

Recommended Training Program For Runners

TRAIN SMARTER.

GET STRONGER.

FINISH FASTER.

RECOVER QUICKER.



Compex®

Discover how **Compex** will optimize your workouts and take you to the next level!

When combined with your existing training program, **Compex** will help you attain the highest possible levels of endurance, strength and power.

- Potentiate your muscles
- Build muscle strength and size
- Improve speed and strength
- Optimize muscle recovery

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RECOMMENDED TRAINING PROGRAM FOR RUNNERS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Endurance (Level 1)	Abs Upper Body Lower Body		Abs Upper Body Lower Body		Abs Upper Body Lower Body		
Active Recovery	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body
Week 2 Resistance (Level 1)	Abs Upper Body Lower Body		Abs Upper Body Lower Body		Abs Upper Body Lower Body		
Active Recovery	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body
Week 3 Endurance (Desired level)	Abs Upper Body Lower Body		Abs Upper Body Lower Body				
Resistance (Desired level)					Abs Upper Body Lower Body		
Active Recovery	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body

Muscles to target for Strength Training/Active Recovery

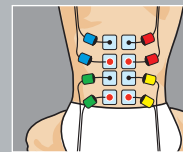
Upper Body: Upper and Lower Back, Abs, Triceps, Biceps and Traps

Lower Body: Quads, Hamstrings, and Calves

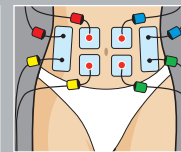
- Strength training 3x a week
- Start with the Endurance Program week 1
- Use the Resistance Program week 2
- Alternate the Endurance and Resistance programs thereafter
- Increase level and intensity at your desired rate
- Active Recovery should be used after every workout – particularly after strenuous activity when muscles are ready to cramp.

The Endurance program targets slow twitch fibers (type 1)

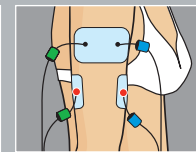
The Resistance program targets both slow and fast twitch fibers (type 1 & 2)



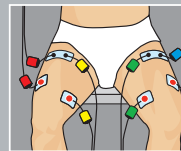
Upper / lower back



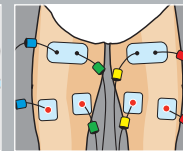
Abs



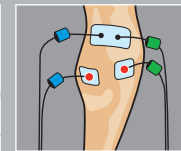
Triceps / Biceps



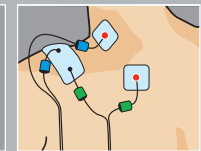
Quads



Hamstrings



Calves



Traps

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