

3 hour non-stop endurance challenge

1 hour Row

1 hour Cycle

1 hour Treadmill / Cross Trainer

For participants wishing to complete the challenge as a team simply divide the training times between team members (clearly don't divide a 6min row!!!!).

	Row	Cycle	Treadmill/ Cross Trainer	Multi-disciplinary
17/04	6mins	12mins	12mins	35mins
24/04	15mins	10mins	15mins	45mins
01/05	18mins	18mins	10mins	55mins
08/05				40mins
15/05	10mins	25mins	20mins	1hr 10mins
22/05	25mins	15mins	25mins	1hr 20mins
29/05	30mins	30mins	15mins	1hr 30mins
05/06	20mins	35mins	35mins	1hr 45mins
12/06				1hr
19/06	40mins	20mins	40mins	2hrs
26/06	45mins	45mins	20mins	2hrs 10mins
03/07	25mins	50mins	50mins	2hrs 25mins
10/07	45mins	20mins	45mins	2hrs 10mins
17/07	45mins	45mins	20mins	2hrs
24/07	Gym for Heroes – Good Luck!			

Further Information:

- Warm up before and Cool down following your exercise session. 6-10mins of both at an easy pace is acceptable.
- Participants should complete the “Gym for Heroes Fitness Programme” at the end of each the individual workouts.
- Drink plenty of water during your training
- Please see your GP before commencing any exercise regime. If at any point you feel dizzy, unwell or have any musculoskeletal issues please seek immediate medical attention.

Programming information provided by:



Further information: www.sophysical.co.uk

12 hour non-stop endurance challenge

4 hour Row
 4 hour Cycle
 4 hour Treadmill / Cross Trainer

For participants wishing to complete the challenge as a team simply divide the training times between team members (clearly don't divide a 15min cycle!!!!)

	Row	Cycle	Treadmill / Cross	Multi-disciplinary	Fitness Programme
17/04	30mins	15mins	30mins	1hr 30mins	Yes
24/04	50mins	50mins	25mins	2hrs 25mins	Yes
01/05	35mins	1hr 10mins	1hr 10mins	3hrs 20mins	Yes
08/05	-	-	-	1hr 40mins	Yes
15/05	1hr 25mins	45mins	1hr 25mins	4hrs 15mins	Yes
22/05	1hr 45mins	1hr 45mins	55mins	5hrs 10mins	Yes
29/05	1hr	2hrs	2hrs	6hrs	Yes
05/06	2hr 20mins	1hr 10mins	2hr 20mins	6hrs 50mins	Yes
12/06	-	-	-	4hrs 15mins	Yes
19/06	2hrs 40mins	2hrs 20mins	1hr 20mins	7hrs 50mins	Yes
26/06	1hr 30mins	3hrs	3hrs	8hrs 45mins	Yes
03/07	2hrs 15mins	1hr 40mins	3hrs 15mins	9hrs 40mins	Yes
10/07	3hrs 15mins	3hrs	1hr 30mins	8hrs 45mins	Yes
17/07	1hr 20mins	2hrs 40mins	2hrs 40mins	7hrs 50mins	Yes
24/07	Gym for Heroes – Good Luck!				

Further Information:

- Warm up before and cool down following your exercise session. 6-10mins of each at an easy pace is acceptable.
- Drink plenty of water during your training
- Please see your GP before commencing any exercise regime. If at any point you feel dizzy, unwell or have any musculoskeletal issues please seek medical attention.

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Gym for Heroes Fitness Programme

This fitness programme has been designed predominately with injury prevention in mind. If participants are completing as a team then it would be advantageous for all members to complete the following plan.

Activity	Sets	Reps	Tempo	Notes
Alternate Stepping Lunge w/ trunk rotation	2	6	2:2	Feet together, lunge R leg fwd and rotate trunk R at same time. Repeat L.
1 leg squats	2	10	2:2	Stand on step w/ L foot hanging off, squat down w/ R leg to no lower than 90° @ knee. Keeping knee inline w/ 2 nd toe. Repeat L
Hip Swings	2	10	Dynamic	Stand sideways on to wall, keep swinging knee slightly bend and swing forwards and backwards
Seated Shoulder Blade squeeze	1	10	Static	Sit on bench or gym ball, loop resistance band, tube or towel around a solid object in front, keeping elbows straight, draw scapula together and hold
Seated Broomstick rotations	2	10	2:2	Sit on bench or gym ball, broomstick (light pole) against shoulders, keep hips facing fwd then rotate torso L and R
Prone back extensions	2	10	2:2	Lying on your front, bend elbows, hands to chin, keeping eyes down and neck inline w/ rest of spine lift chest and arms until you feel a mild contraction in your lower back.
Stretch: Back (Cat stretch)	1	10	5:5	On the floor on your hands and knees, round your back away from the floor
Stretch: Back (Knee Rolls)	1	10	5:5	Lying on your back with your arms extended out either side of you. Bend your knees and keeping them together roll them over to one side of your body, repeat on other side
Stretch: Hamstrings			45secs	Lying with your legs stretched out on the floor, raise one leg up towards your head. Keeping a soft knee either hold on to your leg round the back of your thigh or the back of your calf and pull in towards your chest, repeat on other side
Stretch: Quadriceps			45secs	Standing on one leg bend your other leg up behind you holding on to your ankle. Keeping your knees together and your hips pushed forwards, repeat on other side
Stretch: Hip Flexors			45secs	Place one foot behind you on tip toes (lunge position) and imagine you are sitting down, pushing your hips forward, repeat on other side
Stretch: Chest			45secs	Hold your hands together behind your back and then extend them and push away from your body. Opening out the chest
Stretch: Calf			45secs	Place your hands against a wall in front of you at shoulder height. Take one foot and place it on the floor a large step distance behind you. Bend the front leg and feel the stretch in the back leg calf

Further Information:

- Tempo: denotes speed of movement e.g. 2 seconds Right : 2 seconds Left
- Drink plenty of water during your training
- Please see your GP before commencing any exercise regime. If at any point you feel dizzy, unwell or have any musculoskeletal issues please seek medical attention.

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Further information: www.sophysical.co.uk

Gym for Heroes – Nutrition

Nutrition is a crucial part of your training plan. For any endurance event, fuel for before, during and after takes a lot of consideration. Below we have listed some websites that can educate you on what type of fuel is needed and when.

www.anitabean.co.uk

www.lucozade.com

www.scienceinsport.com

www.forgoodnessshakes.com

www.sportsmedicine.about.com/od/hydrationandfluid/Drinking_Hydrating_for_Exercise.htm

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