



Madmule Fitness. Running guide to create 10km foundation

28 days - Aim: Create a Strong Foundation & Consistency running 10km (6 miles) non stop

| | | | | | | |
|---|---|---|---|---------------------------------------|---|--|
| Day 1 Mobility set 2-4km Easy Stretch set | Day 2 1 km w/up Dynamic mobility 5-7 km Heart rate capped 80% Test 1 | Day 3 Core set 2-4km Easy Stretch set | Day 4 Strength Circuit 4-8 exercises 15-20 reps 2-3 sets | Day 5 30-60 mins brisk walking | Day 6 Core set 2-4km Easy Stretch set | Day 7 60-70 mins comfortable. Walk for 1-3 mins anytime to maintain comfortable pace |
| Day 8 Mobility set 2-4km Easy Stretch set | Day 9 1km w/up Dynamic mobility 5-7 km Heart rate capped 80% | Day 10 Core set 2-4km Easy Stretch set | Day 11 Strength Circuit 4-8 exercises 15-20 reps 2-3 sets | Day 12 30-60 mins brisk walking | Day 13 Core set 2-4km Easy Stretch set | Day 14 60-70 mins RPE 3-5/10 Walk anytime breathing is uneven |
| Day 15 Mobility set 3-5km Easy Stretch set | Day 16 1km w/up Dynamic mobility 6-9 km Heart rate capped 80% | Day 17 Core set 2-4km Easy Stretch set | Day 18 Strength Circuit 4-8 exercises 8-12 reps 3-4 sets | Day 19 30-60 mins brisk walking | Day 20 Core set 2-4km Easy Stretch set | Day 21 60-70 mins Walk for 1 minute maximum at a time |
| Day 22 Mobility set 1-3km Easy Stretch set | Day 23 1km w/up Dynamic mobility 5-7 km Heart rate capped 80% Test 2 | Day 24 Core set 2-4km Easy Stretch set | Day 25 Strength Circuit 4-8 exercises 12-15 reps 1-2 sets | Day 26 30-60 mins brisk walking | Day 27 Core set 2-4km Easy Stretch set | Day 28 10km flat route. Run non stop at easy -moderate intensity. |

Mobility - controlled movement with the purpose of achieving full range of all the limbs of the body
 Dynamic mobility - an extension of the warm up with repetitive exercises that mimic the main activity to be completed
 Stretch - specific muscles targeted with flexing and stretching to improve elasticity and muscle tone
 Core - all exercises that improve and develop function of the body in a unified manner
 Strength circuit - a manipulation of the number of repetitions, sets, tempo, exercises and force to cause a desired change

Fundamentals required for successful running and long term gains

- ❑ Establish a clear starting point by completing a sub maximal run test that is completed in the future for comparison
- ❑ Assess and adjust lifestyle habits to complement and cope with the physical demands ahead
- ❑ Deal with physical restrictions head on, alongside building running volume

Pacing principles to prepare the body to cope with future stress

- ❑ Keep all sessions at 70-80% maximum
- ❑ Equivalent to perceived exertion 3-5 out of 10
- ❑ Wear a heart rate monitor to help maintain an even pace
- ❑ Introducing speed work when it is evident that running is easier and faster at the lower exertion rates
- ❑ Delay high intensity training to experience the benefits

Underpin Strength and Condition for Speed and Endurance

- ❑ Perform squat, lunge lift, push, pull and multidirectional movements to support the repetitive motion and impact that running presents
- ❑ Conditioning agility, balance, flexibility, joint mobility to reduce risk of injury and improve overall performance and wellbeing
- ❑ These types of activities can be completed pre or post running or as stand alone cross training sessions

Rest is part of the test

- ❑ Active recovery has to be low impact and low heart rate
- ❑ Mobility and stretching is to be encouraged
- ❑ Cross Training activities such as cycling, swimming and walking
- ❑ Prioritise nutrition and sleep once assessed





Madmule Fitness. Circuit training guide - set 1 - "Classic medley"

Wall squat with x 20 frontal raises



Plank with x 15 forward arm reaches



Reverse lunge into high kick x 10R, x 10L



Plank with x 15 firm shoulder taps



Dynamic fast switch lunge jumps x 25 each leg alternating



Press up classic x 12-20



Lateral ankle touch lunge to overhead reach x 10R, x 10L



Climbers - march or run - x 30 each leg



Mobilise 3-5 mins. Work to reps shown or set timer 30, 40 or 50 secs. Complete 2-4 laps. Walk/ jog 5-10 mins around the block afterwards if possible. Stretch.