

## TRAINING PLAN AUGUST 2014

### INSTRUCTIONS

Start the training with **RUNNING**. Before and after Running you MUST do the stretching exercises (attached docs)

Below you have the plan for the coming weeks. How to read the plan?

The numbers and letters written in everyday training have the following meanings:

- 5'-15'-5' = 5 minutes walking-15 minutes running- 5 minutes walking

Before and after Running you MUST do the stretching exercises!!!

- F Flexibility (follow the drawings)

- COND: Conditioning (follow the drawings)

\*\*\*\*All the exercises, for Flexibility and Conditioning: try your best, always paying attention to the right position on your hips and back, and with very long movements. It will help you to get these long and correct movements to use your imagination: think that you are a very tall gymnast, think your muscles are smelting during the stretching, try to imagine how the muscular fibers are stretching... and remember to breath.

**REMEMBER: ALWAYS WORK BOTH LEGS AND BOTH SIDES OF YOUR BACK!!!**

It doesn't matter if you can not achieve the same amplitude of movement with one side, **YOU MUST WORK YOUR MUSCLES IN BOTH SIDES OF YOUR BODY!!!!**

August 2014

				1	2	3
4	5	6	7	8	9	10
11 5'-10'-5'	12 5'-10'-5'	13 5'-10'-5'	14 5'-15'-5'	15 5'-10'-5'	16	17
18 5'-10'-5' F	19 5'-15'-5' F	20 5'-15'-5' F	21 5'-20'-5' F	22 5'-15'-5' F	23	24
25 5'-15'-5' F COND	26 5'-20'-5' F COND	27 5'-20'-5' F COND	28 5'-25'-5' F COND	29 5'-20'-5' F COND	30	31

## FLEXIBILITY (F): 14 exercises

1.



Over an elevated surface: Bend and stretch your knees slowly 10 times and then keep the position for 10 seconds. Your nose have to go to your ankles, and your hands to the floor. Repeat it 4 times.

---

2.



Hang your body and move your weight forward. Keep this position with very long stretching of your knees for 10 seconds. Repeat it 4 times.

---

3.



Arch your body pushing your shoulders back and side (imagine you want to reach your ankles). 5 times



Same technique, trying to touch your head with your feet. Remember your shoulders directions (now they try to involve your knees). 5 times.

---

4.



Bridge. From sitting position, go to bridge moving right arm, push your weight to your shoulders and sit down again going down moving left arm. Next time do it starting with left arm and right arm to go down. Repeat it 4 times and relax forward.

---

5. Same exercise than 4, starting from standing position. 4 repetitions. Relax forward.

---

6.



Press your hips forward, taking care of avoid 'breaking' the line on your neck (your head have to be between your arms. Keep the position 4 seconds and go up again.

---

7.



Press your shoulders down, without bending your elbows. Keep the position 10 seconds and relax after. Repeat it 10 times. You can combine this exercise with ex. Number 6.

---

8.



Press your heels down and up to relevé position 10 times without any space between your ankles. Repeat it 3 times

---

9.



Relax your hips and let your leg to swing to the side, up, 10 kicks (grand battement). Same with the other leg. You can gather impulse crossing your leg front. Don't move your upper body!

---

10.



10 kicks (grand battement) front line. Remember your upper body must be in a right position!!!

---

11.



Try to touch the floor with your chest and keep the position 10 seconds. Repeat it 5 times.

---

12.



Spagatt. 1 minute 30 seconds. Both legs!!!



Side spagatt 1 minute 30 seconds.

---

13.



4 seconds

+



4 seconds

+



2 kicks right, 2 kicks left

Repeat it 5 times

---

14.

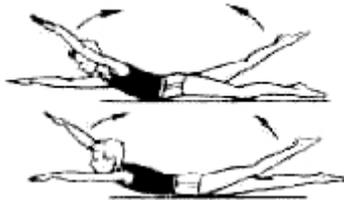


Go up and try to keep the position 8 seconds. Remember: very long movement, and real control when you go down again (don't let your body to fall)  
Repeat it 5 times.

---

## CONDITIONING (COND): 7 exercises

1). (20 + 20 +10) x 3



Opposite arm and leg, up. (20)



Upper body and legs, up at the same time (20)



Keep the position, up (10)

Repeat the sequence 3 times with 10 seconds break between series.  
(20+20+10) break 10 seconds (20+20+10) break (20+20+10)

---

2). (20 + 20 + 10) x 3



neck relaxed. (20)

Hands behind your neck, elbows pressing on back direction,



Same position, rotation to both sides without going down (20)



Keep the position up (10)

Repeat the sequence 3 times with 10 seconds break between series.

(20+20+10) break 10 seconds (20+20+10) break (20+20+10)

---

3). (20 +20) x 3



Rotation of the upper body, at the same time you lift the leg, opposite to the body direction (20)

Rotation of the upper body, at the same time you lift the leg,

(20 break 20 ) x 3 times

---

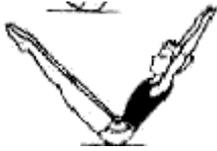
4). (20 + 20+ 10) x 3



Bend and stretch your legs without touching the floor (20)



Keep you body and do 'scissors' with your legs very fast (20)



Keep the position (10)

Repeat the sequence 3 times with 10 seconds break between series.  
(20+20+10) break 10 seconds (20+20+10) break (20+20+10)

---

5). (20 + 20) x 3



Open and close your legs (not more than 45 degrees) (20)



Keep the position (10)

(20 break 20 ) x 3 times

---

6). (20 + 20) x 3



Rotation of your upper body bending the opposite knee at the same time. Don't move your hips!

(20 break 20) x 3

---

7). (20) x3



Rotation of your upper body and your legs, in opposite directions, without touching the floor (20)

Repeat it 3 times.