

OFFICIAL MEN'S HEALTH URBANATHLON™ TRAINING PROGRAM**Weeks 10-12***Created by Cole McDonough, Crunch personal trainer, Crunch NYC***RESISTANCE****Weeks 10-12**

This is weeks 10-12 of the 12 week training program.

1. Push-ups on a stability ball	15 reps
2. Cable squat rows	15 reps
3. Step downs with rotation	15 reps each side
4. Squat thrust	15r eps
5. Squat Curl Press	15 reps
6. Pull-ups	15 reps
7. Ice skaters	50 reps
8. High plank with opposite arm leg raise	15 reps each side

Push-ups on a Stability ball:

- Begin in a push-up position with feet on the floor and hands on a stability ball.
- Keeping your back flat, lower your body until your chest touches the stability ball.
- Then push back up to the starting position. Repeat for 15 reps

Squat to Cable Rows:

- Face a cable machine with feet shoulder-width apart and pointing straight ahead.
- Hold cables with arms extended at chest level.
- Perform a squat.
- Then, while standing, begin to row by pulling the cables toward your chest.
- The row should be completed by the time the squat is completed.
- Repeat by extending the arms and squatting.
- Complete 15 reps

Medicine Ball step-downs with rotation:

- Begin with both feet on a 24-inch platform, holding a medicine ball at chest height.
- Step down to the ground with your right foot, leaving your left foot on the platform.
- Rotate your torso to the right, touching the medicine ball to the ground on the outside of your right foot.
- Bring the medicine ball back to your chest.
- Press on the ground with your right foot, returning to the starting position on top of the platform.
- Repeat for 15 reps and then switch sides.

Squat Thrust:

- Start standing with your feet shoulder width apart, squat down, placing your hands outside of your feet.
- Jump both legs behind you, into a push-up position and hold for a second.
- Jump both legs back to you staring position inside your hands.
- Stand up from your squatting position.
- Repeat for 15 reps

Squat Curl Press:

- Begin with both feet shoulder-width apart, holding 2 dumbbells.
- Perform a squat.
- Once your body is in the upright position, curl and press the dumbbells over your head.
- Slowly return the dumbbells back down and repeat.
- Complete 15 reps.

Pull-ups:

- Begin by grabbing a pull-up bar with palms facing away from the body, hands wider than your shoulders.
- Pull your chest up to the bar and hold.
- Slowly lower your body back toward the ground.
- Repeat for 15 reps

Ice Skaters:

- Stand with feet shoulder-width apart.
- Quickly hop side to side, landing on your outside leg.
- Repeat for 50 reps

High Plank with opposite arm, leg raise:

- Begin in a push-up position with hands and feet on the floor.
- Keeping your back straight, slowly lift your right arm and left leg off the floor and hold.
- Slowly lower your arm and leg down to the floor.
- Switch sides and repeat.

ENDURANCE**Weeks 10-12**

This program is designed to help build endurance during preparation for the Urbanathlon race. Depending on your level, you will run three to four times a week. This program is weeks 10-12 of the training program.

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Beginner</i>	<i>2 m (v)</i>	<i>rest</i>	<i>2.5 m (i)</i>	<i>rest</i>	<i>3 m (v)</i>	<i>rest</i>	<i>rest</i>
<i>Intermediate</i>	<i>3.5 m (v)</i>	<i>rest</i>	<i>3.5 m (i)</i>	<i>rest</i>	<i>4.5 m (v)</i>	<i>5 m (v)</i>	<i>rest</i>
<i>Advanced</i>	<i>3.5 m (v)</i>	<i>rest</i>	<i>4.5 m (i)</i>	<i>rest</i>	<i>5.5 m (v)</i>	<i>6 m (v)</i>	<i>rest</i>

FLEXIBILITY**Weeks 10-12**

This portion of the training program, weeks 10-12, includes stretches to improve range of motion at a series of joints. Remember that stretching has been found to be more beneficial after a workout when the body is warmed up.

Perform stretches 2 times each. Hold for 30 seconds

1. Bent knee calf stretch
2. 90-90 hamstring stretch
3. Lying hip flexor stretch
4. Lying piriformis stretch
5. Seated cross-leg Backstretch
6. Wall chest stretch
7. Wall Lat stretch

Bent knee calf stretch:

- Stand facing a wall for support.
Bring right leg forward towards the wall and lean upper body against the wall, keeping your left leg straight.
Keeping the left foot flat, with toes pointed straight ahead, bend the left knee until tension is felt.
- Hold for 30 seconds.
- Switch sides and repeat.

90-90 hamstring stretch:

- Lie on the floor with both knees bent and feet flat on the floor.
- Bring the right heel off the floor and interlace your hands behind your knee for support.
- Slowly extend the knee until tension is felt.
- Hold for 30 seconds.
- Switch sides and repeat.

Lying quad / hip flexor stretch:

- Lie on your left side and grab your right ankle.
- Slowly pull back on the ankle until tension is felt in the quads and hip flexor.
- Hold for 30 seconds.
- Switch sides and repeat

Lying piriformis stretch:

- Lie on your back with your right leg crossed over the left.
- Place your right hand on your right knee pressing your knee toward the ground, keeping your left shoulder on the ground.
- Press right knee down until tension is felt in buttock.
- Hold for 30 seconds.
- Switch sides and repeat



Seated cross-leg back stretch:

- Sit on the ground with you left leg straight and right leg bent and crossed over the left.
- Twist your torso toward your right side, pressing your left arm against the right leg and apply pressure to the point of tension.
- Hold for 30 seconds.
- Switch sides and repeat.

Wall chest stretch:

- Stand facing a wall for support.
- Place the right forearm against the wall with elbow bent at 90 degrees.
- Slowly rotate your body to the left until a slight stretch is felt in the chest.
- Hold for 30 seconds.
- Switch sides and repeat.

Wall Lat stretch:

- Stand facing a wall for support.
- Extend your right arm overhead and place it against the wall.
- Lean upper body in toward the wall until tension is felt in the lats.
- Hold for 30 seconds.
- Switch sides and repeat.