

## Ponies ( Beginners) 8 Week Training Programme

- Programme assumes runner is medically fit
- Programme assumes runner can complete 20 minutes easy jogging
- Runners are advised to warm up and cool down appropriately before and after each session
- Runners are advised to adhere to an appropriate nutritional plan and hydrate accordingly
- Training programme is a guideline, listen to your body, build up gradually

<b>Week</b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>	<b><u>Saturday</u></b>	<b><u>Sunday</u></b>
<b>1</b>	<b>25</b> minute jog (L4/5) * Core Strength <b>1</b>	Circuit 1	Rest	<b>Interval Run</b> <b>1 min/2min R x 6</b>	Circuit 2	Rest	Active Recovery
<b>2</b>	<b>30</b> minute jog (L4/5) * Core Strength <b>1</b>	Circuit 1	Rest	<b>Interval Run</b> <b>1 min/2min R x 6</b>	Circuit 2	Rest	Active Recovery
<b>3</b>	<b>35</b> minute jog (L4/5) * Core Strength <b>1</b>	Circuit 1	Rest	<b>Interval Run</b> <b>1 min/90 sec R x 6/8</b>	Circuit 2	Rest	Active Recovery
<b>4</b>	<b>40</b> minute jog (L4/5) * Core Strength <b>1</b>	Circuit 1	Rest	<b>Interval Run</b> <b>1 min/90 sec R x 8</b>	Circuit 2	Rest	Active Recovery
<b>5</b>	<b>Interval Run</b> <b>90 sec/90 sec R x 6</b>	Circuit 3	Rest	<b>45</b> minute jog * Core Strength <b>2</b>	Circuit 4	Rest	Active Recovery
<b>6</b>	<b>Interval Run</b> <b>90 sec/90 sec R x 6</b>	Circuit 3	Rest	<b>50</b> minute jog * Core Strength <b>2</b>	Circuit 4	Rest	Active Recovery
<b>7</b>	<b>Interval Run</b> <b>2 min/90 sec R x 6/8</b>	Circuit 3	Rest	<b>55</b> minute jog * Core Strength <b>2</b>	Circuit 4	Rest	Active Recovery
<b>8</b>	<b>Interval Run</b> <b>2 min/90 sec x 8</b>	Circuit 3	Rest	<b>60</b> minute jog * Core Strength <b>2</b>	Circuit 4	Rest	Active Recovery



## Programme Break Down

<u>Core Strength 1</u>	<u>Core Strength 2</u>	<u>Circuit 1</u>	<u>Circuit 2</u>	<u>Circuit 3</u>	<u>Circuit 4</u>
Crunches/V sits - 1 x failure	V Sits/Crunches - 1/2 x failure	Press Ups – 1 x failure Sprint on spot 30 sec	Pull Ups/Lat Pull down Side Leaps 30 sec	Press Ups – 1 x failure Sprint 1 min	Pull Ups – 1 x failure Side leaps 1 min
Plank – 30 sec	Plank with Rotation – 1 min +	Squats – 1 x 20	Lunges (R/L) – 1 x 20	Single leg Squat – 1 x 20 R/L	Lunges (back foot bench) – 1 x 20+ R/L
Roll Up or ½ roll	Hang Knee Raises - 1 x failure	Commando Crawl – 30/60 sec	Crab Walks – 30/60 sec	Commando Crawl – 60 sec + Squat Thrusts x 30	Crab Walks – 60 sec + mountain climbers x 30
Side Plank (R/L)	Side Plank (R/L) (Top leg extended)	Run hard 1 min + back extensions x 20	Run hard 1 min + AB cycle twist x 20	Plank with rotation x 20 Back extensions x 20	Ab cycle twist x 20+ Back extensions x 20
Scissors/Single leg Stretch	Double leg stretch	Press Ups – 1 x failure Sprint on Spot 45 sec	Pull Ups/Lat Pull down Side Leaps 45 sec	Press Ups x 5 – Run hard 90 sec x 2/4	Pull Ups x 5 – Run hard 90 sec x 2/4
Shoulder Bridge	Shoulder Bridge (Hold – alt leg lift)	Squat Jumps – 1 x 20	Split Jumps – 1 x 20 R/L	Single leg squat/hop – 30 sec R/L	Split Jumps x 60 sec
Hip Rolls - R/L	½ sit back & rotation	Commando Crawls – 30/60 sec	Crab Walks – 30/60 sec	Squat Thrusts – 45 sec + run hard 1 min	Single Leg Squat Thrust (R/L) x 20 + run hard 1 min
<b>Week 3/4 – circuit x 2</b> <b>***Stretch</b>	<b>Week 7/8 – circuit x 2</b> <b>***Stretch</b>	<b>Week 3/4 – circuit x 2</b> <b>***Stretch</b>	<b>Week 3/4 – circuit x 2</b> <b>***Stretch</b>	<b>Week 7/8 – circuit x 2</b> <b>***Stretch</b>	<b>Week 7/8 – circuit x 2</b> <b>***Stretch</b>

- **Warm up**, mobilise & stretch accordingly before each circuit, cool down & stretch afterwards
- Keep a record each week of repetitions, aim to add at least an extra repetition to each exercise every week
- Allow 30 – 60 seconds recovery between each exercise initially, reduce recovery as fitness increases
- **Core Strength** exercises require good technique and abdominal bracing
- **Stretch** all lower body, lower & upper back & shoulders
- **Active recovery** = keep moving! Walk the dog, swim....



## About SSFitness:

Based in Northumberland we offer quality personal training, fitness classes and sport coaching. Owner and head coach Diane has over 25 years experience in the fitness industry along with a wide knowledge gained through academic training, specific sport coaching and participation. For further information, programme advice or help contact SS Fitness:

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