

Session Conducted: Sat 6th June 2015

Location: Captain Burke Park

Session Details:

OPTION 1: 1.5 HOUR SESSION

OPTION 2: 35 MIN WITHOUT RUNNING

Exercise	Notes
Warm-Up	2km, or 10 min run , followed by dynamic stretching OR a stationary bike/rower
Set 1 – 10 mins COMPLETE THE 3 EXERCISES AS MANY TIMES AS POSSIBLE IN 10 MINS Followed by 2km run	
20 weighted travelling lunge	Holding weights* in hands, perform lunge, travelling forward.
10 pushups, in and out	Perform a push up with hands shoulder width apart, pushing up hard enough to jump hands into a wider span, perform another push up, jump to shoulder width, repeat. Close and wide = 1 rep
10 crunch feet on ground, 10 crunch feet in air, 10 crunch legs and body contracting together	Perform 30 crunches in total, 10 each different positions to engage different abdominal muscles.
Set 2 – 10 mins COMPLETE THE 3 EXERCISES AS MANY TIMES AS POSSIBLE IN 10 MINS Followed by 2km run	
20 jump squats in and out	Stand with feet shoulder width apart, squat down jumping up, land with feet wider apart, jump up, land with feet shoulder width. Repeat. In and out = 1 rep.
20 bicep curl to shoulder press	Hold weights*in hands, perform bicep curl both arms, moving straight into a shoulder press both arms.
12 prone to push up	Start in a plank position, lower to both elbows, then push up with each arm separately back to a prone. Swap your first push up arm every 6 reps.
Set 3 – 10 mins COMPLETE THE 3 EXERCISES AS MANY TIMES AS POSSIBLE IN 10 MINS Followed by 2km run	
20 jump lunge	Start in lunge position, jump up, landing opposite foot forward and back. Repeat.
20 tricep dip	Find a bench or chair, perform tricep dip. The further away from your body your feet are, the harder the exercise.
20 V sit ups	With weights* held in hands across chest start sitting with legs straight and feet off ground so body is V shape, lower to almost supine position, crunch back up.

* **WEIGHTS:** You will want 40% of your max single rep bicep curl. To do this do a standing bicep curl using a weight heavy enough to only perform 1 rep. You will want 40% of this weight. E.g.: I lift 30kg so I will be using a set of 12kg weights. If you are still unsure, use what you use for biceps in a pump classes. 2 dumbbells of the same weight are required. *If you have been doing these*

BRISBANE RUN SQUAD

Running Strength & Conditioning Session 6

Approximately
approx. 9km
running 30 mins
cardio weights

Running specific
strength workout

Improve your
strength, fitness
and form!

Questions?
Concerns?
Contact us:

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Recommendations:

1. Attend the scheduled Running Strength and Conditioning session once a month as per the [BRS home page](#) to ensure you understand the program and your technique has been checked and corrected where appropriate.
2. **Complete this session twice a week or 3 times a fortnight**
3. *Got a gym membership?* Use the weight room at the gym and jump on the rower, cross-trainer, bike, or running machine for your running efforts