



EQUINOX TRAINING PROGRAM

OUR
DIRECTION.
YOUR TRANS-
FORMATION.

**EQUINOX + J.P. MORGAN
CORPORATE CHALLENGE®**

The top fitness professionals at Equinox have curated a blend of cross-training, running and strength-training workouts that are science-fueled, extremely efficient and specifically designed to prepare you for race day. Follow this program and experience a transformation that will last far beyond the finish line.

All workouts require a comprehensive 10-minute warm-up.

"Corporate Challenge" is a registered trademark of JPMorgan Chase & Co.

EQUINOX TRAINING PROGRAM

| WEEK | DAY 1 Cross-Training Intervals | DAY 2 Tempo & Threshold Running | DAY 3 Strength Training | DAY 4 Speed or Hill Running | DAY 5 Strength Training | DAY 6 Long Distance Running | DAY 7 Rest |
|------|--|--|--------------------------------|---|--------------------------------|---|---------------|
| 1 | 5x 3 mins. at 80% effort and 2 mins. at 50% effort | 2x 10 mins. at tempo with 2 mins. rest between | 2 sets of 15 reps per exercise | 4x 5 mins. at threshold with 2 mins. rest between | 2 sets of 15 reps per exercise | 2x 15 mins. at base with 3 mins. rest between | Rest |
| 2 | 5x 3 mins. at 85% effort and 2 mins. at 50% effort | 1x 20 mins. at tempo (this sets tempo pace) | 2 sets of 15 reps per exercise | 2x 10 mins. at threshold with 2 mins. rest between (this sets threshold pace) | 2 sets of 15 reps per exercise | 3 miles at base | Rest |
| 3 | 6x 2 mins. at 90% effort and 2 mins. at 50% effort | 2x 1 mile at tempo, then 2x half-mile at tempo with 2-3 mins. rest between | 2 sets of 15 reps per exercise | 10x 3 mins. at threshold with 1 min. rest between | 2 sets of 15 reps per exercise | 2x 2 miles at base with 3 mins. rest between | Rest |
| 4 | 7x 2 mins. at 90% effort and 2 mins. at 50% effort | 2x 1 mile at threshold, then 2x half-mile at threshold with 2-3 mins. rest between | 3 sets of 10 reps per exercise | 8x quarter mile at threshold with 2 mins. rest between | 3 sets of 10 reps per exercise | 4 miles at base | Rest |
| 5 | 8x 90 secs. at 90% effort and 90 secs. at 50% effort | 3x 1 mile at threshold with 2 mins. rest between | 3 sets of 10 reps per exercise | 5x half mile at threshold with 2 mins. rest between | 3 sets of 10 reps per exercise | 5 miles at base | Rest |
| 6 | 8x 90 secs. at 95% effort and 90 secs. at 50% effort | 2 miles at tempo and 1 mile at tempo with 2 mins. rest between | 3 sets of 10 reps per exercise | 12x quarter mile at threshold with 2 mins. rest between | 3 sets of 10 reps per exercise | Rest | Race |

GLOSSARY

REPEATS

You'll repeat the miles x the number indicated. For example. "5 x half mile at threshold with 2 mins. rest between," means you'll run .5 miles, five times. Between each .5 mile, you'll rest for 2 minutes.

CROSS TRAINING

Cycling, Swimming, Elliptical, Yoga, Equinox Group Fitness.

STRENGTH DAYS

Choose exercises listed in the training guide, or select 3-5 of your own.

BASE PACE

Can be thought of as your aerobic, longer distance running workouts, the perceived exertion level should be a 5-6 on a scale of 1-10 and you should feel like you can hold a conversation the entire time.

TEMPO PACE

The speed where you're just starting to notice your breath; it's more like a 7 on a scale of 1-10. This can be thought of as your long distance race pace.

THRESHOLD PACE

The speed where you might want to stop but don't have to stop, It's a strongly breathy pace and the perceived exertion level should be an 8 on a scale of 1-10. These workouts will be some of your fastest, most challenging runs of the week.

EQUINOX TRAINING TIPS

PACE TRAINING

The three types of running workouts you will do throughout each week are base-pace runs, tempo runs and threshold runs. This combination offers a dynamic range of shorter, high-intensity running sessions and Long Slow Distance (LSD) sessions—both of which prepare your body for certain obstacles you must overcome on race day.

BASE PACE INTENSITY: 5-6/10 Base-pace runs are your aerobic, long-distance running workouts, and you should feel like you can hold a conversation for their duration. Long distance runs at base pace introduce your legs to running for a long time—and again, the slower, the better.

TEMPO PACE INTENSITY: 7/10 Tempo pace is the speed where you're just starting to notice your breath. These workouts are a great blend of muscular strength, cardiovascular strength and most importantly, mental strength. Experienced racers will know this as "10K pace," and you can think of it as your long-distance race pace. In your program, you will run tempo intervals for up to two miles. In these workouts, you're gliding, not sprinting.

THRESHOLD PACE INTENSITY: 8/10 Threshold pace is the speed where you might want to stop, but don't have to stop. It's a strong, heavy-breathing pace, and will be your fastest, most challenging runs of the week. This type of speed work will make you a more efficient runner, and also makes your body stronger – two adaptations that will help you ward off fatigue on race day.

CROSS TRAINING INTERVALS

The purpose of cross training is to provide additional cardiovascular training without the weight-bearing stress of running. It allows your body's joints to recover from running during the week while still maintaining, or improving, cardiovascular capacity. Excellent cross-training workouts include, Equinox group fitness classes, cycling, swimming, pool running, rowing, stair machines and elliptical trainers. All of these modalities provide the necessary cardiovascular workload and improve leg strength, while also reducing the orthopedic load on your joints. Your goal on cross-training days should be 40-60 minutes of aerobic activity. If you use a heart rate monitor, your intensities will work up to 95% of your heart rate maximum.

MOBILITY WORK

Mobility exercises are designed to keep your joints fluid throughout a large range of motion in order to combat common overuse injuries. Running is a linear activity with all of the motion going forward and back, which leads to tight hamstrings and hip flexors. For this reason, mobility work should take place in lateral and transverse planes to balance your body. Mobility exercises are the perfect way to warm up at the start of any workout (running, cross training or strength), and should be done up to three times per week.

STRENGTH TRAINING

Strength training is a highly recommended supplement to any running program, and in your program, is included in two workouts per week. Strong muscles, joints and connective tissues will hold up better against the stresses of running, and reduce your risk of injury. Legs, hips and trunk muscles should be the focus of a runner's strength-training program.

Perform each exercise for 2 to 3 sets of 10 to 15 reps for gains in strength and muscular endurance, making sure that the final repetition of each set results in muscular exhaustion.

DAILY NUTRITION

A well-balanced, healthy nutrition program focuses on whole foods instead of processed foods, and will increase your running performance while also leading to better long-term health. Whole foods tend to be anything picked from or planted in the earth, and include lean protein sources, leafy greens, root vegetables, fruits, nuts, beans and legumes.

THE ONLY FOOD RULES YOU'LL EVER NEED

POST-EXERCISE NUTRITION

When you eat is just as important as what you eat. There is no more important time than post-exercise to get a meal to replenish glycogen stores and expedite muscle repair. From a timing standpoint, aim to eat within one hour post-workout. This is an optimal time during which the food you eat is broken down and stored as glycogen at an accelerated rate, leaving less opportunity for fat storage. Food intake at this time should include a combination of carbohydrates and protein. Here are some great articles about what to eat post-workout:

REFUEL THE RIGHT WAY
PERFORMANCE-ENHANCING FOOD
BEST WORKOUT FOODS

HYDRATION

Proper hydration plays a key role in every one of your body's systems, and is directly correlated to increased cardiovascular function and performance. For that reason, we've broken down your hydration needs before, during and after you exercise.

BEFORE EXERCISE

Aim to head into your workout already hydrated by drinking about 16 ounces of water one hour before you start your run. This fluid intake can count toward a goal of fluid intake equaling half of your body weight throughout the day. For example, a 150-pound individual should aim to intake 75 fluid ounces throughout the day. The type of fluids you choose will also influence your hydration status. Coffee, for example, is a diuretic, so aim for a majority of your fluid intake to be water.

DURING EXERCISE

The rule to remember is that your thirst mechanism lags behind your hydration status. Therefore, if you are feeling thirsty then you are already dehydrated, and any lack of fluids for your body while exercising can lead to decreased performance. Stay ahead of your hydration needs by taking in fluids every 15 minutes during workouts. To answer the question of how much fluid should you should take in, 16-24 ounces per hour is the general recommendation. Keep in mind, that intake will vary according to sweat-rate and environmental condition (such as heat and humidity). It is also a good idea to drink fluids containing electrolytes when exercising in order to prevent electrolyte imbalances, which lead to muscular cramping and fatigue.

AFTER EXERCISE

After exercise, the goal is to make up any fluid deficit and replenish electrolyte stores that were depleted from sweating. It's a good practice to weigh yourself after your long runs to understand how many pounds of sweat/fluids were lost during the workout. For each pound of body weight lost, aim to drink about 24 fluid ounces. As you did during your run, choose fluids with electrolytes (sodium and potassium), such as a sports drink to help rebalance your electrolyte stores.

STRENGTH TRAINING GUIDELINES

PERFORM EACH EXERCISE FOR 2-3 SETS OF 10 TO 15 REPS.

PLANK WITH ROCK

This exercise is best performed in socks on a surface with reduced friction such as hardwood or tile. Get into plank position on your forearms with palms up and shoulders stacked on top of your elbows. Focus should be given to maintaining a posterior tilt (backward roll) of the pelvis so that your back can remain flat (this keeps the lower fibers of the abs and glutes contracted). While maintaining this posture, shift your body weight backward and forward on to the tops of your toes. For more of a challenge, slide your entire body backward and forward so that your shoulders move behind your elbows, and then in front of your elbows.

BEAST POSE WITH RENEGADE ROW

Place hands on the floor directly below your shoulders, with your knees directly below hips. Slowly lift your knees one inch off the ground, pull your shoulders back, and tuck your rib cage in. Hold the position. From here, lift your right hand off the ground and bring it to your right shoulder while keeping your hips parallel to the ground. Lower the right arm, and alternate by lifting the left hand off of the ground.

SINGLE-LEG SQUAT WITH CROSSOVER REACH

Stand on your right leg with a slight bend in your knee. Bend at the hip and knee simultaneously, and reach your left arm towards your right foot. Keep your chest up, and you will be forced to move at not only the hip, but the knee as well. Go as deep as possible while maintaining a neutral spine.

DEADLIFT BENT-OVER ROW

Stand with feet hip-width apart, and knees soft, but strong. Flex forward from the hip (concentrate on pushing your hips behind you) so that your back maintains a straight alignment until the chest is parallel with the floor. From this bent-over position, complete a dumbbell row by pulling your elbows up toward the ceiling. Return to a standing position after each row, and repeat the entire deadlift to row combo.

BOSU BRIDGE WITH ROCK

Lay on your back and place both feet on the flat side of a BOSU. Push both feet into the BOSU so that the hips lift off the ground and the hamstring muscles are engaged. Maintain your bridged position, and push your toes down so that the front edge of the BOSU touches the ground. Then, pull your heels backward so that the back end of the BOSU touches the ground. Repeat for 10-15 reps in each direction while maintaining your bridged position.

SIDE PLANK WITH LEG RAISE

Start by resting on your left side and forearm with your feet stacked. Keep your left elbow in line with your midline, and equidistant from your shoulder and hip. To regress the exercise slightly, you can start with your feet staggered with the right foot in front and left foot behind, heel to toe. To begin, drive your hips to the ceiling, and try to decrease the distance from your armpit to the pelvis on the downside of your body, extending your right arm into the air at shoulder height. Be sure to press your hips forward by squeezing your glutes, as if you were performing a forearm plank. From this position, lift your right leg into the air, trying to touch your right ankle to the ceiling. Lower the right leg to meet the left, and repeat the movement.

3D BAND KICKS

Stand in an athletic position with a band placed slightly above your knees. Lift your right leg away from the body in three different directions: lateral, 45 degrees backward and then directly behind you. Repeat for ten rounds in each of those three directions while maintaining a balanced position with the left leg slightly bent. After ten rounds, switch legs.

PUSH-UP WITH TWIST

To begin the descent of the push-up, you should start to pull your shoulder blades together as you lower your chest to the floor. It should feel as if you are pulling yourself to the floor. Be sure to keep your neck fixed with your chin tucked towards your chest. Your elbows should travel in a 45-degree angle in relation to your trunk. Hold the bottom position for a second, and drive away from the floor to the top of the lift. At the top of the movement, rotate your entire body around into a side plank with the weight-bearing arm straight and the hips pressed high off of the floor.

MORE EXCLUSIVE TIPS AND CONTENT

VISIT Q, OUR ACCLAIMED DIGITAL MAGAZINE,
AT Q.EQUINOX.COM, OR FOLLOW US ONLINE.



EQUINOX