



Total Body Cross Training (TBCxT) for Runners WEEK #1

How **F.A.R.** can you go?

MAXIMIZE PERFORMANCE AND MINIMIZE INJURY

Dr. Vonda Wright's Total Body Cross Training (TBCxT) for Runners is a 4-part, research-based training program created to keep the runner on the road and out of the doctor's office!

FORTIFY your body for running and great health

ACHIEVE maximum performance and minimize injury

REVIVE your Body | Brains | Bliss after a workout, race or injury

RUNNERS WHO ONLY RUN END UP HURT!

Runners have traditionally “just run,” working hard to get the “long run” in on the weekend while hoping to stay healthy along the way. Many experience frequent set backs in their programs due to overuse injuries. With an average of 2000 steps per mile, runners amplify any weak link, minor weakness and injury with each step...56,000 opportunities for pain or glory per race. No wonder runners who only run end up in the doctor's office. Elite and recreational runners all over the country are recognizing the benefit of cross-training to maximize performance and minimize injury.

Dr. Vonda Wright's Total Body Cross Training (TBCxT) Program for Runners

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RUNNING IS A TOTAL BODY SPORT!

Every step your legs take, your arms swing through the stride, your core stabilizes your pelvis and maintains an even stride, your butt powers each step and you balance on one leg! Running is more than just leg strength....it is a TOTAL body sport.

The Dick's Sporting Goods Pittsburgh Marathon led the country and became the first marathon to focus on the runner's performance and training before race day while increasing the potential race finishers by preparing runners to minimize injury.

Dr. Vonda Wright, orthopaedic surgeon, author, researcher, Director of the Performance and Research Initiative for Masters Athletes and avid runner is national sought for her advice on how to maximize performance and minimize injury of athletes of all ages and skill levels.

DR. VONDA WRIGHT'S TOTAL BODY CROSS TRAINING FOR RUNNERS

4-part interactive multi-media program available ONLINE

Part 1: **24 Running Training Videos "90 Seconds to THRIVE"**
[Check out ALL these videos!](#)

Part 2: **ONLINE Total Body Cross Training (TBCxT) workouts.**
CHECK OUT WEEK 1 BELOW!

Part 3: **Cross Train at home with real Runners with**
[The Run F.A.R. Movie "POWERPLAY" for Runners View the Movie Trailer](#)

Part 4: [Run F.A.R. eBook](#) **Download Dr. Wright's in-depth online book**



Total Body Cross Training (TBCxT) for Runners WEEK # 1

1. **WATCH the "Why Runners should Cross Train Video"**
2. **DYNAMIC WARM-up #1: WATCH the DYNAMIC WARM-up video**

Fire up your muscles, heart and brain with a dynamic warm-up FIRST!

Skip (in place x 30 seconds or x 30 yards)

Heel /Toe Walk 10 yards each

Hip rotations forward / backwards x5 each leg

High Knee to Chest Lunge x5 each leg

Activator x 5

How **F.A.R. can you go?**

3. **TBCxT Circuit #1:**

This high intensity circuit was designed to work every body part a runner needs to maximize performance and minimize injury! Perform each exercise in the circuit for 45 intense seconds then rest for 15 seconds (only 15sec! don't let your heart rate fall) and move to the next exercise! This circuit takes 10 minutes. Watch your form, push hard and repeat the circuit x 2!

Front Plank

Monster walk ([WATCH this video with the monster walk](#))

1/2 Squat with kettle bell/ medicine ball

Airplane

Runner's Lunge (knee over ankle to protect knee cap)

Vertical Leap

Jump rope

Push- UP (narrow arms to protect shoulders)

Side Plank

Balance Reach

Coming WEEK #2:

How to F.A.C.E. your Race

Recommended w/o sequence to Maximize Performance & Minimize Injury

The TBCxT for Runners Pre-Test (ie: HOW strong are you?)

The TBCxT for Runners WEEK 2 workout!

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OFFICIAL DICK'S PITTSBURGH MARATHON CROSS TRAINING PROGRAM

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