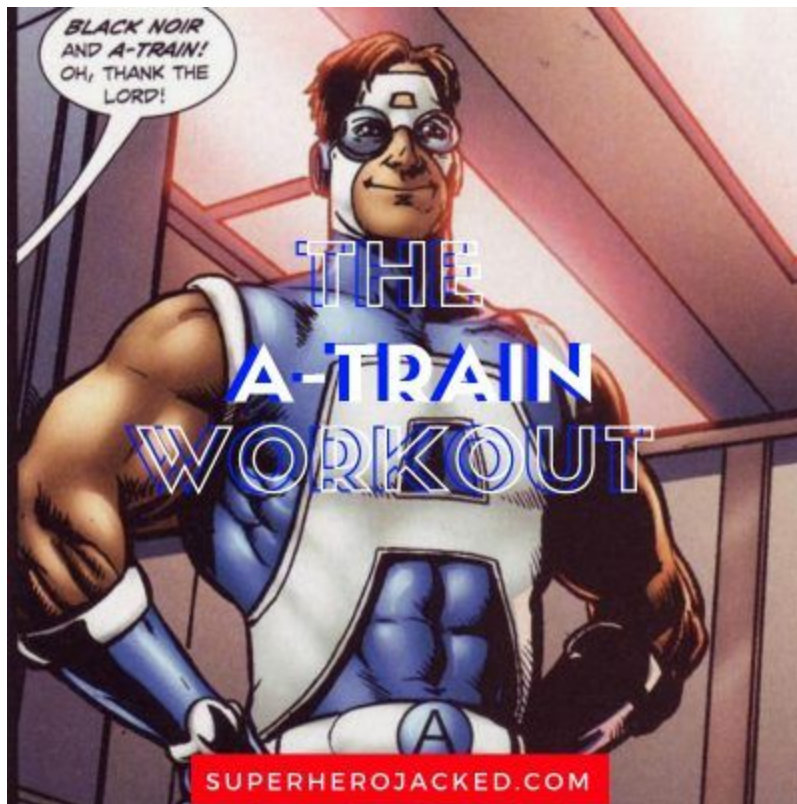


A-TRAIN WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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A-TRAIN WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

We're going to be using an accelerated 10k training program from Runner's World and I'll be sharing two different variations for you which consist of a 3 day plan and a 5 day plan. I'll also be sharing specific speed and agility training to pair with this endurance work. That can be added in directly on top of your chosen program. I also added a specific note from Runner's World so don't forget that these programs are variable!

A-Train Workout Routine: Runner's World 3 Day Per Week 10K Program

	M	Tuesday		We	T	F	Saturday	S
	o			dn	hu	ri		u
	n			es	rs	d		n
	d			da	da	a		d
	a			y	y	y		a
	y							y

W e e k 1	R e s t	2M easy, then 8 x 400m or 80 secs fast, with 400m or 2-3 min jog recoveries, then 2M easy	Re s t	R e s t	R e s t	5-7M easy, inc 10 x 100m strides	5 M e a s y
W e e k 2	R e s t	2M warm-up, then 6 x 600m or 2-mins, with 400m or 3-min jog recoveries, then 2M cool-down	Re s t	R e s t	R e s t	5-7M steady, inc hills	6 M e a s y
W e e k 3	R e s t	2M warm-up, then 5 x 800m or 3-mins, with 400m or 3-4 min jog recoveries, then 2M cool-down	Re s t	R e s t	R e s t	15 mins easy, 20 mins fartlek, 15 mins easy	7 M e a s y

W e e k 4	R e s t	2M warm-up, then 6 x 400m or 80 secs, with 400m or 2-3 min jog recoveries, then 2M cool-down					
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**A-Train Workout Routine: Runner's World 5 Day Per Week
10K Program**

M o n d a y	T u e s d a y	Wednesday	Thursda y	Friday	S a t u r d a y	Sunday	
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W e e s k t 1	R	2.5M warm-up, then 6 x 600m or 2 mins, with 400m or 2-3 min jog recoveries, then 2.5M cool-down	6M easy, inc 8 – 10 x 100m strides	3-4M fast but contro lled	R	6-8M easy, inc hills	6- 7 M e a s y
	R	2-2.5M warm-up, then 5 x 800m or 3 mins, with 400m or 2.5-min recoveries, then 2-2.5M cool-down	5-7M easy, inc 8-12 strides	2M easy, 2M fast, 2M easy	R	6-8M fartlek, emphasis on pyramid efforts	7- 8 M e a s y

Week 3	R	2-2.5M warm-up, then 5 x 1000m or 3.5-4 mins, with 400m or 4-min recoveries, then 2-2.5M cool-down	Rest	6-8M steady, incl hills	R	2M easy, 1M fast, 1M easy, 1.5M fast, 2M easy	8-9M easy
	R	2-2.5M warm-up, then 4 x 800m or 3 mins, with 400m or 4-min recoveries, then 2.5M cool-down	5-7M easy	6M steady	R	3-5M easy, inc a few strides	RAC

Two key things to remember when following these training plans:

1. The sessions in the training plan aren't set in stone. Be flexible with speeds and distances where you need to, especially if you start to feel tired all the time.
2. Feel free to change the order of the sessions to fit in with your daily schedule. Just be sure to follow the basic principle of not scheduling hard sessions back-to-back.

A-Train Workout: Explosiveness, Speed and Overall Agility

I'm going to be giving you four different workouts to implement into your other training that will make you faster and more explosive; something you'll definitely need if you're going to try to be like Kid Flash. This one is shared by *Men's Journal*.

- **Hill Sprints**
 - **Beginner:** Complete 3-5 reps. "Remember, this is pure explosiveness, so it should be difficult," Bradshaw says. You can always increase the time for fewer reps, too. Completely recover between reps. Take about 3-5 minutes in between.
 - **Advanced:** Complete 5-6 reps, taking 3-5 minutes rest in between each rep
- **Interval Runs**
 - **Beginner:**
 - run 50 meters
 - walk/jog 50 meters
 - run 100 meters
 - walk/jog 50 meters
 - run 150 meters
 - walk/jog 50 meters
 - run 200 meters
 - walk/jog 50 meters
 - run 250 meters
 - walk/jog 50 meters
 - **Advanced:** Complete the same workout above, only go "up and down" the ladder. Once you run 250 meters, work your way back down (200m, 150m, 100m, 50m).
- **Fartleks (Swedish for "speed play") – 15 minute workout:**
 - **Beginner:**
 - 1-minute run
 - 1-minute walk/jog
 - 2-minute run
 - 2-minute walk/jog
 - 3-minute run
 - 2-minute walk/jog
 - 4-minute run

- 3-minute walk/jog
- **5-minute run**
- 3-minute walk/jog
- **Advanced:** Follow the same workout pattern above—1 minute, 2 minutes, 3 minutes, 4 minutes, and 5 minutes—only with a 2-minute jog for active recovery between each. Once you’ve reached 5 minutes and completed the 2-minute recovery, go back down the ladder and complete 5 minutes, 4 minutes, 3 minutes, 2 minutes, 1 minute.
- **Sprints – Short and Long**
 - **How to do a long-sprint workout:** For long sprints that’ll tap into your speed endurance, do 2-3 sessions per week.
 - **Beginner:** Complete 6-8 sprints of 100 meters at 75%-80% effort. (“This means you can utter a few words, but can’t maintain a conversation,” Bradshaw says.) Recover for 50-60 seconds between reps.
 - **Advanced:** Complete 8-10 sprints of 100 meters at 80-85% effort. At this intensity, you’re pushing very hard, but not going as fast/hard as you can. Recover for 45 seconds in between reps.
 - **How to do a long-sprint workout:** For long sprints that’ll tap into your speed endurance, do 2-3 sessions per week.
 - **Beginner:** Complete 3 sprints of 300 meters at 75% effort. Recover for 3 minutes between sprints.
 - **Advanced:** Do two sets, each 3 sprints of 300 meters at 75% effort. Recover for 2-3 minutes between sprints, and 5 minutes between sets.