


February is all about keeping going and staying motivated, every one has a bad day now & then but don't punish yourself just restart. Exercises are for all abilities and start pushing yourself to go a little longer/further. You can do this!



NUCLEAR RACES

FEBRUARY 2018

	WORKOUT	OPTIONAL EXTRA
<p>MON</p> <p>MAJOR MOTOR SKILLS OBSTACLES</p>	<p>BODY WEIGHT EXERCISES 4 SETS X 45. PRESS UPS SQUATS JUMPS HIP RAISES SIDE LUNGES MOUNTAIN CLIMBERS</p>	<p>REPEAT BODY WEIGHT EXERCISES BUILDING UP TO 60S & FOR 30-45 MINS</p>
<p>TUES</p>	<p>INTERVAL TRAINING JOG 5 MINS - WALK 3 MINS REPEAT FOR 30 MINS SLOWLY BUILD UP TO AN HOUR</p>	<p>REST & RECOVERY</p>
<p>WEDS</p>	<p>REST & RECOVERY</p>	<p>STRETCH 30 MINS</p>
<p>THURS</p> <p>BUILDS UP SPEED & PACE</p>	<p>INTERVAL TRAINING JOG 2 MINS - WALK 1 MINS REPEAT FOR 30 MINS</p>	<p>30 MIN WALK</p>
<p>FRI</p> <p>GREAT FOR UPPER BODY OBSTACLES & DITCHES</p>	<p>CORE EXERCISES 5 X 45S SIDE PLANKS CRAB CRAWLS LEG RAISES BURPEES BICYCLE CRUNCHES</p>	<p>STRETCH 30 MINS</p>
<p>SAT</p>	<p>REST & RECOVERY</p>	<p>5K PARK RUN/JOG/45 MIN SWIM</p>
<p>SUN</p> <p>BUILDS UP ENDURANCE</p>	<p>LONG SLOW JOG FOR AN HOUR SPEED WALKING IS ALLOWED - BUILD UP TO 90MINS</p>	<p>STRETCH 30 MINS</p>

IT'S IMPORTANT TO REST, EVEN WHEN YOUR FEELING GOOD

TIP - JOIN A LOCAL RUN GROUP, THEY WILL HAVE MANY DIFFERENT LEVELS FROM WALKERS/SLOGGERS TO JOGGERS & THE ARE INCREDIBLY FRIENDLY OR GO DO YOUR LOCAL 5K PARK RUN & MEET NEW PEOPLE