



WELL-BEING PLAN PHASE 1



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IN COOPERATION WITH

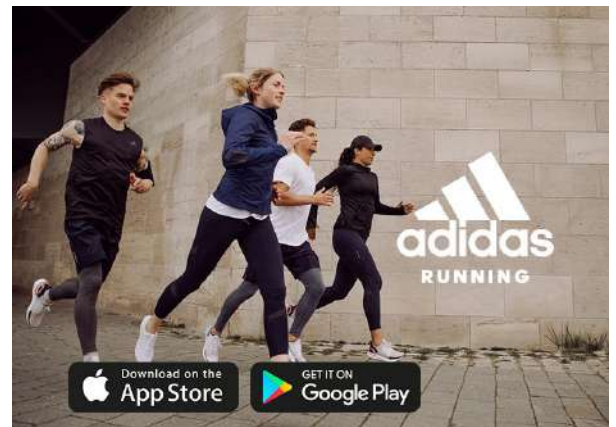


WELL-BEING

ADD RUNNING INTO YOUR ROUTINE and focus on a balanced approach to building your well-being. Two days per week of structured movement, strength and cardio, and two days running for variety and balance.

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Get the adidas Running app and start tracking your fitness activities.

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PHASE 1 (WEEKS 1-3)	WEEK 1	TRAIN & RUN 1	REST DAY	RUN 1	TRAIN & RUN 2	REST DAY	RUN 2	REST DAY
	WEEK 2	TRAIN & RUN 1	REST DAY	RUN 1	TRAIN & RUN 2	REST DAY	RUN 2	REST DAY
	WEEK 3	TRAIN & RUN 1	REST DAY	RUN 1	TRAIN & RUN 2	REST DAY	RUN 2	REST DAY
PHASE 2 (WEEKS 4-6)	WEEK 4	TRAIN & RUN 3	REST DAY	RUN 3	TRAIN & RUN 4	REST DAY	RUN 4	REST DAY
	WEEK 5	TRAIN & RUN 3	REST DAY	RUN 3	TRAIN & RUN 4	REST DAY	RUN 4	REST DAY
	WEEK 6	TRAIN & RUN 3	REST DAY	RUN 3	TRAIN & RUN 4	REST DAY	RUN 4	REST DAY



WELL-BEING

ADD RUNNING INTO YOUR ROUTINE and focus on a balanced approach to building your well-being. Two days per week of structured movement, strength and cardio, and two days running for variety and balance.



MINDSET - FIND MEANING

Reframe your mindset around what inspires you. Think about what living your best life would look like, smell like, taste like, feel like. Identifying what matters to you and the deeper reasons behind your actions will help you stay focused and overcome challenges, no matter how big they are.

Why do you want to change? What keeps you stuck? Make a practice of continually asking yourself WHY you want to be Faster Than.

The final answer is typically your "intrinsic" motivator, and the reason that will keep you striving for progress. Write this down, and keep it where you will see it clearly every day.



NUTRITION - MAKE IT ABOUT YOU

Individualizing your approach to food is key. What works for others might not work for you. Exactly what, when, and how you eat will depend on your own biology, your likes and dislikes, your activity level, and your personal goals. Start paying attention not only to how food tastes, but how it makes you feel.

In this phase, try keeping a simple journal of the foods you eat. Make note of the what makes you feel energized and strong versus foods that leave you feeling further from your goals.

PHASE 1 TRAIN & RUN 1

PREPARATION

Active and dynamic stretches that lengthen, strengthen, and stabilize your body to help prepare you to move and run.

STRENGTH

Total-body strength work through movement training to focus on the specific demands of running. Movements are designed in a circuit that's to be repeated for a defined number of sets.

ENERGY SYSTEMS DEVELOPMENT (ESD)

Build a foundation for running to help you achieve success as you become more comfortable and confident throughout your running journey. This portion of your workout is designed as a run, but if your body needs a bit of a rest from your longer runs, then use an elliptical or bike.

RECOVERY

During training the tissue in your body can become tight and restrictive, decreasing your performance potential. Keep this tissue mobile to alleviate the knots in the muscle and improve circulation and blood flow, restoring movement and injury resilience.



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WELL-BEING (PHASE 1)

PREPARATION

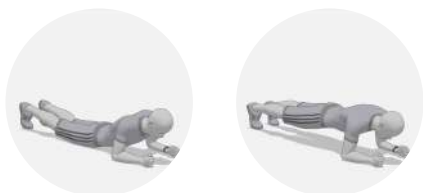
TRAIN & RUN 1

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

LOW PLANK

30 seconds



1. Lie facedown in a push-up position, with your forearms resting on the floor.
2. Push off your elbows, supporting your weight on the forearms. Tuck your chin so that your head is in line with your body. Pull your toes towards your shins.

FEEL IT: Working your shoulders and torso.

INCHWORM

5 reps

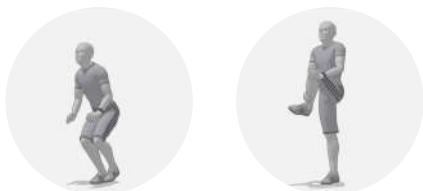


1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward.
3. Still keeping your legs straight, walk your feet back up to your hands.

FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

KNEE HUG

5 reps each

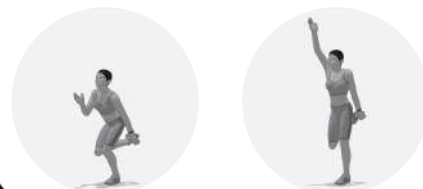


1. Lift one foot off the ground and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your hands and pull your knee to your chest while straightening your other leg. Hold for 1 to 2 seconds.

FEEL IT: Stretching your glutes, hamstrings, and hip flexors.

HEEL TO GLUTE

5 reps each



1. Squat down, reach behind you and grab one ankle with the opposite hand.
2. Stand and pull your heel to your butt while raising your other arm overhead. Hold for 1 to 2 seconds.

FEEL IT: Stretching the hip of your front leg and the upper thigh of your back leg.

STRENGTH

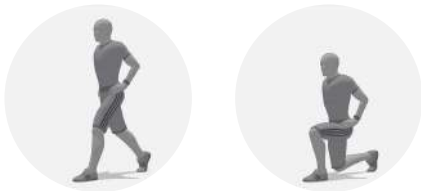
TRAIN & RUN 1

03
SETS

Once you have mastered these movements add some light weight or increase the number of sets to challenge yourself.

SPLIT SQUAT

8 reps each

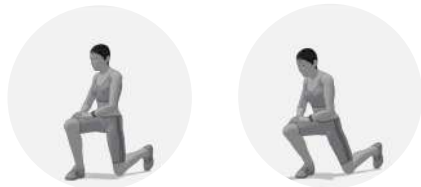


1. Stand tall in a split stance with your feet shoulder-width apart and your weight primarily on the arch of your front foot.
2. Lower your hips toward the ground by bending your knees.
3. Without letting your back knee touch the ground, push through your front leg to return to the starting position.
4. Complete the set on one side before repeating with the opposite leg.

FEEL IT: Working your glutes, hamstrings, and quads.

KNEELING HIP FLEXOR STRETCH

5 reps each



1. Place one foot flat on the ground in front of you with your opposite knee on a soft pad or mat behind you.
2. Lean your torso slightly forward, tighten your stomach, and contract the glute of your back leg.
3. Maintaining this position, shift your entire body slightly forward and hold for 2 seconds.
4. Complete the set on one side before repeating with the opposite foot forward.

FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

BRIDGE MARCHING

5 reps each



1. Lie faceup with your arms to the side, knees bent, and heels on ground.
2. Fire (squeeze) your glutes to lift your hips off the ground until your knees, hips, and shoulders are in a straight line.
3. Lift one knee up to your chest by flexing at the hip.
4. Continue alternating to complete the set.

FEEL IT: Stretching your glutes, hamstrings, and hip flexors.

HIGH PLANK - WITH ARM LIFT

5 reps each



1. Start in a push-up position with your hands directly beneath your shoulders and your feet wider than shoulder-width apart.
2. Lift one arm up and away from your body, holding for 1 to 2 seconds.
3. Return your arm to the floor underneath your shoulder.
4. Continue alternating to complete the set.

FEEL IT: Working your shoulders and torso.

ENERGY SYSTEMS DEVELOPMENT

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

8-9/10

HARD

Extremely strenuous and difficult to maintain

6-7/10

MODERATE

Rapid breathing. Can't talk now!

3-5/10

EASY

Moving with purpose and still able to talk comfortably

Steps:

1. Complete warmup
2. Complete the Intervals within the training session below for the designated number of repetitions.
3. Complete the cool down

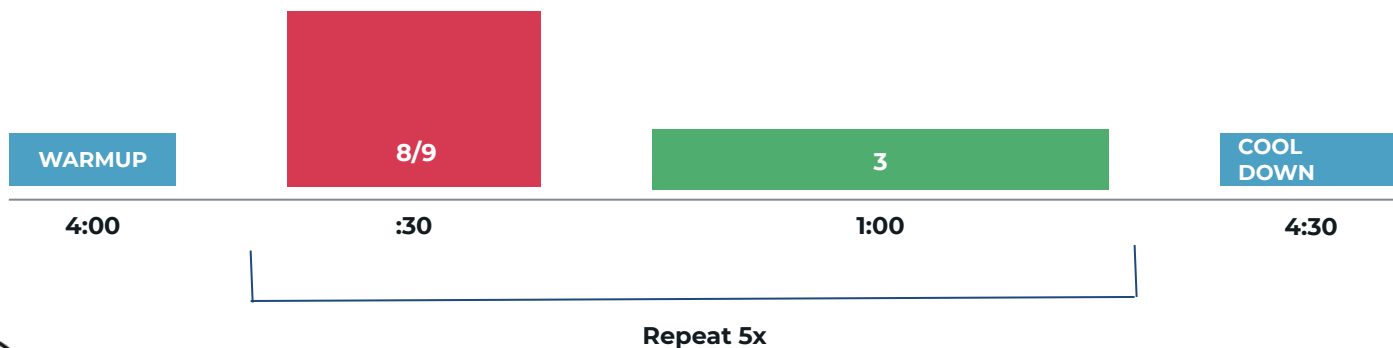
Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

Challenge Yourself

Option 1: Increase the number of Intervals from 5x to 6x if you feel like you want to do more or it is too easy for you. Ensure you can maintain good speed and form.

Option 2: If the intervals themselves seem short kick it up a notch and increase your RPE while still allowing you perform the next zone confidently.

INTERVAL TRAINING SESSION (1) (16 MINUTES)



TIME FOR RECOVERY

Complete the recovery movements after every training session or run. Spend extra time on any muscle that feels like it needs a little more attention. Your body will thank you.



POWERED BY EXOS

PREPARATION

RUN 1-2

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

MARCHING BRIDGE

5 reps each



1. Lie faceup with your arms to the side, knees bent, and heels on ground.
2. Fire (squeeze) your glutes to lift your hips off the ground until your knees, hips, and shoulders are in a straight line.
3. Lift one knee up to your chest by flexing at the hip.
4. Return your foot to the ground and repeat with the opposite leg.
5. Continue alternating to complete the set.

FEEL IT: Working your glutes and to a lesser degree your hamstrings and lower back.

INCHWORM

5 reps



1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward.
3. Still keeping your legs straight, walk your feet back up to your hands.

FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

HEEL TO GLUTE

5 reps each



1. Squat down, reach behind you and grab one ankle with the opposite hand.
2. Stand and pull your heel to your butt while raising your other arm overhead. Hold for 1 to 2 seconds.

FEEL IT: Stretching the hip of your front leg and the upper thigh of your back leg.

BACKWARD LUNGE - W/ ROTATION

5 reps each



1. Step back into a lunge, bending your knees and contracting the glute of your back leg.
2. Twist your torso over your front leg, place the opposite arm on the outside of your knee and reach your other arm behind you.
3. Continue alternating to complete the set.

FEEL IT: Stretching the hip flexor of your back leg and working the glute of your front leg.

PREPARATION

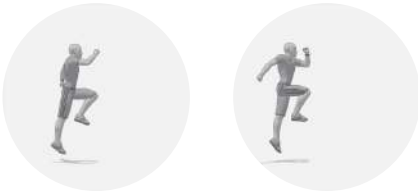
RUN 1-2

continued

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

POWER SKIP

10 meters

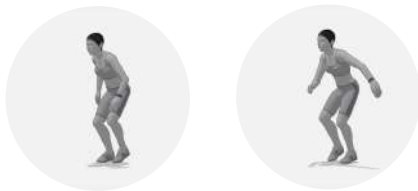


1. Stand tall with your feet hip-width apart.
2. Lift one knee and the opposite arm in front of your body.
3. Drive your foot to the ground and generate a double contact to skip forward as you lift the opposite knee and arm.
4. Repeat the movement on the opposite side.
5. Continue alternating to complete the set.

FEEL IT: Working your entire body.

QUICK FEET

10 seconds



1. Stand in an athletic base position with your knees slightly bent, hips back, and arms bent slightly throughout the move.
2. Run by moving your feet two inches up and forward with each step as quickly as possible, allowing your arms to move slowly and rhythmically.
3. Continue for the full set.

FEEL IT: Working your hips, knees, and ankles and challenging your coordination.

ENERGY SYSTEMS DEVELOPMENT

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

8-9/10

HARD

Extremely strenuous and difficult to maintain

6-7/10

MODERATE

Rapid breathing. Can't talk now!

3-5/10

EASY

Moving with purpose and still able to talk comfortably

Steps:

1. Complete warmup
2. Complete the Intervals within the training session below for the designated number of repetitions.
3. Complete the cool down

Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

Challenge Yourself

Option 1: Increase the number of Intervals from 2x to 3x if you feel like you want to do more or it is too easy for you. Ensure you can maintain good speed and form.

Option 2: If the intervals themselves seem short kick it up a notch and increase your RPE while still allowing you perform the next zone confidently.

INTERVAL TRAINING SESSION (1) (30 MINUTES)



ENERGY SYSTEMS DEVELOPMENT

STEADY RUN SESSION (2) (25 MINUTES)



TIME FOR RECOVERY

Complete the recovery movements after every training session or run. Spend extra time on any muscle that feels like it needs a little more attention. Your body will thank you.



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PHASE 1 TRAIN & RUN 2



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WELL-BEING (PHASE 1)

PREPARATION

TRAIN & RUN 2

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

LOW SIDE PLANK

30 seconds each

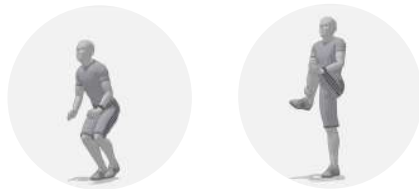


1. Lie on your side with your forearm on the ground under your shoulder and your feet stacked on top of each other.
2. Push your forearm away from your body and lift your hips into the air, supporting your weight on your forearm and bottom foot.
Hold this position for the prescribed amount of time.
3. Switch sides and repeat.

FEEL IT: Working your shoulders and torso.

LEG CRADLE

5 reps each



1. Lift one foot off the ground and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your same side hand and under the ankle with your other hand.
3. Extend your standing leg as you pull your opposite knee toward your chest until you feel a gentle stretch.
4. Continue alternating to complete the set.

FEEL IT: Stretching the outside of your hip.

SIDE SQUAT

5 reps each

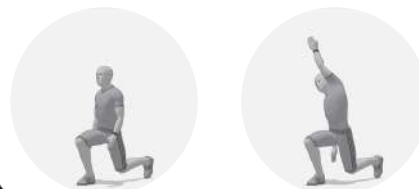


1. Stand with your feet wider than shoulder-width apart.
2. Keeping your chest up and back flat, shift your hips down and to the side by bending one knee and straightening the opposite leg.
3. Return to the starting position by pushing through your hip.
4. Repeat the move in the opposite direction.
5. Continue alternating to complete the set.

FEEL IT: Stretching your glutes, groin, hamstrings, and quads.

BACKWARD LUNGE - W/ LATERAL FLEXION

5 reps each



1. Step back with one foot into a lunge and contract your back glute.
2. Reach the hand of the back leg overhead and bend your torso toward your other hand.
3. Return to the starting position.
4. Continue alternating to complete the set.

FEEL IT: Stretching the hip flexor of your back leg, the glute and groin of your front leg, and the side of your torso.

STRENGTH

TRAIN & RUN 2

03
SETS

Once you have mastered these movements add some light weight or increase the number of sets to challenge yourself.

INVERTED HAMSTRING

8 reps each

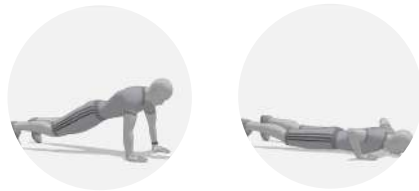


1. Stand tall on one leg with your arms out to your sides and shoulder blades back and down.
2. Keeping a straight line from your ear to ankle, bend forward at the waist and raise your non-standing leg behind you.
3. When you feel a stretch in the back of your thigh, return to standing by contracting the glutes and hamstrings of your standing leg.
4. Continue alternating to complete the set.

FEEL IT: Stretching your hamstrings.

PUSH-UPS

8 reps



1. Start in the classic push-up position with your hands beneath your shoulders and your legs straight behind you.
2. Keeping your torso stable and hips square to the ground, bend your elbows to lower your body towards the ground.
3. Without touching the ground, push yourself back up.
4. Continue for the full set.

FEEL IT: Working your chest, arms, and torso.

Ts HIGH SPLIT

5 reps



1. Stand in a split stance with your arms in front of you at shoulder height, palms facing up.
2. Keeping your stomach tight and your back glute contracted, reach both arms out to your sides in an arc until they're behind your torso and you feel a gentle stretch in your chest and arms. Hold for 2 seconds.
3. Relax and return to the starting position.
4. Continue for the remainder of the set.

FEEL IT: Stretching your chest.

SIDE LUNGE

8 reps each



1. Stand with you feet shoulder width apart.
2. Step to one side and lower your hips to the floor by squatting back and down with the stepping leg, keeping the other leg straight.
3. Return to the starting position by pushing up with your bent leg.
4. Switch directions and repeat the movement.
5. Continue alternating to complete the set.

FEEL IT: Working your glutes, hamstrings, and quads and stretching the inner thigh of the straight leg.



WELL-BEING (PHASE 1)

ENERGY SYSTEMS DEVELOPMENT

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

8-9/10

HARD

Extremely strenuous and difficult to maintain

6-7/10

MODERATE

Rapid breathing. Can't talk now!

3-5/10

EASY

Moving with purpose and still able to talk comfortably

Steps:

1. Complete warmup
2. Complete the Intervals within the training session below for the designated number of repetitions.
3. Complete the cool down

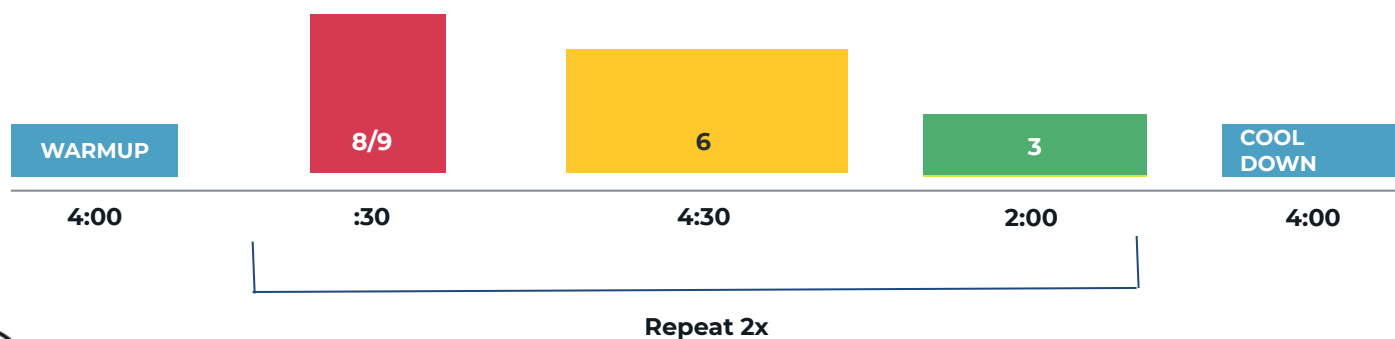
Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

Challenge Yourself

Option 1: Increase the number of Intervals from 2x to 3x if you feel like you want to do more or it is too easy for you. Ensure you can maintain good speed and form.

Option 2: If the intervals themselves seem short kick it up a notch and increase your RPE while still allowing you perform the next zone confidently.

INTERVAL TRAINING SESSION (2) (22 MINUTES)



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WELL-BEING (PHASE 1)

TIME FOR RECOVERY

Complete the recovery movements after every training session or run. Spend extra time on any muscle that feels like it needs a little more attention. Your body will thank you.



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PREPARATION

RUN 1-2

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

MARCHING BRIDGE

5 reps each



1. Lie faceup with your arms to the side, knees bent, and heels on ground.
2. Fire (squeeze) your glutes to lift your hips off the ground until your knees, hips, and shoulders are in a straight line.
3. Lift one knee up to your chest by flexing at the hip.
4. Return your foot to the ground and repeat with the opposite leg.
5. Continue alternating to complete the set.

FEEL IT: Working your glutes and to a lesser degree your hamstrings and lower back.

INCHWORM

5 reps



1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward.
3. Still keeping your legs straight, walk your feet back up to your hands.

FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

HEEL TO GLUTE

5 reps each



1. Squat down, reach behind you and grab one ankle with the opposite hand.
2. Stand and pull your heel to your butt while raising your other arm overhead. Hold for 1 to 2 seconds.

FEEL IT: Stretching the hip of your front leg and the upper thigh of your back leg.

BACKWARD LUNGE - W/ ROTATION

5 reps each



1. Step back into a lunge, bending your knees and contracting the glute of your back leg.
2. Twist your torso over your front leg, place the opposite arm on the outside of your knee and reach your other arm behind you.
3. Continue alternating to complete the set.

FEEL IT: Stretching the hip flexor of your back leg and working the glute of your front leg.

PREPARATION

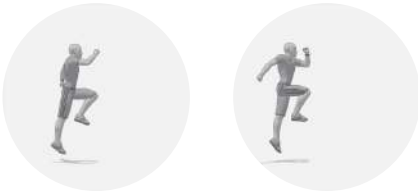
RUN 1-2

continued

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POWER SKIP

10 meters

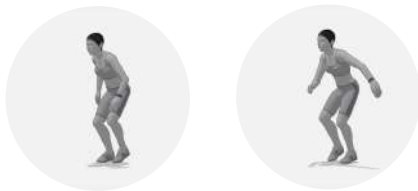


1. Stand tall with your feet hip-width apart.
2. Lift one knee and the opposite arm in front of your body.
3. Drive your foot to the ground and generate a double contact to skip forward as you lift the opposite knee and arm.
4. Repeat the movement on the opposite side.
5. Continue alternating to complete the set.

FEEL IT: Working your entire body.

QUICK FEET

10 seconds



1. Stand in an athletic base position with your knees slightly bent, hips back, and arms bent slightly throughout the move.
2. Run by moving your feet two inches up and forward with each step as quickly as possible, allowing your arms to move slowly and rhythmically.
3. Continue for the full set.

FEEL IT: Working your hips, knees, and ankles and challenging your coordination.

ENERGY SYSTEMS DEVELOPMENT

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

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HARD

Extremely strenuous and difficult to maintain

6-7/10

MODERATE

Rapid breathing. Can't talk now!

3-5/10

EASY

Moving with purpose and still able to talk comfortably

Steps:

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3. Complete the cool down

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Challenge Yourself

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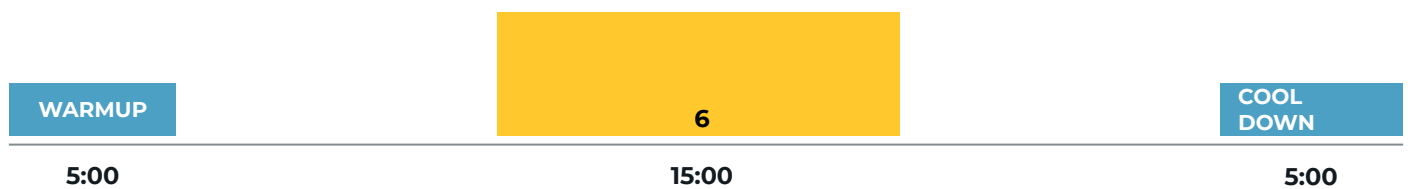
Option 2: If the intervals themselves seem short kick it up a notch and increase your RPE while still allowing you perform the next zone confidently.

INTERVAL TRAINING SESSION (1) (30 MINUTES)



ENERGY SYSTEMS DEVELOPMENT

STEADY RUN SESSION (2) (25 MINUTES)



TIME FOR RECOVERY

Complete the recovery movements after every training session or run. Spend extra time on any muscle that feels like it needs a little more attention. Your body will thank you.



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