

## OFFICIAL MEN'S HEALTH URBANATHLON™ TRAINING PROGRAM

Weeks 7-9

*Created by Ian Hart, CSCS, Personal Training Manager, Crunch NYC*

### RESISTANCE

Weeks 7-9

This is weeks 7-9 of the 12 week training program. This portion of the program is designed to keep your heart rate up and build your lactate threshold, which will be tested during the Urbanathlon. This session should be done in a circuit, starting with 4 sets with 30 seconds in between each exercise and 2 minutes rest between each set. You should then progress to 5 sets with no rest between each exercise and 1 minute rest between each set.

**Note:** It will also be beneficial to incorporate a running regimen with the circuit in between and will roughly mimic what will be encountered during the Urbanathlon.

1. <b>Body Weight Squats</b>	<b>20 reps</b>
2. <b>Decline Push Ups</b>	<b>20 reps</b>
3. <b>Squat Thrust Jumping Pull Ups</b>	<b>20 reps</b>
4. <b>Weighted Stair Climb or Step Ups</b>	<b>4 flights/20 reps</b>
5. <b>Rope Body Weight Row/ Bar Body Weight Row</b>	<b>20 reps</b>
6. <b>Military Press</b>	<b>20 reps</b>
7. <b>Walking lunges</b>	<b>20 reps</b>
8. <b>Crab Walk</b>	<b>20 reps</b>

### Body Weight Squats

- Use your own body weight and do 20 squats at a speedy pace. If this is too easy, do one-legged seated squats.
- Stand on your right leg and sit down onto a chair or box so your knee is at 90 degrees, and stand up. Raise the chair to lessen difficulty.
- Do this 20 times on each leg.



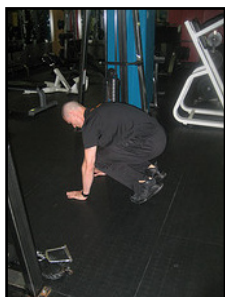
### Decline Push Ups

- Place your feet on an elevated fixture about 1 to 2 feet off the ground (such as a step).
- Keeping your hands on the ground directly below your shoulders, do 20 push-ups. The higher the fixture your feet are on, the harder the push up will be.



### Squat Thrust Jumping Pull Ups

- Stand below a pull up bar, squat down touch the ground and kick your feet out behind you so you are in a push up position.
- Bring your feet back in and in one motion jump up, grabbing the pull up bar and using the momentum of the jump do a pull up.



### Weighted Stair Climb or Step Ups

- Grab two 10lb dumbbells and walk up 4 flights of stairs and back down.
- Or do 20 reps on each leg stepping up to a box (or step) about a foot-and-a-half off the ground.



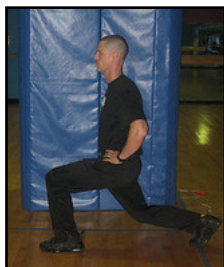
### Rope Body Weight Row/ Bar Body Weight Row

- Find a thick rope about 10 to 15 feet long and tie it to a secure spot so the end of the rope just touches the ground.
- Lay on the ground with the rope above you at chest level.
- Arms fully extended, grab the rope tightly and pull up on the rope until your hands hit your chest. If you don't have a rope the same concept can be done on a secure bar or beam.



### Military Press

- Grab two 15lb dumbbells and in a standing position do 20 shoulder presses



### Walking lunges

- Place your left foot about 2 feet in front of the right foot and bend your right knee an inch above the floor.
- Come up from this position and step your right foot in front of your left and repeat the movement, bringing your left knee down.
- Do this 20 times on each side.

### Crab Walk

- Get on your hands and feet and crawl 10 yards in one direction and turn around and repeat 19 more times.



**ENDURANCE****Weeks 7-9**

This portion of the program is weeks 7-9 of the 12 week training program. This portion will improve aerobic exercise performance as well as fuel utilization through continuous training and Marine Corp fartlek training.

Continuous Training (C) will increase your base endurance level and maximal oxygen consumption. Remain at a constant pace, (approximately 60% to 70% of maximum heart rate if using a heart rate monitor), which is slower than race pace, for a prescribed amount of time, preferably between 30 minutes to an hour-and-a-half.

Marine Corp fartlek (F) training is speed play interspersed with calisthenics and plyometrics. You'll alternate between intense running and jogging and all tempos in between. At the prescribed times (every 3 to 5 minutes depending on duration), stop to do a set of wide grip pushups, squat thrusts, supinated pull ups, squat jumps, sit ups, star jumps\*, crunches and close grip pushups. Do the exercises in that order, 15 repetitions or until muscle failure. This training will roughly mimic what will be encountered in the Urbanathlon.

\*Star jumps: squat and grab your ankles then jump into the air with all legs and arms spread out like a star. Bring the feet and arms back down before hitting the ground.

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Beginner</i>	<i>30 min (C)</i>	<i>rest</i>	<i>2m (F)</i>	<i>rest</i>	<i>45min (C)</i>	<i>rest</i>	<i>3m (F)</i>
<i>Intermediate</i>	<i>45min (C)</i>	<i>rest</i>	<i>3m (F)</i>	<i>rest</i>	<i>1hr (C)</i>	<i>4m (F)</i>	<i>rest</i>
<i>Advanced</i>	<i>1hr (F)</i>	<i>rest</i>	<i>4m (i)</i>	<i>rest</i>	<i>1hr15min (C)</i>	<i>5m (F)</i>	<i>rest</i>

**FLEXIBILITY****Weeks 7-9**

This portion of the training program week 7-9, includes stretches to improve range of motion at a series of joints. Remember that stretching has been found to be more beneficial after a workout when the body is warmed up.

<b>1. Child's Pose Progression- Deep Lat</b>	<b>30sec</b>
<b>2. Kneeling Hip Flexor</b>	<b>30sec</b>
<b>3. Kneeling Quad</b>	<b>30sec</b>
<b>4. Belt Hamstring</b>	<b>30sec</b>
<b>5. Belt IT Band</b>	<b>30sec</b>
<b>6. Incline Calf Stretch</b>	<b>30sec</b>

**Childs pose deep lat stretch:**

- Kneel on all fours with your hands directly under your shoulders and your knees directly under your hips.
- From that position, shift your body backwards so that you are sitting on your feet. Your forehead should be touching the ground and your hands should be stretched out in front of you as far as possible.
- Next, crawl with your left hand towards the right side while maintaining your position. Crawl as far as possible until you feel slight discomfort in your lats.
- Do the same with the right side.

**Kneeling hip flexor stretch:**

- Kneel on the floor in front of a stretch bar or something sturdy you can hold onto.
- Place the right foot flat on the floor in front of the wall while your left knee stays in a kneeling position.
- Hold onto the bar and push your hips forward until you feel a stretch in your hips.
- Do the same on the alternate side.





**Kneeling quad stretch:**

- Get into the same position as #2 and reach back with both arms and grab your left foot and pull it towards your buttocks until you feel a stretch in your quads.

**Belt hamstring stretch:**

- Find a belt or rope, lie on your back and strap the belt around your left foot.
- Pull your left foot up while maintaining a straight left leg.
- Keep right leg flat on the ground with toes pointed towards the ceiling.
- Pull your left leg up until you feel a slight uncomfortable feeling in your hamstring. Don't let your pelvis tilt.
- Do the same to the right side.

**Belt IT band stretch:**

- Keep the belt strapped around your left foot and pull up as to do the hamstring stretch.
- About halfway up with your right hand, pull your left leg slightly to the right, so it is up and/or past your right leg.
- You should feel a stretch down the side of your leg from hip to knee.

**Incline Calf Stretch:**

- Find a wobble board to lean against something or a flat inclined surface at approximately 45 to 60 degrees for you to place your foot on so the whole foot is fully supported.
- Place your left foot on the board keeping your whole foot on the surface and lean forward.
- To target the lower part of the calf, slightly bend the knee while doing the same technique.
- Switch sides.

