

RUNNER Workout Plan

Runners are resilient and brilliant in their workouts. They build themselves an incredible immunity to pain and muscle fatigue. They also use their entire bodies to push through their runs and particular workout schedules. One runner told us “Don’t think your upper body, does not need a workout or get worked if you are a runner. It needs to be just as strong if not stronger than your lower body.”

With this being said, The Body Evolution recommends a workout program designed to keep you lean, fit and gain lean muscle mass without becoming too big. This way, a runner can still run, but with greater strength and endurance.

The runner workout is designed to isolate the entire upper body in one separate day and the entire lower body on another day. NOTE: one week you will work the upper body two days and the next week you switch to the lower body for 2 days. You will continue to switch upper body and lower body workouts every other week. We believe this will give the runner one week to train longer and harder for a race and be able to recuperate.

Monday = Upper Body / Abs / RUN

Tuesday = Abs and Calves / RUN

Wednesday = Lower Body / Abs / RUN

Thursday = Abs and Calves / RUN

Friday = Upper Body / Abs / RUN

Saturday = Abs and Calves / RUN

Sunday = Rest

WORKOUT SCHEDULE AS FOLLOWS

UPPER BODY WORKOUT

CHEST

You will be selecting 2 exercises for the chest and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (reduce weight)	Hurting Burn	No rest
12	10 (different lift)	Excruciating burn	2 minutes

SHOULDERS

You will be selecting 2 exercises for the SHOULDERS and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (reduce weight)	Hurting Burn	No rest
12	10 (different lift)	Excruciating burn	2 minutes

BACK

You will be selecting 2 exercises for the back and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (<i>reduce weight</i>)	Hurting Burn	No rest
12	10 (<i>different lift</i>)	Excruciating burn	2 minutes

ARMS-BIS AND TRIS

You will be selecting 2 exercises for the BIS/TRIS and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
BIS			
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (<i>reduce weight</i>)	Hurting Burn	No rest
12	10 (<i>different lift</i>)	Excruciating burn	2 minutes

Reps	Intensity	Feeling	Rest Period
TRIS			
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (<i>reduce weight</i>)	Hurting Burn	No rest
12	10 (<i>different lift</i>)	Excruciating burn	2 minutes

ABS

4 SETS OF THE FOLLOWING ORDER:

1. LEG UP CRUNCHES-40
2. FROG KICKS-15
3. LEG DOWN CRUNCHES-40
4. CROSSOVERS-30 either side

TOTAL TIME: 54 minutes

LOWER BODY WORKOUT

QUADS

You will be selecting 2 exercises for the QUADS and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (<i>reduce weight</i>)	Hurting Burn	No rest
12	10 (<i>different lift</i>)	Excruciating burn	2 minutes

HAMSTRINGS

You will be selecting 2 exercises for the HAMSTRINGS and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (<i>reduce weight</i>)	Hurting Burn	No rest
12	10 (<i>different lift</i>)	Excruciating burn	2 minutes

CALVES

You will be selecting 2 exercises for the calves and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (<i>reduce weight</i>)	Hurting Burn	No rest
12	10 (<i>different lift</i>)	Excruciating burn	2 minutes

ABS

4 SETS OF THE FOLLOWING ORDER:

1. LEG UP CRUNCHES-40
2. FROG KICKS-15
3. LEG DOWN CRUNCHES-40
4. CROSSOVERS-30 either side

TOTAL TIME: 45 minutes