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# Total Body Cross Training (TBCxT) for Runners WEEK #5

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

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### 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 # 5

## The TBCxT for Runners Week #5 workout:

**OHHHH WEEK #5 is BIG!** Over the last 4 weeks have introduced TOTAL BODY CROSS TRAINING to your running body gradually with a step-wise progression through foam rolling, learning 2 dynamic warm-up routines, 2 total body circuits AND we added plyometrics via POWERPLAY and even focused “20 minutes of BURN” mini-circuits....whew! ARE YOU STRONG YET?

THIS WEEK we put it ALL together and change it up so your body doesn't get too comfortable in one place! How F.A.R. can you go?

## 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.

## Foam rolling



How F.A.R. can you go?

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### 2. **ARE you ready to really MOVE? DYNAMIC Warm-UP 1 & 2**

You learned the first 5 Dynamic Warm up exercises during WEEK #1 and last week you learned 5 more DW moves! THIS WEEK we put it all together into a 10 exercise super dynamic warm-up flow to activate all the key muscles and joints you need to make EVERY mile in your run count.

Perform these 10 DW exercises continually without stopping in between. I suggest you jog 30 yards between each exercise. Here is your circuit:

**Jumping jacks x 20**  
**Heel walk/Toe walk x 10 each**  
**Hip rotations forward/backwards x 5 each both sides**  
**High knee to chest lunge x 5**  
**Activator x 5**  
**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**  
**Skip x 30 yards**

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.

Total warm-up time is approximately 10 minutes.



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**3. Ramp up your workout with TBCxT #1 AND TBCxT #2!**

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 #5 is HUGE! This week our TBCxT includes ALL 14 of the exercises you learned in the first 4 weeks. Do this circuit 2x. It will take you 30 minutes.**

**Curl to Lunge Press**

**Front Plank**

**Monster Walk**

**½ Squat with Kettle bell**

**Airplane**

**Runner's Lunge**

**Vertical leap**

**Jump rope**

**Push-up**

**Side Plank**

**Balance Reach**

**Mountain Climber**

**Oblique Chop**

**Single Arm Kettle Swing**

**(Download TBCxT #1 | TBCxT #1 (6-10) | TBCxT#2 Pictures)**

**4. Cool down Stretch**

**Hip flexor Spider | Piriformis standing or lying**

**Adductors/Hamstrings | Quads | Calf- gastroc/soleus**

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**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

**Coming WEEK #6:**

**Another BIG week with all the challenge of week 5 PLUS POWERPLAY!**

**A long slow static stretch at the end to cool down**

**Running Nutrition TIP: DRINK IT!**

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