

Programme Type: 10 Week Runners Upper Body Strength Programme

Training Level: Beginners

This Programme is designed for those that are relatively new to resistance or fitness training.

Introduction

Welcome to Gyms.co.nz fitness programmes. We hope you find the 10 week training programme range useful in assisting you in achieving your health and fitness or sporting goals. If you have any questions about any of the details in any of our programmes then please contact us on gyms@slingshot.co.nz

Please note: All Gyms.co.nz exercise programmes are to be used as a guideline only and it is recommended that any training should not be commenced without first receiving the correct instruction from a qualified professional. All of Gyms.co.nz training programmes are utilised completely at your own risk. You should discontinue training immediately if you feel faint, dizzy or experience pain during your workout. If you are not used to the volume or intensity of any of the Gyms.co.nz programmes you should look to work up to the required training levels over a number of weeks. When using heavy weights or training to fatigue you should always exercise with a 'spotter'. A 'Spotter' is someone who can assist with the weight you should you require it during the latter repetitions.

Programme Explained:

This programme is designed for middle to long distance runners who wish to increase their upper body muscle strength to improve running performance. It is a 3 day programme, designed for the early or off season and is aimed at those training at a beginner's level.

Terms Explained:

The following terms and keys are used in this and other Gyms.co.nz programmes. You may wish to familiarise yourself with these terms before proceeding.

Reps:

Repetitions. The number of times you are to complete the described exercise within each set.

Sets:

Are made up of a number / group of repetitions.

Intensity:

How hard you are looking to push yourself during a certain exercise.

Rest Between Sets:

The amount of recovery time you are aiming to have between every group of exercises you complete.

Rest Between Reps:

The amount of recovery time you are aiming to have between each repetition. Only applicable to fitness / aerobic training.

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Monday

Weight Training Programme

Warm Up

5 minutes easy rowing. A couple of easy repetitions on each exercise with a light weight before beginning.

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Bench Press	8-10	3	60-90 seconds
Seated Row	8-10	2	60-90 seconds
Upright Row	8-10	2	60-90 seconds
One Arm Row	8-10	2	60-90 seconds
Supermans	8-12	2	60-90 seconds
Hanging Leg Raises	8-12	2	60-90 seconds
Lying Leg Cycle	8-12	2	60-90 seconds
Swiss Ball Sit Ups	15+	2	60-90 seconds
Oblique Sit Ups	15+	2	60-90 seconds

Warm Down

Easy jogging 5-10 minutes, stretch muscles trained.

Tuesday

Rest

Wednesday

Weight Training Programme

Warm Up

5 minutes easy rowing. A couple of easy repetitions on each exercise with a light weight before beginning.

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Bench Press	8-10	3	60-90 seconds
Seated Row	8-10	2	60-90 seconds
Upright Row	8-10	2	60-90 seconds
One Arm Row	8-10	2	60-90 seconds
Supermans	8-12	2	60-90 seconds
Hanging Leg Raises	8-12	2	60-90 seconds
Lying Leg Cycle	8-12	2	60-90 seconds
Swiss Ball Sit Ups	15+	2	60-90 seconds
Oblique Sit Ups	15+	2	60-90 seconds

Warm Down

Easy jogging 5-10 minutes, stretch muscles trained.

Thursday

Rest

Friday

Weight Training Programme

Warm Up

5 minutes easy rowing. A couple of easy repetitions on each exercise with a light weight before beginning.

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Bench Press	8-10	3	60-90 seconds
Seated Row	8-10	2	60-90 seconds
Upright Row	8-10	2	60-90 seconds
One Arm Row	8-10	2	60-90 seconds
Supermans	8-12	2	60-90 seconds
Hanging Leg Raises	8-12	2	60-90 seconds
Lying Leg Cycle	8-12	2	60-90 seconds
Swiss Ball Sit Ups	15+	2	60-90 seconds
Oblique Sit Ups	15+	2	60-90 seconds

Warm Down

Easy jogging 5-10 minutes, stretch muscles trained.

Saturday

Rest

Sunday

Rest