

Training Program – Female – Combined Program for Powerlifting and Marathons

Training Schedule

- Monday – SQ w/ Full Body
 - Tuesday – Running
 - Wednesday – DL w/ Full Body
 - Thursday – Running
 - Friday – BP w/ Full Body
 - Saturday – Running
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Per Exercise Warm-Ups

In our program warm up sets are not listed as part of the set count; what's written in the program is the number of working sets. So, for each exercise you may need to perform 1-2 practice sets to find a good working weight and fine tune form for that specific exercise, these types of sets are beneficial so do them when it feels appropriate but these sets do not count towards your listed set count. Each week when you repeat the workout you'll have a better idea of starting weight, so if you're patient and figure out the right weights the first week the remaining workouts will be less mental effort

*Resource: <https://www.podbean.com/eu/pb-upzpk-c364f3>

*Resource: <https://www.podbean.com/eu/pb-7cbmi-d6f9bd>

Rest Times

Try to stay within the prescribed rest times, this helps us build up your cardiovascular endurance and working volume tolerance; both of which can improve recovery and allow us to make more progress long-term

*Resource: <https://www.podbean.com/eu/pb-uibzt-cf613d>

“Circuit”

Circuit = two or more exercises performed back-to-back without rest between the exercises. Set up each exercise in the circuit. Practice each exercise with ~1-3 submaximal sets increasing weight each set working up to maximal effort weight for the listed rep range. Aim to start the first working set of all exercises on the same set. On all sets the intention is to perform the exercises in the order written with as little rest as possible between the exercises. Once a set of each exercise is performed you would then rest for the listed rest time, adjust weights if needed, and then perform the next set of all exercises again with as little rest as possible between each exercise. Repeat this pattern until the listed number of working sets is achieved

*Resource: <https://www.podbean.com/eu/pb-quh77-edc1a9>

How Do I Select the Right Weight?

For all exercises we're looking for a weight that causes you to feel challenged to maintain good form, but you're actually able to maintain good form. So, not so light that it isn't difficult, but not so heavy that you can't do the exercise properly

*Resource: <https://www.podbean.com/eu/pb-7cbmi-d6f9bd>

*Resource: <https://www.podbean.com/eu/pb-quh77-edc1a9>

Weekly Progressions

In our program exercises are repeated each week. Our goal the first week is to learn the technique of the exercises and to challenge yourself aiming for the upper end of the rep ranges listed for the exercises. The second through fourth weeks we want to continue to improve technique but also challenge the body by trying to increase weight used and/or reps performed within the listed rep range. This increasing challenge from week to week will ensure the body feels the need to progress and make adaptations based on the desired training outcome.

*Resource: <https://www.podbean.com/eu/pb-d2c5z-e3ff6f>

Videos

Record videos of any exercises you want me to check your form on. Make the viewpoint an angle that allows me to see the form correctly; usually this is a side view or a ¾ side view. You can send the videos via Instagram, text message, or Facebook Messenger. If you're uncertain of any exercise make sure you send videos the first week so we can ensure the technique is correct through the following weeks

*Resource: <https://www.podbean.com/eu/pb-vhayu-a1d02c>

Monday – SQ w/ Full Body

Circuit: ~1-2 min rests

- Half Kneeling Hamstring Stretch
 - *Video – 1:55 mark - <https://www.youtube.com/watch?v=nPHfEnZD1Wk>
 - All Weeks – 3 sets of 5 reps per side
- Half Kneeling Hip Flexor Stretch with Overhead Reach
 - *Video - <https://www.youtube.com/watch?v=Jbq8uaPibh4>
 - All Weeks – 3 sets of 5 reps per side
- Deep Squat into Hamstring Stretch
 - *Video - <https://www.youtube.com/watch?v=C8QjknzXYgc>
 - All Weeks – 3 sets of 5 reps
- Deep Squat into Reptile Push Up
 - *Video - <https://www.youtube.com/watch?v=zsTQzYWU-Ok>
 - All Weeks – 3 sets of 5 reps per side

BB Squat – Competition Style: ~minimal rests between warm up sets; ~4-6 min rests during working sets

- ***Wear Olympic Lifting Shoes**
- *Video 1 – <https://www.youtube.com/watch?v=2t6-myXcV3I>
- *Video 2 – <https://www.youtube.com/watch?v=7A4R-o2xg3o>
- *Bracing Concept - <https://youtu.be/oRCD6iEj9po>
- *Be sure to film at least one of the working sets and send the video so I can help with tips
- *Cues to focus on:
 - Descent – focus on maintaining heel pressure
 - In the Pause – hold your breath to keep strong tightness / internal pressure
 - On the Ascent – As you start up really think of driving your upper back up into the bar and pushing the bar behind you as you push to extend your legs – you want to think of pushing the bar backwards not up
- *Warm Ups:
 - 3 reps = no belt & no sleeves = Bar, 95lbs, 135lb
 - 1 rep = with belt & sleeves = 185lb, 205lb
 - Weeks 3 & 4:
 - 1 rep = with belt & sleeves = 225lb
- Week 1 = with belt & sleeves = 215lb x 20 reps in fewest sets possible
- Week 2 = with belt & sleeves = 225lb x 16 reps in fewest sets possible
- Week 3 = with belt & sleeves = 235lb x 12 reps in fewest sets possible
- Week 4 = with belt & sleeves = 245lb x 8 reps in fewest sets possible

Circuit: ~2-4 min rests

- Pull Up – Body Weight from Dead Hang
 - *Video - <https://www.youtube.com/watch?v=4wNvjFIVnLc>
 - Week 1 – 3 sets of 20 seconds
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set even if you have to go over the time limit
 - Ex; Week 1 sets of 7,6,6 | Week 2 sets of 8,7,7 | Week 3 – sets of 9,8,8 | Week 4 – sets of 10,9,9
- Burpee – Bounds for Distance
 - *Video - https://www.youtube.com/watch?v=LPP_RCWvto8
 - Week 1 – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 2 reps per week

Tuesday – Running

Pre-Run Warm Up

- Walking Spiderman Lunge with Kickback & Thoracic Reach
 - *Video - <https://www.youtube.com/watch?v=W50Jsyc80SA>
 - All Weeks – 20 steps (10 reps per side)

Running

Week of 8-15-22: 4 miles at 7:10-7:20 mile pace

Week of 8-22-22: 4.5 miles at 7:15-7:25 mile pace

Week of 8-29-22: 5 miles at 7:20-7:30 mile pace

Week of 9-5-22: 5.5 miles at 7:25-7:35 mile pace

Wednesday – DL w/ Full Body

Circuit: minimal rests

- World's Greatest Stretch
 - *Video – 2:05 mark - <https://www.youtube.com/watch?v=nPHfEnZD1Wk&t=80s>
 - All Weeks – 3 sets of 5 reps per side
- Body Weight Walking Lunges
 - *Video - <https://www.youtube.com/watch?v=L8fvypPrzsz>
 - All Weeks – 3 sets of 20 steps
- Body Weight Backward Walking Lunges
 - *Video - <https://www.youtube.com/watch?v=InmHgtsSbOA>
 - Notice the emphasis of pushing the knee over the toes to start each rep
 - All Weeks – 3 sets of 20 steps

Circuit: ~minimal rests during warm ups; ~3-5 min rests during working sets

- BB Conventional Deadlift – Elevated
 - *Video - <https://www.youtube.com/watch?v=-dz18fiQWYs>
 - *Video for Elevated concept - <https://www.youtube.com/watch?v=QvJNMjucMe4>
 - Use anything ~2 inches thick (bumper plate, rubber mats, wooden blocks, etc...)
 - *Bracing Concept - <https://youtu.be/58XrN5u1F6U>
 - *Dead Stop Reps – Between reps stay in position but allow the weight to settle on the ground so you don't bounce the bar off the floor – each rep should feel like a deadweight start rather than riding momentum from the previous rep
 - *Warm Ups:
 - 3 reps = no belt = 135lb, 185lb
 - Week 2: add 1 rep = with belt = 225lb
 - Week 3: add 1 rep = with belt = 225lb, 245lb
 - Week 4: add 1 rep = with belt = 225lb, 245lb, 265lb
 - Working Sets:
 - Week 1 – 225lb – 5 sets of 2 reps
 - Week 2 – 245lb – 5 sets of 2 reps
 - Week 3 – 265lb – 5 sets of 2 reps
 - Week 4 – 285lb – 5 sets of 2 reps
- Body Weight Power Lunge Jumps – Continuous
 - *Video - <https://www.youtube.com/watch?v=-S8EzdIJhnQ>
 - All Weeks – 3 sets of 5 jumps per leg
- Body Weight Sprinter Jump – Continuous
 - *Video - <https://www.youtube.com/watch?v=1pyw9WPjgTg>
 - All Weeks – 3 sets of 5 jumps per leg

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Circuit: ~minimal rests

- 90 90 Transfers with Hip Thrust
 - *Video - <https://www.youtube.com/watch?v=z55IOhLzWHo>
 - All Weeks – 3 sets of 10 reps (5 per side)
- Butterfly Single Leg Internal / External Hip Rotation
 - *Video - <https://youtu.be/9tfStpubHkQ>
 - All Weeks – 3 sets of 5 reps per leg
- Butt Walks for QL & Groin
 - *Video - <https://www.youtube.com/watch?v=eep3vRPQChQ>
 - All Weeks – 3 sets of 10 “steps” backward and 10 “steps” forward
- Prone Scapular Retraction with Hands Behind Head – on the Floor
 - *Video - <https://www.youtube.com/watch?v=Nh2x6fsxMKc>
 - Shown on a table, but instead perform on the floor
 - All Weeks – 3 sets of 10 reps
- Swimmers on Floor (with shoulder rotation)
 - *Video – 3:08 mark - <https://www.youtube.com/watch?v=7S8B1tPEbHE>
 - All Weeks – 3 sets of 20 reps
- Hand Release Push Ups
 - *Video - <https://www.youtube.com/watch?v=hfaUWLlhvKk>
 - Week 1 – 3 sets of 30 seconds challenge
 - Weeks 2-4 – Improve Weekly – Each week add 10 seconds

Thursday – Running

Pre-Run Warm Up

- Walking Spiderman Lunge with Kickback & Thoracic Reach
 - *Video - <https://www.youtube.com/watch?v=W50Jsyc80SA>
 - All Weeks – 20 steps (10 reps per side)

Running

Week of 8-15-22: 5 miles at 7:20-7:30 mile pace

Week of 8-22-22: 5.5 miles at 7:25-7:35 mile pace

Week of 8-29-22: 6 miles at 7:30-7:40 mile pace

Week of 9-5-22: 6.5 miles at 7:35-7:45 mile pace

Friday – BP w/ Full Body

Circuit: ~1 min rests

- Lying Chest Stretch with Scorpion
 - *Video – 0:09 mark - <https://www.youtube.com/watch?v=hN5AAiLLm6Y>
 - All Weeks – 3 sets of 5 reps per side
- Plank from Elbows – Hip Dips
 - *Video – 0:58 mark - <https://www.youtube.com/watch?v=bHOteDDCrLs>
 - All Weeks – 3 sets of 5 reps per side
- Plank – Reach Back & Out
 - *Video – 4:00 mark - <https://www.youtube.com/watch?v=bHOteDDCrLs>
 - All Weeks – 3 sets of 5 reps per side

Circuit: ~minimal rests during warm ups; ~2-4 min rests during working sets

- BB Bench Press – Reverse Band
 - *Use same set up as Jared - <https://www.instagram.com/p/Cg31QQkuFD3/?hl=en>
 - Use a Red Pro Mini band - <https://www.elitefts.com/shop/bars-weights/bands.html?price=-100>
 - *Cues
 - Set up with your feet further away from your hips than your knees – instead of tucking your feet under you leave them out in front
 - Pause on the chest
 - *Be sure to film at least one of the working sets and send the video so I can help with tips
 - Week 1 – 3 sets of 5-6 reps
 - Week 2 – 3 sets of 4-5 reps
 - Week 3 – 3 sets of 3-4 reps
 - Week 4 – 3 sets of 2-3 reps
- DB Seated Bent Over Gironda Lateral Raise
 - *Video - <https://www.youtube.com/watch?v=ga6uhrVY3ZM>
 - Week 1 – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Circuit: ~2-3 min rests

- Pike Hold Calf Stretch March
 - *Video – 1:39 mark - https://www.youtube.com/watch?v=zCdVoZ4_zHA
 - All Weeks – 3 sets of 10 stretches per leg (20 movements)
- Downward Dog into Runners Lunge
 - *Video – 1:08 mark - <https://www.youtube.com/watch?v=nPHfEnZD1Wk>
 - All Weeks – 3 sets of 5 reps per side
- Basic Push Up with Foam Roller Tuck
 - *Video - <https://www.youtube.com/watch?v=uZD7KgZ74Qw>
 - Week 1 – 3 sets of 30 seconds challenge
 - Weeks 2-4 – Improve Weekly – Add 10 seconds challenge per week

Saturday – Running

Pre-Run Warm Up

- Walking Spiderman Lunge with Kickback & Thoracic Reach
 - *Video - <https://www.youtube.com/watch?v=W50Jsyc80SA>
 - All Weeks – 20 steps (10 reps per side)

Running

Week of 8-15-22: 12 miles at 8:20-8:40 pace

Week of 8-22-22: 13 miles at 8:20-8:40 pace

Week of 8-29-22: 14 miles at 8:20-8:40 pace

Week of 9-5-22: 15 miles at 8:20-8:40 pace

Sunday – Proactive Recovery

Proactive Recovery

20 minute – Yoga Routine - <https://www.youtube.com/watch?v=b1H3xO3x Js&t=2s>