

THE HYBRID BLUEPRINT

By Tommy Newell



Complete guide to becoming a Hybrid Athlete

Written by Tommy Newell

- Complete running guide
- Complete weight training guide
- Dieting tips and tricks
- Running tips for beginners
- Heart rate training breakdown
- Recovery & Supplement recommendations

INTRODUCTION

A SMALL INTRO INTO HOW I GOT INTO FITNESS AND WHY I CAN HELP YOU!

Some of you may know a bit about myself already but if you haven't then let me introduce myself and explain how I became a hybrid athlete. During my childhood I grew up playing a variety of different sports. My main focus was playing Australian Rules Football (AFL). While AFL was very much a running and skill-based sport, I was never really a runner and wasn't overly fit compared to a lot of other kids. After a horror few years of injuries including two broken shoulders, 4 shoulder dislocations, a broken wrist and a broken ankle it was time for this 17yr old kid to pack on some size and focus on other things.

I was around 62kg 178cm when I first stepped into a proper gym and I quickly realised my love for it. I now gained a new passion for lifting weights and taking care of my body's nutrition. As the years progressed, I started taking things more and more seriously. I went on to compete in 3 different body building competitions and placed top 2 in all three. I was also lucky enough to land on the front cover of men's muscle and health magazine. After years of competing, I realised it wasn't healthy for me physically and mentally. I knew it was best to put an end to that era.

This is how my obsession with running and endurance began. As I still loved lifting weights and being healthy, I missed the progression and challenges of competing. What started out with small runs as a form of cardio to stay lean soon became an obsession. I started pushing my body and mind close to it's breaking point, through those boundaries I started to see some quick and long lasting progress. Looking back now I thought I knew what I was doing, really I had no idea.. Years later with pushing my boundaries and training properly I achieved my greatest run to date with a time of 1:22:10 for the half marathon (21.1km). I also have the goal in mind of running a sub 3hr marathon.

Now with all the knowledge behind me It's my turn to help as many people as possible. In this guide I will show you how I achieved my running goals while still maintaining as much muscle as possible. You can use this information as you will and implement it into your own training block.

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IT'S TIME TO LEVEL UP!

A QUICK SUMMARY OF WHAT THIS GUIDE WILL CONTAIN.

Training for over 10 years has taught me so much about the world of fitness. I've learnt from so many amazing people while also putting in thousands of hours of research. In this hybrid blueprint we will dive into every aspect of my training and how I manage to maintain muscle while running every day. We will break down my weekly running and weights routine while going into depth on how I managed to scrape six minutes off my previous personal best at the GoldCoast half marathon. Whether you are new to running or don't have the knowledge of training yet. This guide will help you and explain it all in detail, to help you achieve your goals. A tonne of info will be broken down to explain all the different forms of running training and how to improve results each week. We will mainly be focusing on 3 types of running such as. Base running (Easy), tempo and speed runs. All of these runs are necessary to get fitter and faster while avoiding hiccups like injuries.

Recovery and nutrition is the base and foundation of every athlete. Without prioritising both of these things, you may as well not even bother. If you want to become an elite runner or stack on some lean muscle, make sure you are getting the right amount of nutrition and recovery for your body to develop the right way. This guide will have small details on my personal nutrition but will not outline everything. If you are struggling with nutrition please message me on instagram so we can discuss this further.

I hope this guide helps you out in some way! We all start from somewhere. It's been enjoyable to create and I know deep down how valuable information is when you're trying to learn new things and develop yourself. Please tag me on instagram or send me a message if you have found it useful. Any feedback would also be appreciated.





RUNNING TIPS IF YOU'RE JUST GETTING STARTED

SOME VERY HELPFUL TIPS FOR BEGINNERS

- **BUY RUNNING SHOES**

Often beginners hold off on buying a pair of running shoes in case they decide not to keep it up. Shoes are the most important pieces of gear you can wear. You can start with using any type of clothing, although it is important you must wear good quality shoes. They will pay for themselves in keeping you injury-free. Cross-trainers, tennis shoes, and other athletic footwear don't have enough cushioning to handle running's impact nor does the pair of shoes you wear two years ago. It will benefit you long term to invest in good quality runners.

- **SET A GOAL**

"Your goals become incentives," If you don't set a target, you'll get bored. A target might be to run for 30 minutes continuously, or it might be a 5K race that you want to do without having to walk. Choose a realistic goal while you build your base levels of fitness.

- **THINK QUALITY, NOT QUANTITY**

Take the most out of what you have. Finding time for a 20-minute run is easy. Just make every minute count. Alternate one minute a little faster than your normal pace with one-minute recoveries. Do a two-to four-minute warmup first and a similar cool down afterward.

- **GO FOR TIME OVER DISTANCE**

Runners love ticking off the kilometres, but don't worry about that at first. Running by time de-emphasises pace, and allows you to adjust to how you feel that day.

- **SET SHORT-TERM GOALS**

Too many people think too far ahead right away. You shouldn't be thinking six-month or year long plan when laying out your training. That vision can be lost pretty quickly when you're feeling bad. Instead, set a shorter goal. Run three times a week for the next two weeks, then set another goal, and so on.

- **HAVE FUN!**

Enjoying a run greatly increases the likelihood that you'll want to and will find time for the next one. Run a new route or run an old one backwards. If you usually run on roads, head for the local trails and run some hills. Variety really is the a massive thing when it comes to being consistent.

- **FIND A RUNNING PARTNER**

Although majority of my runs are by myself i still take every chance i get to run with a friend. If you have a friend that's around the same fitness and happy to run with you then go ahead. Do also remember if they cancel on you don't cancel on you own goals and make sure you still get your run in.

- **PLAN YOUR WEEK**

Sit down with your calendar on Sunday night and draw up a realistic training schedule, before the blank spaces start filling up with other priorities.

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RUNNING TRAINING EXPLAINED

A DETAILED LOOK INTO THE DIFFERENT FORMS OF RUNNING TRAINING

1. Daily base Run (Easy runs)

80% of your runs should be done at an easy pace! This means running while keeping your heart rate under your max aerobic heart rate (**180 - your age = max aerobic heart rate**). In a base run, you run at your natural pace to build up aerobic capacity. Base runs are what usually makes up the brunt of your running training and because it shouldn't be too challenging, they can be done quite often. If you are going to lift weights on the same day as completing a run then it's essential to preserve energy for later in the day. If you're a beginner runner then increase your daily runs by .5km as you get fitter and more comfortable.

2. Weekend long run

These runs will be done at the same pace as your easy runs but will be much further. For example I was running around 10km every morning during the week but every Saturday I would run 20-25km. Running for a much longer period of time will condition your legs for greater distances and build you a bullet proof mind. If you're a half decent runner your goal with long runs should be 1.5-2hrs

3. Interval Training (Speed workout)

Interval runs with a mixture of low-moderate and high-intensity runs. You'll do short bursts of fast runs where you put in more effort, followed by longer periods of jogging and less intense running. Interval training means that you will alternate between the two. The intense interval is where you really push yourself, counting down the seconds until you hit the lighter intervals where the moderate intensity means you can take a break, without stopping.

4. Tempo Run

Different types of running include tempo runs. Tempo run refers to a "comfortably hard" pace that you can maintain for a long period of time, such as in a marathon. Basically, when you run, your muscles build up lactic acid, a metabolic byproduct that causes them to fatigue. The intention of a tempo run is to increase your threshold so that your muscles don't fatigue as fast so you can keep running for longer. This is why tempo runs are especially beneficial for marathoners.

5. Progression Run

A bit more difficult than the base run, this type of training means that you run at your natural pace but finish it at a faster rate. So you gradually become faster as you keep going. This is a moderately-challenging workout that will help improve your running stamina. It's great if you're looking for something more difficult than the base run but not as intense as other different types of running.

6. Fartlek

Don't forget that running doesn't need to be all about serious hard work—it should be fun as well! Fartlek is a fun running exercise that you may have already done before. It is similar to interval training but in a less-structured way and not as intense. It is when you push yourself to keep going until you hit that street sign, or maybe that tree up ahead. Then, you slow down to recover before speeding up until you reach the red car parked at the end of the street! Fartlek is Swedish for 'speed play', so play around with your running and have some fun with it.

7. Sprints

Whether you are a sprinter or long distance runner, sprinting is beneficial for everyone. Sprinting helps to build up muscular strength, and power so that you can actually run faster. And if you think that as a long-distance runner sprinting won't help you, think again. Sprints actually help you run for longer. It conditions your body to be able to run for more distance without fatiguing as quickly.

DIETING TIPS & TRICKS

SOME HELPFUL TIPS FOR STICKING TO YOUR DIET

- **Find a diet that works best for you!**

Everyone's body reacts differently to food and what may be great for some people will have others feeling horrible. Find a good nutrition coach or simply trial different foods and find out what works best for you.

- **Prioritise whole foods!**

If possible try to eat mostly unprocessed and fresh foods. You don't have to eat grass fed beef or organic veggies every night but try avoid eating too much processed junk food. Yes I know it's all about balance but if you're dedicated to improving your running and weights training try stick to 90% whole foods.

- **Cheat meals, we all love them!**

I would encourage everyone on a strict diet to have a least one or two decent cheat meals a week to break up the craziness of dieting and eating healthy. Like I said previously if you're eating great whole foods 90% of the week, one or two cheat meals won't affect you too much. I would however recommend maybe skipping your previous meal or breakfast the next day if planning on having a big high calorie meal.

- **Burn those extra calcs!**

If you're going to have a high calorie day then why not plan it around your training? Those extra calories can be great for weight training and running. Weight training the day after a massive cheat meal can have you getting some crazy pumps and energy levels in the gym. If you plan to have a massive cheat meal Friday or Saturday get up the next morning and burn those calories. You will also feel so much better getting the kind of food flushed out of your system.

- **If you need to track your food then do it!**

I don't personally count calories but if you are someone that can't stick to very basic foods then you may need to track. Although we are trying to get better at running, it is recommended that we are not over eating and putting on weight. As you probably know it's not ideal being a runner and holding too much excess body fat we don't need. Myfitness Pal is a great app if you need to track your calories.

- **Portion control!**

If you're a sweet-tooth like me then you're probably going to get a few cravings on a strict diet. I like to have something sweet after dinner every night and this is how i get away with it. When ever I buy chocolate or ice-cream i make sure it's already portioned out in separate packets and if possible a small size no more than 200 calories. Paddle pops ice creams are less than 100 calcs so look for things like that.

- **Only buy what you need!**

I like to do just one large food shop on a Sunday which usually gets me through to the following Sunday. I try not to buy anything extra that doesn't fit into my diet for the week. This means I won't get temptations during the week while i'm at home as i just won't have that extra food sitting in my fridge or pantry.



SUPPLEMENTS

LIST OF SUPPLEMENTS I USE DAILY AND SOME OF THEIR BENEFITS

- **Electrolyte powders (before and after running)**

Electrolytes are minerals found in your blood that help regulate and control the balance of fluids in the body. These minerals play a role in regulating blood pressure, muscle contraction and keep your system functioning properly. The right amount of electrolytes in your body is needed for optimal health and physical performance. If you lose a significant amount of these minerals (either by intense exercise, sweating, vomiting or diarrhea), you're going to experience dehydration and feel pretty lousy. You might also experience muscle cramping and spasms.

- **Protein powders (after runs and workouts)!**

Protein powder is a popular nutritional supplement. Protein is an essential macronutrient that helps build muscle, repair tissue, and make enzymes and hormones. There are many different types of protein powder, including dairy-based and plant-based powders. As well as contributing to muscle growth, protein can help repair damaged muscles and tissues. As a result, athletes use protein powder to speed up recovery from muscle soreness after exercise.

- **Pre workout (before gym workout)**

Pre-workout supplements are designed to help increase your performance by boosting energy, power, and stamina. They're generally taken about half an hour before your workout, and the benefits include improved muscle strength, mental focus, and endurance.

- **BCAA & EAA (during gym workout)**

Taking BCAA supplements may help reduce exercise fatigue and improve endurance.

- **Fish oil capsules**

Taking fish oil each day can help reduce the intensity of joint symptoms like morning stiffness, tenderness, swelling, and discomfort. The omega-3 fatty acids present can also increase blood flow throughout the body during exercise, which can help reduce joint pain and swelling.

- **Magnesium powder or capsules**

From regulating blood sugar levels to boosting athletic performance, magnesium is crucial for your brain and body. Yet, although it's found in a variety of foods ranging from leafy greens to nuts, seeds, and beans, many people don't get enough in their diet. Magnesium helps move blood sugar into your muscles and dispose of lactate, which can build up during exercise and cause fatigue



TRAINING PLAN BREAKDOWN

BREAKDOWN OF WEEKLY RUNNING AND WEIGHT TRAINING

Before I go into detail of my training plan, it's important to outline that this plan is specific to my lifestyle and schedule. It's important to remember that the knowledge I give you from my training can be applied in your own way to suit your lifestyle and training schedule.

I have included both a beginner program and an advanced program for you guys to follow along with. The advanced program will follow my personal weekly routine where I run 6 days a week and train every muscle group once a week. If you're a beginner and won't be able to keep up with the workload then please follow along with the beginner program. For beginners we will focus on running for time over distance and incorporate push/pull/legs split. Also included is the option to run three days a week and weight training 3 days a week. If you are not sure about some of the exercises or workouts then please send me a message on instagram so I can send through a video demonstration.

The main runs we will be focusing on are easy base runs, weekend long runs, speed workouts and tempo runs. Easy runs should be done at an easy pace! This means running while keeping your heart rate under your max aerobic heart rate ($180 - \text{your age} = \text{max aerobic heart rate}$). Speed workouts are your time to really push yourself. Set yourself some solid times to hit and make sure you give it your all. Tempo runs you can treat like a race day, prepare mentally and go out with a solid intention to crush your previous best time. Wednesday is when I do my speed or tempo runs, I also train legs on the same day in the afternoon. If you can't manage that then try training legs on Monday then speed or tempo on Thursday. This should give your legs enough time to recover. All these runs can be done either outside or on a treadmill.

Weight training has and always will be the foundation that holds my life together. Running motivation comes in waves but I'll always get my gym workout in daily. Train hard and train with purpose if your goal is to create and maintain a great looking body. Running and lifting weights together in the same day is hard but who wants to give up gym and look like a runner? Definitely not me! Our goal here is to look like we're too big to run then surprise everyone with our pace and fitness. Enough talking, let's get to it!

TEMPO RUNS

EXAMPLES OF WEEKLY TEMPO RUNS
(ALL EXAMPLES CAN BE MODIFIED TO SUIT FITNESS LEVEL)

EXAMPLE 1:

5 MINS WARM UP EASY PACE
10 MINS TEMPO PACE
2 MINS EASY PACE
(REPEAT STEPS 2&3 THREE TIMES)
10 MINS COOL DOWN EASY PACE TO FINISH

EXAMPLE 2:

2KM WARM UP EASY PACE
10KM TEMPO PACE
2KM COOL DOWN EASY PACE

EXAMPLE 2:

1KM WARM UP EASY PACE
8KM TEMPO PACE
2KM COOL DOWN EASY PACE

EXAMPLE 3:

1KM WARM UP PACE
5KM TEMPO PACE
1KM EASY PACE
5KM TEMPO PACE
2KM COOL DOWN EASY PACE

EXAMPLE 4:

1KM WARM UP EASY PACE
3KM TEMPO PACE
500M WALK
(REPEAT STEPS 2&3 THREE TIMES)
COOL DOWN 2KM EASY

EXAMPLE 5:

5 MINS WARM UP EASY PACE
5 MINS TEMPO PACE
1 MIN WALK
(REPEAT STEPS 2&3 FIVE TIMES)
10 MINS COOL DOWN EASY PACE



SPEED WORKOUTS

EXAMPLES OF WEEKLY SPEED WORKOUTS

THESE WORKOUTS SHOULD BE DONE ON A TRACK, TREADMILL OR FLAT OPEN PATH WITH PLENTY OF SPACE. FOR EACH REPEAT YOU SHOULD BE AIMING TO RUN IT IN UNDER A CERTAIN TIME. THIS IS WHERE YOU REALLY PUSH HARD AND GIVE IT YOUR ALL!

(ALL EXAMPLES CAN BE MODIFIED TO SUIT FITNESS LEVEL)

EXAMPLE 1 (ADVANCED):

2KM WARM UP EASY PACE
1.5KM FAST PACE 1:30 MIN REST
1KM FAST PACE 1 MIN REST (REPEAT FOUR TIMES)
800M FAST PACE 1 MIN REST (REPEAT THREE TIMES)
2KM COOL DOWN EASY PACE

EXAMPLE 2 (ADVANCED):

3KM WARM UP EASY PACE
2KM FAST PACE 1:30 MIN REST
1KM FAST PACE 1 MIN REST (REPEAT FIVE TIMES)
800M FAST PACE 1 MIN REST (REPEAT THREE TIMES)
3KM COOL DOWN EASY PACE

EXAMPLE 3:

1.5KM WARM UP EASY PACE
200M FAST PACE 1 MIN REST (REPEAT TWO TIMES)
400M FAST PACE 1.30 MIN REST (REPEAT TWO TIMES)
800M FAST PACE 2 MIN REST (REPEAT TWO TIMES)
1.5KM COOL DOWN EASY PACE

EXAMPLE 4:

2KM WARM UP EASY PACE
400M FAST PACE 1 MIN REST (REPEAT THREE TIMES)
800M FAST PACE 1:30 MIN REST (REPEAT FOUR TIMES)
2KM COOL DOWN EASY PACE

EXAMPLE 5:

1.5KM WARM UP EASY PACE
1KM FAST PACE 2 MIN REST (REPEAT TWO TIMES)
800M FAST PACE 1:30 MIN REST (REPEAT TWO TIMES)
600M FAST PACE 1 MIN REST (REPEAT TWO TIMES)
1.5KM COOL DOWN EASY PACE



MONDAY

MORNING RUN

BEGINNER: 20 MINS EASY RUN (INCREASE BY 2 MINS EACH WEEK)
(RUN ONLY IF ON 3&3 SPLIT)

ADVANCED: 8-10KM EASY RUN (INCREASE OVER TIME IF NEEDED)

AFTERNOON GYM WORKOUT OPTION ONE (BACK)

EXERCISE 1:

WIDE GRIP PULL UPS 50 REPS TOTAL

EXERCISE 2:

BENT OVER BARBELL ROWS 4 SETS 10-12 REPS

EXERCISE 3:

WIDE GRIP LAT PULL DOWN 4 SETS 10-12 REPS

EXERCISE 4:

SEATED CLOSE GRIP SINGLE ARM CABLE ROWS
4 SETS 8-10 REPS EACH ARM.

EXERCISE 5: (SUPERSET)

CABLE ROPE PULL OVERS X
DUMBBELL ROWS 4 SETS 8-10 REPS ON EACH

AFTERNOON GYM WORKOUT OPTION TWO (PULL)

EXERCISE 1:

WIDE GRIP PULL UPS 50 REPS TOTAL

EXERCISE 2:

BENT OVER BARBELL ROWS 4 SETS 10-12 REPS

EXERCISE 3:

SEATED CLOSE GRIP SINGLE ARM CABLE ROWS
4 SETS 8-10 REPS EACH ARM.

EXERCISE 4: (SUPERSET)

CABLE ROPE FACE PULLS X
DUMBBELL SHRUGS 4 SETS 10-12 ON EACH

EXERCISE 5: (SUPERSET)

SINGLE ARM ALTERNATING BICEPT CURLS X
CABLE ROPE HAMMER CURLS
5 SETS 10-12 REPS ON EACH



TUESDAY

MORNING RUN

BEGINNER: 20 MINS EASY RUN (GYM WORKOUT ONLY IF ON 3&3)

ADVANCED: 8-10KM EASY RUN

AFTERNOON GYM WORKOUT OPTION ONE (CHEST)

EXERCISE 1:

FLAT BENCH PRESS

(PYRAMID UP TO 4-5 REP MAX THEN BACK DOWN)

REPS PER SET AS FOLLOWED 10,8,5,5,5,8 (6 SETS TOTAL)

EXERCISE 2:

INCLINE DUMBBELL PRESS 4 SETS 10-12 REPS

EXERCISE 3: (SUPERSET)

INCLINE DUMBBELL FLY X PUSH UPS

4 SETS 10-12 REPS OF EACH

EXERCISE 4: (SUPERSET)

LANDMINE PRESS X STANDING DUMBBELL FLY

4 SETS 8-10 REPS ON EACH

EXERCISE 5: (SUPERSET)

CABLE FLY X CHEST DIPS

4 SETS 8-10 REPS ON EACH

AFTERNOON GYM WORKOUT OPTION TWO (PUSH)

EXERCISE 1:

FLAT BENCH PRESS

(PYRAMID UP TO 4-5 REP MAX THEN BACK DOWN)

REPS PER SET AS FOLLOWED 10,8,5,5,5,8 (6 SETS TOTAL)

EXERCISE 2:

SHOULDER PRESS 4 SETS 10-12 REPS

EXERCISE 3: (SUPERSET)

INCLINE DUMBBELL FLY X PUSH UPS

4 SETS 10-12 REPS ON EACH

EXERCISE 4: (SUPERSET)

LANDMINE PRESS X DUMBBELL LATERAL RAISES

4 SETS 8-10 REPS ON EACH

EXERCISE 5: (SUPERSET)

CABLE ROPE PUSHDOWNS X WEIGHTED DIPS

4 SETS 8-10 REPS ON EACH



WEDNESDAY

MORNING RUN

BEGINNER: 30 MINS TEMPO RUN (GYM WORKOUT ONLY IF ON 3&3)
ADVANCED: 12-14KM SPEED WORKOUT OR TEMPO RUN
(REFER TO PAGE 8 FOR EXAMPLES)

TRAIN LEGS ON MONDAY IF YOU STRUGGLE TO DO YOUR QUICKER PACE RUN AND TRAIN LEGS ON THE SAME DAY.

AFTERNOON GYM WORKOUT OPTION ONE (LEGS)

EXERCISE 1:

BARBELL SQUATS
(PYRAMID UP TO 7-8 REP MAX THEN BACK DOWN)
REPS PER SET AS FOLLOWED 12,10,8,8,8,12 (6 SETS TOTAL)

EXERCISE 2:

LEG PRESS 4 SETS 10-12 REPS

EXERCISE 3:

DUMBBELL ROMANIAN DEADLIFTS 4 SETS 8-10 REPS

EXERCISE 4:

SEATED LEG QUAD EXTENSIONS 5 SETS 8-10 REPS

EXERCISE 5:

LYING HAMSTRING CURLS 4 SETS 8-10 REPS ON EACH

AFTERNOON GYM WORKOUT OPTION TWO (LEGS)

EXERCISE 1:

SEATED LEG QUAD EXTENSION 5 SETS 10-12 REPS

EXERCISE 2:

LYING HAMSTRING CURLS 4 SETS 10-12 REPS

EXERCISE 3:

BARBELL SQUATS 4 SETS 10-12 REPS

EXERCISE 4:

BULGARIAN SPLIT SQUATS 4 SETS 10-12 EACH LEG

EXERCISE 5:

DUMBBELL ROMANIAN DEADLIFTS 4 SETS 8-10 REPS

EXERCISE 6:

KETTLEBELL LUNGES 4 SETS OF 10 EACH LEG



THURSDAY

MORNING RUN

BEGINNER: 20 MINS EASY RUN (TEMPO RUN ONLY IF ON 3&3 SPLIT)

ADVANCED: 8-10KM EASY RUN

AFTERNOON GYM WORKOUT OPTION ONE (SHOULDERS)

EXERCISE 1:

DUMBBELL SHOULDER PRESS

2 WARM UPS SETS 10-12 REPS

4 WORKING SETS 6-8 REPS

EXERCISE 2:

DUMBBELL LATERAL SIDE RAISES 4 SETS 10-12 REPS

EXERCISE 3: (SUPERSET)

SINGLE ARM DUMBBELL FRONT RAISES X

WEIGHT PLATE FRONT RAISES

4 SETS 10-12 REPS ON EACH

EXERCISE 4: (SUPERSET)

CABLE FACE PULLS X DUMBBELL SHRUGS

4 SETS 8-10 REPS ON EACH.

EXERCISE 5:

REVERSE CABLE CROSSOVER 4 SETS 8-10 REPS

AFTERNOON GYM WORKOUT OPTION TWO (PULL)

EXERCISE 1:

CLOSE GRIP PULL UPS 50 REPS TOTAL

EXERCISE 2:

WIDE GRIP LAT PULLDOWN 4 SETS 10-12 REPS

EXERCISE 3:

T-BAR ROWS 4 SETS 8-10 REPS.

EXERCISE 4: (SUPERSET)

SINGLE ARM MACHINE ROW X DUMBBELL ROW

4 SETS 10-12 ON EACH

EXERCISE 5: (SUPERSET)

EZ BAR CURLS X DUMBBELL HAMMER CURLS

5 SETS 8-10 REPS ON EACH



FRIDAY

MORNING RUN

BEGINNER: 20 MINS EASY RUN (GYM WORKOUT ONLY IF ON 3&3)

ADVANCED: 8-10KM EASY RUN

AFTERNOON GYM WORKOUT OPTION ONE (ARMS)

EXERCISE 1:

ALTERNATING DUMBBELL CURLS

4 SETS 10-12 EACH ARM

EXERCISE 2: (SUPERSET)

DUMBBELL SKULL CRUSHERS X TRIANGLE PUSH UPS

4 SETS 10-12 ON EACH

EXERCISE 3: (SUPERSET)

EZ BAR SKULL CRUSHERS X EZ BAR CURLS

4 SETS 10-12 REPS ON EACH

EXERCISE 4: (SUPERSET)

CABLE ROPE PUSH DOWN X CABLE ROPE HAMMER CURLS

4 SETS 8-10 REPS ON EACH.

EXERCISE 5: (SUPERSET)

SINGLE ARM CABLE PUSHDOWN X SINGLE ARM CABLE CURL

4 SETS 8-10 REPS ON EACH

AFTERNOON GYM WORKOUT OPTION TWO (PUSH)

EXERCISE 1:

STANDING MILITARY SHOULDER PRESS

(PYRAMID UP TO 7-8 REP MAX THEN BACK DOWN)

REPS PER SET AS FOLLOWED 12,10,8,8,8,12 (6 SETS TOTAL)

EXERCISE 2:

INCLINE DUMBBELL PRESS 4 SETS 10-12 REPS

EXERCISE 3:

SEATED DUMBBELL SHOULDER PRESS 4 SETS 10-12 REPS

EXERCISE 4: (SUPERSET)

INCLINE FLYS X LATERAL RAISES

4 SETS 10-12 ON EACH

EXERCISE 5: (SUPERSET)

SINGLE ARM CABLE TRICEP PUSHDOWN X

EZ BAR SKULL CRUSHERS

5 SETS 10-12 REPS ON EACH



SATURDAY

MORNING LONG RUN

BEGINNER: 40-60 MINS EASY LONG RUN/WALK
(start at 40 mins and increase each week)

ADVANCED: 15-25 KM EASY LONG RUN
(start at 15 km and increase each week)

These runs will be done at the same pace as your easy runs but will be much further. A method I used was to double my daily base run distance or time. For example i was running around 10 km every morning during the week so every Saturday I would run 20+ km. If you need to work your way up then another method could be to add on distance each week for example 500 meters or 3 minutes each week as you progress. Running for a much longer period of time will condition your legs for greater distance and prepare you mentally for race day. As you become a fitter runner for advanced athletes your goal with long runs should be 1.5-2 hrs without stopping.

As your legs get conditioned to the distance you should notice your legs recovering quicker and not being as sore the next day. Fueling for these long runs requires a lot more thought than usual. You should prioritise fueling up on plenty of good nutritional food the night before while also hydrating accordingly. I would also recommend consuming some electrolytes and carbs an hour before your run to stop cramping and fatigue. Electrolyte and energy gels are also very effective when consumed during your run.

(No weights training on this day)



SUNDAY

RECOVERY DAY

RECOMMENDED

- Long walk (12k steps for the day)
- Stretches
- Meal prep for the week ahead
- Catch up on sleep if needed (Sunday sleep in)
- Spend time with friends and family
- Plan your next week of training

OPTIONAL

- Sauna
- Ice bath
- Massage
- Core workout

CORE WORKOUT (OPTIONAL)

WORKOUT IS ON MY INSTAGRAM REELS!

EXERCISE 1:

AB WHEEL 5 SETS UNTIL FAILURE

EXERCISE 2: (SUPERSET)

HANGING LEG RAISES X HANGING KNEE OBLIQUE TUCKS
4 SETS 5 REPS MIDDLE & BOTH SIDES

EXERCISE 3: (SUPERSET)

SEATED STIFF LEG RAISES X SEATED KNEE TUCKS
4 SETS 10-12 REPS ON EACH

EXERCISE 4:

CABLE OBLIQUE CRUNCHES 4 SETS 8-10 REPS EACH SIDE.

