



BEGIN TO RUN

PHASE 2



POWERED BY EXOS

IN COOPERATION WITH



BEGINNER TO RUNNING

BECOME A RUNNER -
Introduction to running and training with a focus on injury prevention and preparing the body to start becoming a runner.

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Get the adidas Running app and start tracking your fitness activities.

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PHASE 1 (WEEKS 1-3)	WEEK 1	TRAIN & RUN 1	RUN 1	REST DAY	TRAIN & RUN 2	REST DAY	RUN 2	REST DAY
	WEEK 2	TRAIN & RUN 1	RUN 1	REST DAY	TRAIN & RUN 2	REST DAY	RUN 2	REST DAY
	WEEK 3	TRAIN & RUN 1	RUN 1	REST DAY	TRAIN & RUN 2	REST DAY	RUN 2	REST DAY

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PHASE 2 (WEEKS 4-6)	WEEK 4	TRAIN & RUN 3	RUN 3	REST DAY	TRAIN & RUN 4	REST DAY	RUN 4	REST DAY
	WEEK 5	TRAIN & RUN 3	RUN 3	REST DAY	TRAIN & RUN 4	REST DAY	RUN 4	REST DAY
	WEEK 6	TRAIN & RUN 3	RUN 3	REST DAY	TRAIN & RUN 4	REST DAY	RUN 4	REST DAY



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BEGIN TO RUN (PHASE 2)

BEGINNER TO RUNNING

BECOME A RUNNER -
Introduction to running and training with a focus on injury prevention and preparing the body to start becoming a runner.



MINDSET - BE BOLD

When stress gets in the way and confidence takes a dip, find a moment to access your inner BOLDness and reframe your approach to what's ahead.

Breathe deeply - clear your head for a moment by focusing on your breathing.

Observe yourself - perform a mental and physical status-check to see what needs attention.

Listen to your values - remember why this program matters deeply to you and what you're longing to get out of it.

Decide and take action - maintain momentum and take the next step from a more grounded perspective.



NUTRITION - MAXIMIZE YOUR EFFORTS

A great recovery nutrition strategy immediately after your session will help you to recharge faster than ever, keeping you ready for the next session.

Refuel with carbohydrate: the more intense your training, the more carbs you'll need post-session.

Rebuild with protein: after tough sessions, 15-25g protein will kick off the rebuilding process.

Rehydrate with fluids: aim to drink 500mL fluid for each ½ kilo lost during training to quickly restore fluid balance.



PHASE 2

TRAIN & RUN 3

PREPARATION

Active and dynamic stretches that lengthen, strengthen, and stabilize your body to help prepare you to move and run.

STRENGTH

Total-body strength work through movement training to focus on the specific demands of running. Movements are designed in a circuit that's to be repeated for a defined number of sets.

ENERGY SYSTEMS DEVELOPMENT (ESD)

Build a foundation for running to help you achieve success as you become more comfortable and confident throughout your running journey. This portion of your workout is designed as a run, but if your body needs a bit of a rest from your longer runs, then use an elliptical or bike.

RECOVERY

During training the tissue in your body can become tight and restrictive, decreasing your performance potential. Keep this tissue mobile to alleviate the knots in the muscle and improve circulation and blood flow, restoring movement and injury resilience.



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BEGIN TO RUN (PHASE 2)

PREPARATION

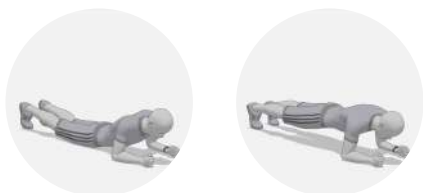
TRAIN & RUN 3

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

LOW PLANK

30 seconds



1. Lie facedown in a push-up position, with your forearms resting on the floor.
2. Push up off your elbows, supporting your weight on the forearms. Tuck your chin so that your head is in line with your body. Pull your toes towards your shins.

FEEL IT: Working your shoulders and torso.

INCHWORM

5 reps

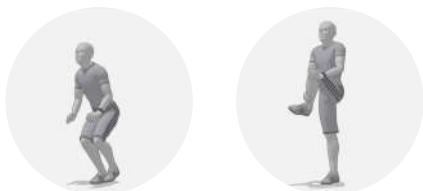


1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward.
3. Still keeping your legs straight, walk your feet back up to your hands.

FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

KNEE HUG

5 reps each

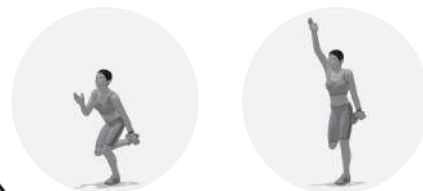


1. Lift one foot off the ground and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your hands and pull your knee to your chest while straightening your other leg. Hold for 1 to 2 seconds.

FEEL IT: Stretching your glutes, hamstrings, and hip flexors.

HEEL TO GLUTE

5 reps each



1. Squat down, reach behind you and grab one ankle with the opposite hand.
2. Stand and pull your heel to your butt while raising your other arm overhead. Hold for 1 to 2 seconds.

FEEL IT: Stretching the hip of your front leg and the upper thigh of your back leg.

STRENGTH

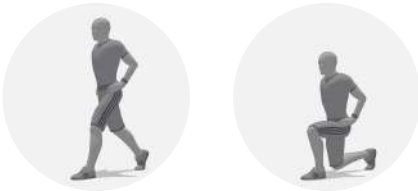
TRAIN & RUN 3

03
SETS

Once you have mastered these movements add some light weight or increase the number of sets to challenge yourself.

SPLIT SQUAT

8 reps each



1. Stand tall in a split stance with your feet shoulder-width apart and your weight primarily on the arch of your front foot.
2. Lower your hips toward the ground by bending your knees.
3. Without letting your back knee touch the ground, push through your front leg to return to the starting position.
4. Complete the set on one side before repeating with the opposite leg.

FEEL IT: Working your glutes, hamstrings, and quads.

PUSH-UPS

8 reps



1. Start in the classic push-up position with your hands beneath your shoulders and your legs straight behind you.
2. Keep your torso stable and hips square to the ground, bend your elbows to lower your body towards the ground.
3. Without touching the ground, push yourself back up.

FEEL IT: Working your chest, arms, and torso.

MARCHING BRIDGE

6 reps each



1. Lie on your back with both legs straight. Pull one knee toward your chest, grasping behind the knee with both hands.
2. Straighten your lower leg as much as possible without letting your knee move away from your chest. Hold the stretch for 2 seconds.
3. Relax and return to the starting position.
4. Complete the set on one side before repeating with the opposite leg.

FEEL IT: Working your glutes and to a lesser degree your hamstrings and lower back

ENERGY SYSTEMS DEVELOPMENT

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

8-9/10

HARD

Extremely strenuous and difficult to maintain

6-7/10

MODERATE

Rapid breathing. Can't talk now!

3-5/10

EASY

Moving with purpose and still able to talk comfortably

Steps:

1. Complete warmup
2. Complete the Intervals within the training session below for the designated number of repetitions.
3. Complete the cool down

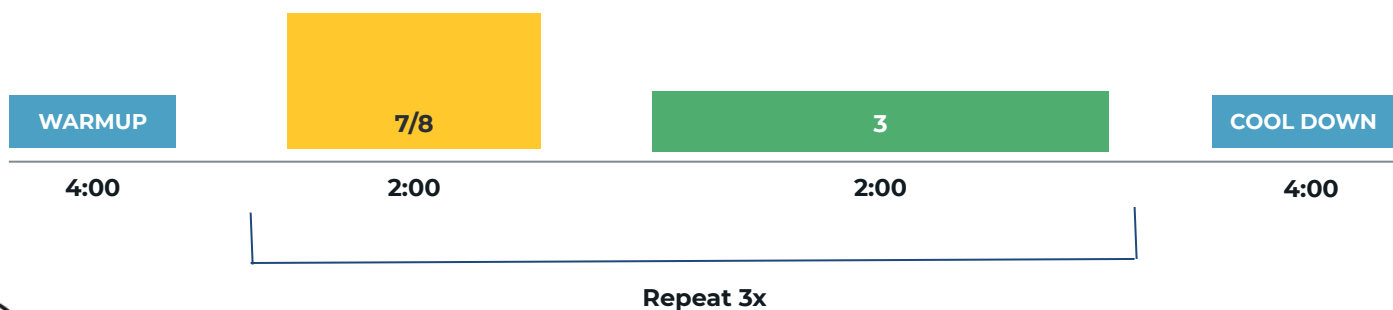
Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

Challenge Yourself

Option 1: Increase the number of Intervals from 3x to 4x if you feel like you want to do more or it is too easy for you. Ensure you can maintain good speed and form.

Option 2: If the intervals themselves seem short kick it up a notch and increase your RPE while still allowing you perform the next zone confidently.

INTERVAL TRAINING SESSION (2A) (20 MINUTES)



TIME FOR RECOVERY

Complete the recovery movements after every training session or run. Spend extra time on any muscle that feels like it needs a little more attention. Your body will thank you.



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(PHASE 2)

PREPARATION

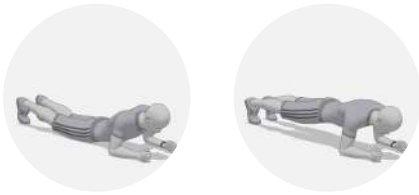
RUN 3

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

LOW PLANK

20 seconds



1. Lie face down in a push-up position, with your forearms resting on the floor.
2. Push up off your elbows, supporting your weight on the forearms. Tuck your chin so that your head is in line with your body. Pull your toes towards your shins.

FEEL IT: Working your shoulders and torso.

BRIDGE

5 reps



1. Lie face up with your arms at your sides, palms facing up.
2. Bend your knees 90 degrees and pull your toes up towards your shins so only your heels are touching the floor.
3. Fire (squeeze) your glutes to raise your hips off the floor until your knees, hips, and shoulders are in a straight line.
4. Hold this position for 1-2 seconds, then lower back down to the floor.
5. Repeat for the prescribed number of repetitions.

FEEL IT: Working your glutes, and to a lesser degree your hamstrings and lower back.

INCHWORM

5 reps



1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward to a push-up position.
3. Still keeping your legs straight, walk your feet back up to your hands.

FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

PREPARATION

RUN 3

continued

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

SIDE SQUAT

5 reps each



1. Start with your feet wider than shoulder width apart.
2. Keeping your chest up and back flat, shift your hips down and to the side by bending one knee and straightening the opposite leg.
3. Return to the starting position but pushing through your hip.
4. Repeat the move in the opposite direction and continue alternating to complete the set.

FEEL IT: *Stretching your glutes, groin, hamstrings, and quads.*

BACKWARD LUNGE - W/ LATERAL FLEXION

5 reps each



1. Stand tall with arms at your sides, then step back with one foot into a lunge and squeeze your back glute.
2. Reach the hand of the back leg overhead and bend your torso toward your other hand.
3. Return to the starting position and repeat with the opposite leg and arm.
4. Continue alternating to complete the set.

FEEL IT: *Stretching the hip flexor of your back leg, the glute and groin of your front leg, and the side of your torso.*

ENERGY SYSTEMS DEVELOPMENT

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

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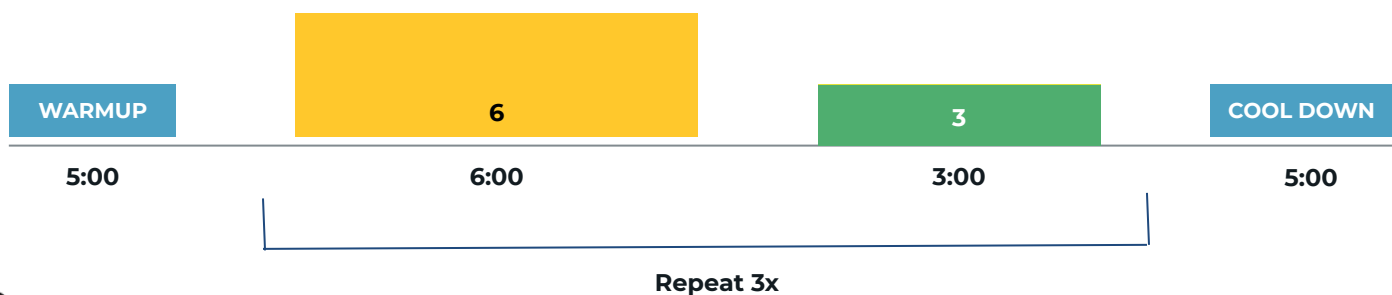
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Challenge Yourself

Option 1: Increase the number of Intervals from 3x to 4x if you feel like you want to do more or it is too easy for you. Ensure you can maintain good speed and form.

Option 2: If the intervals themselves seem short kick it up a notch and increase your RPE while still allowing you perform the next zone confidently.

INTERVAL TRAINING SESSION (37 MINUTES)



TIME FOR RECOVERY

Complete the recovery movements after every training session or run. Spend extra time on any muscle that feels like it needs a little more attention. Your body will thank you.



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(PHASE 2)

PHASE 2 TRAIN & RUN 4



POWERED BY EXOS

BEGIN TO RUN (PHASE 2)

PREPARATION

TRAIN & RUN 4

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

LOW SIDE PLANK

30 seconds each

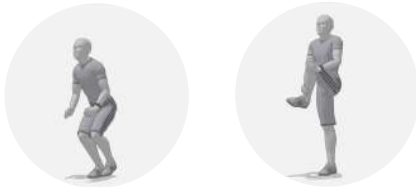


1. Lie on your side with your forearm on the ground under your shoulder, and your legs stacked..
2. Push your forearm away from your body and lift your hips into the air, supporting your weight on your forearm and bottom foot.
3. Hold this position for the prescribed time, then switch sides and repeat.

FEEL IT: Working your shoulders and torso.

LEG CRADLE

5 reps each



1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward.
3. Still keeping your legs straight, walk your feet back up to your hands.

FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

SIDE SQUAT

5 reps each

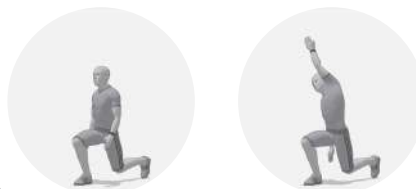


1. Stand with your feet wider than shoulder-width apart.
2. Keeping your chest up and back flat, shift your hips down and to the side by bending one knee and straightening the opposite leg.
3. Return to the starting position by pushing through your hip.
4. Continue alternating to complete the set.

FEEL IT: Stretching your glutes, groin, hamstrings, and quads.

BACKWARD LUNGE - W/ LATERAL FLEXION

5 reps each



1. Step back with one foot into a lunge and contract your back glute.
2. Reach the hand of the back leg overhead and bend your torso toward your other hand.
3. Return to the starting position.
4. Continue alternating to complete the set.

FEEL IT: Stretching the hip flexor of your back leg, the glute and groin of your front leg, and the side of your torso.

STRENGTH

TRAIN & RUN 4

03
SETS

Once you have mastered these movements add some light weight or increase the number of sets to challenge yourself.

INVERTED HAMSTRING

8 reps each



1. Stand tall on one leg with your arms out to your sides and shoulder blades back and down.
2. Keeping a straight line from your ear to ankle, bend forward at the waist and raise your non-standing leg behind you.
3. When you feel a stretch in the back of your thigh, return to standing by contracting the glutes and hamstrings of your standing leg.
4. Repeat the movement with your opposite leg.

FEEL IT: Stretching your hamstrings.

HIGH PLANK - WITH ARM LIFT

6 reps each



1. Start in a push-up position with your hands directly beneath your shoulders and your feet wider than shoulder-width apart.
2. Lift one arm up and away from your body, holding for 1 to 2 seconds.
3. Return your arm to the floor underneath your shoulder.
4. Continue alternating to complete the set.

FEEL IT: Working your shoulders and torso.

SQUAT

8 reps



1. Stand with your feet shoulder-width apart and pointing straight ahead, arms at your sides.
2. Initiating the move with your hips, squat back and down until your thighs are parallel to the floor. As you descend, raise your arms out in front of you.
3. Return to a standing position by pushing through your hips while you lower your arms.

FEEL IT: Working your glutes, hamstrings, and quads.

ENERGY SYSTEMS DEVELOPMENT

Rate of Perceived Exertion (RPE):

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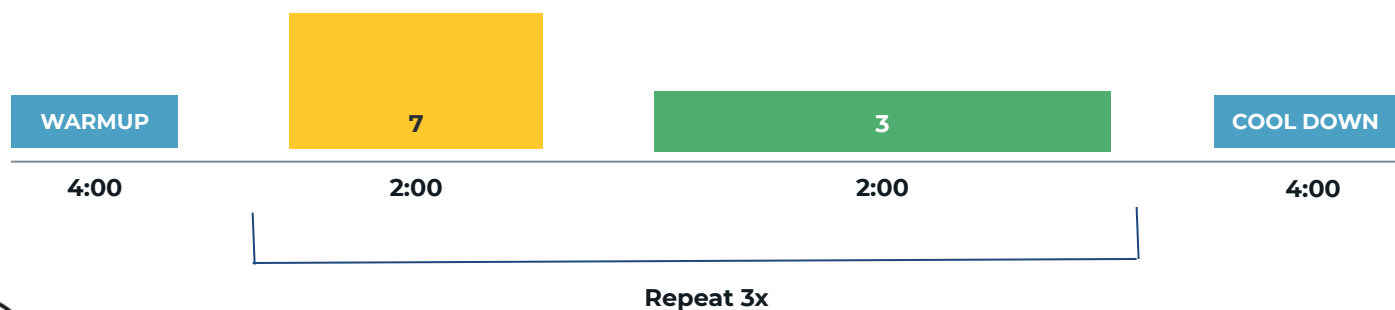
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INTERVAL TRAINING SESSION (2B) (20 MINUTES)



TIME FOR RECOVERY

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(PHASE 2)

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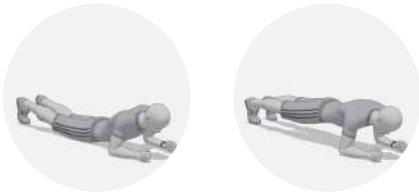
RUN 4

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INCHWORM

5 reps



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FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

PREPARATION

RUN 4

continued

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SIDE SQUAT

5 reps each



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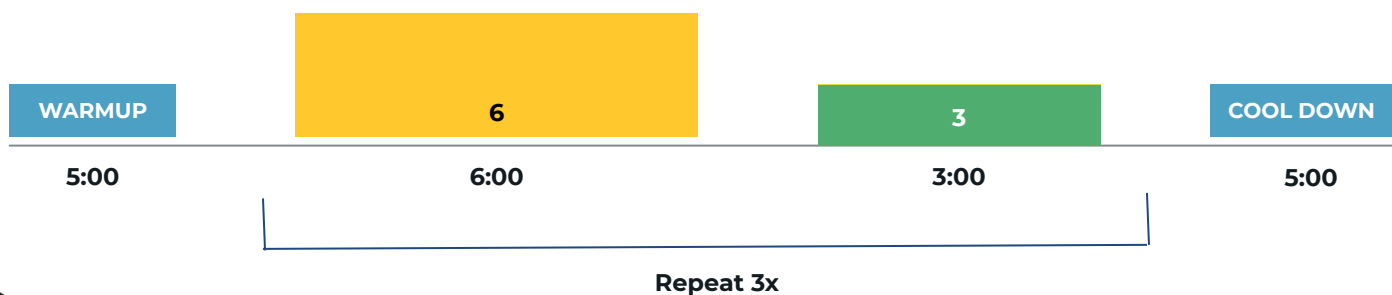
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