



“SIT AS LITTLE AS POSSIBLE. GIVE NO CREDENCE TO ANY THOUGHT THAT WAS NOT BORN OUTDOORS WHILE MOVING ABOUT FREELY.”—Friedrich Nietzsche

ATHLETE’S EDGE EXERCISES

What you think about and imagine in your mind has the power to become your reality. Your URBANATHLON™ training begins in your mind. In each workout, begin to notice your self-talk and mental chatter. Make it a discipline to use only empowering words to challenge yourself every minute of every workout. Your success in October will depend upon your presence and commitment to your workouts each and every day leading up to race day.

TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNER	Strength/Stretch	Cardio	Cardio Plus	Strength/Stretch	Rest	Cardio Plus	Cardio
INTERMEDIATE	Strength/Stretch	Cardio	Cardio Intervals	Strength/Stretch	Rest	Cardio Plus	Cardio
ADVANCED	Cardio/Strength	Cardio Intervals	Cardio/Strength	Cardio Plus	Rest/ Active Recovery	Cardio/Rest	Cardio

➔ PART 1: WARM-UP

THEORY

YOUR URBANATHLON™ WARM-UP CONSISTS OF THREE MAIN COMPONENTS:

1. Myofascial Release on the medicine ball, foam roller or any type of Myofascial Release tool
2. A light exercise such as slow running or skipping to increase the heart rate slightly and raise your core temperature—this is not meant to tire you out, but to get you ready for the workout to come
3. A workout-specific warm-up focused on preparing the physiological systems and muscle groups that will be challenged in the training session

THIS DYNAMIC WARM-UP PREPARES YOU PROPERLY AND SAFELY FOR SUCCESS IN EACH WORKOUT. WARM UP BEFORE EVERY WORKOUT AND GIVE IT YOUR ALL.

WARM-UP STEP 1 – MYOFASCIAL RELEASE

Take 2 minutes and prepare your body for your training session. Spend 60 seconds on each side.

MEDICINE BALL MYOFASCIAL QUAD RELEASE:

- Lie face down, with one leg to the side
- Place the medicine ball under the inside of your other thigh
- Roll the ball, keeping it under your thigh, from your pelvis to the inside of your knee

MEDICINE BALL MYOFASCIAL IT BAND RELEASE:

- Lie face down, with medicine ball under the outside of your thigh
- Roll over the medicine ball on the outside of your thigh from your hip to just above your knee

NOTE: The more uncomfortable it is, the more that muscle needs to be massaged. Hold on sore spots for an extended period of time to release them.

WARM-UP STEP 2 – DYNAMIC WARM-UP CIRCUIT

15 minutes dedicated to heating and preparing the body’s systems. Alternate between movement and mobility—at 30-seconds intervals per movement. Repeat each interval twice.

MOVEMENT	MOBILITY
WALK/JOG	Neck: Side to side, right to left, up and down
JOG/RUN	Shoulder: Shoulder rolls forward and back, arm circles, crisscross arms in front of body and back
RUN	Wrist: Arms to side with hands alternately down and up, make fist and circle
WALK	Prisoner Lunges: Walking lunges with hands behind head
FAKE JUMP ROPE	Chest Shoulder Stretch: Clasp hands behind back and straighten arms
RUN	Sprint

NOTE: Neck and shoulder mobility movements should be done standing or with light non-impact movements.

continued...



➔ **PART 1: WARM-UP**

WARM-UP STEP 3 – QUADRUPLER CIRCLES

QUADRUPLER CIRCLES:

- On hands and feet, get low to ground, like a panther, and crawl in a circle, forward and back for 3 minutes

➔ **PART 2: RESISTANCE TRAINING**

RECOMMENDED EQUIPMENT

- Dumbbells
- Step, Step-Up Box, or Bench
- Medicine Ball

RESISTANCE TRAINING EXERCISES

Sets: 1–3 sets with challenging weight

Rest: 30–45 seconds transitioning to next set

Frequency: 1–2 times per week

PRECISION JUMPS:

- Using both feet, jump from one small area to another; land on balls of feet
- Swing arms forward, push off with feet—motion is: outstretch, tuck, outstretch, with absorption on landing
- Focus on going up and land with bent knees, then straighten up for balance
- Focus on landing either to keep momentum or to “stick it”
- Progress to strides—leap from one leg to the other (as in a low run)
- Progress to hops on one leg or move the platforms further apart

DECLINE BURPEE WITH PUSH-UP:

- Start standing, squat down, place hands on floor
- Thrust feet back to get in the bottom of decline push-up position, feet landing on elevated platform
- Jump feet back to hands and return to standing
- Keep core tight to avoid bowing in lower back

BENCH HOPS:

- Stand next to a bench, fence or obstacle
- Place both hands on the obstacle and jump over it, landing repetitively side-to-side
- Keep legs in spring position, squatting slightly on landing to push right back off

RECLINING DUMBBELL CHEST PRESS:

- Lie on your back, legs in the air, knees bent, dumbbells in hands lowered to shoulders
- Press dumbbells into chest press and extend legs out at diagonal
- Return to start position

DUMBBELL TAP DOWN SQUAT TO PRESS:

- Balance on a bench or platform, dumbbell in same hand as standing leg
- Bend at ankle, knee and hip and tap foot on floor, lowering dumbbell toward bench
- Lift the dumbbell back toward your shoulder, stretch and pull balancing leg toward chest

INVERTED ROW:

- Hang below a bar, chest under the bar, feet on the ground
- Use back muscles and an assist from the legs to do a row, bringing chest to bar
- Lower back to hanging start, letting shoulders relax and upper back stretch—keeping grip firm



➔ **PART 2: RESISTANCE TRAINING CONTINUED**

PARKOUR ROLLS:

- Use this move to protect joints and vital organs when landing to avoid impact and to send energy and momentum forward to set up for running
- Begin from kneeling position, rolling diagonally from one shoulder to opposite hip
- Progress to standing with front knee bent, making triangle with hands
- Progress to run/jump and dive
- Progress to running out of roll to keep movement going forward
- Focus on keeping head off ground

X-V ABS:

- Lie on your back, legs and upper body spread out like letter X
- Lifting head and shoulders, cross right arm over to meet left ankle in the air
- Return to X, then perform full-body V sit
- Return to X, repeat, alternating sides with a V in the middle

➔ **PART 3: ENDURANCE TRAINING**

THEORY

Running/jogging, whether competitively or for recreation, is one of the most popular cardiovascular activities. Running has many health benefits, including reduced stress, a stronger heart and lowered blood pressure.

PROGRAM TYPES

- Beginner: For runners who run 9 to 25 miles per week
- Intermediate: For runners who run 25 to 50 miles per week
- Advanced: For runners who run 40 to 60 miles per week

NOTE: If the URBANATHLON™ is your first race, CONGRATS! Start slow and slowly build vitality and fitness through easy, consistent training runs as your body adapts to the rigors of the road. Follow the Beginner Program, but at your own level. As you feel stronger and more fit, then tackle the full Beginner Program as described.

ENDURANCE TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNER							
WEEK 1	Strength/Stretch	3m run	2m run/Parkour	3m run/Strength	Rest	30-min/Parkour	4m run
WEEK 2	Strength/Stretch	3m run	2m run/Parkour	3m run/Strength	Rest	30-min/Parkour	4m run
WEEK 3	Strength/Stretch	3.5m run	2m run/Parkour	3m run/Strength	Rest	40-min/Parkour	5m run
INTERMEDIATE							
WEEK 1	Strength/Stretch	3m run	Tabata Sprints	3m run/Strength	Rest	3m run/Parkour	4m run
WEEK 2	Strength/Stretch	3m run	30-minute Tempo/ Parkour	3m run/Strength	Rest	30-min/Parkour	4m run
WEEK 3	Strength/Stretch	3.5m run	Tabata Sprints	3m run/Strength	Easy Run /Parkour	Rest	5-K Race
ADVANCED							
WEEK 1	3m run/Strength	Tabata Hill	3m run/Strength	40-min Tempo/Parkour	Rest	3m run	90-min run (3/1)
WEEK 2	3m run/Strength	Tabata Sprints	3m run/Strength	45-min Tempo/Parkour	Rest	3m pace	90-min run
WEEK 3	3m run/Strength	Tabata Hill	3m run/Strength	30-min Tempo/Parkour	Easy Run/Parkour	Rest	5-K Race

→ PART 3: ENDURANCE TRAINING CONTINUED**ENDURANCE TRAINING TYPES****DISTANCE RUN:**

- Running a prescribed distance
- Run at your own pace to complete the mileage, and note that in some instances adding Parkour to the run is suggested

TIMED RUN:

- Running for a prescribed amount of time
- Run at your own pace to complete the time, and note that in some instances adding Parkour to the run is suggested

EASY RUN/PARKOUR:

- Run for fun and practice overcoming obstacles—this is your chance to have fun preparing for the URBANATHLON™ Obstacles, which may not feel like so fun on race day

TABATA SPRINTS:

- A Tabata workout is an interval training cycle of 20 seconds of maximum-intensity exercise, followed by 10 seconds of rest, repeated without pause 8 times for a total of four minutes.
- A 4-minute Tabata would be:
 - Sprint 20 seconds
 - Walk 10 seconds
 - Do this for 8 rounds until you reach 4 minutes
 - Repeat 1–4 rounds, if you can

TABATA HILLS:

- Perform 1–4 Tabatas on a hill or incline on the treadmill

TERM NOTES:

Tempo = Your own pace

Parkour = Resistance exercises to the run en route—for example, if you see a stump or a bench, don't run around it, go over it, etc.

→ PART 4: FLEXIBILITY TRAINING**THEORY**

Flexibility training is key to keeping you healthy and moving to and beyond the URBANATHLON™. Don't skip on it.

FLEXIBILITY TRAINING EXERCISES

Perform these simple stretches after every workout. Hold 60–90 seconds each.

CHEST & SHOULDER/NECK RELEASE:

- Hold towel or rope taught, arms wide above head
- Keeping elbows locked and shoulder blades depressed until you feel a comfortable stretch in chest, shoulders and neck

TWISTING HAMSTRING STRETCH:

- Lie on your back, arms out to the side for balance
- Lift right leg—leg straight, ankle flexed—and bring it over the hip
- Twist the leg across the body, lowering to the floor for outer thigh, back and hamstring stretch

DOWNDOG LOCKOUT:

- Downward-facing dog position—spine, arms and legs straight
- Press right heel to the floor and place opposite foot on the right ankle crease, leg externally rotated
- Try to straighten left leg keeping everything else aligned in the pose
- Stretch will travel up lateral thigh to hip and back

ANKLE KNEE BALANCE:

- Stand with right leg crossed over left thigh
- Squat down, hands balancing on thighs for hip stretch
- Return to standing

Men'sHealth

URBANATHLON™
& FESTIVAL

TRAINING PROGRAM
WEEK 1-3

CREATED BY

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POWERED BY



➔ PART 4: FLEXIBILITY TRAINING CONTINUED

WALL QUADRICEPS STRETCH:

- Hold right foot in right hand near a wall
- Try to pin right shinbone, knee and back against the wall
- Stand tall on left leg
- Do both sides

SEATED ADDUCTOR & TRICEPS SIDE BEND:

- Sit with feet together, knees open for adductor stretch
- Hold right elbow with left hand
- Side-bend to left to stretch left waist, lats and triceps

RECLINING TWIST:

- Rest on back, knees at chest
- Arms held out wide
- Twist knees to one side to stretch the lower back, hips, and chest and shoulder
- Return to center

ANKLE KNEE BALANCE:

- Stand with right leg crossed over left thigh
- Squat down, hands balancing on thighs for hip stretch
- Return to standing

DEVELOPMENTAL STRETCHING (PM)

Spending a little time on your body before you sleep will further increase your range of motion and improve the health of your muscles and joints. These stretches target some workhorse muscles that are key to your training plan. Hold each stretch for 60–120 seconds before you go to sleep at night.

BED HIP FLEXOR LUNGE:

- Kneel near bed and press right shinbone to bed, foot resting on top
- Lunge off left leg and try to bring hips to the heel for front of thigh and hip stretch

HAMSTRING/ANKLE STRETCH:

- Lie back on bed, right leg up in the air, leg straight, ankle flexed
- Do both sides

1-LEG LATERAL THIGH RELEASE:

- Face bed and put right shinbone and knee on edge of bed
- Rest on hip and try to bring left hip to bed
- Lengthen leg back down and away to add more weight to position
- Turn torso toward right hip to deepen hip stretch