

BODY CIRCUIT FOR ENDURANCE ATHLETES

Presented By:



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This body circuit has been specifically designed for the runners and cyclists. The program has been broken down into four 4 week phases. (Please see the following schedule.) The most effective way to use this program is to begin the first phase 4 months before your goal event. (For general maintenance follow either phase II or III) Each exercise will be followed by the number of reps to be performed in each particular phase. Do one set of each exercise in the order that they are listed with a 15 second break between each exercise. After performing all the exercises you will have completed one full circuit. Take a 3-4 minute rest and repeat the circuit. You should perform a total of 2-3 circuits.

PHASE I: Complete the routine 2 times per week for a total of four weeks.

PHASE II: Complete the routine 2 times per week for a total of four weeks.

PHASE III: Complete the routine 2 times per week for a total of four weeks.

PHASE IV: Complete the routine 1 time per week for a total of four weeks.



Figure 1

1. Heel Walking

Keep your upper body erect with your eyes looking forward. Walk for 15 meters on your heels, with your toes pointed straight ahead. Your toes should never touch the ground. Repeat with your toes pointed out and again with your toes pointed in for a total of three times. (same for all phases)

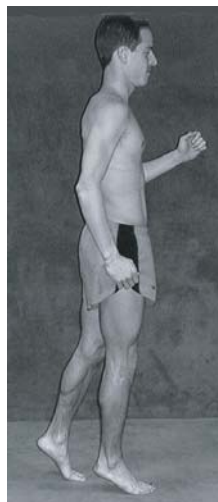


Figure 2

2. Toe Walking

Your upper body should remain the same as with heel walking. As your left foot lands, let your left heel come as close to the ground as possible without touching and then come as high onto your toes as possible before pushing off the ground. Walk for 15 meters with your toes pointed straight ahead and repeat with toes pointed in and toes pointed out. (same for all phases)



Figure 3

3. Lunges

Start with your feet together. Move your left leg and right arm straight ahead. Do not bend your left knee past 90 degrees. (keep your knee as stable as possible, above your ankle). Do not bounce your right knee onto the ground. Bring your left foot back to the original starting position. Repeat by bringing your left leg diagonally 45 degrees to the left and repeat again bringing your left leg diagonally 45 degrees to the right. Repeat all three angles with your right leg. When both legs have lunged forward you have completed one repetition. (phase I: 4 reps, phase II: 7 reps, phase III: 5 reps, phase IV: 3 reps)



Figure 4

4. Bench Dips

Using a bench or chair, support all of your weight on your heels and hands. Start with your arms straight and slowly bend your elbows to lower your butt towards the ground. Bend your arms until your elbows have reached 90 degrees and return to the starting position. (phase I: 10 reps, phase II: 15 reps, phase III: 12 reps, phase IV: 10 reps)



Figure 5A

5. Single-leg Balance Drill

Start by balancing on your right leg with your left knee bent approximately 30 degrees and your left leg extended behind you. Bring your left knee forward and up while at the same time bringing your right arm forward and your left arm back. (Try to imitate a running motion) Straighten your right leg. For added difficulty come up onto your toes. When your left thigh becomes parallel with the ground bring your leg back in the opposite direction. Make sure that your left leg goes straight back and does not come across your body to the right. (phase I: 12 reps, phase II: 20 reps, phase III: 12 reps, phase IV: 8 reps)

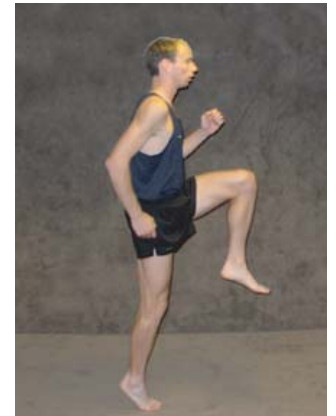


Figure 5B

6. Squat

Start with feet shoulder width apart. Focus your eyes upwards. Arms can be held straight out or folded in front of you. Sit back as if you were going to sit in a chair. Keep your back straight and your knees stable over your feet. Your weight should remain on your heels. Bend your knees until your thighs are parallel with the floor. Straighten. For added difficulty you can perform a squat-hop. The only change is that when you straighten your legs you hop. When you land make sure that your knees are bent. (phase I: 10 reps, phase II: 15 reps, phase III: 10 reps, phase IV: 8 reps)



Figure 6

7. Supine Core Stabilization

Balance all of your weight on your forearms and heels. (Figure 7A) Keep your back, hips and legs as straight as possible during the entire exercise. Lift your right leg 4 inches off of the ground. (Figure 7B) Hold this position for 2 seconds and return your leg to the starting position. Repeat with left leg. (phase I: 6 reps with each leg, phase II: 12 reps with each leg, phase III: 10 reps with each leg, phase IV 6 reps with each leg)



Figure 7A



Figure 7B



Figure 8

8. Fire Hydrant

Start on your hands and knees. Extend your right hip while keeping your knee bent (as shown in picture). Push your right foot up towards the ceiling without arching your back. All the movement should come from your hip. Repeat by adducting your knee away from your body and again by abducting your knee across the body. For added difficulty lift your left arm off the ground. All three directions constitutes one rep. (phase I: 4 reps, phase II: 7 reps, phase III: 5 reps, phase IV: 3 reps)

9. Push-Up

Keep your back as straight as possible while rotating the bottom of your pelvis towards the floor. With your hands shoulder width apart, balance on your fists as shown and keep your elbows close to your body. Bring your chest down to the ground and return to the starting position by straightening your arms. (phase I: 20-30 seconds, phase II: 45-60 seconds, phase III: 30-45 seconds, phase IV: 20-30 seconds)



Figure 9

10. Side-Lying Core Stabilization

Balance all of your weight on your forearm and the side of your knee with your knees bent (Figure 10A). Maintain a posterior pelvic tilt by pushing the bottom of your pelvis forward and the top of your pelvis back. Keep your body as straight as possible and do not let your hips sag towards the ground. For added difficulty come up onto the side your foot (Figure 10B). Then move your top leg through a running motion (Figure 10C). (phase I: 30 seconds, phase II: 45 seconds, phase III: 60 seconds, phase IV 30 seconds)



Figure 10A



Figure 10B



Figure 10C



Figure 11A



Figure 11B

11. Bridge

Start on your back with your arms lifted above your head and your weight balanced on your shoulders and the heels of your feet (Figure 11A). Straighten your right knee (Figure 11B). Hold this position for two seconds and then switch legs. After both legs have been up in the air you have completed one rep. (phase I: 16 reps, phase II: 22 reps, phase III: 18 reps, phase IV: 14 reps)

12. The Bicycle

Start with your knees and hips bent 90 degrees. Place your hand beneath your low back as shown. Your low back should not lift off of your hand nor should it push down into your hand. Slowly bring your left foot down towards the ground while you keep your left knee bent (Figure 12A). When your left foot is approximately 1 inch off the ground stop and hold this position for 2 seconds before bringing your left leg back to the starting position. Repeat with your right leg. To make the exercise more difficult straighten your left leg as you bring your foot towards the ground and hold your leg approximately 4 inches off of the ground before bringing your leg back to the starting position (Figure 12B). (phase I: 12 reps with each leg, phase II: 20 reps with each leg, phase III: 15 reps with each leg, phase IV: 10 reps with each leg)



Figure 12A



Figure 12B

13. Prone Core Stabilization

Balance all your weight on your knees and your forearms (Figure 13A). Keep your back as straight as possible. Maintain this position while you slowly lift your left knee 4 inches off the ground. Hold for two seconds and return your knee to the ground. Repeat with right leg. For added difficulty balance on your toes and forearms (Figure 13B). (phase I: 20-30 seconds, phase II: 45 seconds, phase III: 60 seconds, phase IV: 30 seconds)



Figure 13A



Figure 13B



Figure 13C