



WELL-BEING PLAN PHASE 2



POWERED BY EXOS

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 |

| | | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|------------------------|--------|---------------|----------|-------|---------------|----------|-------|----------|
| 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 - CREATE A MANTRA

A mantra is a simple, repeatable phrase, like the lyrics of a song or a poem, that helps you remember what's important to you. A mantra is the positive voice that overrides the voice of doubt and fear and judgment inside of your head. A personal mantra anchors your values into your life and helps you carry on when things get hard.

Create a simple mantra that reflects your deeply held values. Write it down and practice repeating it often throughout your runs in this phase.



NUTRITION - STAY BALANCED

To create a foundation that allows resilience in your fueling, most of your meals should aim to include minimally processed grains, lean proteins, and healthy fats which benefit your brain and body & keep it performing optimally.

If you're making thoughtful food choices most of the time, allow yourself some meals or days to indulge in foods that may not be the best for your health but satisfy needs like enjoying a treat or celebrating with friends. After all, food is about more than nutrients.

A balanced perspective to eating will help you stay aware of what you put in your body, and will also make you more likely to eat well over the long haul.

PHASE 2 TRAIN & RUN 3

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.



PREPARATION

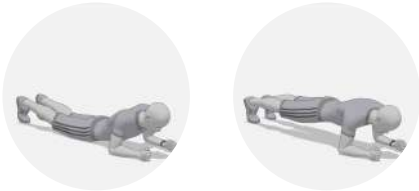
TRAIN & RUN 3

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

45 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

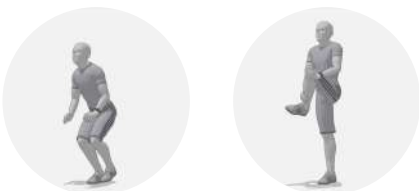


1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward to a push-up position. .
3. Still keeping your legs straight, walk your feet back up to your hands.

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

KNEE HUG

5 reps each

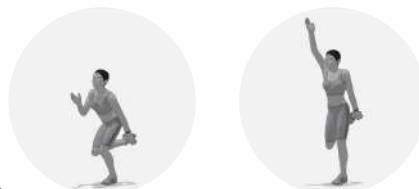


1. Lift one foot off the ground and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your hands and pull your knee to your chest while straightening your other leg. Hold for 1 to 2 seconds.
3. Continue alternating to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

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.
3. Continue alternating to complete the set.

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

STRENGTH

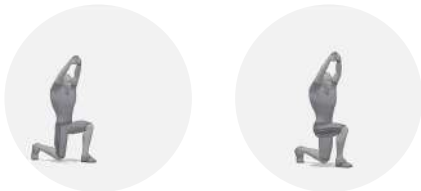
TRAIN & RUN 3

03
SETS

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

WALKING LUNGES - W/ OVERHEAD REACH

8 reps each

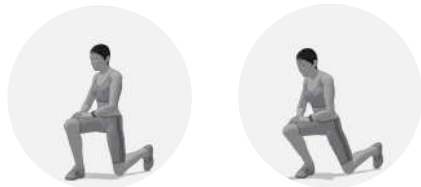


1. Stand tall with your arms held straight overhead.
2. Step forward with one foot into a lunge and contract your back glute.
3. Pause when your back knee is just above the floor, then push off your front leg and step through with your back leg, lifting your knee high and stepping into the next lunge.
4. Continue alternating to complete the set.

FEEL IT: Working the glute of your front leg and stretching the hip flexor of your back leg.

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 the front of the hip and upper thigh of the back leg.

SINGLE-LEG BRIDGE

8 reps each

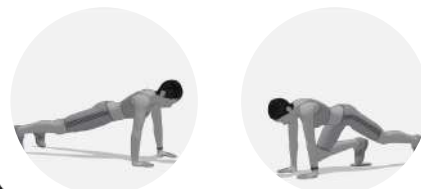


1. Lie faceup with your arms at your sides, your knees bent, and your heels on the ground.
2. Lift your hips off the ground until your knees, hips, and shoulders are in a straight line.
3. Hold for 1 to 2 seconds, and then return to the starting position.
4. Complete the set on one side before repeating with the opposite foot forward.

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

HIGH PLANK KNEE-TO-ELBOW

8 reps each



1. Start in a push-up position with your hands shoulder-width apart and your feet hip-width apart on the ground.
2. Keeping your torso stable, slowly draw one knee toward your chest.
3. Return your leg to the starting position.
4. Continue alternating to complete the set.

FEEL IT: Working your shoulders, abdominals, and torso.



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WELL-BEING (PHASE 2)

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

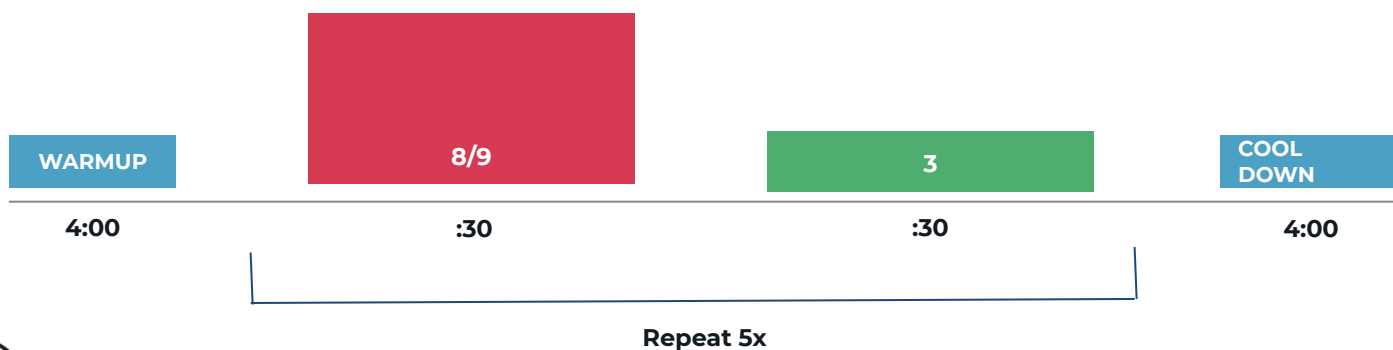
Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

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 (3) (13 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

(PHASE 2)

PREPARATION

RUN 3-4

01
SET

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

BRIDGE MARCHING

5 reps each

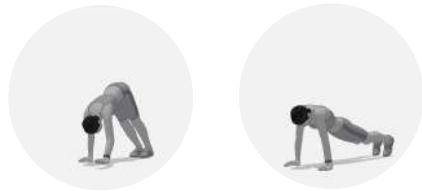


1. Lie faceup with your arms to the side, knees bent, and heels on ground.
2. Fire (squeeze) your glutes to lift your hips off the ground until your knees, hips, and shoulders are in a straight line.
3. Lift one knee up to your chest by flexing at the hip.
4. Return your foot to the ground and repeat 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. Stand tall with your chest up, shoulders relaxed, and arms at your sides.
2. Step back into a lunge, bending your knees and contracting the glute of your back leg.
3. Twist your torso over your front leg, place the opposite arm on the outside of your knee and reach your other arm behind you.
4. 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

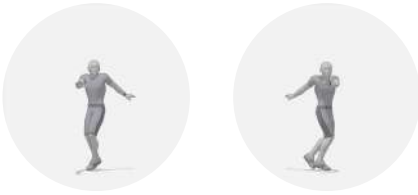
RUN 3-4

continued

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

CARIOCA

10 meters

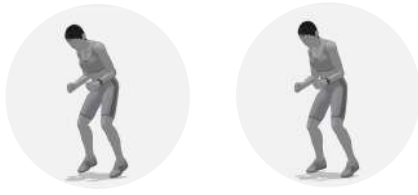


1. Start in a standing position
2. Moving to the right, turn hips forward, stepping with the left knee across the body.
3. Turn hips backward, stepping behind with the left leg.
4. Repeat for the prescribed distance and then switch directions

FEEL IT: *Stretching and working the torso*

BASE POGO

10 seconds



1. Stand in an athletic base position with your hips and knees slightly flexed and your arms bent in front of you.
2. Jump rapidly up and down, about two inches on each jump, while keeping your torso stable and without fully extending your hips and knees.
3. Land on the balls of your feet and repeat.
4. Continue for the remainder of the set.

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

PREPARATION

RUN 3-4

01
SET

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

BRIDGE MARCHING

5 reps each

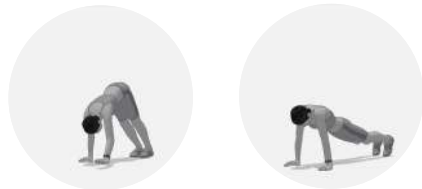


1. Lie faceup with your arms to the side, knees bent, and heels on ground.
2. Fire (squeeze) your glutes to lift your hips off the ground until your knees, hips, and shoulders are in a straight line.
3. Lift one knee up to your chest by flexing at the hip.
4. Return your foot to the ground and repeat 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. Stand tall with your chest up, shoulders relaxed, and arms at your sides.
2. Step back into a lunge, bending your knees and contracting the glute of your back leg.
3. Twist your torso over your front leg, place the opposite arm on the outside of your knee and reach your other arm behind you.
4. Continue alternating to complete the set.

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

ENERGY SYSTEMS DEVELOPMENT

Rate of Perceived Exertion (RPE):

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

9/10

HARD

Extremely strenuous and difficult to maintain

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

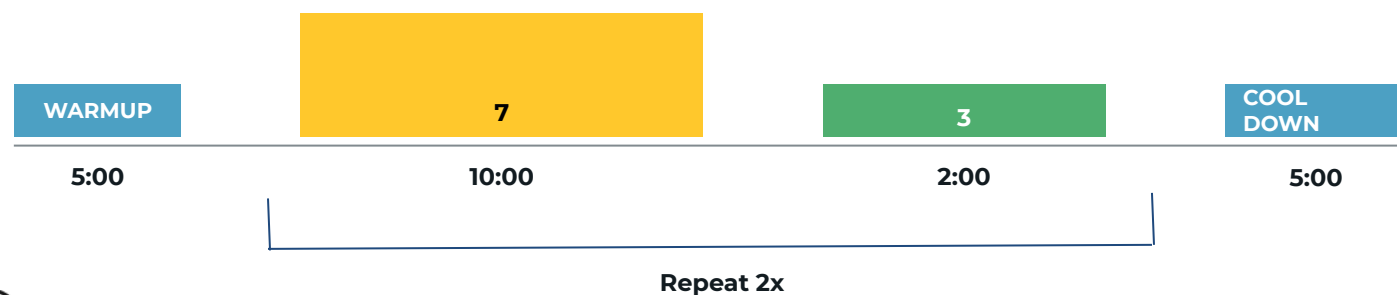
Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

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 (3) (34 MINUTES)



ENERGY SYSTEMS DEVELOPMENT

STEADY RUN SESSION (4) (30 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

(PHASE 2)

PHASE 2 TRAIN & RUN 4

PREPARATION

TRAIN & RUN 4

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

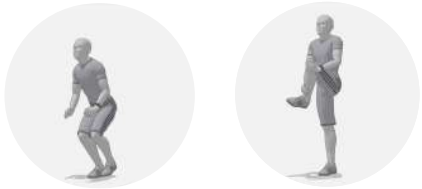


1. Lie on your side with your forearm on the ground under your shoulder and your feet stacked on top of each other.
2. Push your forearm away from your body and lift your hips into the air, supporting your weight on your forearm and bottom foot.
3. Hold this position for the prescribed amount of time.
4. 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

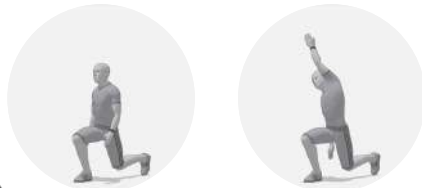


1. Stand with your feet wider than shoulder-width apart.
2. Keeping your chest up and back flat, shift your hips down and to the side by bending one knee and straightening the opposite leg.
3. Return to the starting position by pushing through your hip.
4. Continue alternating to complete the set.

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 4

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.

PIKE PUSH-UP

8 reps



1. Start in a push-up position with your hands directly beneath your shoulders and your feet shoulder-width apart.
2. Lift your hips high in the air while keeping your legs straight.
3. Keeping your legs straight, bend your elbows to lower your body towards the ground.
4. Without touching the ground, push yourself back up.

FEEL IT: Working your shoulders and torso.

THORACIC ROTATION - HEEL SIT

5 reps

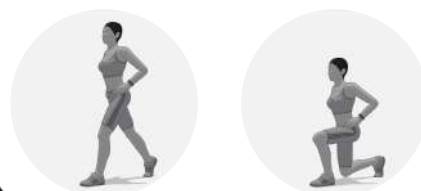


1. Kneel on the ground with your arms straight in front of you and sit back on your heels.
2. Drop your head and round your upper back, taking a deep breath in.
3. Think about lifting your chest in order to extend, or arch, your upper back, as you exhale.
4. Continue for the remainder of the set.

FEEL IT: Stretching your upper back.

SPLIT SQUAT - TIME

10 sec 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. Hold this position for the prescribed amount of time.
3. Without letting your back knee touch the ground, push through your front leg to return to the starting position.

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



WELL-BEING (PHASE 2)

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

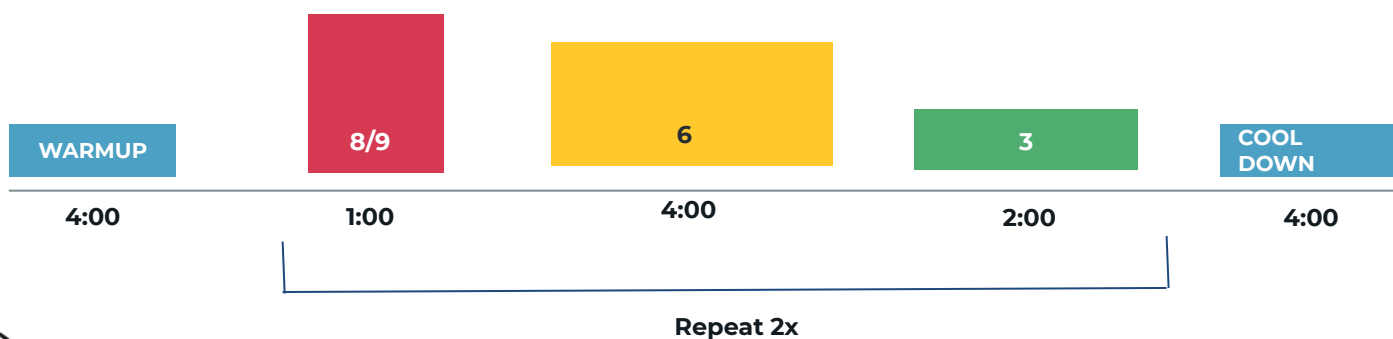
Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

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 (4) (22 MINUTES)



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WELL-BEING (PHASE 2)

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

(PHASE 2)

PREPARATION

RUN 3-4

continued

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CARIOCA

10 meters

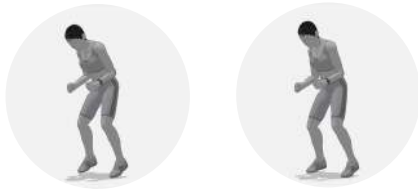


1. Start in a standing position
2. Moving to the right, turn hips forward, stepping with the left knee across the body.
3. Turn hips backward, stepping behind with the left leg.
4. Repeat for the prescribed distance and then switch directions

FEEL IT: *Stretching and working the torso*

BASE POGO

10 seconds



1. Stand in an athletic base position with your hips and knees slightly flexed and your arms bent in front of you.
2. Jump rapidly up and down, about two inches on each jump, while keeping your torso stable and without fully extending your hips and knees.
3. Land on the balls of your feet and repeat.
4. Continue for the remainder of the set.

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

ENERGY SYSTEMS DEVELOPMENT

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9/10

HARD

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MODERATE

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3-5/10

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Moving with purpose and still able to talk comfortably

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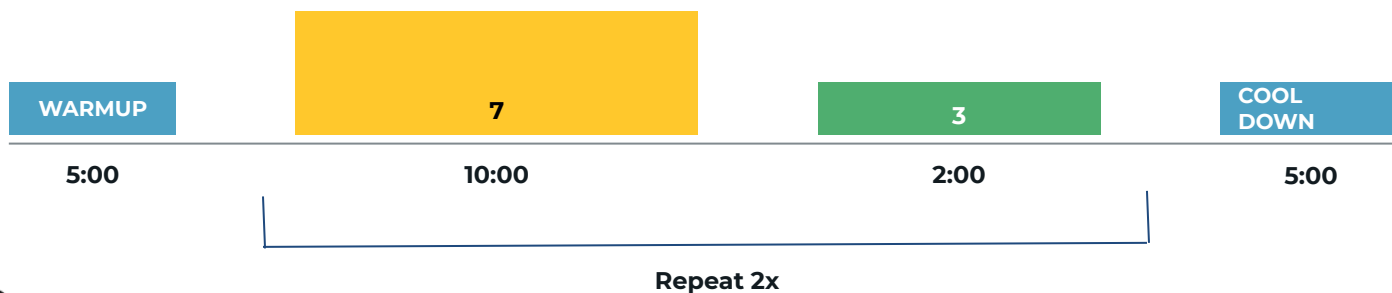
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Challenge Yourself

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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 (3) (34 MINUTES)



ENERGY SYSTEMS DEVELOPMENT

STEADY RUN SESSION (4) (30 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 2)