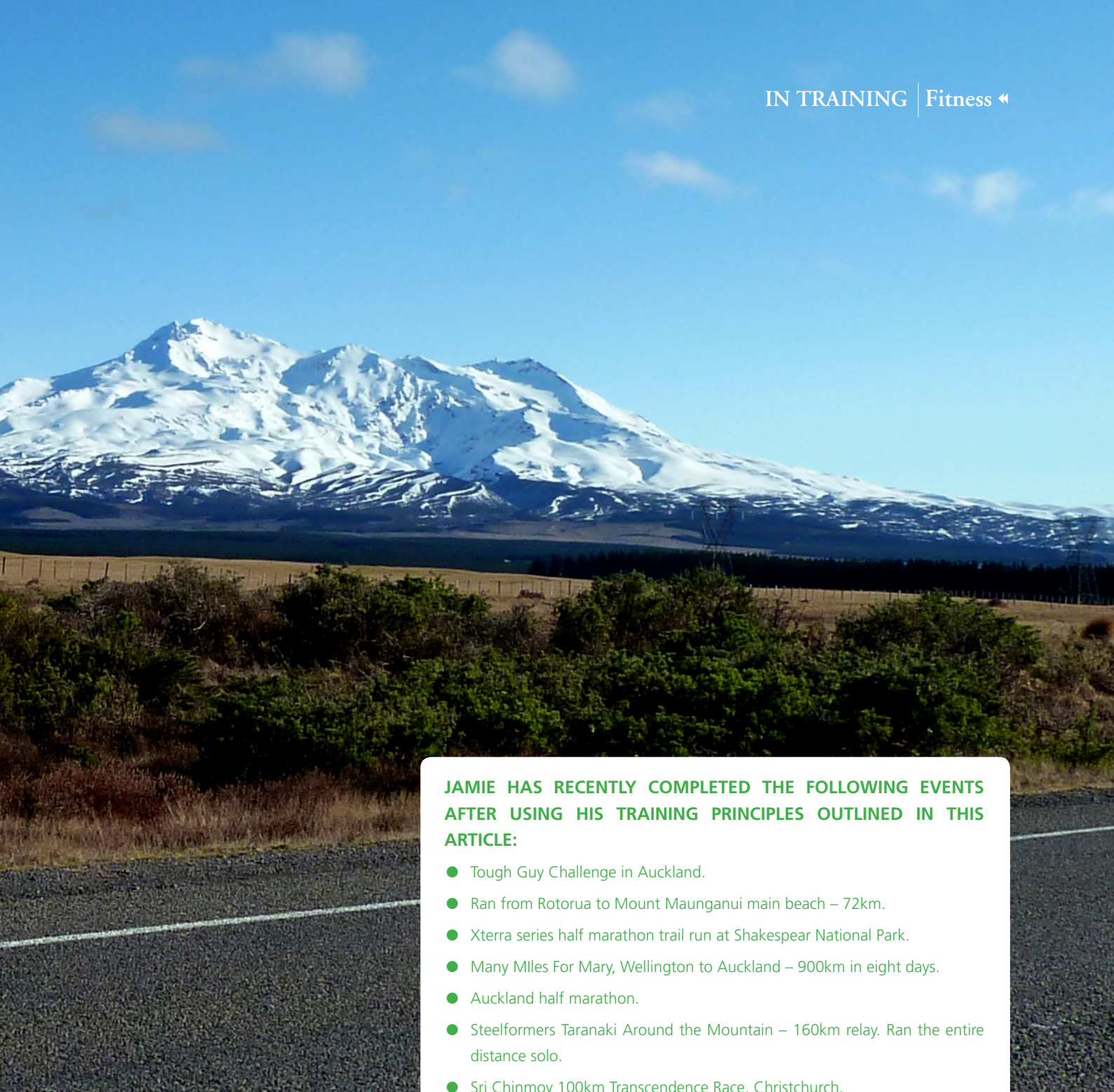


MARATHON man

» Fitness | By Jamie Milne

Following on from the first week of Jamie Milne's 12-week marathon training programme, published in the last issue of Fitness Life, here is the regime that will see you up to seven weeks. After that, visit his website at: www.kiwiconditioning.co.nz or read his Ebook at: <http://kiwiconditioning.wordpress.com/e-book> for more workouts of the week (WOWs). Jamie's programme is designed to have you running a marathon in 12 weeks without excessively pounding the pavements in your training, but focusing on Crossfit principles instead. It includes information on running technique, nutrition, mental strength work and more.



JAMIE HAS RECENTLY COMPLETED THE FOLLOWING EVENTS AFTER USING HIS TRAINING PRINCIPLES OUTLINED IN THIS ARTICLE:

- Tough Guy Challenge in Auckland.
- Ran from Rotorua to Mount Maunganui main beach – 72km.
- Xterra series half marathon trail run at Shakespear National Park.
- Many Miles For Mary, Wellington to Auckland – 900km in eight days.
- Auckland half marathon.
- Steelformers Taranaki Around the Mountain – 160km relay. Ran the entire distance solo.
- Sri Chinmoy 100km Transcendence Race, Christchurch.



WOW 2:1

Do 10 min of barefoot drills on a grassy field or treadmill, then go for a 30 min run at your fastest pace, before resting for 5 min. Finish with 3 rounds of the following:

- 10 lying hip swings.
 - 20 sit-ups.
 - 30 chinees.
- And 3 rounds of:**
- 10 Superman extensions.
 - 20 Saxon swings with 2-5kg dumbbells.
 - 30 sec prone plank.

WOW 2:2

MORNING:

- 1 min sprint, then 1 min rest.
- 1 min sprint, then 50 sec rest.
- 1 min sprint, then 40 sec rest.
- 1 min sprint, then 30 sec rest.
- 1 min sprint, then 20 sec rest.
- 1 min sprint, then 10 sec rest.
- 1 min sprint, then 20 sec rest.
- 1 min sprint, then 30 sec rest.
- 1 min sprint, then 40 sec rest.
- 1 min sprint, then 50 sec rest.
- 1 min sprint to finish.
- Tabata 20w/10r x 8 rounds of broad jumps.
- Tabata 20w/10r x 8 rounds of V-ups.

AFTERNOON:

- Do 5 rounds of 3 back squats. Rest 5-10 min, then complete the following inverted ladder reps rounds:
- 10-1 reps of back squats at 50 percent of your bodyweight.
- 1-10 reps of pull-ups.

WOW 2:3

Do 10 min of barefoot drills on a grassy field or treadmill, then 8 rounds of the following:

- 100m sprint.
- 10 box jumps.
- 10 push-ups.
- 10 knee hugs.

WOW 2:4

MORNING:

Run as fast as you can for 60 min.

AFTERNOON:

Do five reps of three dead-lifts. Rest 5-10 min, then do 20-15-10-5 reps of the following two exercises:

- Dead-lift 75 percent of your bodyweight.

WOW 2:5

Do Tabata 20w/10r x 8 rounds of treadmill sprints on an incline. Rest for 5 min, then complete 5 rounds of 3 shoulder presses. Again, rest for 5-10 min, then complete the following:

- Tabata 20w/10r x 8 rounds of shoulder-presses with just the 20kg Olympic bar.
- Tabata 20w/10r x 8 rounds of air squats.



WOW 3:1

Do 4 rounds of:

- 400m sprint.
- 50 air squats.

Rest for 5 min, then complete 4 rounds of the following:

- 50 V-ups.
- 10 pull-ups.
- 10 push-ups.

WOW 3:2

MORNING:

Do 10 min of barefoot drills on a grassy field or treadmill, then run as fast as you can for 20 min. Rest for 5 min, then complete 5 rounds of the following:

- 60 sec tuck jumps.
- 60 sec prone plank.
- 60 sec lateral jumps.
- 60 sec prone plank.
- 60 sec rest.

AFTERNOON:

Complete 2 sets of 5 back squats, then 3 sets of 3 back squats. Rest for 5-10 min, then complete 6 rounds of the following:

- 7 reps back squats holding 40kg.
- 21 burpees.

WOW 3:3

You're going to do 10 rounds of 30 sec sprints followed by 30 sec of rest. Rest for 5 min at the end, then complete 8 rounds of the following:

- 100 rope turns.
- 5 push-ups.
- 10 knees-to-elbows.
- 15 chinees.

WOW 3:5

Run as fast as you can for 45 min. Rest for 5 min, then complete the following 3 exercises and rep counts as many times as possible in 10 mins:

- 10 shoulder presses holding 30kg.
- 10 knee hugs.
- 10 V-ups.

WOW 4:1

Run as fast as you can for 75 mins, then finish with a prone plank hold to failure.

WOW 3:4

MORNING:

Run 10 min of barefoot drills on a grassy field or treadmill. Then run as far as you can in 5 min – repeat this 3 times, with a 2 min rest between intervals. Rest for 5-10 min, then complete Tabata drills of the following two exercises:

- Jack jumps.
- Hollow rocks.

AFTERNOON:

Do 2 rounds of 5 deadlifts, followed by 3 rounds of 3 deadlifts. Rest for 5-10min, then complete 5 rounds of the following:

- 10 deadlifts at 75 percent of your bodyweight.
- 12 dips.
- 15 pull-ups.

WOW 4:2

MORNING:

Do 10 min of barefoot drills on a grassy field or treadmill. Follow this with 5 x 400m sprints, with a 2 min rest between intervals. Rest for 5-10 min, then complete 3 rounds of the following:

- 1 min hollow rocks.
- 1 min Superman extensions.

AFTERNOON:

Do 5 sets of 5 back squats. Rest for 5-10 min, then complete 150 back squats holding 30kg.

WOW 4:3

Run 5km as fast as you can. Rest for 5 min, then complete the following reps rounds:

- 50-40-30-20-10 sit-ups.
- 10-20-30-40-50 back extensions.



WOW 4:4

MORNING:

Do 10 min of barefoot drills on a grassy field or treadmill. Follow with 10 x 100m sprints, with a 1 min rest between. Then complete 5 rounds of the following:

- 30 V-ups.
- 30 push-ups.

AFTERNOON:

Do 5 sets of 5 deadlifts. Rest for 5-10min, then complete 9-6-3 reps of the following:

- Bodyweight deadlift.
- Burpee lateral jumps over the bar.
- Lying hip swing.

WOW 4:5

Complete 5 rounds of 5 shoulder presses. Rest for 5-10 min, then complete 10 rounds of the following:

- 10 reps of shoulder presses at 33 percent of bodyweight.
- 10 pull-ups.

WOW 5:1

Run 10 min of barefoot drills. Follow this with 10 rounds of 200m sprints, with a 1 min rest between. Then complete 5 rounds of:

- 1 min max pull-ups.
- 1 min max sit-ups.
- 1 min max box jumps.
- 1 min rest.

WOW 5:2

MORNING:

Run as fast as you can for 60 mins.

AFTERNOON:

Do 5 reps of 3 back squats. Then complete 10 rounds of:

- 10 back squats holding 30kg.
- 10 burpees.
- 50m sprint.

WOW 5:3

Do 10 min of barefoot drills, followed by 3 x 5min intervals, with a 3 min rest in between. Then complete rep rounds of the following:

- 50-40-30-20-10 tuck jumps.
- 10-20-30-40-50 V-ups.



WOW 5:4

MORNING:

Complete 6 X 400m sprints with a 90 sec rest between intervals. Then run 8 x 50m sprints with a 60 sec rest in between. Rest for 5-10min, then complete the following cumulative total time of:

- 10 min prone plank.
- 5 min side plank, each side.

AFTERNOON:

Complete 5 sets of 3 deadlifts. Then do 10 rounds of:

- 10 deadlifts with the barbell.
- 10 plyo push-ups.
- 10 knee hugs.
- 10 jack jumps.

WOW 5:5

Do 5 sets of 3 shoulder presses. Rest for 5-10 min, then complete:

- 100 lunges.
- 50 pull-ups.
- 80 lunges.
- 40 pull-ups.
- 60 lunges.
- 30 pull-ups.
- 40 lunges.
- 20 pull-ups.
- 20 lunges.
- 10 pull-ups.

WOW 6:1

Complete 10 min of barefoot drills, then run a 5km time trial, trying to set a personal best time. Rest for 5-10 min, then do a prone plank hold to failure.

WOW 6:2

MORNING:

Do a series of 200m + 400m + 600m sprints for 3 rounds. Rest for however long each interval took you to run. Then complete the following two rep rounds for time:

- 15-13-11-9-7-5-3-1 lying hip swing.
- 1-3-5-7-9-11-13-15 Saxon swings using 2.5kg dumbbells.

AFTERNOON:

Complete 7 back squats. Rest for 5-10min, then complete 3 rounds of:

- 12 burpees.
- 75 air squats.

WOW 6:3

Go for a 90 min hike, carrying a 10-20kg backpack. Stop every 12 min and complete:

- 10 push-ups.
- 20 squats.

WOW 6:4

MORNING:

Run as far as you can in 30 min. Rest for 5 min, then complete the following rep rounds:

- 10-9-8-7-6-5-4-3-2-1 good mornings with a broomstick.
- 1-2-3-4-5-6-7-8-9-10 knees-to-elbows.

AFTERNOON:

Complete 7 deadlifts. Rest for 5-10min, then complete 21-15-9 reps of:

- 80kg deadlifts.
- pike presses.

WOW 6:5

Complete 7 shoulder presses. Rest for 5-10min, then complete 20 rounds of 20 sec sprints followed by 20 sec of rest.

Ensure you leave at least 4 days rest prior to your event. Then, the day before your event, head out on a 30-45 min brisk walk and make sure you stretch well.

