

TBCxT for Runners

Pre-testing

In our LIVE TBCxT for Runners classes we begin WEEK #2 with a pre-test to gauge where we are starting from. Many runners are surprised that although they can endure miles and miles on the road the rest of their body lags behind. To monitor our progress we do a simple Pre-test of 3 basic total body strength areas important for runners.

- 1. Vertical leap**
 - Lower body strength and power
- 2. Push ups**
 - Upper body strength and stamina
- 3. Plank**
 - Core strength and stability

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

Runners Pre-testing

Exercises

- 1. Vertical leap**
 - Lower body strength and power
- 2. Push ups**
 - Upper body strength and stamina
- 3. Plank**
 - Core strength and stability

Execution

1. Week 1 of THRIVE Total Body Cross Training
2. Perform DW #1
3. For groups of 10 runners divide into two small sub groups and test vertical leap and push ups followed by the whole group performing the plank

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

Runners Pre-testing

Exercises

- 1. Vertical leap**
 – Lower Body Strength and power

Score	M	F
Excellent	>28	>24
V.Good	24-28	20-24
>Ave	20-24	16-20
Ave	20-16	12-16
<Ave	12-16	8-12
Poor	8-12	4-8
< Poor	<8	<4

Execution

1. The athlete stands side on to a wall and reaches up with the hand closest to the wall.
2. Keeping the feet flat on the ground, the point of the fingertips is marked or recorded. This is called the standing reach height.
3. The athlete then stands away from the wall, and leaps vertically as high as possible using both arms and legs to assist in projecting the body upwards.
4. Attempt to touch the wall at the highest point of the jump
5. The difference in the distance between the standing reach height and the jump height is the score.
6. The best of three attempts is recorded.

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

Runners Pre-testing

Exercises

1. Push ups

- Upper body strength and stamina

Male >22

Female >11

Execution

1. Group assumes the standard push up position on hands and toes.
2. Elbows close to trunk
3. Body in a straight plank
4. Count pushups lowered to neutral
5. Count total number

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

Runners Pre-testing

Exercises

1. Plank

- **Core strength and stability**
- Proper strength in the 'core' of the body – or, more specifically, the abdominal and low-back areas – is incredibly important in almost every sport, because core strength maintains stability of the upper body during movement. If core strength is poor, the torso tends to move unnecessarily during motion, wasting energy; if core strength is good, an athlete can move with high efficiency

Pass/Fail

Execution

1. Assume the prone position, with full body weight supported only by your forearms and toes. Your body should be absolutely linear as you do this and your pelvis tucked (for proper tucking, tighten your butt muscles so that the bottom of your pelvic girdle moves forward or – in this case – towards the ground);
2. Hold the basic position (weight on forearms and toes) for 60 seconds, then lift your right arm off the ground for 15 seconds, supporting your full body weight on your left arm and the toes of both feet (keeping your body linear and your pelvis tucked);
3. Return your right arm to the ground and raise your left arm for 15 seconds, again keeping your body in the proper alignment;
4. Return your left arm to the ground and raise your right leg for 15 seconds, then return it to the ground and repeat on the other leg;
5. Finally, elevate your right arm and left leg simultaneously for 15 seconds, then your left arm and right leg simultaneously for 15 seconds more (don't try lifting both legs or both arms at the same time!);
6. Return to the basic position, and hold for 30 seconds to finish your core test.

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