- Lie on your side with your legs straight, top leg slightly behind bottom leg
- Lift your top leg up in the air and slightly back
- Lower your leg to the floor
- Complete the set on one leg before repeating with other

#### 3 INVERTED HAMSTRING

- Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you
- When you feel a stretch, return to the standing position by contracting glute & hamstring
- Keep stance leg slightly unlocked, back flat & shoulders & hips parallel to ground
- Complete reps, repeat on opposite side

#### 3 QUAD/HIP FLEXOR STRETCH - WITH ARM REACH

- Start in half-kneeling position with one knee on soft pad
- Lean forward, tighten stomach, squeeze glute of back leg, and reach hand of kneeling leg overhead and crunch torso to opposite side
- Hold for 2 seconds and return to starting position
- Complete set on one side before repeating on other

#### 4 90/90 STRETCH

- Place a rolled towel between your knees
- Keep arms straight at a 90° angle to your torso
- Keep hips still while rotating chest & arm back
- Exhale & hold for 2 sec, return to starting position & repeat
- Complete reps, repeat on opposite side

#### 4 HANDWALK

- Stand with your legs straight and hands on the ground in front of you
- Keeping legs straight and stomach tight throughout movement, walk your hands forward
- Walk your feet back up to your hands to complete 1 rep

#### 4 BENT OVER ROW - 1 ARM DUMBBELL

- Stand hinged over at the waist, knees slightly bent, holding a dumbbell in one hand
- Slide shoulder blade toward your spine, lift weight to body by driving elbow to ceiling
- Keep your back level – your shoulders should stay parallel to the ground during the entire movement
- Complete reps, repeat on opposite side

↻ BENT OVER ROW TO ROMANIAN DEADLIFT - DUMBBELL

#### 5 SPLIT SQUAT - DUMBBELL

- Stand holding a pair of dumbbells tall in a split stance with feet shoulder-width apart
- Lower your hips toward the ground
- Push through your front leg to return to stand up
- Complete set on one side before repeating on other

# THE ENDURANCE SERIES

PHASE 4: CARDIO - WORKOUT A

## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

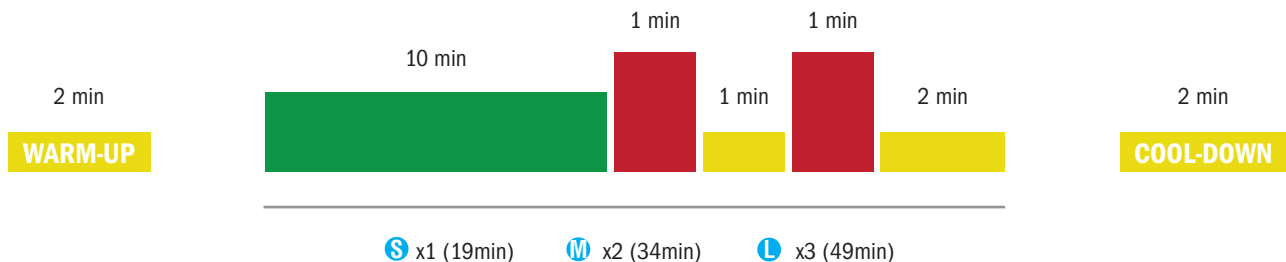
Target	Description
<b>MAX</b>	10/10 Maximum effort. Give it all you got!
<b>HARD</b>	9/10 Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10 Rapid breathing. Can't talk now!
<b>EASY</b>	5/10 Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### MEDIUM INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.



# THE ENDURANCE SERIES

## PHASE 4: WARM-UP & PLYOMETRICS – WORKOUT B

Short Medium Long

### PILLAR PREPARATION

#### S1 M L PILLAR BRIDGE (TIME)



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

#### S2 M L LATERAL PILLAR BRIDGE (TIME)



STAGE	A	B	C
	X20 SECS EA	X30 SECS EA	X40 SECS EA

#### M3 L SINGLE LEG BALANCE - ALPHABET



STAGE	A	B	C
	X15 SECS EA	X20 SECS EA	X30 SECS EA

#### L4 THORACIC EXTENSION - HEEL SIT



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

### MOVEMENT PREPARATION

#### S1 M L LATERAL SQUAT



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### S2 M L LEG CRADLE - SUPINE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### M3 L DROP LUNGE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### L4 ROTATIONAL SQUAT - DYNAMIC



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

### PLYOMETRICS

STAGE	A	B	C
	X2 SETS	X2 SETS	X2 SETS

#### S1 M L DROP SQUAT



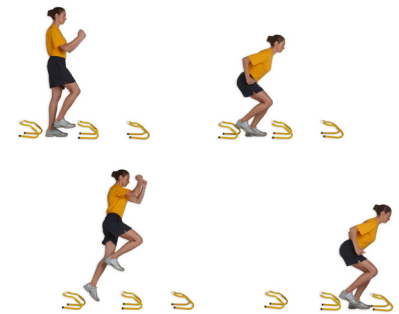
STAGE	A	B	C
	X4 REPS	X6 REPS	X8 REPS

#### S2 M L SQUAT JUMP - NON COUNTERMOVEMENT TO STABILIZE



STAGE	A	B	C
	X4 REPS	X6 REPS	X8 REPS

#### S3 M L LINEAR HOP - STABILIZE



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

#### S4 M L LATERAL BOUND - STABILIZE



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

# THE ENDURANCE SERIES

## PHASE 4: WARM-UP & PLYOMETRICS – WORKOUT B

↻ Alternate Movement

### PILLAR PREPARATION

### MOVEMENT PREPARATION

### PLYOMETRICS

#### 1 PILLAR BRIDGE (TIME)

- Push up tall on your elbows & tuck chin so head is in line with body
- Maintain a straight line from ears to ankle
- Feet shoulder width apart
- Complete for time

#### 1 LATERAL SQUAT

- Stand with feet wider than shoulder width apart, shift hips to the side & down
- Push through your hip to return to start position
- Keep your opposite leg straight, back flat & your chest up
- Alternate sides each rep

#### 1 DROP SQUAT

- Stand tall with arms bent 90 degrees, fore-arms pointed out
- Lift feet slightly off the floor, throw elbows back, and drop into a squat, bending knees and pushing hips back
- Stand and return to the starting position
- Move with speed and stick the landing

#### 2 LATERAL PILLAR BRIDGE (TIME)

- Lie on your side with your forearm on the ground under your shoulder - feet stacked together
- Keep body in a straight line from your ear to your ankles
- Hold for 30 seconds
- Complete for time, repeat on opposite side

#### 2 LEG CRADLE - SUPINE

- Actively lift knee to your chest, placing one hand on knee & one under ankle
- Pull leg to chest with both hands into a gentle stretch
- During the movement, contract the glute of the leg that's on the ground
- Complete reps, repeat on opposite side

#### 2 SQUAT JUMP - NON COUNTERMOVEMENT TO STABILIZE

- Sit back and down into a squat with feet slightly wider than shoulder-width apart, hands behind head
- Jump up, extending hips
- Land softly in a squat position, hold for 3 seconds, and begin the next rep

↻ LEG CRADLE - IN PLACE

#### 3 SINGLE LEG BALANCE - ALPHABET

- Sit your hips down & back into a quarter squat
- With 'floating' foot spell the alphabet with toe for prescribed time
- Keep your torso & hip engaged throughout the movement
- Alternate legs every 5 sec until working time elapsed

#### 3 DROP LUNGE

- Reach one foot across & behind, square hips forward, & sit back & down into a squat
- Maintain weight primarily on front leg, keep your chest up, torso engaged & sit hips back
- You should feel a stretch in the outsides of both hips
- Complete reps, then repeat on opposite side

#### 3 LINEAR HOP - STABILIZE

- Stand in front of a line of hurdles balancing on one leg
- Using arms and hips to generate force, hop over the first hurdle
- Stabilize and pause before continuing over the remaining hurdles
- Switch legs and repeat in opposite direction to complete 1 rep

↻ DROP SQUAT - 2 TO 1

#### 4 THORACIC EXTENSION - HEEL SIT

- Kneel with arms straight in front of you, sitting back on heels
- Drop your head, round your upper back, and take a deep breath
- Extend, or arch your upper back, as you exhale

#### 4 ROTATIONAL SQUAT - DYNAMIC

- Stand tall with hands clasped in front of chest
- Rotate shoulders and hips to one side as you squat hips back and down
- When thighs are close to parallel to the floor, push through hips and return to starting position
- Repeat in opposite direction to complete 1 rep

#### 4 LATERAL BOUND - STABILIZE

- Standing with hips and knees slightly bent, bound to one side, generating force with arms
- Land softly on opposite leg and hold for 3 seconds
- Stand and repeat move in opposite direction to complete 1 rep

↻ REVERSE LUNGE - WITH ROTATION

# THE ENDURANCE SERIES

PHASE 4: CARDIO - WORKOUT B

## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

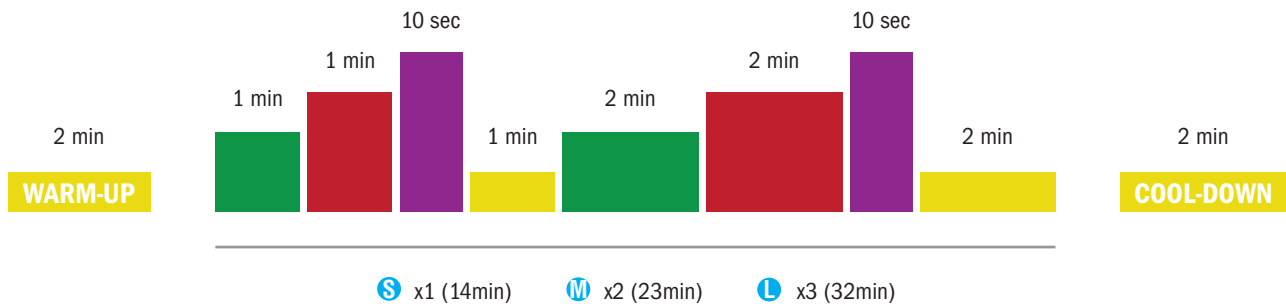
	Target	Description
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<b>HARD</b>	9/10	Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10	Rapid breathing. Can't talk now!
<b>EASY</b>	5/10	Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### HIGH INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE ENDURANCE SERIES

## PHASE 5: WARM-UP & STRENGTH – WORKOUT A

Ⓢ Short Ⓜ Medium Ⓛ Long

### PILLAR PREPARATION

### MOVEMENT PREPARATION

### STRENGTH

#### Ⓢ 1 PLANK - WITH LEG LIFT

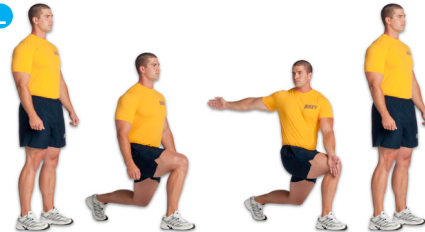
Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

#### Ⓢ 1 REVERSE LUNGE - WITH ROTATION

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

STAGE	A	B	C
	X2 SETS	X2 SETS	X2 SETS

#### Ⓢ 1 BENCH PRESS - 1 ARM DUMBBELL (HALF OFF BENCH)

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X8 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 2 ADDUCTOR STRETCH - 1/2 KNEELING

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 2 KNEE HUG - IN PLACE

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 2 ROMANIAN DEADLIFT - 1 LEG DUMBBELL

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X8 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓜ 3 GLUTE BRIDGE - 1 LEG (WITH LEG LOCK)

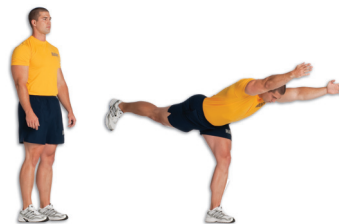
Ⓜ  
Ⓛ



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

#### Ⓜ 3 INVERTED HAMSTRING

Ⓜ  
Ⓛ



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓜ 3 BENT KNEE HAMSTRING STRETCH

Ⓜ  
Ⓛ



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓛ 4 90/90 - WITH ARM SWEEP

Ⓛ



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓛ 4 LINEAR MARCH

Ⓛ



STAGE	A	B	C
	10 YDS	10 YDS	10 YDS

#### Ⓢ 4 PULL OVER TO EXTENSION - DUMBBELL

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X8 REPS	X6 REPS	X6 REPS

#### Ⓢ 5 SINGLE LEG SQUAT - DUMBBELL

Ⓢ  
Ⓜ  
Ⓛ



STAGE	A	B	C
	X8 REPS EA	X6 REPS EA	X6 REPS EA

# THE ENDURANCE SERIES

## PHASE 5: WARM-UP & STRENGTH – WORKOUT A

↻ Alternate Movement

### PILLAR PREPARATION

#### 1 PLANK - WITH LEG LIFT

- Start in a push-up position with feet shoulder-width apart
- Maintain a straight line from ankles to head
- Lift one leg into the air, hold for 2 seconds, and lower it back down
- Repeat with opposite leg to complete 1 rep

#### 2 ADDUCTOR STRETCH - 1/2 KNEELING

- Start in half-kneeling position with one knee up and one knee down
- Rotate down leg in so your foot is outside opposite hip
- Lean forward, tighten your stomach, and contract the glute of your back leg
- Hold for 2 seconds, relax, and return to the starting position
- Complete the set on one side before repeating on the other

#### 3 GLUTE BRIDGE - 1 LEG (WITH LEG LOCK)

- Lie faceup with knees bent and heels on the ground
- Grab one knee with both hands and pull it toward your chest.
- Lift your hips toward the sky
- Hold for 1 to 2 seconds and lower your hips back down
- Complete the set on one leg before repeating on other

#### 4 90/90 - WITH ARM SWEEP

- Lie with left knee bent 90°, your right leg crossed over the left
- Roll onto left side with knee and the ground
- Keep hips still, rotate chest & sweep with long arm – palm up, bending your elbow at the end reaching for your back pocket – palm down Hold 2 sec
- You should feel a stretch through your torso, mid/upper back, chest & shoulder
- Complete reps, repeat on opposite side
- ↻ QUADRUPED OBLIQUE CRUNCH (2 POINT)

### MOVEMENT PREPARATION

#### 1 REVERSE LUNGE - WITH ROTATION

- Contract your back glute at the bottom of the lunge
- Rotate your torso towards the direction of your forward leg
- Keep chest up, don't let your back knee touch the ground
- Alternate sides each rep

#### 2 KNEE HUG - IN PLACE

- Lift one leg off the ground & squat back & down on the opposite leg
- Take hold just below your knee & pull towards your chest as you stand tall on the opposite leg
- Keep your weight in the middle of your foot, chest up & contract the glute of your stance leg
- Move with control, & alternate sides each rep

#### 3 INVERTED HAMSTRING

- Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you
- When you feel a stretch, return to the standing position by contracting glute & hamstring
- Keep stance leg slightly unlocked, back flat & shoulders & hips parallel to ground
- Complete reps, repeat on opposite side

#### 4 LINEAR MARCH

- Stand tall, arms at your sides, elbows bent 90 degrees
- March forward lifting one knee up as you drive same side arm forward, opposite arm back
- Drive your foot down and repeat the move, lifting opposite knee and switching arms
- Continue marching for 10 yards to complete 1 rep

### STRENGTH

#### 1 BENCH PRESS - 1 ARM DUMBBELL (HALF OFF BENCH)

- Lie on the bench with your shoulder & glute on one side slightly off the bench
- Hold a dumbbell with one hand, while the other grasps the bench above your head
- Keep your shoulders & hips parallel to the ground with your torso engaged during the movement
- Complete reps, repeat on opposite side

↻ PUSH-UP TO LATERAL PLANK - ALTERNATING

#### 2 ROMANIAN DEADLIFT - 1 LEG DUMBBELL

- Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you
- Return to the standing position by contracting your hamstring & glutes
- Keep back flat, shoulder blades back & down during movement & keep the dumbbells close to your shin
- Complete reps, repeat on opposite side

↻ ROMANIAN DEADLIFT - DUMBBELL

#### 3 BENT KNEE HAMSTRING STRETCH

- Pull knee to chest, grasping behind the knee with both hands
- Actively straighten knee, gently assist with hands until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

#### 4 PULL OVER TO EXTENSION - DUMBBELL

- Lie faceup on a bench, holding dumbbells straight above shoulders, palms facing in
- Bend elbows to 90 degrees as you lower the weights behind head toward the floor
- In one motion, straighten your arms and return to starting position

#### 5 SINGLE LEG SQUAT - DUMBBELL

- Stand on one leg in front of a bench holding dumbbells on shoulders
- Squat back and down on one leg until your glute touches the bench
- Stand using your balancing leg
- Complete set on one leg before repeating on other

↻ ROTATIONAL SQUAT TO PRESS - DUMBBELL

# THE ENDURANCE SERIES

PHASE 5: CARDIO - WORKOUT A

## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

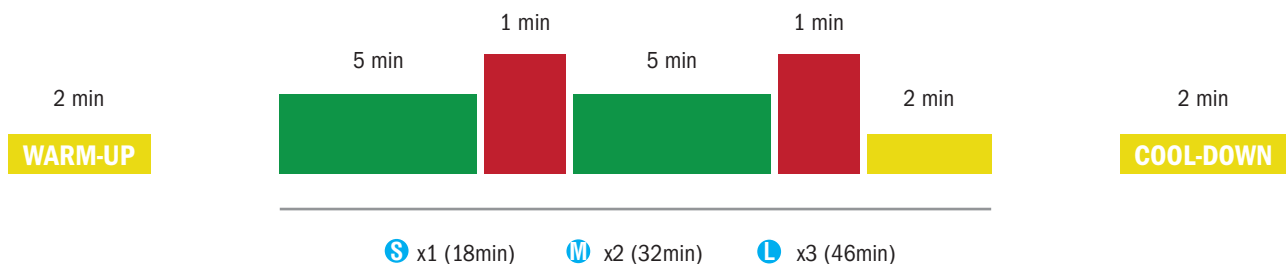
	Target	Description
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<b>HARD</b>	9/10	Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10	Rapid breathing. Can't talk now!
<b>EASY</b>	5/10	Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### MEDIUM INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE ENDURANCE SERIES

## PHASE 5: WARM-UP & PLYOMETRICS – WORKOUT B

Short Medium Long

### PILLAR PREPARATION

### MOVEMENT PREPARATION

### PLYOMETRICS

#### S1 M L DYNAMIC LATERAL PILLAR BRIDGE



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

#### S1 M L LATERAL SQUAT - LOW



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

STAGE	A	B	C
	X2 SETS	X2 SETS	X2 SETS

#### S1 M L DROP SQUAT - 2 TO 1



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

#### S2 M L PLANK - WALKING



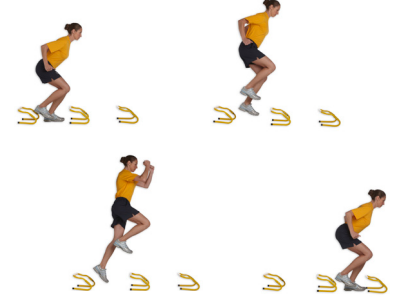
STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### S2 M L LEG CRADLE - IN PLACE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### S2 M L LINEAR HOP - DOUBLE CONTACT TO STABILIZE



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

#### M L 3 GLUTE BRIDGE - MARCHING (HIP FLEXION)



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

#### M L 3 DEEP SQUAT TO HAMSTRING STRETCH



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### S M L 3 SPLIT SQUAT JUMP - CONTINUOUS



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

#### L 4 LAT STRETCH - SUPINE



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### L 4 LINEAR MARCH



STAGE	A	B	C
	10 YDS	10 YDS	10 YDS

#### S M L 4 LATERAL BOUND - QUICK & STABILIZE



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

# THE ENDURANCE SERIES

## PHASE 5: WARM-UP & PLYOMETRICS – WORKOUT B

↻ Alternate Movement



### PILLAR PREPARATION

### MOVEMENT PREPARATION

### PLYOMETRICS

#### 1 DYNAMIC LATERAL PILLAR BRIDGE

- Lie on your side with your forearm on the ground under your shoulder - feet stacked together
- Push your hips off the ground, creating a straight line from ear to ankle, hold for 1-2 sec & return to starting position
- Repeat for reps & repeat on opposite side

#### 1 LATERAL SQUAT - LOW

- Stand with feet wider than shoulder width apart, shift hips to the side & down
- Keeping your hips low the entire time, push through your hip to shift your weight onto the opposite leg
- Move with control & keep your chest up throughout the movement
- Alternate sides each rep

#### 1 DROP SQUAT - 2 TO 1

- Stand tall with arms bent 90 degrees, fore-arms pointed out
- Lift feet slightly off the floor, throw elbows back, and drop into a single-leg squat, bending knees and pushing hips back
- Complete the set on one leg before repeating on the other
- Move with speed and stick the landing

↻ LATERAL LUNGE TO DROP LUNGE

#### 2 PLANK - WALKING

- Start in a push-up position with feet close together
- Keeping torso stable, walk feet backwards with small steps as arms extend overhead
- Hold for 1 to 2 seconds at bottom of movement and then walk your feet back up

#### 2 LEG CRADLE - IN PLACE

- Actively lift knee to your chest, placing one hand on knee & one under ankle
- Pull leg to chest with both hands into a gentle stretch
- During the movement, contract the glute of the leg that's on the ground
- Complete reps, repeat on opposite side

#### 2 LINEAR HOP - DOUBLE CONTACT TO STABILIZE

- Stand in front of a line of hurdles balancing on one leg
- Using arms and hips to generate force, bounce on your takeoff foot to preload and hop over the first hurdle
- Land on same leg and repeat move over remaining hurdles
- Switch legs and repeat in opposite direction to complete 1 rep

↻ LINEAR HOP - TO STABILIZE

#### 3 GLUTE BRIDGE - MARCHING (HIP FLEXION)

- Lift hips to create a line from knees, hips, and shoulders
- Lift one knee towards your chest, hold 2 sec. Alternate legs for prescribed reps with each leg
- Keep back flat and torso engaged throughout the movement

#### 3 DEEP SQUAT TO HAMSTRING STRETCH

- Stand with feet wide and toes slightly out
- Bend at the waist to grab toes
- Drop into deep squat with straight arms, elbows inside knees and chest up
- Raise hips and straighten knees until you feel a stretch in back of legs
- Hold for 1 to 2 seconds

#### 3 SPLIT SQUAT JUMP - CONTINUOUS

- Start in a split stance with arms bent 90 degrees
- Drop into split squat, swing elbows back, and then jump using arms and hips
- Keeping legs in same position land softly, and immediately take off into the next jump
- Complete set on one side before repeating on other

↻ SQUAT JUMP - NON-COUNTERMOVEMENT TO STABILIZE

#### 4 LAT STRETCH - SUPINE

- Lie faceup with knees bent, heels on the ground, hands in front of your face, elbows bent 90 degrees, and forearms close
- Keeping palms facing down, lift your hands over your head
- Hold for 2 to 3 seconds, relax, and return to starting position

#### 4 LINEAR MARCH

- Stand tall, arms at your sides, elbows bent 90 degrees
- March forward lifting one knee up as you drive same side arm forward, opposite arm back
- Drive your foot down and repeat the move, lifting opposite knee and switching arms
- Continue marching for 10 yards to complete 1 rep

#### 4 LATERAL BOUND - QUICK & STABILIZE

- Standing with hips and knees slightly bent, bound to one side by extending hip, knee, and ankle
- Land on opposite leg and without pausing, bound in opposite direction
- Land softly and hold for 3 seconds
- Complete the set on one side before repeating on other



# THE ENDURANCE SERIES

PHASE 5: CARDIO - WORKOUT B

## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

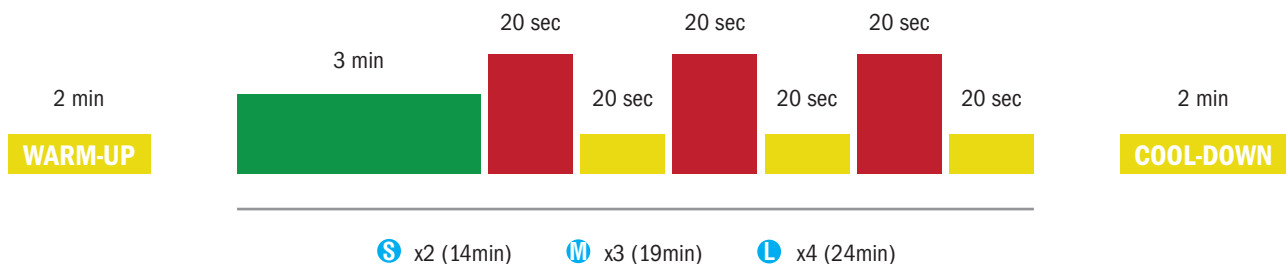
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<b>MODERATE</b>	7/10 Rapid breathing. Can't talk now!
<b>EASY</b>	5/10 Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### HIGH INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE ENDURANCE SERIES

## PHASE 6: WARM-UP & STRENGTH – WORKOUT A

Ⓢ Short Ⓜ Medium Ⓛ Long

### PILLAR PREPARATION

### MOVEMENT PREPARATION

### STRENGTH

#### Ⓢ 1 PLANK - ROLLING



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

#### Ⓢ 1 KNEE HUG TO INVERTED HAMSTRING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

STAGE	A	B	C
	X2 SETS	X3 SETS	X3 SETS

#### Ⓢ 1 BENCH PRESS - 1 ARM DUMBBELL (HIPS OFF BENCH, HIP FLEXION)



STAGE	A	B	C
	X8 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 2 GLUTE BRIDGE - MARCHING (WITH LEG LOCK)



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

#### Ⓢ 2 REVERSE LUNGE, ELBOW TO INSTEP - WITH ROTATION



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 2 SQUAT - 1 ARM DUMBBELL



STAGE	A	B	C
	X8 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓜ 3 Ys - BENT OVER



STAGE	A	B	C
	X10 REPS	X12 REPS	X15 REPS

#### Ⓜ 3 SUMO SQUAT



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### Ⓜ 3 PLANK - MARCHING WITH HIP FLEXION



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓛ 4 Ws - BENT OVER



STAGE	A	B	C
	X10 REPS	X12 REPS	X15 REPS

#### Ⓛ 4 LINEAR SKIP



STAGE	A	B	C
	10 YDS	10 YDS	10 YDS

#### Ⓢ 4 BENT OVER ROW - 1 ARM 1 LEG DUMBBELL



STAGE	A	B	C
	X8 REPS EA	X6 REPS EA	X6 REPS EA

#### Ⓢ 5 SPLIT SQUAT - REAR FOOT ELEVATED DUMBBELL



STAGE	A	B	C
	X8 REPS EA	X6 REPS EA	X6 REPS EA

# THE ENDURANCE SERIES

## PHASE 6: WARM-UP & STRENGTH – WORKOUT A

↻ Alternate Movement



### PILLAR PREPARATION

#### 1 PLANK - ROLLING

- Start in a push-up position with feet shoulder-width apart
- Lift one arm toward the sky as you rotate torso and hips to face sideways and your body resembles the letter T
- Reverse the pattern back to the starting position
- Repeat in the opposite direction to complete 1 rep

#### ↻ PLANK - WALKING

#### 2 GLUTE BRIDGE - MARCHING (WITH LEG LOCK)

- Lie faceup with knees bent and heels on the ground
- Lift your hips off the ground so knees, hips, and shoulders are in a straight line
- Lift one knee up to your chest, holding it there with your hands for 1 to 2 seconds
- Repeat with opposite leg to complete 1 rep

#### 3 Ys - BENT OVER

- Hinge at waist, back flat & chest up
- Glide shoulder blades back & down, and raise your arms over your head to form a Y
- Initiate movement with shoulder blades, not arms & keep thumbs up throughout
- Lower arms back to start & repeat for reps

#### 4 Ws - BENT OVER

- Bend over at the waist with back flat, arms down, and elbows in toward ribs
- Keeping elbows at your sides, rotate arms toward ceiling to form a “W”
- Reverse directions to return to starting position

### MOVEMENT PREPARATION

#### 1 KNEE HUG TO INVERTED HAMSTRING

- Stand and lift one foot off the ground, squatting slightly with other leg
- Grab opposite knee and pull toward chest while straightening other leg
- Lower the leg and raise arms to your sides, thumbs pointed up
- Bend at waist to lift other leg straight behind you, returning to standing position when you feel a stretch
- Repeat with opposite leg to complete 1 rep

#### 2 REVERSE LUNGE, ELBOW TO INSTEP - WITH ROTATION

- Standing tall, step forward with left foot
- Place right hand on ground and left elbow inside of left foot. Hold for 2 sec
- Next, rotate right arm and chest to the sky as far as you can. Hold for 2 sec and return
- Place left hand outside foot and push hips to the sky

#### 3 SUMO SQUAT

- Stand with feet wider than shoulder-width, knees and toes angled out
- Squat back and down, keeping knees and toes in line
- Stand by pushing through your hips

#### 4 LINEAR SKIP

- Begin skipping by lifting one knee up while you bring same side arm forward, opposite arm back
- Drive your foot down, generating a double contact, as opposite foot and knee lift and arms switch
- Repeat on opposite side and continue skipping for 10 yards to complete 1 rep

### STRENGTH

#### 1 BENCH PRESS - 1 ARM DUMBBELL (HIPS OFF BENCH, HIP FLEXION)

- Lie faceup with your hips off the front of a bench, a dumbbell held above one shoulder, and opposite arm pointed up
- Lift the opposite leg up so your hip and knee are bent to 90 degrees
- Lower the dumbbell to your shoulder and press it back up
- Complete the set on one side before repeating on the other

#### ↻ BENCH PRESS - 1 ARM DUMBBELL (HALF OFF BENCH)

#### 2 SQUAT - 1 ARM DUMBBELL

- Stand with a tall posture, feet shoulder width apart and arms at your sides with a dumbbell in one hand
- Squat your hips down and back keeping your torso engaged and back flat, and return to standing
- Ensure hips and shoulders remain forward facing and parallel during the movement
- Complete reps, repeat on opposite side

#### ↻ ROTATIONAL SQUAT TO PRESS - 1 ARM DUMBBELL

#### 3 PLANK - MARCHING WITH HIP FLEXION

- Start in a push-up position with feet shoulder-width apart
- Keeping torso stable, draw one knee toward chest and tap foot on the ground
- Hold for 1 to 2 seconds and return to the starting position
- Repeat with opposite leg to complete 1 rep

#### 4 BENT OVER ROW - 1 ARM 1 LEG DUMBBELL

- Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you
- Slide shoulder blade toward, lift weight to body by driving elbow to ceiling
- Keep your back level, stance leg slightly unlocked & shoulders parallel to the ground
- Complete reps, repeat on opposite side

#### 5 SPLIT SQUAT - REAR FOOT ELEVATED DUMBBELL

- Place your rear foot up onto a box or bench behind you
- Drop hips towards ground by bending your front knee without letting your back knee touch the ground
- Return to starting position by pushing up with your front hip
- Complete reps on one leg, then switch legs & repeat

# THE ENDURANCE SERIES

PHASE 6: CARDIO - WORKOUT A

## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

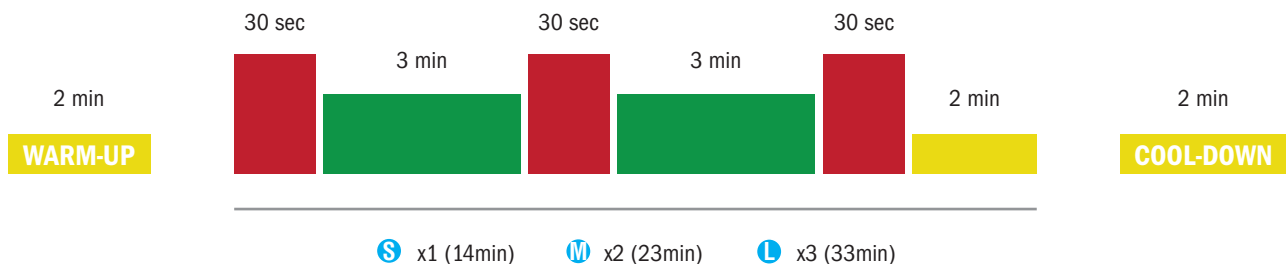
Target	Description
<b>MAX</b>	10/10 Maximum effort. Give it all you got!
<b>HARD</b>	9/10 Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10 Rapid breathing. Can't talk now!
<b>EASY</b>	5/10 Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### MEDIUM INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE ENDURANCE SERIES

## PHASE 6: WARM-UP & PLYOMETRICS – WORKOUT B

Ⓢ Short Ⓜ Medium Ⓛ Long

### PILLAR PREPARATION

### MOVEMENT PREPARATION

### PLYOMETRICS

**Ⓢ** 1 **PLANK - MARCHING WITH HIP FLEXION**  
**Ⓜ**  
**Ⓛ**



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

**Ⓢ** 1 **LATERAL LUNGE TO DROP LUNGE**  
**Ⓜ**  
**Ⓛ**



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

STAGE	A	B	C
	X1 SET	X1 SET	X1 SET

**Ⓢ** 1 **SQUAT JUMP - COUNTERMOVEMENT TO STABILIZE**  
**Ⓜ**  
**Ⓛ**



STAGE	A	B	C
	X4 REPS	X6 REPS	X8 REPS

**Ⓢ** 2 **GLUTE BRIDGE - 1 LEG (TIME)**  
**Ⓜ**  
**Ⓛ**



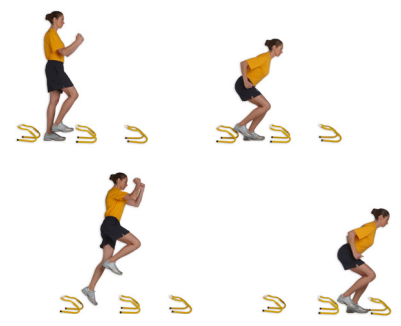
STAGE	A	B	C
	X20 SECS EA	X30 SECS EA	X40 SECS EA

**Ⓢ** 2 **HEEL TO GLUTE - WITH ARM REACH**  
**Ⓜ**  
**Ⓛ**



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

**Ⓢ** 2 **LINEAR HOP - STABILIZE**  
**Ⓜ**  
**Ⓛ**



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

**Ⓜ** 3 **THORACIC ROTATION - WITH HEEL SIT**  
**Ⓛ**



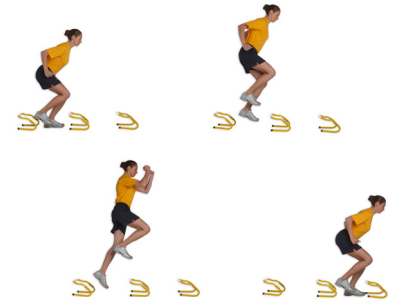
STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

**Ⓜ** 3 **HANDWALK**  
**Ⓛ**



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

**Ⓢ** 3 **LINEAR HOP - DOUBLE CONTACT TO STABILIZE**  
**Ⓜ**  
**Ⓛ**



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

**Ⓛ** 4 **SHOULDER STRETCH - SIDELYING**



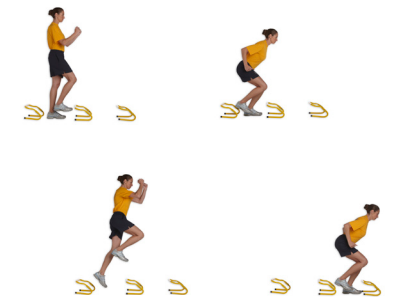
STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

**Ⓛ** 4 **LINEAR SKIP**



STAGE	A	B	C
	10 YDS	10 YDS	10 YDS

**Ⓢ** 4 **LINEAR HOP - CONTINUOUS**  
**Ⓜ**  
**Ⓛ**



STAGE	A	B	C
	X4 REPS EA	X6 REPS EA	X8 REPS EA

# THE ENDURANCE SERIES

## PHASE 6: WARM-UP & PLYOMETRICS – WORKOUT B

↻ Alternate Movement



### PILLAR PREPARATION

### MOVEMENT PREPARATION

### PLYOMETRICS

#### 1 PLANK - MARCHING WITH HIP FLEXION

- Start in a push-up position with feet shoulder-width apart
- Keeping torso stable, draw one knee toward chest and tap foot on the ground
- Hold for 1 to 2 seconds and return to the starting position
- Repeat with opposite leg to complete 1 rep

#### 2 GLUTE BRIDGE - 1 LEG (TIME)

- Lying on your back, with knees bent and toes pulled up towards shins, lift one knee to your chest
- Lift your hips off the ground until your knee, hips and shoulders are in a straight line – hold for 2 seconds
- Keep back flat and torso engaged throughout the movement
- Complete for time, repeat on opposite side

↻ GLUTE BRIDGE - 1 LEG (HIP FLEXION - EXTENTION)

#### 3 THORACIC ROTATION - WITH HEEL SIT

- Kneel with one hand behind head, the other in front of you, sitting back on heels
- Inhale as you lift bent arm toward the ceiling by rotating chest and shoulders
- Exhale, hold for 2 seconds, and return to starting position
- Complete set on one side before repeating on the other

#### 4 SHOULDER STRETCH - SIDELYING

- Lie on your side with bottom arm perpendicular to your torso and bent 90 degrees
- Rotate hand toward the ground as far as possible, and then gently use your other hand to rotate farther
- Hold for 2 seconds, relax, and return to starting position
- Complete set on one side before repeating on other

#### 1 LATERAL LUNGE TO DROP LUNGE

- From a standing position, step to one side and squat down with the stepping leg, keeping the other straight
- Stand up and without pausing, reach the stepping foot behind and across the other foot
- Square your hips to face forward and squat down
- Stand, return to the start, and repeat in opposite direction to complete 1 rep

#### 2 HEEL TO GLUTE - WITH ARM REACH

- Stand tall, lift one foot up and hold it with the same-side hand
- Bring your heel to your glute as you reach overhead with the opposite arm
- Lower your leg to starting position and repeat with opposite leg to complete 1 rep

#### 3 HANDWALK

- Stand with your legs straight and hands on the ground in front of you
- Keeping legs straight and stomach tight throughout movement, walk your hands forward
- Walk your feet back up to your hands to complete 1 rep

↻ HANDWALK - HANDS PAST HEAD

#### 4 LINEAR SKIP

- Begin skipping by lifting one knee up while you bring same side arm forward, opposite arm back
- Drive your foot down, generating a double contact, as opposite foot and knee lift and arms switch
- Repeat on opposite side and continue skipping for 10 yards to complete 1 rep

#### 1 SQUAT JUMP - COUNTERMOVEMENT TO STABILIZE

- Stand with feet slightly wider than shoulder-width apart, hands behind head
- Sit down into a squat and immediately jump, extending your hips
- Land softly in a squat and reset to starting position

↻ DROP SQUAT - 2 TO 1

#### 2 LINEAR HOP - STABILIZE

- Stand in front of a line of hurdles balancing on one leg
- Using arms and hips to generate force, hop over the first hurdle
- Stabilize and pause before continuing over the remaining hurdles
- Switch legs and repeat in opposite direction to complete 1 rep

#### 3 LINEAR HOP - DOUBLE CONTACT TO STABILIZE

- Stand in front of a line of hurdles balancing on one leg
- Using arms and hips to generate force, bounce on your takeoff foot to preload and hop over the first hurdle
- Land on same leg and repeat move over remaining hurdles
- Switch legs and repeat in opposite direction to complete 1 rep

↻ LATERAL BOUND - QUICK AND STABILIZE

#### 4 LINEAR HOP - CONTINUOUS

- Stand in front of a line of hurdles balancing on one leg
- Using arms and hips to generate force, hop over the first hurdle
- Land on same leg and, without pausing, continue over remaining hurdles
- Switch legs and repeat in opposite direction to complete 1 rep

# THE ENDURANCE SERIES

PHASE 6: CARDIO - WORKOUT B



## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

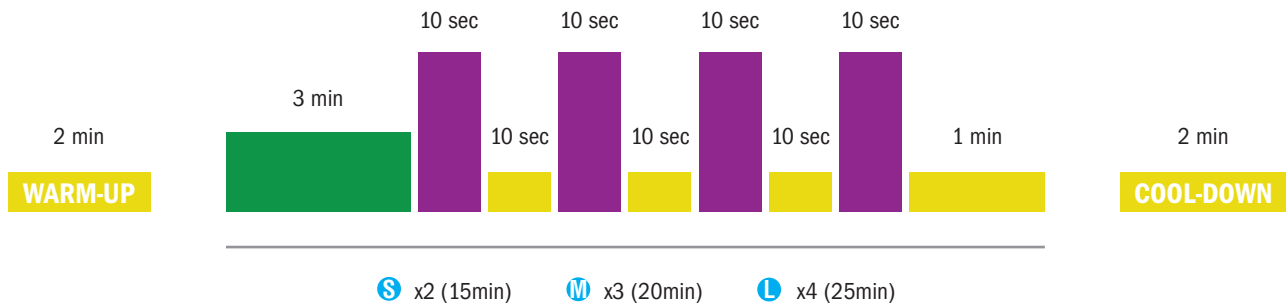
	Target	Description
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<b>HARD</b>	9/10	Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10	Rapid breathing. Can't talk now!
<b>EASY</b>	5/10	Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### HIGH INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

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# REGENERATION STRATEGIES

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## TOTAL BODY • ACHES AND PAINS • FLEXIBILITY

The Regeneration sessions will help you balance the work you put into your training sessions with movements designed to help your body recover efficiently. Think of it as keeping your body ready to face the demands of your next bout of training.

Movements in these sessions focus on soft tissue self-massage utilizing a foam roll and trigger point ball, as well as flexibility routines. These strategies will help you rebalance the length and tension of your muscles, break up knots and reduce stiffness, and increase circulation to flush your system and re-energize your body.

### WORKOUT EMPHASIS AND DURATION:

There are six sample Regeneration sessions, each with a unique focus.

#### Total-Body Regeneration – 20 minutes

This session uses self-massage strategies to address the quality of your muscle tissue throughout your entire body, from head to toe. A great way to finish a tough workout, you'll want to do this after every training session once you experience the benefits of giving your muscles a massage. You'll feel better afterwards, limit post-workout soreness, and encourage your body to recover faster from training.

#### Targeted Relief of Aches and Pain - 10 minutes each

(Hip and Knee Pain, Lower Back and Hip Pain, Shoulder and Neck Pain)

These sessions use targeted self-massage strategies to relieve tension in your muscles and remove stress from problem areas that cause your aches and pain. These targeted problem areas include: (i) Hip and Knee Pain, (ii) Lower Back and Hip Pain, and (iii) Shoulder and Neck Pain. In addition to alleviating pain, these routines will help you move better and help reduce your risk for further pain or injury.

#### Flexibility Focus – 5 minutes each

These two sessions include fundamental flexibility moves. You'll need a stretch strap for one session, but no equipment for the other routine.

Both sessions help rebalance your body, prevent stiffness and tension, and restore the proper length in your muscles required to perform your best.

### HOW TO SET UP YOUR SCHEDULE:

Regeneration sessions can be incorporated almost anywhere in your schedule to provide a variety of benefits to your training.

#### Before Training

- Used prior to your scheduled workout, Regeneration sessions that focus on self-massage strategies help prime your body for activity by releasing tension, increasing circulation, and helping activate, or turn on, key stabilizing muscles used in your workout.

#### Post-Training

- Used after your workout, Regeneration helps flush your system of any lactic acid built up from your training session. It also reinforces the optimal length and tension of your muscles, helping to reduce post-workout stiffness.

#### Recovery Days

- During your scheduled recovery days, doing the Regeneration sessions is a great way to actively recover and prepare your body for your next training session.

#### Daily Routines

- Another great way to add Regeneration sessions to your schedule is to find a small window of time during your day. Spending 10 minutes for regeneration each morning when you wake up, for example, or 10 minutes before bed helps reinforce the balance your body needs to function optimally.

### TRAINING EQUIPMENT:

The equipment used in these Regeneration sessions may include:

Foam Roller

Trigger Point Ball

Stretch Strap

# REGENERATION

TOTAL BODY REGENERATION - 20 MINUTE SESSION  
(SPEND 30-60 SECONDS EACH MOVEMENT)

1 TRIGGER POINT - ARCH



7 FOAM ROLL - HAMSTRINGS



2 TRIGGER POINT - TIBIALIS ANTERIOR



8 FOAM ROLL - QUADRICEPS



3 TRIGGER POINT - VMO



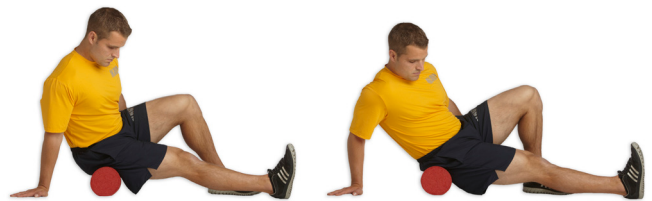
9 FOAM ROLL - ADDUCTORS



4 TRIGGER POINT - IT BAND



10 FOAM ROLL - GLUTE MAX



5 TRIGGER POINT - PIRIFORMIS



11 FOAM ROLL - LAT



6 TRIGGER POINT - THORACIC SPINE



12 FOAM ROLL - MID TO UPPER BACK



# REGENERATION

TOTAL BODY REGENERATION - 20 MINUTE SESSION  
(SPEND 30-60 SECONDS EACH MOVEMENT)

## 1 TRIGGER POINT - ARCH

- Stand with shoes off and one foot on a trigger ball (tennis ball, for example)
- Roll the ball along the arch of the foot, holding on any sore spots
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

## 2 TRIGGER POINT - TIBIALIS ANTERIOR

- Sit with your knees bent, pressing a trigger ball (tennis ball, for example) up against your shin with your hand
- Adjust your position until you find a sore point
- Holding pressure on this spot, rotate your ankle both clockwise and counter-clockwise, and pull and push your toes toward and away from your shin
- Re-adjust your position and repeat the movement on any sore spots you find
- Complete the set on one side before repeating on the other leg

## 3 TRIGGER POINT - VMO

- Lie facedown supported on forearms with trigger ball (tennis ball, for example) under thigh just above inside of the knee
- Adjust until you find a sore spot, hold, and slowly bend and straighten knee
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

## 4 TRIGGER POINT - IT BAND

- Lie on your side with a trigger ball (tennis ball, for example) under your IT Band (side of your leg)
- Adjust until you find a sore spot, hold, and slowly bend and extend knee
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

## 5 TRIGGER POINT - PIRIFORMIS

- Sit with a trigger ball (tennis ball, for example) under outside of one glute, same leg crossed over the knee
- Adjust the ball until you find a sore spot and hold pressure
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

## 6 TRIGGER POINT - THORACIC SPINE

- Lie face up with two tennis balls taped together under your spine, just above low back, hands behind head
- Perform 3 crunches, then raise arms straight over chest
- Alternate reaching each arm overhead for 3 reps each
- Move balls up the spine 1 to 2 inches and repeat pattern until they are below base of the neck

## 7 FOAM ROLL - HAMSTRINGS

- Sit with straight legs, one crossed over the other, foam roll under the bottom leg thigh
- Supporting weight with hands and foam roll, roll from your knee to the top of your thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## 8 FOAM ROLL - QUADRICEPS

- Lie facedown on the ground with a foam roll under one thigh
- Support weight with forearms and foot of the opposite leg and roll along the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## 9 FOAM ROLL - ADDUCTORS

- Lie facedown with foam roll under inside of one thigh, other leg out to the side
- Roll along the inside of thigh, from pelvis to knee
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## 10 FOAM ROLL - GLUTE MAX

- Sit on a foam roll with weight shifted to one side, hands and feet on the floor
- Roll from top of the back of the thigh to the lower back
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## 11 FOAM ROLL - LAT

- Lie on your side with a foam roll under your armpit
- Roll along your side to lower back and back up to your armpit
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

## 12 FOAM ROLL - MID TO UPPER BACK

- Lie face up with a foam roll under mid back and hands behind your head
- Support your weight with your feet and the foam roll
- Roll from the middle of your back to shoulders
- Spend more time rolling on any sore spots you find

# REGENERATION

TARGETED RELIEF OF ACHEs AND PAIN - 10 MINUTE SESSIONS  
(SPEND 30-60 SECONDS EACH MOVEMENT)

## HIP & KNEE PAIN

### 1 TRIGGER POINT - PIRIFORMIS



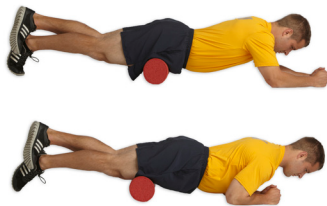
### 2 TRIGGER POINT - TFL



### 3 FOAM ROLL - IT BAND



### 4 FOAM ROLL - QUADRICEPS



### 5 FOAM ROLL - ADDUCTORS



### 6 FOAM ROLL - HAMSTRINGS



## UPPER BACK & SHOULDER PAIN

### 1 TRIGGER POINT - THORACIC SPINE



### 2 TRIGGER POINT - SIDELYING SHOULDER



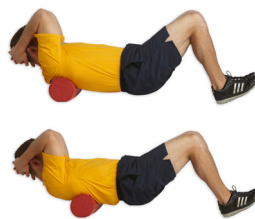
### 3 TRIGGER POINT - CHEST



### 4 FOAM ROLL - LAT



### 5 FOAM ROLL - MID TO UPPER BACK



### 6 FOAM ROLL - LOWER BACK & QL



## LOW BACK PAIN

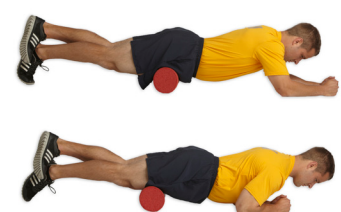
### 1 TRIGGER POINT - PIRIFORMIS



### 2 FOAM ROLL - HAMSTRINGS



### 3 FOAM ROLL - QUADRICEPS



### 4 FOAM ROLL - TFL



### 5 FOAM ROLL - LAT



### 6 FOAM ROLL - LOWER BACK & QL



# REGENERATION

TARGETED RELIEF OF ACHES AND PAIN - 10 MINUTE SESSIONS  
(SPEND 30-60 SECONDS EACH MOVEMENT)

## HIP & KNEE PAIN

### 1 TRIGGER POINT - PIRIFORMIS

- Sit with a trigger ball (tennis ball, for example) under outside of one glute, same leg crossed over the knee
- Adjust the ball until you find a sore spot and hold pressure
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 2 TRIGGER POINT - TFL

- Lie facedown supported on forearms with trigger ball (tennis ball, for example) under one hip
- Roll along front of the hip and slightly outside upper thigh
- Hold on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 3 FOAM ROLL - IT BAND

- Lie on your side with a trigger ball (tennis ball, for example) under your IT Band (side of your leg)
- Adjust until you find a sore spot, hold, and slowly bend and extend knee
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 4 FOAM ROLL - QUADRICEPS

- Lie facedown on the ground with a foam roll under one thigh
- Support weight with forearms and foot of the opposite leg and roll along the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 5 FOAM ROLL - ADDUCTORS

- Lie facedown with foam roll under inside of one thigh, other leg out to the side
- Roll along the inside of thigh, from pelvis to knee
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 6 FOAM ROLL - HAMSTRINGS

- Sit with straight legs, one crossed over the other, foam roll under the bottom leg thigh
- Supporting weight with hands and foam roll, roll from your knee to the top of your thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## UPPER BACK & SHOULDER PAIN

### 1 TRIGGER POINT - THORACIC SPINE

- Lie face up with two tennis balls taped together under your spine, just above low back, hands behind head
- Perform 3 crunches, then raise arms straight over chest
- Alternate reaching each arm overhead for 3 reps each
- Move balls up the spine 1 to 2 inches and repeat pattern until they are below base of the neck

### 2 TRIGGER POINT - SIDELYING SHOULDER

- Lie on your side with bottom arm perpendicular to torso and bent 90 degrees, a trigger ball (tennis ball, for example) under bottom shoulder
- Adjust until you find a sore spot, hold, and rotate bottom arm toward ground, assisting with opposite hand
- Relax and return to the starting position
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 3 TRIGGER POINT - CHEST

- Lie face up and press a trigger ball (tennis ball, for example) against chest above the armpit with opposite hand
- Adjust until you find a sore spot, hold, and slide free hand overhead up and down
- Re-adjust position and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 4 FOAM ROLL - LAT

- Lie on your side with a foam roll under your armpit
- Roll along your side to lower back and back up to your armpit
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

### 5 FOAM ROLL - MID TO UPPER BACK

- Lie face up with a foam roll under mid back and hands behind your head
- Support your weight with your feet and the foam roll
- Roll from the middle of your back to shoulders
- Spend more time rolling on any sore spots you find

### 6 FOAM ROLL - LOWER BACK & QL

- Lie on your side with a foam roll under the side of your lower back
- Roll along the side of your torso, from just below the rib cage to top of the pelvis
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

## LOW BACK PAIN

### 1 TRIGGER POINT - PIRIFORMIS

- Sit with a trigger ball (tennis ball, for example) under outside of one glute, same leg crossed over the knee
- Adjust the ball until you find a sore spot and hold pressure
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 2 FOAM ROLL - HAMSTRINGS

- Sit with straight legs, one crossed over the other, foam roll under the bottom leg thigh
- Supporting weight with hands and foam roll, roll from your knee to the top of your thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 3 FOAM ROLL - QUADRICEPS

- Lie facedown on the ground with a foam roll under one thigh
- Support weight with forearms and foot of the opposite leg and roll along the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 4 FOAM ROLL - TFL

- Lie facedown with a foam roll under one hip
- Support weight with forearms and foot of the opposite leg and roll along the side of the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 5 FOAM ROLL - LAT

- Lie on your side with a foam roll under your armpit
- Roll along your side to lower back and back up to your armpit
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

### 6 FOAM ROLL - LOWER BACK & QL

- Lie on your side with a foam roll under the side of your lower back
- Roll along the side of your torso, from just below the rib cage to top of the pelvis
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

## FLEXIBILITY - STRETCH STRAP

### 1 CALF STRETCH (STRAP)



### 2 STRAIGHT LEG HAMSTRING STRETCH (STRAP)



### 3 ADDUCTOR STRETCH (STRAP)



### 4 ABDUCTOR STRETCH (STRAP)



### 5 QUAD STRETCH (STRAP)



### 6 SHOULDER/TRICEPS STRETCH (STRAP)



## FLEXIBILITY - NO EQUIPMENT

### 1 BENT KNEE HAMSTRING STRETCH



### 2 KNEE HUG - SUPINE



### 3 LEG CRADLE - SUPINE



### 4 QUAD/HIP FLEXOR STRETCH - 1/2 KNEELING



### 5 TRICEPS STRETCH



### 6 90/90 STRETCH - W/ ARM SWEEP



# REGENERATION

FLEXIBILITY FOCUS - 10 MINUTE SESSIONS  
10 REPS (2 SECOND HOLD EACH)

## FLEXIBILITY - STRETCH STRAP

### 1 CALF STRETCH (STRAP)

- Lie on back with stretch strap wrapped around right foot & leg raised 45 degrees in the air
- Actively pull your right foot to your shin & then give assistance with the rope
- Exhale during the stretch. Actively pull your foot to your shin even when assisting with the strap
- Complete reps, repeat on opposite side

### 2 STRAIGHT LEG HAMSTRING STRETCH (STRAP)

- Keep right leg straight, actively raise it, then give gentle assistance with stretch strap until you feel a stretch
- Keep opposite leg on ground by pushing heel far away from your head as possible
- Contract your glute. Pull the strap above your head
- Complete reps, repeat on opposite side

### 3 ADDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & inside of lower leg
- Actively raise leg out to the side, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

### 4 ABDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & outside of leg
- Actively raise leg across body, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

### 5 QUAD STRETCH (STRAP)

- Lie on your stomach with a stretch strap wrapped around one foot
- Actively bend knee, gently assist with stretch strap until you feel a stretch
- Contract the glute on the leg that is being stretched. Keep your back flat & torso engaged during the stretch
- Complete reps, repeat on opposite side

### 6 SHOULDER/TRICEPS STRETCH (STRAP)

- Hold the stretch strap behind head with one hand reaching over and one hand reaching under
- Actively reach top hand down back, gently assist by pulling strap with bottom hand
- Next, actively reach bottom hand up, gently assist by pulling rope with top hand
- Complete reps, repeat on opposite side

## FLEXIBILITY - NO EQUIPMENT

### 1 BENT KNEE HAMSTRING STRETCH

- Pull knee to chest, grasping behind the knee with both hands
- Actively straighten knee, gently assist with hands until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

### 2 KNEE HUG – SUPINE

- Actively lift knee to your chest, gently assist by grabbing the knee & pulling it closer to chest
- Exhale & hold the stretch for 2 seconds, then return to the starting position
- Keep your non stretching leg flat on the floor by pushing the bottom of your heel away from your head
- Complete reps, repeat on opposite side

### 3 LEG CRADLE – SUPINE

- Actively lift knee to your chest, placing one hand on knee & one under ankle
- Pull leg to chest with both hands into a gentle stretch
- During the movement, contract the glute of the leg that's on the ground
- Complete reps, repeat on opposite side

### 4 QUAD/HIP FLEXOR STRETCH - 1/2 KNEELING

- Keep a slightly forward lean in torso, engage torso & contract the glute of your back leg
- Maintain posture, shift body slightly forward. Exhale & hold the stretch for 2 seconds
- Avoid excessive arching in your lower back
- Complete reps, repeat on opposite side

### 5 TRICEPS STRETCH

- Lift one arm up over head & reach hand down your back, gently assist with opposite hand
- Exhale & hold for 2 seconds, then relax & repeat
- Keep your back flat & torso engaged throughout the stretch
- Complete reps, repeat on opposite side

### 6 90/90 STRETCH – W/ ARM SWEEP

- Lie with left knee bent 90°, your right leg crossed over the left
- Roll onto left side with knee and the ground
- Keep hips still, rotate chest & sweep with long arm – palm up, bending your elbow at the end reaching for your back pocket – palm down. Hold 2 sec
- You should feel a stretch through your torso, mid/upper back, chest & shoulder
- Complete reps, repeat on opposite side

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# **FUELING STRATEGIES**

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## NUTRITION CONSIDERATIONS

Training for endurance can drain your body's fuel stores. As you build strength and endurance, you'll need to fuel your body to match your intensity. Research has shown that people who don't properly fuel their bodies are more likely to suffer from overtraining. Getting the right blend of nutrients each day, meeting your carbohydrate and protein needs, and hydrating appropriately are essential to performance. This is particularly important as your training sessions get longer and harder.

### TO MAXIMIZE YOUR ENDURANCE GAINS YOU NEED TO:

#### FUEL.

- Use the Meal Builder to guide your nutrition and get the energy (calories) your body needs to support your activity.
- Meet your carbohydrate needs with high-fiber, minimally processed carbs, fruit, and veggies.
- Endurance training causes almost as much muscle breakdown as strength training. Make sure you're meeting your protein needs of about 0.8 g of protein per pound of body weight each day.
- Focus on getting enough carbs before and during your workout to fuel your body.
- To stay fueled on the go, choose bars that have at least 30g of carbohydrate, 3 g of fiber and 10-30 g of protein.

#### SUSTAIN.

- If your training is longer than an hour, enhance your performance by consuming 30-60 g of carbohydrate an hour through sports drinks, gels, or other carbs. If you're training at high intensity, long duration, or in extreme heat or humidity, choose a sports drink with at least 110 mg of sodium per 8 ounces to maximize hydration and prevent cramping.

#### RECOVER.

- Recover with a 3:1 carb to protein ratio within 30 minutes of completing your training session.

## FOUNDATIONAL NUTRITION

Optimizing your foundational nutrition will ensure you have a solid fueling base to optimize performance and recovery. Below you will find a review of the basic fueling principles. For more information on these areas, refer back to Fueling Series.



**EATING CLEAN:** This means eating whole natural foods, such as fruits, vegetables, lean proteins, and high-fiber carbohydrates, and limiting processed foods, fast food, and foods high in sugar and fat.

**EATING OFTEN:** Eating frequently helps control blood sugar and energy levels. Opt for five or six meals/snacks a day, which is equivalent to eating every 2.5 – 3 hours.

**HYDRATE:** To stay hydrated aim to drink  $\frac{1}{2}$  to 1 ounce per pound of body weight per day. Make water and other naturally non-caloric beverages your first drink choice.

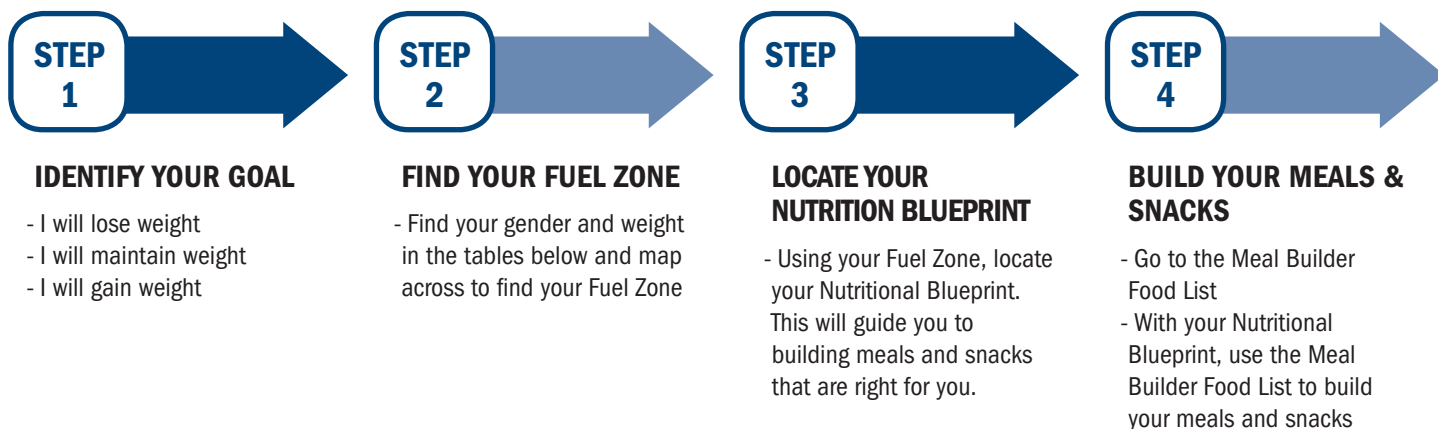
**RECOVER:** To avoid wasting your workout, eat a combination of carbs and protein within 30 minutes of completing your workout. Proper nutrition at the proper time will help you refuel, rehydrate, rebuild your body, and reach your goal quicker.

**MINDSET:** Use food to fuel your body for maximum performance. Strive to choose the foods that are best for you at least 80% of the time and enjoy other foods 20% of the time.

## MEAL BUILDER

The biggest barriers to great nutrition are poor planning and poor implementation. The nutrition blueprint and meal builder make it easy to build meals and snacks that will keep you fueled and help you reach your goals. This tool will help you stay organized and create an environment for success. Always remember the 80/20 rule as you look to sustainably upgrade your nutrition. Choose high octane fuel 80% of the time and lower octane fuel that you really enjoy 20% of the time.

### BUILD YOUR MEAL IN 4 SIMPLE STEPS



### SET YOUR GOAL, FIND YOUR FUEL ZONE

#### I WILL FUEL TO...

	LOSE WEIGHT		MAINTAIN WEIGHT		GAIN WEIGHT		
	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE	
	<b>STEP 1</b>						
<b>FEMALE</b>	100 - 125	1400 - 1600	Under 105	2000 - 2200	100 - 110	2800 - 3000	
	125 - 150	1600 - 1800	105 - 130	2200 - 2400	110 - 140	3000 - 3200	
	150 - 180	1800 - 2000	130 - 160	2400 - 2600	140 - 165	3200 - 3400	
	180 - 205	2000 - 2200	160 - 185	2600 - 2800	165 - 195	3400 - 3600	
	205 - 235	2200 - 2400	185 - 210	2800 - 3000	195 - 220	3600 - 3800	
	235 - 260	2400 - 2600					
<b>STEP 2</b>	<b>MALE</b>	Under 140	1800 - 2000	Under 140	2600 - 2800	Under 140	3400 - 3600
		140 - 155	2000 - 2200	140 - 160	2800 - 3000	145 - 165	3600 - 3800
		155 - 175	2200 - 2400	160 - 180	3000 - 3200	165 - 185	3800 - 4000
		175 - 190	2400 - 2600	180 - 195	3200 - 3400	185 - 205	4000 - 4200
		190 - 210	2600 - 2800	195 - 215	3400 - 3600	205 - 220	4200 - 4400
		210 - 230	2800 - 3000	215 - 235	3600 - 3800	220 - 240	4400 - 4600
		230 - 250	3000 - 3200	235 - 255	3800 - 4000		
		250 - 265	3200 - 3400	255 - 275	4000 - 4200		
		265 - 285	3400 - 3600				
		285 - 305	3600 - 3800				

**STEP**  
**3**



## Locate Your Nutrition Blueprint - The Endurance Series

Using the Fuel Zone you identified in Steps 1 & 2, locate your personal Nutritional Blueprint to fit your caloric needs. Your blueprint has six columns across the top that represent meal times, or “fueling times”. The food groups are represented along the left hand side, and the numbers located within the zone are the recommended number of servings from each food group at each fueling time.

1400 - 1600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1	1 to 2	1	1 to 2	
Proteins	1		1		1	1
Fruits	0 to 1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	0 to 1
Calorie Range	350 - 400	175-200	280 - 320	175 - 200	280 - 320	140 - 160
*Meal Replacement Shake or Bar		1		1+ fruit		1

2200 - 2400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2 to 3	2	2 to 3	1
Proteins	1 to 2	1	1	1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	550 - 600	275 - 300	440 - 480	275 - 300	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+2 fruit		1+ fruit

1600 - 1800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1 to 2	2	1 to 2	2	
Proteins	1		1		1	1
Fruits	1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	400 - 450	200 - 225	320 - 360	200 - 225	320 - 360	160 - 180
*Meal Replacement Shake or Bar		1		1+ fruit		1

2400 - 2600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1	1
Fruits	2	1	2	1	1 to 2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1 to 2	1	1 to 2	1	1
Calorie Range	600 - 650	300 - 325	480 - 520	300 - 325	480 - 520	240 - 260
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

1800 - 2000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2 to 3	1 to 2	2	1 to 2	2	
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	1 to 2	1	1 to 2	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	450 - 500	225 - 250	360 - 400	225 - 250	360 - 400	180 - 200
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1

2600 - 2800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1 to 2	1
Fruits	2	1	2	1	2	1 to 2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1 to 2	1 to 2	1 to 2	1 to 2	1	1
Calorie Range	650 - 700	325 - 350	520 - 560	325 - 350	520 - 560	260 - 280
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

2000 - 2200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2	2	2	0 to 1
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	500 - 550	250 - 275	400 - 440	250 - 275	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1+ fruit

2800 - 3000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	2	1
Fruits	2 to 3	1	2	1	1 to 2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1	1
Calorie Range	700 - 750	350 - 375	560 - 600	350 - 375	560 - 600	280 - 300
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

3000 - 3200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1 to 2
Proteins	2	1	1 to 2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1 to 2	1
Calorie Range	750 - 800	375 - 400	600 - 640	375 - 400	600 - 640	300 - 320
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

3200 - 3400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3 to 4	2	3	2	3	2
Proteins	2	1	2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	2	1
Calorie Range	800 - 850	400 - 425	640 - 680	400 - 425	640 - 680	320 - 340
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +1 fat		1+2 fruit +1 fat

3400 - 3600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3	2 to 3	3 to 4	2
Proteins	2	1	2	1	2	1
Fruits	3 to 4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2 to 3	1 to 2	2	1 to 2
Calorie Range	850 - 900	425 - 450	680 - 720	425 - 450	680 - 720	340 - 360
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

3600 - 3800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3 to 4	2 to 3	4	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2 to 3	1 to 2	3	1 to 2	2	1
Calorie Range	900 - 950	450 - 475	720 - 760	450 - 475	720 - 760	360 - 380
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

### COACH TIP:

Remember, the biggest barriers to great nutrition are poor planning and poor implementation. Stay organized and do what you can to create an environment for success. To get you started, make a copy of your Nutrition Blueprint and put it somewhere you'll have easy access to when making fueling decisions, like in your wallet or on your fridge.

3800 - 4000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	1 to 2	3	1 to 2	2	1 to 2
Calorie Range	950 - 1000	475 - 500	760 - 800	475 - 500	760 - 800	380 - 400
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

4000 - 4200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2	3	2	2	1 to 2
Calorie Range	1000 - 1050	500 - 525	800 - 840	500 - 525	800 - 840	400 - 420
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4200 - 4400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1050 - 1100	525 - 550	840 - 880	525 - 550	840 - 880	420 - 440
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4400 - 4600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4 to 5	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1100 - 1150	550 - 575	880 - 920	550 - 575	880 - 920	440 - 460
*Meal Replacement Shake or Bar		1+ 2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

### \*When choosing meal replacements:

1. Make sure it fits within your calorie recommendations
2. Should have at least 3g of fiber
3. Should have 10 - 30g of protein for women
4. Should have 15 - 42g of protein for men

## MEAL BUILDER

**STEP**  
**4**

### Build Your Meals & Snacks

Using your Nutritional Blueprint, follow the directions below to start filling your day with meals and snacks designed to help you with your goals.

#### Map Your Blueprint

The food list below has foods from each of the categories found in your Nutrition Blueprint.

#### Size Up Your Servings

The number to the left of each food item equals one serving (eg, 1 slice of whole wheat bread = 1 grain serving).

#### Mix It Up

Each serving may be used interchangeably. For example, if you tire of whole wheat toast at breakfast you can replace it with any of the foods listed in the grain column. If you have more than one serving suggested, you can double up on the same food (eg, 2 slices of whole wheat toast) or mix and match (eg, 1 slice of whole wheat toast and 3/4c Multi grain Cheerios). You are limited only by your creativity!

You are now prepared to build customized meals and snacks to help you meet your goals. These meals and snacks will provide you with sustainable fuel throughout the day as well as the energy you need for your workouts. Remember, to maximize your energy and reach your body composition goals, think about both quality and quantity of your food choices.

#### GRAINS/STARCHES:

##### Pasta/Rice

- 1/3c Brown Rice (cooked)
- 1/3c Whole Wheat Cous Cous (cooked)
- 1/2c Whole Wheat Pasta (cooked)
- 1/4c Risotto, Quinoa (cooked)

##### Breads/Tortillas/Rolls

- 1slice Bread (100% Whole Wheat)
- 1/2 Pita Bread (6" diameter each)
- 1/4 Whole Wheat Bagel
- 1/2 English Muffin
- 1/2 Whole Wheat Hamburger/Hot dog Bun
- 1/2 Sub Bread (6" each)
- 1 Whole Wheat Tortilla
- 2 Corn Tortillas
- 1sm. Whole Wheat Roll (1oz each)

##### Cold Cereals

- 1/2c All Bran Cereal
- 3/4c Cheerios Cereal
- 3/4c Cheerios MultiGrain Cereal
- 1/2c Cracklin Oat Bran Cereal
- 1/2c Frosted Mini Wheats Cereal
- 1/2c Grape Nuts Cereal
- 1/2c Kashi Go Lean Cereal
- 1/2c Kashi Go Lean Crunch Cereal
- 1/2c Kashi Go Lean Honey
- 1/2c Almond Flax
- 1/2c Muesli Cereal
- 1/2c Raisin Bran Cereal
- 3/4c Smart Start Cereal
- 3/4c Special K Cereal
- 1/2c Whole Wheat Total Cereal

##### Hot Cereals

- 1/2c Cream of Wheat (cooked)
- 1 Instant Grits
- 1/2 Packet Kashi Instant Oatmeal
- 1/2 Packet Quaker Instant Oatmeal
- 1/2c Slow Cooked Oatmeal

##### Veggies, Beans, Potatoes

- 1/2c Soy Beans (cooked)
- 1/2c Split Peas (cooked)
- 1c Squash (winter, acorn, butternut)
- 1/2c Peas (cooked)
- 1/2sm Baked Potato
- 1/2c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- 1/2c Corn (cooked)
- 1 Ear of corn
- 1/2c Sweet Potato (cooked)
- 1/2c Yam (cooked)
- 1/2c Mashed Potatoes

##### Snacks/Crackers/Granola Bars

- 1 Kashi Granola Bar
- 2 Graham Crackers
- 5 Whole Wheat Crackers (baked)
- 4 Whole Wheat Melba Toast
- 1 Nature Valley Granola Bar
- 8 Animal Crackers
- 3c Light Popcorn (popped)

- 3/4c Pretzels
- 2 Rice Cakes (4" diameter each)
- 4 Reduced Fat Triscuits
- 1 Whole Grain Fig Newton

#### PROTEINS / DAIRY:

##### Fish/Seafood

- 3oz Fish
- 3oz Cod
- 3oz Flounder
- 3oz Haddock
- 3oz Halibut
- 3oz Salmon
- 3oz Shrimp
- 3oz Trout
- 3oz Tuna

##### Poultry

- 3oz Chicken (lunch meat)
- 3oz Chicken breast
- 3oz Ground turkey (cooked)
- 3oz Turkey (lunch meat)
- 3oz Turkey breast

##### Beef/Pork

- 3oz Beef (96% lean ground chuck)
- 1.5oz Beef jerky
- 3oz Beef tenderloin
- 3oz London broil
- 3oz Pork (grilled)
- 3oz Roast beef (lunch meat)

##### Dairy

- 8oz 1% or non-fat regular milk or chocolate milk
- 1/2c Non-fat or low fat cottage cheese
- 1/2c Non-fat frozen yogurt
- 1c Non-fat or low fat greek yogurt
- 8oz Reduced-fat soy milk
- 1 2% String cheese

##### Eggs

- 1/4c Egg Substitute
- 4 Egg Whites
- 2 Eggs
- 2 Omega-3 Eggs

##### Legumes

- 1/2c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- 8oz Calcium-fortified light soy milk
- 2T Hummus
- 1/2c Soy beans (cooked)
- 1/2c Split peas
- 1T Almond butter
- 1T Peanut butter (natural)
- 10-15 Raw nuts

#### MEAL REPLACEMENTS/PROTEIN

##### POWDERS:

- 1-2 scoop Whey Protein\*
- 1 Bar
- 1 Shake

\*Make sure to choose protein powders that are certified safe and reliable. Check out [www.nfsport.com](http://www.nfsport.com) for a complete list.

#### Meal replacement considerations:

- Make sure it fits within your calorie recommendations
- Should have at least 3g of fiber
- Double check the protein level
  - Women need **10-30g**
  - Men need **15-42g**

#### VEGETABLES:

##### Green

- 1c Arugula
- 1/2c Asparagus (cooked)
- 1c Asparagus (raw)
- 1/2c Broccoli (cooked)
- 1c Broccoli (raw)
- 1c Brussel sprouts
- 1/2c Celery (cooked)
- 1c Celery (raw)
- 1c Collards (cooked)
- 1c Cucumber (raw)
- 1/2c Green beans (cooked)
- 1c Green beans (raw)
- 1c Green veggie salad
- 1c Kale (raw)
- 1c Lettuce (all)
- 1c Spinach (raw)

##### White

- 1/2c Cabbage (cooked)
- 1c Cabbage (raw)
- 1/2c Cauliflower (cooked)
- 1c Cauliflower (raw)
- 1/2c Onions (cooked)
- 1c Onions (raw)
- 1/2c Water chestnuts (cooked)
- 1c Water chestnuts (raw)

##### Red

- 1/2c Tomato, beets
- 1/2c Salsa, tomato sauce

##### Orange

- 1/2c Carrots (cooked)
- 1c Carrots (raw)

##### Mixed Colors

- 1/2c Peppers (cooked)
- 1c Peppers (raw)
- 1/2c Stir fry vegetables (cooked)
- 1c Stir fry vegetables (raw/frozen)
- 6oz Vegetable juice
- 1/2c Zucchini (cooked)
- 1c Zucchini (raw)

#### FRUITS:

##### Red

- 1sm. Apple
- 1/2c Applesauce (unsweetened)
- 12 Cherries
- 1c Raspberries
- 1 1/4c Strawberries (whole)
- 1/4c Watermelon (cubed)
- 1/2m. Grapefruit

#### Orange

- 1c Cantaloupe (cubed)
- 1m. Orange, nectarine or peach
- 1lg. Tangerine

#### Yellow

- 1/2lg. Banana(s)
- 3/4c Pineapple chunks (in own juice)

#### Blue/Purple

- 1c Blackberries or boysenberries
- 3/4c Blueberries
- 14 Grapes
- 2sm. Plums
- 3 Prunes (dried plums)
- 2T Raisins

#### Green

- 1c Honeydew melon (cubed)
- 1sm. Kiwi fruit
- 1sm. Pear

#### Mixed Colors

- 2T Dried fruit
- 1/2c Fresh fruit salad
- 1/2c Fruit cocktail (own juice)
- 6oz Fruit juice (100% juice)
- 1c Mixed berries (fresh/frozen)

#### FATS (CHOOSE OFTEN):

- 1T Nut butters: Almond, peanut, etc...
- 10-15 Nuts: Almonds, walnuts, pecans
- 1/4 Avocado
- 12lg. Black or green olives
- 1.5t Plant oils: olive, canola, flax
- 2T Flax seeds
- 2T Hummus
- 2T Seeds: Pumpkin, sesame, sunflower
- 3T Guacamole
- 2t Smart Balance, Benecol

#### FATS (CHOOSE LESS OFTEN):

- 2t Butter (stick)
- 1oz Cheese
- 1slice Cheese
- 2T Cream cheese
- 4T Half & Half
- 2t Mayonnaise
- 3T Reduced-fat cream cheese
- 4T Reduced-fat sour cream
- 2T Sour cream
- 1 2% String cheese
- 2 Turkey bacon slice
- 1 Turkey sausage link
- 1T Commercial salad dressings

1t = 1 Teaspoon  
1T = 1 Tablespoon  
1c = 1 Cup  
1oz = 1 Ounce

sm. = Small  
med. = Medium  
lg. = Large