



JANUARY 2018



WORKOUT

OPTIONAL EXTRA

MON

REST & RECOVERY

30 MIN WALK/JOG/SWIM

TUES

BODY WEIGHT EXERCISES - 5 X 30S
PRESS UP | SQUATS | LUNGES

REPEAT BODY WEIGHT EXERCISES
SLOWLY BUILDING UP TO 30 | 45 MINS

WED

INTERVAL TRAINING
WALK 30S - JOG 30S & REPEAT FOR 15 MINS
SLOWLY BUILD UP TO 30-45 MINS

30 MIN HILL WALKING | SWIM OR BIKE

THUR

REST & RECOVERY

STRETCH 30 MINS

FRI

CORE EXERCISES - 5X 30S
SIT UP | PLANK | TWISTS | BEAR CRAWLS | BURPEES

REPEAT CORE EXERCISES SLOWLY BUILDING UP TO 30MINS

SAT

REST & RECOVERY

30 MIN WALK/SWIM

SUN

15 MIN JOG | RUN + 30 WALK
GRADUALLY BUILD THIS SUNDAY RUN, REMEMBER EVEN
IF YOUR WALKING YOUR GETTING SOMEWHERE

STRETCH 30 MINS



THE AIM OF THIS MONTH IS TO GET OUT, ACTIVE & START BUILDING A LITTLE STRENGTH

IT'S ALL ABOUT CHOICE - CHOOSE TO WALK THAT EXTRA MILE OR TAKE THE STAIRS

- 1 - EVERYBODY HAS A DIFFERENT STARTING POINT, STRENGTHS & WEAKNESSES - SO PLEASE DON'T JUDGE YOURSELF WITH OTHERS.
- 2 - NUCLEAR OBSTACLE COURSES ARE ABOUT HAVING FUN & ACHIEVING MORE THAN YOU EVER IMAGINED. IT'S EXERCISE FOR EVERYONE
- DID YOU KNOW THE AVERAGE AGE IS THE MID 30'S? SO THERE'S NO EXCUSE!
- 3 - WE ALL HAVE GOOD & BAD DAYS. SOMETIMES LIFE SEEMS TO GET IN THE WAY OF A GOAL WE HAVE SET OURSELVES BUT JUST REMEMBER WITH THIS GOAL IT'S ALL ABOUT FUN WHILST HELPING YOU GET FITTER SO THAT YOU ACHIEVE MORE!
PLEASE DON'T GIVE UP, JUST RE-SET & START AGAIN.
- 4 - DON'T EXERCISE ALONE. CHALLENGE A FRIEND - WHO WILL BE YOUR BUDDY?
- 5 - KEEP A NOTE OF YOUR STARTING POINTS & WATCH YOUR IMPROVEMENT OVER JANUARY.

LOOK OUT FOR HELPFUL TRAINING VIDEOS ON SOCIAL MEDIA FROM THE NUCLEAR RACING TEAM

TEAM TIP - CHALLENGE A FRIEND OR YOUR CHILDREN TO EXERCISE WITH YOU TO MIX IT UP & MAKE IT MORE FUN.
TRY SQUATTING WHILE WASHING UP OR LUNGING WHEN WAITING FOR THE TOASTER!
GET OUTSIDE AS MUCH AS POSSIBLE & ENJOY IT.

REMEMBER - TRY OUR MANY DIFFERENT OBSTACLES ON RACE-DAY BUT YOU DON'T HAVE TO DO ANY YOU DON'T WANT TO.
LISTEN TO OUR AWESOME MARSHAL CREW WHO'LL HELP YOU ACHIEVE MORE.