

3

PART THREE

OUTDOOR
CONDITIONING
WORKOUTS

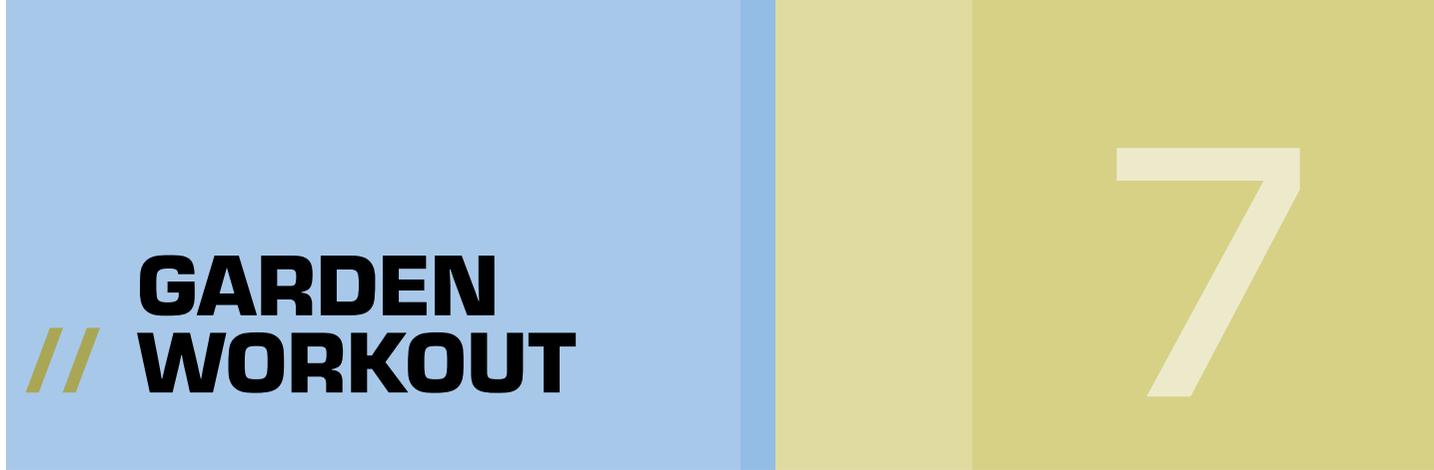


Table 6.3 15-week marathon training guide

Week	Training (miles)/rest days						
	Days of the week						
	1	2	3	4	5	6	7
1	1–3 S	Rest	2–3	Rest	1–2 H	Light CV	Rest
2	4–5 S	Rest	2–3 *	Rest	2–4 H	Rest	1–2 Hills
3	5–6 S	Rest	3–4	Rest	2–4 H	1–3 *	Rest
4	6–7 S	Rest	2–4 *	Rest	2–5 H	1–3 Hills	Rest
5	8–9 S	Rest	4–5	CV – 20	2–3 H	Rest	Rest
6	10–12 S	Rest	2–4 *	Rest	3–5 H	1–3 Hills	Rest
7	11–14 S	Rest	4–6	Rest	4–6 H	2–3 *	Light CV
8	12–15 S	Rest/light CV	5–6	Rest	3–5 *	2–3 Hills	Light CV
9	13–16 S	Rest/light CV	2–5 *	CV – 20	Rest	2–4 Hills	Rest
10	15–17 S	Rest/light CV	2–5 *	CV – 30	6–8	3–4 Hills	Rest
11	18–20 S	Rest/light CV	3–5*	CV – 45	7–9	2–4 *	Light CV
12	19–22 S	Rest/light CV	4–6	CV – 30	8–10	Light CV	Rest
13	14–16 S	Rest/light CV	3–5	Rest	5–8 H	Light CV	Rest
14	7–10 S	Rest	3–5	Rest	2–4	Rest	1–2
15	Marathon	Rest/light CV	Rest	1–3	Rest	CV 20–30	3–5

Key

- **S** Steady run
- * Interval session – speed work or aerobic threshold training
- **H** Hard run – run at faster pace than is comfortable
- **Hills** Hill-training intervals
- **Light CV** 20–30 minutes' cardio – non/low impact
- **CV** 20–45 minutes cardio



GARDEN WORKOUT

If exercising at home makes sense to you, then the next chapter will provide some exercise ideas that might appeal. The garden workout gives examples of exercises that can be realistically achieved in most small to medium gardens, and which don't require excessive space or lots of equipment. In fact, I have based them specifically on exercises that I have performed with clients when working as a freelance personal trainer in their homes or gardens. Even if you only have a small backyard, many of the drills can be adapted and performed without too much compromise.

I have grouped the exercises together to cover cardio and agility drills, followed by those that lend themselves to specific muscle groups. Some of the exercises cover multiple muscle groups and

can be considered to be total-body exercises. In this instance, I have identified the major muscle group targeted in the exercise and have included it in the relevant section. Towards the end of the chapter there are several suggested workout plans and you will also find several challenging exercises, which provide greater options for the relatively fit and accomplished home exerciser. But, as with all exercise handbooks, this list is not exhaustive and many of the exercises from future chapters could be substituted or included in your workout at home.

You might feel uncomfortable performing some of the exercises in this chapter; if so, simply choose another. Remember to follow the warm-up guidelines from chapter 3 before attempting any of the exercises.



Ex 8.10 Horizontal balance



Starting position and action

- Bend your supporting right leg slightly and begin to slowly lean forwards, keeping your abdominals braced.
- As you continue to flex at your hip by leaning forwards, lift your left leg, trying to keep this leg in line with your torso.
- Lift your arms so that your arms, torso and left leg are all in line and aim to lean forwards until you reach a horizontal position.
- Hold this position for 10–15 seconds before slowly returning to the start position.
- Repeat 5–8 times before changing your balance to your left leg and then repeating the entire movement, this time balancing on your left leg and raising your right leg as you lean.

Ex 8.11 Abdominal scissor curls



Starting position and action

- Lie on your back with both legs raised in the air at about 70–80 degrees, your shoulders and upper back should be off the ground as you reach your arms towards your toes.
- Hold this position as you slowly lower your right leg so that your heel almost touches the ground, then raise your right leg towards your hands while simultaneously lowering your left leg down to almost touch the ground in a scissor action.
- Maintain abdominal tension throughout this movement and repeat this scissor action, alternating legs for 20–30 repetitions.

Modifications

- This drill can be performed in a partial curl-up position, alternately you can maintain a braced neutral spine position with your shoulders on the ground, but don't allow the movement of your legs to compromise this abdominal tension and neutral spine.

Ex 8.12 Lateral bridging*



* Image shows modification

Starting position and action

- Lie on your left side with knees bent, heels behind you, and rest on your left elbow and forearm – your elbow should be directly underneath the shoulder.
- Brace your abdominals and lift your hips up keeping your knees, hips and torso in line.
- Maintain the tension through the abdominals and hold for 10–20 seconds.
- Do not allow the shoulder to lose tension as this can cause pain in the neck area.
- Lower your hips to the floor for a very brief recovery and repeat, aiming for 10–15 repetitions before lying on your left side and repeating the exercise.

Modifications

- To intensify this exercise, extend your legs and lift, keeping your torso and legs in line and rigid, your weight being supported through your elbow, forearm and the side of your foot.
- Maintain abdominal tension throughout and do not allow your body to sag.

Ex 8.13 Two-point prone bridges



Starting position and action

- Begin initially in a push-up position but with hands placed shoulder-width apart and your arms straight.
- Keeping your abdominals braced, simultaneously lift both your left arm and right leg off the floor.
- Aim to keep the knee of the raised leg level with the hips, shoulders and raised arm, holding this position for 5–10 seconds before lowering back to the start position.
- Repeat the exercise with your opposite arm and leg for 8–12 complete repetitions with each limb.

Modifications

- This two-point bridge can be modified by performing a press-up, but as you push yourself away from the floor, lift your leg and opposite arm to considerably intensify this exercise.