



HABIT BUILDER

PHASE 1



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IN COOPERATION WITH



HABIT BUILDER

BUILD A REGULAR AND SUSTAINABLE RUNNING HABIT - Make running a larger aspect of your training. Establish a routine with days specifically geared for Running. The running within this program builds a foundation for speed.

TABLE OF CONTENT

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3. RUN 1-3



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



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HABIT BUILDER (PHASE 1)

HABIT BUILDER

BUILD A REGULAR AND SUSTAINABLE RUNNING HABIT - Make running a larger aspect of your training. Establish a routine with days specifically geared for Running. The running within this program builds a foundation for speed.



MINDSET - DARE YOURSELF

Creating a new training focus can be uncomfortable and intimidating. Embrace this expansive opportunity by accepting the new experiences, positive and negative, that this challenge may bring.

Strengthen your bond and surround yourself with a group of positive, like-minded people to help support your purpose and provide encouragement.

Remember - anxiety is an inherent part of pushing yourself past your comfort zone, so find creative ways to channel it into excitement and curiosity!



NUTRITION - TRY NEW THINGS

As you're exploring creative new angles to reach new heights in performance, consider expanding your palate as well.

Allow this program to holistically upgrade your openness to new experiences. Eating new foods keeps your diet fun and interesting, and it's important for getting all the nutrients your body needs. Go on food adventures. Explore, experiment, and discover. Challenge yourself to try something new every so often.

Start simply by including new and uncommon colors of fruits and vegetables into your daily fueling approach.

PHASE 1 TRAIN & RUN 1

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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HABIT BUILDER (PHASE 1)

PREPARATION

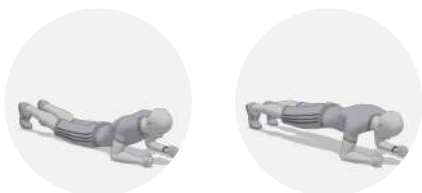
TRAIN & RUN 1

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 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

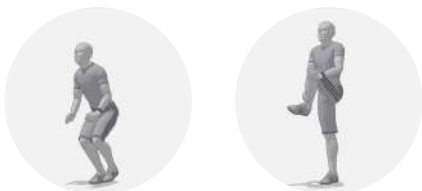


1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward.
3. Still keeping your legs straight, walk your feet back up to your hands.

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

KNEE HUG

5 reps each

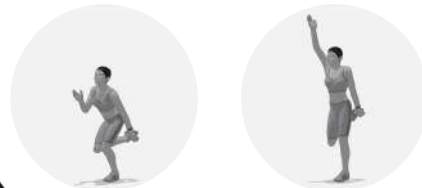


1. Lift one foot off the ground and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your hands and pull your knee to your chest while straightening your other leg. Hold for 1 to 2 seconds.

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.

PREPARATION

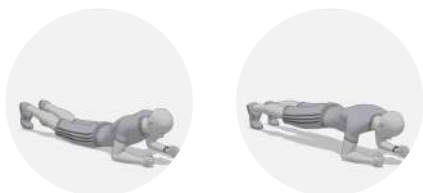
RUN 1-3

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 each



1. Lie face down in a push-up position, with your forearms resting on the floor.
2. Push 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 MARCHING

5 reps each



1. Lie face up with your arms to the side, knees bent, and heels on the ground.
2. Fire (squeeze) your glutes to lift your hips off the ground until your knees, hips, and shoulders are in a straight line.
3. Lift one knee up to your chest by flexing at the hip.
4. Return your foot to the ground and repeat with the opposite leg.
5. Continue alternating and complete the set.

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

INCHWORM

5 reps

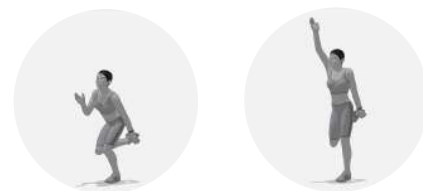


1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward to a push-up position.
3. Still keeping your legs straight, walk your feet back up to your hands.

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

HEEL TO GLUTE

5 reps each



1. Squat down, reach behind you, and grab right ankle with the opposite hand.
2. Stand and pull your heel to your butt while reaching your other arm overhead.
3. Relax and return to starting position, then repeat with opposite arm and leg until completion of the set.

FEEL IT: Stretching your quadriceps and hip flexors.

STRENGTH

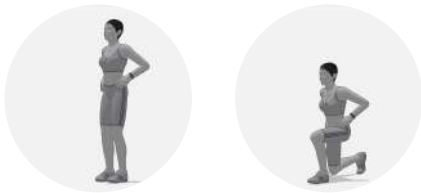
TRAIN & RUN 1

03
SETS

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

BACKWARD LUNGE

8 reps each



1. Stand with your feet shoulder-width apart
2. Keeping your chest up and your weight primarily on your front foot, step back into a lunge.
3. When your knee is just off the ground, push through your front hip to return a standing position.
4. Repeat with the opposite leg.
5. Continue alternating to complete the set.

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. Keeping 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.
4. Continue for the full set.

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

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. Continue alternating to complete the set.

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. Repeat the move with your opposite arm.
5. Continue alternating to complete the set.

FEEL IT: Working your shoulders and 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.

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

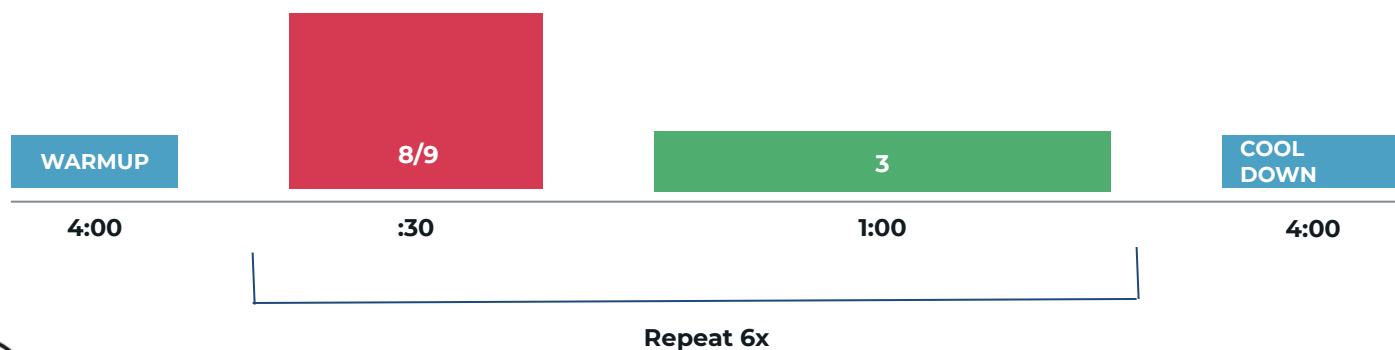
Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

Challenge Yourself

Option 1: Increase the number of Intervals from 6x to 7x 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 (1) (17 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 1)

PREPARATION

RUN 1-3

continued

01
SET

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

POWER SKIP

10 meters

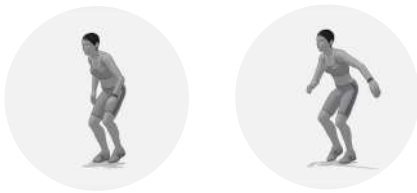


1. Stand tall with your feet hip width apart. Then, lift one knee and the opposite arm in front of your body.
2. Drive your foot to the ground and generate a double contact to skip forward as you lift the opposite knee and arm.
3. Repeat the movement on the opposite side.
4. Continue alternating to complete the set.

FEEL IT: Working your entire body.

QUICK FEET

10 seconds



1. Start in an athletic stance with knees bent, hips back, and arms bent.
2. Run in place, moving your feet 2 inches off the ground as quickly as possible.
3. Contact the ground in the same spot with one foot as the other moves left and right.
4. Complete the set on one side and repeat on the other side.

FEEL IT: Working your hips, knees, and ankles and challenging your coordination.

ENERGY SYSTEMS DEVELOPMENT

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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!

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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 2x to 3x 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 (1) (30 MINUTES)

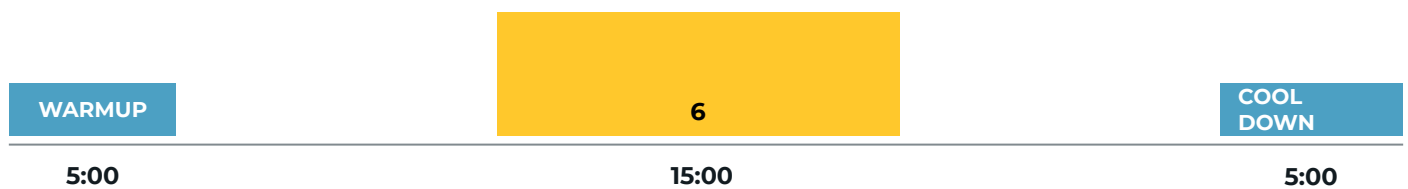


ENERGY SYSTEMS DEVELOPMENT

INTERVAL TRAINING SESSION (2) (29 MINUTES)



STEADY RUN SESSION (3) (25 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 1)