



Name:

Phase: Endurance II

Duration of Phase: 3-4 weeks

Primary Goal: Build Stride Pushoff

Secondary Goal: Balance

Date:

Frequency: 2-3x/week

Exercise	Sets	Reps	Weight	Rest	Key Points
Band X-Walks	2	1 min	--	--	Keep feet facing straight ahead, soft knees, slide laterally. Feet stay WIDE as you step
Plank Series	2	30 sec x 3	--	30	Keep your core engaged and draw your belly button in. Maintain your body in a straight line on both front plank and side plank
BOSU Pushups	3	15	--	--	Maintain a straight line in your body and push hard from the palms. Go ALL THE WAY down...but drop to your knees if it's too difficult
DB Deadlifts	3	15	??	30	Soft knees and drive your hips back and forward. Squeeze your butt at the end and keep your back FLAT. Focus on the hips and NOT on lowering the weight
DB Renegade Rows	3	15	10-20	--	Maintain your body in a straight line and pull from your back. Keep your butt down
DB Step Ups	3	15	10-20	30	Push hard from the heel of your top leg. This builds pushoff in your running stride
Bench Dips	3	20	--	--	Hands slightly wider than shoulder width apart, lower down till your butt is almost on the ground, push up strong from your palms
Prisoner Lunge	3	20	--	30	Stay straight up and down in your posture and push strong from your front heel
Seated SB Russian Twist	2	40	--	--	Lean back, core engaged, rotate side to side
Bicycle Crunch	2	40	--	--	Keep the chin elevated and extend one leg while bringing the other one into your chest. Crunch by bringing your opposite shoulder off the ground
Skydiver	2	45 sec	--	30	Thumbs up and focus on three checkpoints: squeeze the back of your shoulder blades, lower back and butt. Keep your head down (it's going to be natural for you to want to look up)

Short/Tight:

Long/Weak:

General Comments: Exercises that are shaded and plain should be performed together. Example – do Band X-Walks, Plank Series, Band X-Walks, Plank Series, then move onto BOSU Pushups

SB = Stability Ball

DB = Dumbbell

FM = Free Motion

BB = Barbell



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