



Total Body Cross Training (TBCxT) for Runners WEEK #4

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," hoping to stay healthy along the way. With an average of 2000 steps per mile, runners amplify any weak link, minor weakness and injury with each step. Elite and recreational runners all over the country are recognizing the benefit of cross-training to maximize performance and minimize injury.

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.



Total Body Cross Training (TBCxT) for Runners WEEK # 4

The TBCxT for Runners Week #4 workout:

So you have decided to invest in your total body fitness for your best racing. I suggest you do TBCxT 2x per week either as the entire workout or “bricked” after your short or medium run distance. Here is your sequence for WEEK 4:

The 4 part progression

1. **FOAM ROLL all problems** ([DOWNLOAD The Foam Revolution](#))

Foam Rolling with is a miracle “DEEP TISSUE MASSAGE” you give yourself! It is key for working out the tight and unbalanced problem areas that can plague your runs. I always recommend ALL my runners get a foam roller and prevent those pesky pains that curb your run! The most common areas to foam roll are the ITB, quads, hamstrings, adductors, buttocks and calves.

2. **WHOO HOO! It's time for Dynamic Warm-up #2!**

Last week we kept our muscles guessing by adding new exercises to our TBCxT circuit. THIS WEEK we introduce 5 new dynamic warm up exercises to activate all the key muscles and joints you need to make EVERY mile in your run count.

Jumping jacks x 20
High kick skip x 30 yards
Hip Swings front/back/side x5 each both sides
Prisoner Squat x5
Sky reach x 3 to right and left

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A reminder on WHY we DYNAMICALLY WARM-UP!

Exercise science has evolved dramatically since we were kids and although most of us agree warming up prior to exercise improves exercise economy and may reduce injury, we now know warming up is more than just raising our body temperature and there is an optimum time and technique to prepare our muscle and joints for exertion.

A good warm up will increase blood flow to active muscles, allow for efficient contraction and relaxation of both contracting (agonist) and relaxing (antagonist) muscles, lower tight tendon and muscle resistance to motion, increase muscle temperature and therefore oxygen delivery and jumpstart muscle metabolism for action.

Dynamic stretching/warm-up is utilized to take the exerciser from relatively "cold" to "warm" and ready to go. In dynamic movements, a muscle is lengthened and then a contraction occurs in the lengthened position providing more functional range of motion. Traditional Static Stretching should be reserved for the end of a workout.

Dynamic warm-ups are sport specific and mobilize the movement patterns, muscles, joints and planes of motion needed for the specific activities. The dynamic warm up can serve as a workout in itself to improve strength, power and agility.

For Runners, the Dynamic warm-up increases muscle and joint range of motion, increases blood supply, gets the heart pumping and allows the athlete to maximize the efficacy of their run/workout instead of wasting the first 1-2 miles of their run just to warm-up.

The Total Body Cross Training (TBCxT) for Runners Dynamic Warm up progression begins with 5 running specific exercises and progresses to 10 over several weeks. Total warm-up time is approximately 10 minutes.

3. TBCxT #2 Circuit!!!

Your body is designed to adapt to new challenges and to maximize your performance and minimize overuse injury while we literally "keep your muscles guessing." Every 2 weeks we mix up and add to the TBCxT circuits!

EXCITING!

WEEK #4 we are adding 4 new total body exercises to your favorite 6 from TBCxT #1 to create an entirely new challenge!

Here is how you do it:

1. Choose 6 TBCxT exercises from circuit #1

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2. Add the following TBCxT #2 exercises to the 6 you chose from TBCxT #1 to make a NEW 10 exercise circuit

Mountain Climber
Curl to Lunge Press
Oblique Chop
Single Arm Kettle Swing
(Download TBCxT #2 Pictures)

3. Based on the 6 exercises you chose from TBCxT #1 your new TBCxT #2 10 exercise circuit can emphasize, upperbody, lowerbody, core or total body. You can change up the 6 exercises you add to these 4 to really challenge your body to peak performance!

4. **20 Minutes to Burn! LEGS!**

Many runners I take care of tell me that because they are runners they do not need to focus on leg strength. The fact is that many common running injuries result from muscle imbalances and weakness. In WEEK #3 we started our 20 minutes to BURN series with a focus on the often forgotten Arms. THIS WEEK IS A FOCUS ON LEGS. These are a set of 9 short focused circuit workouts I designed to really work one body part.

Fit this mini-circuit in anytime during your training week! EVERYONE has

“20 minutes to BURN”

(DOWNLOAD 20 minutes to BURN)

5. **POWERPLAY! for Runners...**

YOU are STRONG...YOU are POWERFUL!

POWERPLAY adds fun and variety to the end of a TBCxT session while building strength to POWER up hills. These are great for groups or your with your running buddy. POWERPLAY incorporates balance, power and elasticity into the workout.

Suggested exercises:

- Side shuffle medicine ball toss
- Forward monster walks
- Carioca

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Standing broad jump
Jump & Sticks on balls of feet forward/side
Two way hops right/left/front back
Jump and sprints
Triple jump from two feet to right, forward onto left, forward onto both
Power skips
Laterals power jumps with balance

6. Cool down Stretch

Hip flexor Spider | Piriformis standing or lying

Adductors/Hamstrings | Quads | Calf- gastroc/soleus

The TBCxT for Runners 8 week schedule

	FR	DW#1	DW#2	TBCxT #1	TBCxT #2	TBCxT #3	POWER - PLAY	STR
Week 1		X		X				
Week 2	X	X		X				X
Week 3	X	X			X		X	X
Week 4	X		X		X		X	X
Week 5	X	X	X	X	X			X
Week 6	X	X	X	X	X		X	X
Week 7	X	X	X			X		X
Week 8	X	X	X			X	X	X

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Coming WEEK #5:

WEEK 5 IS A BIG WEEK!!!!

Ready, Get set, RUN F.A.R. with

DW #1 AND #2

TBCxT #1 AND #2 (for a 14 exercise circuit)

20 min to Burn- CORE 2

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