



HABIT BUILDER

PHASE 2



POWERED BY EXOS

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.

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1. MINDSET & NUTRITION
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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	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

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
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 2)

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 - PRACTICE GRATITUDE

Make a list of meaningful things for which you are thankful. Consider relationships, jobs, opportunities, possessions, conveniences.

Try this daily: Pick one item from your list that stands out to you most on that day. Come up with at least three reasons for why you are thankful for this item and write them down. Keep these in mind throughout your day as negativity creeps in.



NUTRITION - COMPLEX KEEPS YOU GOING

Go fast by burning energy slowly. Seek complex carbohydrate choices like whole grains, seeds, and starchy vegetables into your fueling plan.

Complex carbohydrates require more time for digestion than simple carbohydrates. This results in a more gradual, long-lasting boost in energy - especially important with running.

Throughout the day, choose high fiber, whole grain carbohydrate sources that have at least 3g of fiber per serving. With the running you've been building into your training, carbohydrates will keep you feeling fast and fresh.



PHASE 2 TRAIN & RUN 2

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 2)

PREPARATION

TRAIN & RUN 2

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

45 seconds



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.

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.

LEG CRADLE

5 reps each

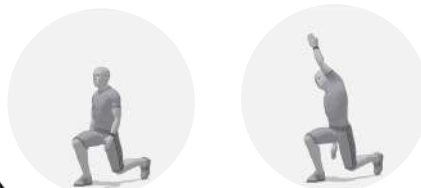


1. Lift one foot off the ground and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your same side hand and under the ankle with your other hand.
3. Extend your standing leg as you pull your opposite knee toward your chest until you feel a gentle stretch.
4. Continue alternating to complete the set.

FEEL IT: Stretching the outside of your hip.

BACKWARD LUNGE - W/ LATERAL FLEXION

5 reps each



1. Stand tall with your arms at your sides.
2. Step back with one foot into a lunge and contract your back glute.
3. Reach the hand of the back leg overhead and bend your torso toward your other hand.
4. Return to the starting position.
5. 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.

PREPARATION

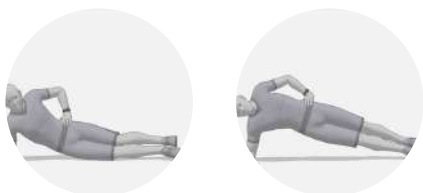
RUN 4-6

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

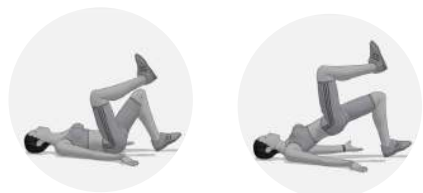


1. Lie on your side with your forearm on the ground under your shoulder and your feet stacked on top of each other.
2. Push your forearm away from your body and lift your hips into the air, supporting your weight on your forearm and bottom foot.
3. Hold this position for the prescribed amount of time.
4. Switch sides and repeat.

FEEL IT: Working your shoulders and torso.

SINGLE-LEG BRIDGE

5 reps each



1. Lie faceup with your arms at your sides, knees bent, and heels on the ground.
2. Bend your knee on one side, bring it toward your chest, and hold it there.
3. Fire (squeeze) your glute to lift your hips off the ground until your knees, hips, and shoulders are in a straight line. Hold for 1 to 2 seconds.
4. Complete the set on one side before repeating on the other leg.

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

SIDE LUNGE

5 reps each

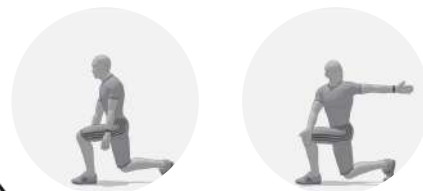


1. Stand with your feet shoulder width apart
2. Step to one side and lower your hips to the floor by squatting back and down with the stepping leg, keeping the other leg straight.
3. Return to the starting position by pushing up with your bent leg.
4. Continue alternating to complete the set

FEEL IT: Working your glutes, hamstrings, and quads and stretching the inner thigh of the straight leg.

BACKWARD LUNGE - W/ ROTATION

5 reps each



1. Stand tall with your chest up, shoulders relaxed, and arms at your sides. Then, step back into a lunge, bending your knees and contracting the glute of your back leg.
2. Twist your torso over your front leg, and place the opposite arm on the outside of your knee and reach your other arm behind you.
3. Continue alternating to complete the set.

FEEL IT: Working your shoulders and torso.

STRENGTH

TRAIN & RUN 2

04
SETS

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

BACKWARDS LUNGE TO SIDE LUNGE

8 reps each



1. Step backward into a lunge and lower your hips to the floor, bending your knees and pausing when your back knee is just above the floor.
2. Return to the starting position.
3. Immediately step out to the side with the same leg and lower your hips to the floor by squatting back and down with the stepping leg and keeping your other leg straight.
4. Continue alternating to complete the set..

FEEL IT: Working your glutes, hamstrings, and quads and stretching your hip flexor and groin.

SINGLE-LEG PUSH-UPS

8 reps each



1. Start in the classic push-up position with your hands beneath your shoulders and your legs straight behind you.
2. Lift one foot 2 to 3 inches off the ground while keeping your legs straight.
3. Keeping your torso stable and hips square to the ground, bend your elbows to lower your body towards the ground.
4. Without touching the ground, push yourself back up.
5. Complete the set on one side before repeating with the opposite foot in the air.

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

SINGLE-LEG BRIDGE

6 reps each



1. Lie face up with your arms at your sides, knees bent, and heels on the ground.
2. Bend your knee on one side, bring it toward your chest, and hold it there.
3. Fire (squeeze) your glute to lift your hips off the ground until your knees, hips, and shoulders are in a straight line. Hold for 1 to 2 seconds.
4. Complete the set on one side before repeating on the other leg.

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

LOW PLANK ALTERNATING

6 reps each



1. Push up off your elbows, support your weight on the forearms, and tuck your chin so head is in line with your body, hold for 2 seconds.
2. With torso engaged and back flat roll into a lateral pillar bridge. Hold for 2 seconds.
3. Return to the start position and then repeat on the opposite side.

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

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

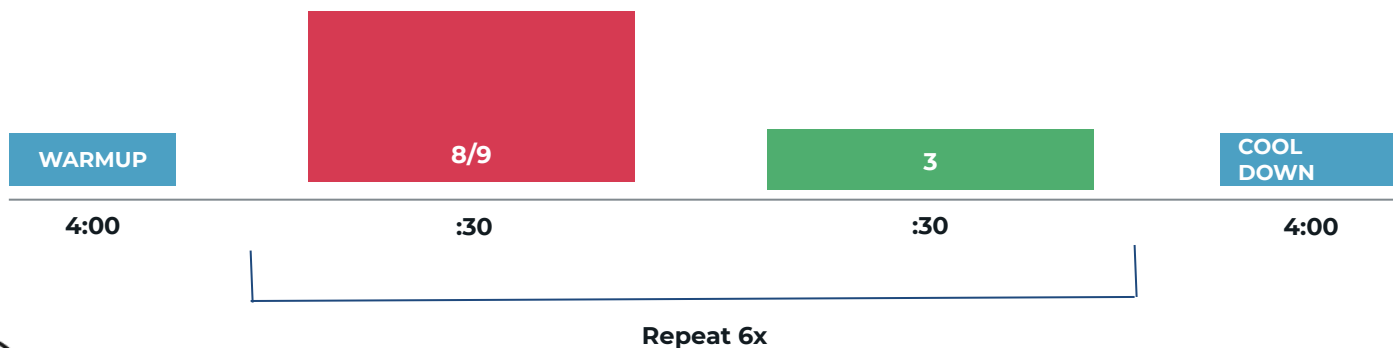
Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

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 (2) (14 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 4-6

continued

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

CARIOCA

10 meters

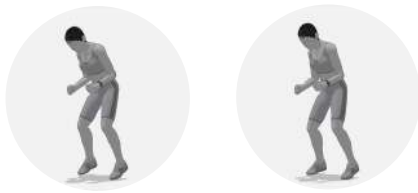


1. Start in a standing position. Then, moving to the right, turn your hips forward and step with the left knee across the body.
2. Then, turn hips backwards, stepping behind with the left leg
3. Repeat for the prescribed distance/time and then switch directions.

FEEL IT: Working your shoulders and torso.

BASE POGO

10 seconds



1. Stand in an athletic base position with your hips and knees slightly flexed and your arms bent in front of you. .
2. Jump rapidly up and down, about 2 inches each jump, while keeping your torso stable and without fully extending your knees and hips.
3. Land on the balls of your feet and repeat.
4. Continue for the remainder of 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 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.

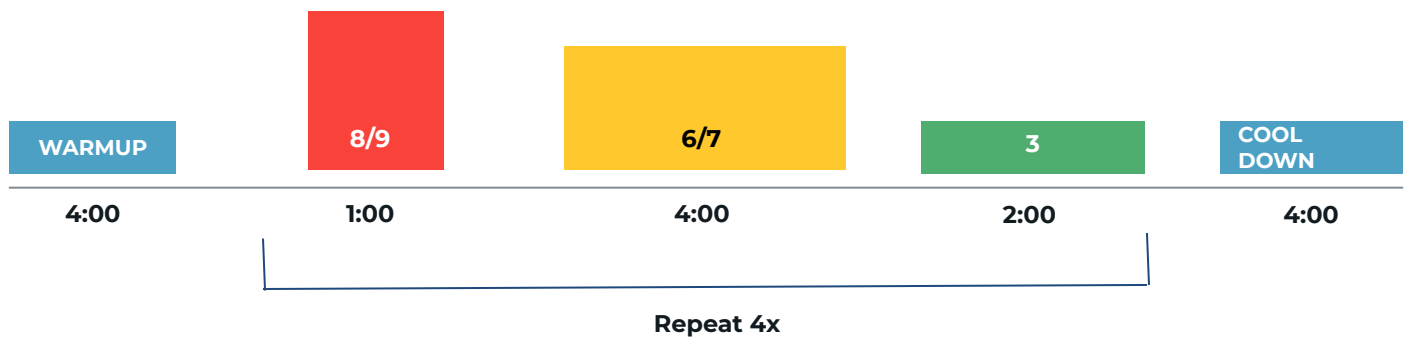
Option 2: If the intervals themselves seem short kick it up a notch and increase your RPE while still allowing you perform the next zone confidently.

INTERVAL TRAINING SESSION (4) (30 MINUTES)



ENERGY SYSTEMS DEVELOPMENT

INTERVAL TRAINING SESSION (5) (36 MINUTES)



STEADY RUN SESSION (6) (30 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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