

Sample McRunner

Phase 1.0

Start Date- End Date



AVAILABLE EQUIPMENT

- Home
 - Dumbbells up to #55, med and swiss balls, bands, TRX, plyo box
- School
 - Space, machines

GOALS

1. Mile performance
2. Improved movement variability

Pre Run

Exercise	SetsxReps	Comments
Close lunge to march	2x10	
Lateral over/under	2x5	

Pre Lift

Exercise	SetsxReps	Comments
Over the shoulder alternating roll	2x5	
Sideways hips low crawl	2x10'	
Bar hang	2x30-60"	
Handstand variant	2x30-60"	

Comments

- Less thinking, more flow

Schedule

- No specific structure, days can be consecutive. Try not to "double" with runs all too much.

Day 1- Home



Exercise	Tempo	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Comments	Rest
A1) Heels elevated double dumbbell zercher	Mod	3x6	3x6	3x8	3x8	3x10	3x10	Oly shoes preferred means of heel elevation, if ya have 'em	30"
A2) Countermovement single arm reach high jump	Fast	3x2	3x3	3x3	3x4	3x3	3x3	1 rep = reach with left hand, reach with right hand	30"
B1) DB goblet FFESS	Mod	3x10	3x12	3x12	3x12	3x15	3x15	Light	30"
B2) TRX hang to row w/ bridge	Iso/mod	3x8	3x8	3x8	3x10	3x10	3x12	10" hang "buy in" prior to any reps	30"
B3) Push up to down dog	Mod	3x6	3x6	3x8	3x8	3x10	3x10		30"

Day 2- Home



Exercise	Tempo	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Comments	Rest
A1) RFESS	Fast	3x6	3x6	4x5	4x5	5x5	6x5	Heavier. Dumbbells at sides.	30"
A2) 2-1-2 jump	Fast	3x1	3x2	4x2	4x2	5x2	5x3	1 rep = there and back	30"
B1) Dumbbell deadlift	Mod	3x5	3x7	4x5	4x7	5x5	5x7	DBs at sides or single DB between the feet. Let me know what you can make work.	30"
B2) Nordic hamstring	Slow	3x3	3x3	4x3	4x4	5x3	5x4		30"
C1) Single leg hip thrust	Fast	3x12	3x12	3x15	3x15	3x20	3x20	No thinking, booty burn.	30"
C2) Dumbbell renegade row	Mod	3x5	3x6	3x7	3x8	3x8	3x8	1 rep = each arm. Keep light.	30"

Day 3- School



Exercise	Tempo	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Comments	Rest
1A) 10 yard sprint starts	Fast	6	8	10	12	12	12	Alternate stance. O	30"
2A) Lateral shuffle with band	Fast out, slow back	3x3	3x3	3x3	3x4	3x4	3x4	1 rep = there and back, lighter band.	30"
2B) Coil to hip toss	Iso, fast	3x2	3x3	3x4	3x5	3x5	3x5	Do all reps on 1 side, then switch. #4-#5 med ball.	30"
2C) Banded march	Mod	3x20	3x30	3x40	3x50	3x50	3x50	Light band. Reps = total steps.	30"
3A) Leg press	Mod	5x5	5x5	5x5	5x5	5x5	5x5	Build weight	30"
3B) Lat pulldown	Mod	5x5	5x5	5x5	5x5	5x5	5x5	Build weight. Full "hang" at bottom.	30"

