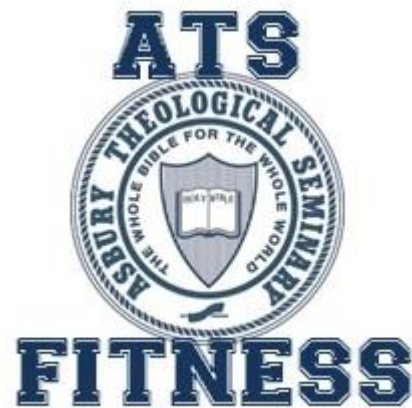


SPRING FITNESS
CHALLENGE

February 23 – May 16, 2015



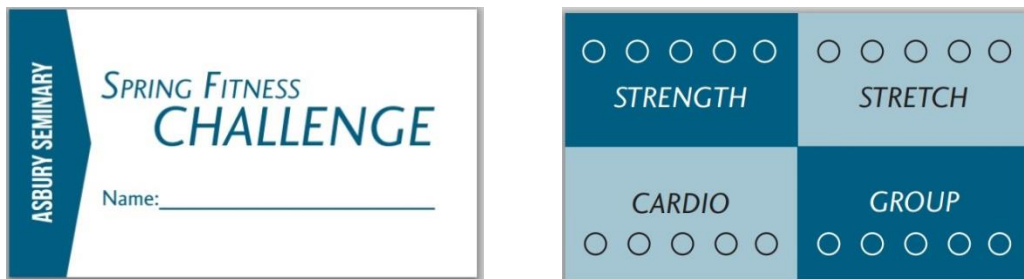
**Participant
Workout
Booklet**

How it Works:

Congratulations on signing up to take the Spring Fitness Challenge!

This detailed training plan has been designed to help you improve your overall health in the areas of cardiovascular, strength, and flexibility. Created by the Asbury Seminary Certified Personal Trainers, the training plans you will find in this booklet will assist you in knowing how to earn points, where to start, and guidance to experience a well-rounded workout routine to keep you motivated and encouraged to earn exciting rewards and become a healthier you!

Every workout completed earns a punch on your challenge card! There are twenty (20) punches on each card – five (5) workouts each in the following four (4) categories: Cardio, Strength, Group, & Stretch, encouraging a well-rounded fitness program. The more workouts you compete, the more punch cards you fill up, the more rewards you earn!



- 1 card** (20 workouts) = ATS Fitness Water Bottle OR Free Exercise Class Coupon
- 2 cards** (40 workouts) = ATS Fitness Under Armour® Dry Fit T-Shirt
- 3 cards+** (60 workouts) = Entry into the grand prize drawing of a FitBit® Activity Tracker!

The challenge runs 90 days (Feb 23 – May 16, 2015) to complete as many workouts as you want!
The more you move, the more you earn!

Rules/Guidelines/FAQs:

- Credit for workouts are based on the **honor system**.
- **Recommended length of each workout is 30 minutes or longer** (including stretching!)
- Only 1 punch per workout.
- You can earn more than 1 punch per day.
- While some workouts may qualify for multiple categories, only 1 category may be chosen per workout. *Ex: Running 2 miles with a friend counts for GROUP or CARDIO, but choose one.*
- **Workouts can be completed anywhere but must be punched at the ATS Student Center.**
- Punch cards must be completed in full before obtaining another card.
- When a punch card is completed, turn it in to ATS Student Center and pick-up a new card!
- You are in possession of your card. Treat it like a \$100 bill. Don't lose it or you will have to begin a new card all over again.
- All completed cards must be turned in by Saturday, May 16th to the Hospitality Desk at the Sherman-Thomas Student Center in order to be counted for rewards!
- **Be on the lookout for SPECIAL PUNCH DAYS!!!**
Ex: "Try the Power Sculpt class on Thursday and get 2 punches instead of 1," or "Register for the Wesley Waddle 10k5k and get a punch in every category!" "Bring a new friend and earn an extra punch!" etc.

Cardio Training



You can earn points for Cardio in the following ways:

- Walk / Jog / Run
- Elliptical Trainer
- Cycling
- Group Fitness Classes (Zumba, TurboKick, Interval Classes, etc.)
- Swimming
- Aquatic Fitness
- DVD Programs (Insanity, T25, Jillian Michaels, etc.)

We recommend that each cardio workout session lasts **30 - 60 minutes**.



Trainer Tips:

Your heart rate can be a reliable indicator of your exercise intensity. It is beneficial to know your exercise intensity so that you can vary it according to your fitness level and the goals you wish to achieve by doing cardiovascular exercise. Here is a chart that may help you navigate the cardio intensity that is right for you! You can also use this chart for interval training!

	Target zone	% of max HR bpm range	Example duration	Training benefit
Maximize Performance	5 MAXIMUM 	90-100% 171-190 bpm	Less than 5 minutes	Benefits: Increases maximum sprint race speed Feels like: Very exhausting for breathing and muscles Recommended for: Very fit persons with athletic training background
Improve Fitness	4 HARD 	80-90% 152-171 bpm	2-10 minutes	Benefits: Increases maximum performance capacity Feels like: Muscular fatigue and heavy breathing Recommended for: Fit users and for short exercises
Lose Weight	3 MODERATE 	70-80% 133-152 bpm	10-40 minutes	Benefits: Improves aerobic fitness Feels like: Light muscular fatigue, easy breathing, moderate sweating Recommended for: Everybody for typical, moderately long exercises
	2 LIGHT 	60-70% 114-133 bpm	40-80 minutes	Benefits: Improves basic endurance and helps recovery Feels like: Comfortable, easy breathing, low muscle load, light sweating Recommended for: Everybody for longer and frequently repeated shorter exercises
	1 VERY LIGHT 	50-60% 104-114 bpm	20-40 minutes	Benefits: Improves overall health and metabolism, helps recovery Feels like: Very easy for breathing and muscles Recommended for: Basic training for novice exercisers, weight management and active recovery

Cardio Training Plans

Why not earn your Cardio Points by training for Asbury Seminary's Wesley Waddle 10K Race 5K Run/Walk coming up on Saturday, April 18th! Try one of the following plans or meet with a personal trainer for your own personal plan!

5K Training Plans:

- **5K Run-Walk Plan**
Geared towards first-timer runners and includes a blend of running with short power walk breaks
- **5K Beginner Run Plan**
Geared towards new runners who want to run a full 5K successfully.
- **5K Intermediate Run Plan**
Geared towards runners who have completed a 5K and want to improve finish time.
- **5K Advanced Run Plan**
Geared towards seasoned runners, includes longer endurance runs & more speed work to improve finish times and boost performance.

10K Training Plans:

- **10K Beginner Run Plan**
Geared towards new runners who want to run a full 10K successfully.
- **10K Intermediate Run Plan**
Geared towards runners who have previously completed a 10K and want to improve their finish time.
- **10K Advanced Run Plan**
Geared towards seasoned runners, includes longer endurance runs & more speed work to improve finish times and boost performance.

(Contact fitness@asburyseminary.edu for complete Registration Form for the Wesley Waddle!)



The 1st Annual
WESLEY WADDLE
10K race | 5K run/walk

april 18, 2015 | 8:00am | wilmore, ky

Registration Info

5k / 10k
Regular Fee: \$20 / \$25
ATS/AU Discount: \$15 / \$20


Request registration form
fitness@asburyseminary.edu
859-898-2322

Prizes awarded to:

- Top Male and Female finishers!
- Best Wesley Costumes! (John, Suzanna & Charles)

Post Race Block Party!
Free ALE8 for ALL Participants

Sponsored by *Asbury Theological Seminary*



The 1st Annual
WESLEY WADDLE!
10K Race 5K Run/Walk
April 18, 2015 | 8:00 am | Wilmore, KY

Please preregister by April 10, 2015.
Race starts behind Asbury Seminary Student Center at the corner of North Maple St. & West Main St.
Celebrate with family & friends at the Post Race Block Party!
All Participants get a FREE Ale8®

Prizes awarded to:
Top Male and Female Finishers!
Best Wesley Costumes! (John, Charles, & Suzanna)

The Wesley Waddle Registration Form:
Submit form and registration fee in cash or check made payable to Asbury Seminary.
By Mail: Asbury Seminary 5K/10K Race Director Liza Myers, SPO 30, 204 N. Lexington Ave., Wilmore, KY 40390
By Email: fitness@asburyseminary.edu
In Person: Asbury Seminary Sherman Thomas Student Center

Name _____ (_____) _____
Phone Number _____

Street _____ Email _____

City / State / Zip _____ Gender _____ Age (on race day) _____

T Shirt Size
Please note that t-shirts may not be available for those who do not preregister.
 S M L XL XXL

Registration Fee:
 5k (\$20)
 10k (\$25)
 *Asbury Student Discount 5k (\$15)
 *Asbury Student Discount 10k (\$20)
*must show Seminary or university ID to receive discounted rate



TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run-Walk	Cross-Train +ST	Run-Walk	Rest Day	Cross-Train +ST	Run-Walk	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Easy Effort		Moderate	Conversational Effort	
i-RATE SCALE	6-7	7-8	6-7		7-8	7+	
HEART RATE	65-75%	75-80%	65-75%		75-80%	70-75%	
WEEK 1	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes Strength Train	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest	30-40 minutes Strength Train	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
WEEK 2	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes Strength Train	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest	30-40 minutes Strength Train	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
WEEK 3	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes Strength Train	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes Strength Train	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
WEEK 4	30 minutes Run 3 min/Walk 2 min Repeat 6 times	30-40 minutes Strength Train	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes Strength Train	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
WEEK 5	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes Strength Train	30 minutes Run 4 min/Walk 2 min Repeat 5 times	Rest	30-40 minutes Strength Train	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
WEEK 6	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes Strength Train	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes Strength Train	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
WEEK 7	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes Strength Train	35 minutes Run 4 min/Walk 1 min Repeat 7 times	Rest	30-40 minutes Strength Train	40 minutes Run 4 min/Walk 1 min Repeat 8 times	Rest
WEEK 8	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes Strength Train	35 minutes Run 4 min/Walk 1 min Repeat 7 times	Rest	30-40 minutes Strength Train	40 minutes Run 4 min/Walk 1 min Repeat 8 times	Rest
WEEK 9	40 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes Strength Train	42 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest	30-40 minutes Strength Train	42 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest
WEEK 10	30 minutes Run 5 min/Walk 1 min Repeat 5 times	Rest	30 minutes easy Run 5/Walk 1 Repeat 5 times	Rest	24 minutes easy Run 5/Walk 1 Repeat 4 times	Rest	5K Race Run/Walk 5/1

SCHEDULE KEY

Warm-up: walking 5 minutes at an easy pace prior to every run-walk workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every run-walk workout to gradually bring heart rate and breathing back to normal levels.

i-Rate Scale: A way to rate your effort level by your perception or perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Heart Rate: If you have a heart rate monitor; maintain a range between the prescribed percentages...i.e.65-75% of estimated maximum heart rate.

Walk-Run Workout: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 1 minute - Walk 3 minutes - repeat sequence 6 times for a total of 24 minutes. Cool-down walking 5 minutes at an easy pace.

Run-Walk Workout: Warm-up walking at a brisk pace for 5 minutes. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 3 minutes - Walk 2 minutes - repeat sequence 5 times for a total of 25 minutes. Cool-down walking at an easy pace for 5 minutes.

Cross-Training: Include activities that are non-running or walking. If you are new to an active lifestyle and have been inactive, rest on the Cross-Train days for the first 4 weeks and then add the cross-train workouts into the schedule for week 5. If you are active 3-4 days already, follow the schedule as it appears. Cycling, swimming, pilates/yoga, strength training, elliptical trainer; stairmaster; spinning are great cross training modes for 5K training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Cross-training activities should be done at a moderate pace at an i-Rate Scale of 6-7 or heart rate of 60-70%.

Strength-Training (ST): Strength train with machines, weights, resistance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest and prevent the dreaded muscle loss with age. The more muscle we lose, the lower our metabolism sinks. Start the Strength Training session by warming up with 10 minutes of cardio activity [i.e. cycling, elliptical trainer, or stairmaster] or strength train after run-walking. If you are new to strength training, begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controlled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetitions. Another option for your strength workout is to take a class at your gym, work with a personal trainer; perform a machine circuit. There are many ways to include resistance training in your life, find the one you enjoy the most.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Conversational Pace: Conversational pace should be at a slow, and comfortable conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or i-Rate of 6-7.5. Note: heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

Easy Pace: Easy to moderate pace at 65-75% of maximum heart rate or an iRate level of 6-7. A pace you could go at for long time easily.

Moderate Pace: Moderate pace at 70-80% of maximum heart rate or an iRate level of 7+. A pace where you can hear your breathing but not breathing hard.



TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run	Cross-Train +ST	Run -PickUps*	Cross-Train +ST	Run	Run	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Easy-to-Moderate	Moderate Effort	Easy Effort	Conversational Effort	
i-RATE SCALE	6 - 7	7+	7 - 8	7+	6 - 7	7+	
HEART RATE	65 - 75%	70 - 75%	70 - 80%	70 - 75%	65 - 75%	70 - 75%	
WEEK 1	25 minutes	30-40 minutes Strength Train	25 minutes	30-40 minutes Strength Train	Rest	30 minutes	Rest
WEEK 2	25 minutes	30-40 minutes Strength Train	25 minutes	30-40 minutes Strength Train	Rest	30 minutes	Rest
WEEK 3	25 minutes	30-40 minutes Strength Train	30 minutes	30-40 minutes Strength Train	Rest	35 minutes	Rest
WEEK 4	30 minutes	30-40 minutes Strength Train	30 minutes	30-40 minutes Strength Train	Rest	35 minutes	Rest
WEEK 5	30 minutes	30-40 minutes Strength Train	35 minutes *Pick-ups	30-40 minutes Strength Train	Rest	40 minutes	Rest
WEEK 6	35 minutes	30-40 minutes Strength Train	35 minutes *Pick-ups	30-40 minutes Strength Train	30 minutes	40 minutes	Rest
WEEK 7	35 minutes	30-40 minutes Strength Train	40 minutes *Pick-ups	30-40 minutes Strength Train	30 minutes	45 minutes	Rest
WEEK 8	40 minutes	30-40 minutes Strength Train	40 minutes *Pick-ups	30-40 minutes Strength Train	30 minutes	45 minutes	Rest
WEEK 9	40 minutes	30-40 minutes Strength Train	35 minutes *Pick-ups	30-40 minutes Strength Train	30 minutes	40 minutes	Rest
WEEK 10	35 minutes	Rest	30 minutes *Pick-ups	25 minutes	30 minutes	Rest	5K Race

SCHEDULE KEY

Warm-up: walking 5 minutes at an easy pace prior to every run-walk workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every run-walk workout to gradually bring heart rate and breathing back to normal levels.

i-Rate Scale: A way to rate your effort level by your perception or perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Heart Rate: If you have a heart rate monitor; maintain a range between the prescribed percentages. . .i.e.65-75% of estimated maximum heart rate.

Run Workout: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" at an iRate level of 6-7 or if you are using a heart rate monitor at 65-75% of maximum heart rate. Cool-down walking 5 minutes at an easy pace.

***Pick-ups:** Run the workout at an easy pace and include 3-4 short, 30-second "pick-ups" within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone. This is NOT at all out gut-wrenching pace, simply one more notch up from where you were running. Keep the pick-up to 30 seconds maximum. Your effort level should be at an i-Rate scale of 8 or heart rate of 80% of maximum.

Cross-Training: Include activities that are non-running or walking. If you are new to an active lifestyle and have been inactive, rest on the Cross-Train days for the first 4 weeks and then add the cross-train workouts into the schedule for week 5. If you are active 3-4 days already, follow the schedule as it appears. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, stairmaster, spinning are great cross training modes for 5K training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Cross-training activities should be done at a moderate pace at an i-Rate Scale of 6-7 or heart rate of 60-70%.

Strength-Training (ST): Strength train with machines, weights, resistance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest and prevent the dreaded muscle loss with age. The more muscle we lose, the lower our metabolism sinks. Start the Strength Training session by warming up with 10 minutes of cardio activity [i.e. cycling, elliptical trainer; or stairmaster] or strength train after running; if you are new to strength training begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controlled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetitions. Another option for your strength workout is to take a class at your gym, work with a personal trainer; perform a machine circuit. There are many ways to include resistance training in your life, find the one you enjoy the most.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Conversational Pace: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or i-Rate of 6-7.5. Note: heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

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TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run	Cross-Train +ST	Run	Cross-Train +ST	Run	Run	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Easy-to-Hard	Moderate Effort	Easy Effort	Conversational Effort	
I-RATE SCALE	6-7	7+	8-9+	7+	6-7	7+	
HEART RATE	65 - 75%	70 - 75%	85 - 95%	70 - 75%	65 - 75%	70 - 75%	
WEEK 1	40 minutes	30-45 minutes Strength Train	45 minutes *Pick-ups	30-45 minutes Strength Train	30 minutes	50 minutes	Rest
WEEK 2	40 minutes	30-45 minutes Strength Train	45 minutes *Pick-ups	30-45 minutes Strength Train	30 minutes	50 minutes	Rest
WEEK 3	40 minutes	30-45 minutes Strength Train	45 minutes *Pick-ups	30-45 minutes Strength Train	30 minutes	50 minutes Race Simulation Workout	Rest
WEEK 4	45 minutes	30-45 minutes Strength Train	*Speed Workout 4 Repeats	30-45 minutes Strength Train	30 minutes	60 minutes	Rest
WEEK 5	45 minutes	30-45 minutes Strength Train	*Speed Workout 4 Repeats	30-45 minutes Strength Train	30 minutes	60 minutes Race Simulation Workout	Rest
WEEK 6	45 minutes	30-45 minutes Strength Train	*Speed Workout 5 Repeats	30-45 minutes Strength Train	30 minutes	60 minutes	Rest
WEEK 7	45 minutes	30-45 minutes Strength Train	*Speed Workout 5 Repeats	30-45 minutes Strength Train	30 minutes	60 minutes Race Simulation Workout	Rest
WEEK 8	45 minutes	30-45 minutes Strength Train	*Speed Workout 6 Repeats	30-45 minutes Strength Train	30 minutes	60 minutes Race Simulation Workout	Rest
WEEK 9	45 minutes	30-45 minutes Strength Train	*Speed Workout 6 Repeats	30-45 minutes Strength Train	30 minutes	50 minutes Race Simulation Workout	Rest
WEEK 10	40 minutes	Rest	30 minutes Pickups	25 minutes	30 minutes	20 minutes	5K Race

SCHEDULE KEY

Warm-up: walking 5 minutes at an easy pace prior to every run-walk workout to gradually increase circulation to working muscles, heart and breathing rates.

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Heart Rate: If you have a heart rate monitor; maintain a range between the prescribed percentages. . .i.e.65-75% of estimated maximum heart rate.

***Pick-ups:** Run the workout at an easy pace and include 3-4 short, 30-60 second "pick-ups" within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone. This is NOT at all out gut

***Speed Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 4-6 times: Run 2 minutes hard at 90-95% heart rate or 9 on I-Rate Scale followed by running 4 minutes at an easy pace to recover:

***Race Simulation Workout:** Break the workout time (50-60 minutes) into three equal sections - run the first part at an easy effort, the second part at a moderate effort where you can hear your breathing but not reaching for air - and the third part at a hard, but controlled effort. This workout teaches you how to pace yourself on race day and develops physical and mental stamina to run stronger for longer:

Cross-Training: Include activities that are non-running or walking. If you are new to an active lifestyle and have been inactive, rest on the Cross-Train days for the first 4 weeks and then add the cross-train workouts into the schedule for week 5. If you are active 3-4 days already, follow the schedule as it appears. Cycling, swimming, pilates/yoga, strength training, elliptical trainer; stairmaster; spinning are great cross training modes for 5K training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burn-out. Cross-training activities should be done at a moderate pace at an i-Rate Scale of 6-7 or heart rate of 60-70%.

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TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run	Cross-Train +ST	Run	Cross-Train +ST	Run	Run	Rest Day
INTENSITY	Easy Pace	Moderate	Challenging	Moderate	Easy Pace	Conversational Pace	
i-RATE SCALE	7 - 7.5	7 - 8	8 - 9+	7 - 8	7 - 7.5	6.5 - 7.5	
HEART RATE	70 - 75%	75 - 80%	85 - 95%	75 - 80%	70 - 75%	65 - 75%	
WEEK 1	50 minutes	30-45 minutes Strength Train	50 minutes *Pick-ups	30-45 minutes Strength Train	40 minutes	50 minutes	Rest
WEEK 2	50 minutes	30-45 minutes Strength Train	50 minutes *Pick-ups	30-45 minutes Strength Train	40 minutes	50 minutes	Rest
WEEK 3	50 minutes	30-45 minutes Strength Train	50 minutes *Pick-ups	30-45 minutes Strength Train	40 minutes	60 minutes Race Simulation Workout	Rest
WEEK 4	60 minutes	30-45 minutes Strength Train	*Speed A Workout 5 Repeats	30-45 minutes Strength Train	40 minutes	50 minutes	Rest
WEEK 5	60 minutes	30-45 minutes Strength Train	*Speed A Workout 6 Repeats	30-45 minutes Strength Train	40 minutes	60 minutes Race Simulation Workout	Rest
WEEK 6	60 minutes	30-45 minutes Strength Train	*Speed B Workout 4 Repeats	30-45 minutes Strength Train	40 minutes	70 minutes	Rest
WEEK 7	60 minutes	30-45 minutes Strength Train	*Speed B Workout 5 Repeats	30-45 minutes Strength Train	40 minutes	50 minutes Race Simulation Workout	Rest
WEEK 8	60 minutes	30-45 minutes Strength Train	*Speed C Workout 4 Repeats	30-45 minutes Strength Train	40 minutes	75 minutes Race Simulation Workout	Rest
WEEK 9	50 minutes	30-45 minutes Strength Train	*Speed C Workout 5 Repeats	30-45 minutes Strength Train	40 minutes	45 minutes Race Simulation Workout	Rest
WEEK 10	40 minutes	Rest	30 minutes Pickups	25 minutes	30 minutes	20 minutes	5K Race

SCHEDULE KEY

Warm-up: walking 5 minutes at an easy pace prior to every run-walk workout to gradually increase circulation to working muscles, heart and breathing rates.

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***Race Simulation Workout:** Break the workout time (i.e. 50-75 minutes) into three equal sections - run the first part at an easy effort; the second part at a moderate effort where you can hear your breathing but not reaching for air - and the third part at a hard, but controlled effort. This workout teaches you how to pace yourself on race day and develops physical and mental stamina to run stronger for longer.

Cross-Training: Include activities that are non-running or walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, stairmaster, spinning are great cross training modes for 5K training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Cross-training activities should be done at a moderate pace at an i-Rate Scale of 6-7 or heart rate of 60-70%.

Strength-Training (ST): Strength train with machines, weights, resistance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest and prevent the dreaded muscle loss with age. The more muscle we lose, the lower our metabolism sinks. Start the Strength Training session by warming up with 10 minutes of cardio activity [i.e. cycling, elliptical trainer; or stairmaster] or strength train after running. If you are new to strength training begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controlled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetitions. Another option for your strength workout is to take a class at your gym, work with a personal trainer; perform a machine circuit. There are many ways to include resistance training in your life, find the one you enjoy the most.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Conversational Pace: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or i-Rate of 6-7.5. Note: heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

Easy Pace: Easy to moderate pace at 65-75% of maximum heart rate or an iRate level of 6-7. A pace you could go at for long time easily.

Moderate Pace: Moderate pace at 70-80% of maximum heart rate or an iRate level of 7+. A pace where you can hear your breathing but not breathing hard.

***Speed "A" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 5-6 times: Run 2 minutes hard at 90-95% heart rate or 9 on i-Rate Scale followed by running 4 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

***Speed "B" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 4-5 times: Run 3 minutes hard at 90-95% heart rate or 9 on i-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the three-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

***Speed "C" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then Repeat the following 4-5 times: Run 5 minutes comfortably hard pace at 85-90% heart rate or 8.5-9 on the i-Rate Scale followed by running 2 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the ten-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

10K
BEGINNING
RUN

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run	Cross-Train +ST	Run	Cross-Train +ST	Rest/Run	Run	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Easy Effort	Moderate Effort	Easy Effort	Conversational Effort	
i-RATE SCALE	6 - 7	7+	6 - 7	7+	6 - 7	6 - 7+	
HEART RATE	65 - 75%	70 - 75%	65 - 75%	70 - 75%	65 - 75%	65 - 75%	
WEEK 1	30 minutes	30-40 minutes Strength Train	30 minutes	30-40 minutes Strength Train	Rest	40 minutes	Rest
WEEK 2	30 minutes	30-40 minutes Strength Train	30 minutes	30-40 minutes Strength Train	Rest	40 minutes	Rest
WEEK 3	30 minutes	30-40 minutes Strength Train	35 minutes	30-40 minutes Strength Train	Rest	45 minutes	Rest
WEEK 4	35 minutes	30-40 minutes Strength Train	35 minutes	30-40 minutes Strength Train	30 minutes	45 minutes	Rest
WEEK 5	35 minutes	30-40 minutes Strength Train	40 minutes	30-40 minutes Strength Train	30 minutes	50 minutes	Rest
WEEK 6	35 minutes	30-40 minutes Strength Train	40 minutes	30-40 minutes Strength Train	30 minutes	45 minutes	Rest
WEEK 7	40 minutes	30-40 minutes Strength Train	45 minutes	30-40 minutes Strength Train	30 minutes	60 minutes	Rest
WEEK 8	40 minutes	30-40 minutes Strength Train	45 minutes	30-40 minutes Strength Train	30 minutes	65 minutes	Rest
WEEK 9	40 minutes	30-40 minutes Strength Train	45 minutes	30-40 minutes Strength Train	30 minutes	45 minutes	Rest
WEEK 10	35 minutes	30 minutes	30 minutes	Rest	30 minutes	Rest	10K Race

SCHEDULE KEY

Warm-up: walking 5 minutes at an easy pace prior to every run-walk workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every run-walk workout to gradually bring heart rate and breathing back to normal levels.

i-Rate Scale: A way to rate your effort level by your perception or perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Heart Rate: If you have a heart rate monitor; maintain a range between the prescribed percentages. . . i.e.65-75% of estimated maximum heart rate.

Run Workout: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" at an iRate level of 6-7 or if you are using a heart rate monitor at 65-75% of maximum heart rate. Cool-down walking 5 minutes at an easy pace.

Cross-Training: Include activities that are non-running or walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer; stairmaster; spinning are great cross training modes for 10K training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Cross-training activities should be done at a moderate pace at an i-Rate Scale of 6-7 or heart rate of 60-70%.

Strength-Training (ST): Strength train with machines, weights, resistance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest and prevent the dreaded muscle loss with age. The more muscle we lose, the lower our metabolism sinks. Start the Strength Training session by warming up with 10 minutes of cardio activity [i.e. cycling, elliptical trainer; or stairmaster] or strength train after running. If you are new to strength training, begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controlled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetitions. Another option for your strength workout is to take a class at your gym, work with a personal trainer; perform a machine circuit. There are many ways to include resistance training in your life, find the one you enjoy the most.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Conversational Pace: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or i-Rate of 6-7.5. Note: heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

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TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run	Cross-Train +ST	Run	Cross-Train +ST	Run	Run	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Easy-to-Hard	Moderate Effort	Easy Effort	Conversational Pace	
i-RATE SCALE	6-7	7-8	7-9+	7-8	6-7	7+	
HEART RATE	65-75%	75-80%	70-95%	75-80%	65-75%	70-75%	
WEEK 1	50 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout A	30-45 minutes Strength Train	30 minutes	50 minutes Conversational Effort	Rest
WEEK 2	50 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout A	30-45 minutes Strength Train	30 minutes	50 minutes Conversational Effort	Rest
WEEK 3	50 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout A	30-45 minutes Strength Train	30 minutes	60 minutes Conversational Effort	Rest
WEEK 4	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout B	30-45 minutes Strength Train	Rest	60 minutes Race Simulation Workout	Rest
WEEK 5	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout B	30-45 minutes Strength Train	30 minutes	70 minutes Conversational Effort	Rest
WEEK 6	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout B	30-45 minutes Strength Train	30 minutes	60 minutes Race Simulation Workout	Rest
WEEK 7	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout C	30-45 minutes Strength Train	Rest	80 minutes Conversational Effort	Rest
WEEK 8	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout C	30-45 minutes Strength Train	30 minutes	70 minutes Race Simulation Workout	Rest
WEEK 9	50 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout C	30-45 minutes Strength Train	30 minutes	60 minutes Race Simulation Workout	Rest
WEEK 10	40 minutes *Pick-ups	Rest	30 minutes	Rest	30 minutes *Pick-ups	20 minutes Conversational Effort	10K Race

SCHEDULE KEY

Warm-up: walking 5 minutes at an easy pace prior to every run-walk workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every run-walk workout to gradually bring heart rate and breathing back to normal levels.

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Heart Rate: If you have a heart rate monitor; maintain a range between the prescribed percentages. . . i.e. 65-75% of estimated maximum heart rate.

***Pick-ups:** Run the workout at an easy pace and include 6-8 short, 30-60 second "pick-ups" within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone. This is NOT at all out gut-wrenching pace, simply one more notch up from where you were running. Keep the pick-up to 30 seconds maximum. Your effort level should be at an i-Rate scale of 8 or heart rate of 80% of maximum.

***Race Simulation Workout:** Break the workout time (50-60 minutes) into three equal sections - run the first part at an easy effort, the second part at a moderate effort where you can hear your breathing but not reaching for air - and the third part at a hard, but controlled effort. This workout teaches you how to pace yourself on race day and develops physical and mental stamina to run stronger for longer.

Cross-Training: Include activities that are non-running or walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, stairmaster, spinning are great cross training modes for 5K training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Cross-training activities should be done at a moderate pace at an i-Rate Scale of 6-7 or heart rate of 60-70%.

Strength-Training (ST): Strength train with machines, weights, resistance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest and prevent the dreaded muscle loss with age. The more muscle we lose, the lower our metabolism sinks. Start the Strength Training session by warming up with 10 minutes of cardio activity [i.e. cycling, elliptical trainer, or stairmaster] or strength train after running. If you are new to strength training, begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controlled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetitions. Another option for your strength workout is to take a class at your gym, work with a personal trainer, perform a machine circuit. There are many ways to include resistance training in your life, find the one you enjoy the most.

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***Speed "C" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then Repeat the following 4 times: Run 5 minutes comfortably hard pace at 85-90% heart rate or 8.5-9 on the i-Rate Scale followed by running 2 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the ten-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run	Cross-Train +ST	Run	Cross-Train +ST	Run	Run	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Moderate-to-Hard	Moderate Effort	Easy Effort	Conversational Pace	
i-RATE SCALE	6-7	7+	8-9	7+	6-7	7+	
HEART RATE	65-75%	70-75%	80-90%	70-75%	65-75%	70-75%	
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WEEK 3	50 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout A	30-45 minutes Strength Train	45 minutes	80 minutes Conversational Effort	Rest
WEEK 4	50 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout B	30-45 minutes Strength Train	45 minutes	70 minutes Race Simulation Workout	Rest
WEEK 5	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout B	30-45 minutes Strength Train	45 minutes	90 minutes Conversational Effort	Rest
WEEK 6	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout C	30-45 minutes Strength Train	45 minutes	70 minutes Race Simulation Workout	Rest
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WEEK 8	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout D	30-45 minutes Strength Train	45 minutes	80 minutes Race Simulation Workout	Rest
WEEK 9	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout D	30-45 minutes Strength Train	45 minutes	70 minutes Conversational Effort	Rest
WEEK 10	40 minutes *Pick-ups	Rest	30 minutes Easy Effort	Rest	30 minutes *Pick-ups	20 minutes Conversational Effort	10K Race

SCHEDULE KEY

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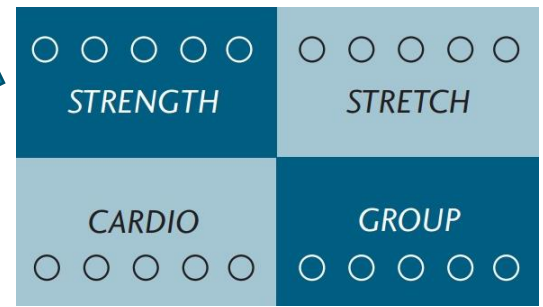
***Speed "A" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 8 times: Run 2 minutes hard at 90-95% heart rate or 9 on i-Rate Scale followed by running 4 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

***Speed "B" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 6 times: Run 3 minutes hard at 90-95% heart rate or 9 on i-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the three-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

***Speed "C" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 5 times: Run 5 minutes comfortably hard TEMPO pace at 85-90% heart rate or 8.5-9 on the i-Rate Scale followed by running 2 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the ten-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

***Speed "D" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 5 times: Run one minute hard at 85-90% heart rate or 8-9 on i-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

Strength Training



You can earn points for STRENGTH in the following ways:

- Weightlifting (in the Gym or a bodyweight workouts at home)
- Group Fitness Classes (Power Sculpt, Butts & Guts, PiYo, Awesome Abs, Boot camp, etc.)
- DVD Programs that use weights or resistance tubes (Insanity, T25, Jillian Michaels, etc.)

We recommend that each strength workout session lasts **30 – 45 – 60 minutes**.

Trainer Tips:



Resistance training helps build muscle strength, increases your body's resting metabolic rate causing it to burn more calories throughout the day. It also reduces blood pressure, decreases risk of osteoporosis, and improves balance. Here are several tips to help you as you begin strength training!

1. **Do a warm-up!** Dynamic stretching uses controlled movements to loosen up your muscles and increase your range of motion.
2. **Learn proper technique.** In order to prevent injuries, you must know proper form and technique. Proper technique will make sure you're working the right muscles without straining. If you're a beginner this is a great time to take advantage of Personal Training.
3. **Know your options.** Dumbbells aren't your only options. You can use resistance bands, weight bars, kettlebells, medicine balls, exercise balls, and your own body weight.
4. **Determine the right amount of weight for you.** Keep in mind that in the beginning it's better to err on the side of too light than too heavy. If you're doing 3 sets of 12 reps of bicep curls, your arms should feel fatigued by the last set, and extremely fatigued by the last few reps. You should be working hard, and maybe even a bit shaky, but you shouldn't ever feel extreme discomfort.
5. **Work on imbalances.** Most people are stronger on one side of their body than the other. Try some isolated single-side moves so that you don't rely solely on the stronger muscles to do the work.
6. **Allow your routine to evolve.** Incorporate new exercises and equipment into your routine. If you're bored, your muscles are too. Monitor your weight amounts and raise them as you get stronger.
7. **Don't forget to Rest.** Strength training causes tiny tears in the muscles, which heal stronger than before. Tears are good, but only if you allow them to heal properly. You need 24-48 hours between workouts. Listen to your body. Soreness is fine, pain is not.

Strength Training Plans

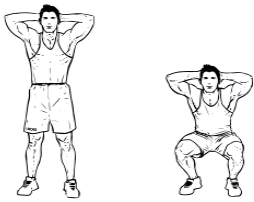
Getting started is the first step! Try one of the following basic strength plans on your own or schedule a session to meet with a personal trainer for your own personal plan! Free consultations available! Full time Students and Spouses get 3 sessions free! Email fitness@asburyseminary.edu to sign up!

Sample AT HOME Strength Workout:

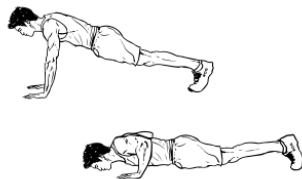
- **Basic Beginner's Bodyweight Resistance Exercises**

Geared towards a beginner. Try 3-4 sets of 12-15 reps of each exercise.

Bodyweight Squat



Pushup



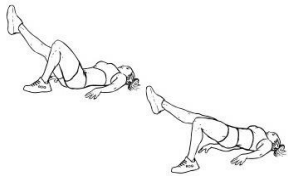
Bicycle Crunches / Air Bikes



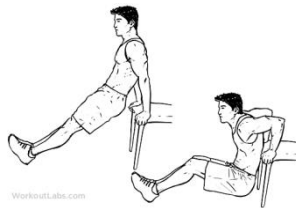
Hip Raise / Butt Lift / Bridge



Single Leg Glute Bridge / Hip Extension



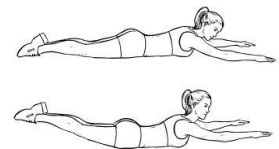
Triceps Dips



Side Plank



Superman / Extended Arms & Legs Lift

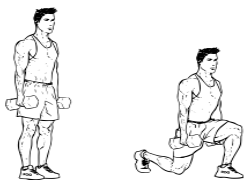


Sample WEIGHT ROOM Strength Workout:

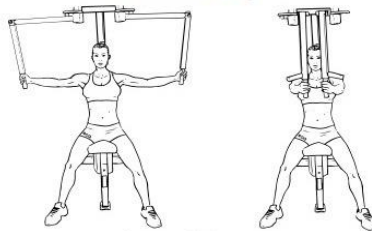
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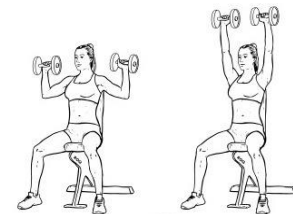
Dumbbell Lunges



Butterfly / Pec Deck / Seated Machine Fly



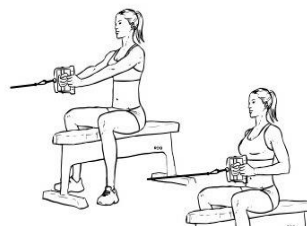
Dumbbell Overhead Shoulder Press



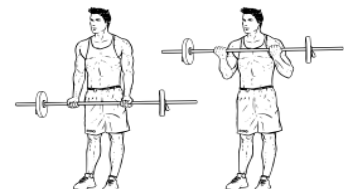
Leg Press



Seated / Low Cable Row



Barbell Curl



Stretching & Flexibility



You can earn points for STRETCH in the following ways:

- Yogalities Class
- PiYo Class
- Stretching on your own
- Foam Rolling (Self Myofascial Release aka “SMR”)

We recommend that each stretching session lasts **30 - 60 minutes**.



Trainer Tips:

Stretching may take a back seat to your exercise routine. You may think that stretching is just something to be done if you have a few extra minutes before or after pounding out some miles on the treadmill. Not so fast! Stretching will help you improve your joint range of motion, which helps improve your athletic performance and decrease your risk of injury. It helps your joints move through their full range of motion and enable your muscles to work most effectively. Flexibility exercises have power stress reducing abilities. Stress causes your muscles to contract, becoming tense. Gentle stretching exercises relax tense muscles associated with stress and have the same endorphin-boosting effects, improving your mood and the way you feel in general.

- 8. Focus on Major Muscle Groups.** Stretching muscles that you use often such as your calves, thighs, hips, lower back, neck & shoulders. Make sure you use both sides.
- 9. Don't bounce.** Stretch in a smooth movement. Bouncing can cause injury.
- 10. Hold your stretch.** Hold each stretch for about 30 seconds; in problem areas, you may need to hold for around 60 seconds. Breathe normally as you stretch.
- 11. Don't aim for pain.** Expect to feel tension while you're stretching, not pain. If it hurts, you've pushed too far. Back off to the point where you don't feel any pain, then hold the stretch.
- 12. Keep up with your stretching!** It can sometimes be time consuming, but you can achieve the most benefits by stretching regularly, 2-3 times/week. If you don't stretch regularly, you risk losing any benefits that stretching offered. For example, your range of motion may decrease again.



Stretching & Flexibility Plans

Here are 25 sample stretches to help with stretches for all major muscle groups! Try holding each stretch for approximately 30 – 60 seconds. Hold longer if you feel any muscle tightness.

Stretching Exercises



1. Neck Flexion/Extension Stretch
(forward, then back)



2. Neck Lateral Flexion Stretch
(one side, then the other)



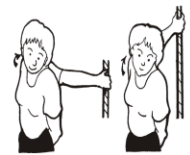
3. Latissimus Dorsi and Posterior Deltoid Stretch
(link hands, push elbows together)



4. Triceps Stretch
(pull elbow across and down)



5. Shoulder Rotator Stretch
(using towel, pull up with the top arm then down with the other)



6. Pectoral Stretch at 90° and 120°
(use a doorway or post)



7. Bicep Stretch
(hands apart)



8. Supraspinatus Stretch
(keep elbow parallel to ground)



9. Wrist Extensor Stretch
(tilt head to opposite side, keep elbow straight)



10. Thoracic Extension Stretch
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



11. Lateral Flexion Stretch
(one side, then the other, push pelvis across as you bend)



12. Lumbar Extension and Abdominal Stretch
(be gentle if sore)



13. Lumbar Flexion Stretch
(be gentle if sore)



14. Lumbar Rotation Stretch
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



15. Hamstring Stretch
(straighten leg)
i. with foot pointed
ii. with foot pulled back towards the knee



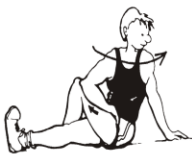
16. Hamstring Stretch
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



17. Adductor Stretch
(push down with elbows on knees very gently, keep back straight)



18. Gluteal Stretch
(pull knee and lower leg towards opposite shoulder)



19. Gluteal and Lumbar Rotation Stretch



20. Quadriceps Stretch
(keep pelvis on floor)



21. Quadriceps Stretch



22. Adductor Stretch
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



23. Hip Flexor Stretch
(keep back straight, tuck bottom under, lunge forward on front leg)



24. Tensor Fascia Stretch
(continue to push bottom forward, whilst pushing hip to the side)



25. Gastrocnemius Stretch
(keep knee straight and heel down, feet facing forward)

Self-Myofascial Release (“SMR”) aka Foam Rolling Plans

Self-myofascial release is a fancy term for self-massage to release muscle tightness or trigger points. This can be used using a foam roller, tennis ball, or lacrosse ball. By applying pressure to specific points on your body you are able to aid in the recovery of muscles and assist in returning them to normal function. Normal function means your muscles are elastic, healthy. SMR is different than stretching because it targets trigger points. Trigger points are specific “knots” that form in muscles. Foam Rolling can assist in breaking up these muscle knots, resuming normal blood flow and function.



FOAM ROLLER TECHNIQUES UPPER BODY

UPPER BACK

MUSCLE FOCUS

rhomboids
middle trapezius
thoracic spine



Upper back massage

Lie with the AXIS Foam Roller under your upper back. Roll up and down on the AXIS Foam Roller from your shoulders to the bottom of your rib cage.



Upper back stretch

Start in quadruped position with your hands placed on the AXIS Foam Roller. Round your back, tucking your chin into your chest and tailbone under. Raise your upper back until a stretch is felt in that region.

LATERAL LOWER BACK

MUSCLE FOCUS

obliques
quadratus lumborum



Obliques massage

Place the AXIS Foam Roller between your ribs and hip. Slowly roll backwards until you feel a stretch in your lower back region. Hold on tight spots until you feel the tissue soften. **Repeat on the other side.**



Obliques massage – variation

To increase the intensity of the massage, raise your left arm overhead. Carefully ease into the massage to protect your low back. **Repeat on the other side.**

⚠ If pain is felt radiating down your leg, stop exercise immediately. Do not hold on any one spot for longer than a minute.

POSTERIOR & LATERAL SHOULDER

MUSCLE FOCUS

serratus anterior
posterior capsule
lateral/rear deltoids



Scapular stretch

Extend your right arm and place the palm of your left hand on the AXIS Foam Roller. Keeping your hips stacked and torso still, push the AXIS Foam Roller out and back extending and retracting through the shoulder and shoulder blades. **Repeat on the other side.**



Scapular stretch – variation

Reach your left arm out over the AXIS Foam Roller. Keeping the extension in your left arm, slowly circle your arm over, back, and around while attempting to brush your finger tips along the floor as you circle. **Repeat on the other side.**

LATERAL CHEST

MUSCLE FOCUS

latissimus dorsi
teres major



Latissimus/teres massage

Start lying on your left side with the AXIS Foam Roller below your armpit and positioned perpendicular to your body. Lean back slightly and extend your left arm out with your palm facing forward. **Repeat on the other side.**



Shoulder/upper back stretch

Outstretch your arms placing your palms on the AXIS Foam Roller. Sit back on your heels with toes folded under. Focus on stretching forward rather than down.

⚠ Be careful not to hyperextend your shoulders by letting them drop down toward the floor.

LOWER BACK

MUSCLE FOCUS
lumbar extensor



Lateral lower back massage

Position the **AXIS Foam Roller** horizontally along your lower back. Gently roll back and forth, stopping in tight areas to allow your spine to relax.

⚠ Caution: avoid this variation if you have lower back issues.

UPPER ARMS

MUSCLE FOCUS
triceps
biceps



Triceps/upper arm massage

With the roller perpendicular to your body, extend your left arm and place the roller on the backside of your upper arm. For leverage, place your right arm out in front of your torso.

ANTERIOR CHEST

MUSCLE FOCUS
pectorals
subscapularis
anterior deltoid



Anterior chest/pectoral stretch

Lie with your spine in line with the **AXIS Foam Roller**. Relax into the **AXIS Foam Roller** allowing the front of your chest to stretch.

⚠ Be careful not to arch your back.

FOAM ROLLER TECHNIQUES LOWER BODY



HIPS

MUSCLE FOCUS
hip flexors



Hip flexor massage

Place the front portion of your right hip (where the hip creases) on the **AXIS Foam Roller**. Extend your left leg and place your toes on the floor to help lift your left hip up off the **AXIS Foam Roller**. Repeat on the other side.



Hip flexor stretch

Place the **AXIS Foam Roller** under your hips. Pull your left knee up to your chest and allow your right leg to relax and straighten. Repeat on the other side.

⚠ Be careful not to arch your lower back.

BUTTOCKS

MUSCLE FOCUS
gluteal muscles
piriformis



Gluteal massage

Proceed to roll the right gluteal region along the **AXIS Foam Roller**. Repeat on the other side.



Gluteal massage — variation

To intensify the massage, bend and cross your right leg over your left thigh shifting your weight into the right gluteal region. Roll the right gluteal region along the **AXIS Foam Roller**. Repeat on the other side.

UPPER LEGS

MUSCLE FOCUS
tensor fascia latae
iliotibial band



TFL/ITB massage

Lie on your right side with the **AXIS Foam Roller** just below your hip bone. Bend your left leg and place it in front of your right leg. With your right leg extended and in line with your torso, lift your right foot a few inches off the floor. Repeat on the other side.

UPPER LEGS

MUSCLE FOCUS
quadriceps



Quadriceps massage

Position the **AXIS Foam Roller** under your quadriceps. Support your weight on your forearms and keep your belly button drawn in toward your spine to protect your lower back.

UPPER LEGS

MUSCLE FOCUS
hamstrings



Hamstrings massage

Position your hamstrings on the **AXIS Foam Roller** and lean back slightly using your arms to support your weight. With hips and heels off the floor, use your arms for leverage and roll along your hamstrings from the bottom of your hip bone to the top of your knees.

UPPER LEGS

MUSCLE FOCUS
adductors



Adductors massage

Place the **AXIS Foam Roller** on the inner thigh of your right leg, keeping your hips open and right leg turned out slightly. Place your forearms on the floor for support and lift your hips off the floor. Repeat on the other side.

LOWER LEGS

MUSCLE FOCUS

gastrocnemius
soleus



Calf massage

Start seated with your calves on the AXIS Foam Roller. Place your hands directly below your shoulders for maximum stability. Using your arms for leverage, lift your hips off the floor and roll your calves along the AXIS Foam Roller.

LOWER LEGS

MUSCLE FOCUS

peroneals



Peroneals massage

Place the side of your right lower leg on the AXIS Foam Roller and cross your left leg over in front for stability. Raise your hips off the floor and apply pressure to the side of your right leg. Repeat on the other side.

LOWER LEGS

MUSCLE FOCUS

anterior tibialis



Anterior tibialis massage

Place both shins on the AXIS Foam Roller and allow your body weight to fall to both your shins and hands. Roll from below your knees to your ankles.

⚠ Be careful not to roll directly on the bony portion of your shin.



Trainer Tips:

How does it work?

Deep compression helps to break up or relax tight muscles and adhesions formed between muscle layers and their surroundings. If muscles are not taken care of properly we can experience loss of flexibility, adhesions, and/or pain during movement. The deep compression of SMR allows normal blood flow to return and the restoration of healthy tissue.

How do I know which muscles to roll?

Areas to focus on can be identified in 2 different ways.

- 1) Through screenings from a personal trainer. During a session our Certified Personal Trainers can help you determine if you have any imbalance or tight muscles.
- 2) Through self-exploration, utilizing the list of techniques show above and exploring each one.

How do I foam roll properly?

Apply moderate pressure to a specific muscle or muscle group using the roller and your bodyweight. Roll slowly, no more than one inch per second. When you find areas that are tight or painful, pause for several seconds and relax as much as possible. You should slowly start to feel the muscle releasing, and after 5-30 seconds the discomfort should lessen. If an area is too painful to apply direct pressure, shift the roller and apply pressure on the surrounding area and gradually work to loosen the entire area. The goal is to restore healthy muscles – it is not a pain tolerance test. Never roll a joint or bone. If you have issues with your neck, contact a medical professional. You may be sore the next day. It should feel as if your muscles have been worked/released, however you should not push yourself to the point of excessive soreness. Drink plenty of water, get enough sleep, and eat clean. This will help to flush your system and fuel your muscles more effectively. Allow 24-48 hours before focusing on that same area again.

If you have specific questions – contact us today for more assistance!

Group Workouts

You can earn points for GROUP in the following ways:

- ALL Group Fitness Classes
- Intramural Sports Games
(1 punch per game played)
- Open Gym Times
(Volleyball, Basketball, “noon-ball”)
- Personal Training Sessions
- Other workouts with a friend or group! (Walks, Runs, Hikes, DVDs, etc.)



We recommend that each group workout session lasts **30 - 60 minutes**.



Trainer Tips:

There are MANY benefits to working out in groups!

Motivation:

Participating in a group exercise class challenges you to work out beyond your perceived limitations. The instructor observes your body for signs of fatigue and pushes you to your limits. You are likely to work out harder, as everyone is exercising toward the same goal, than you would on your own. A group fitness instructor explains the benefits of each exercise, which increases your reasons to complete the workout and keeps you returning to class.

Physical Benefits:

Group exercise classes are available in a variety of workout styles. If your goals are cardiovascular improvement and weight loss, select cardio-based classes such as Zumba, Dance, kickboxing, Indoor cycling, or step aerobics are great for you. If you also want to improve your muscular endurance and strength, select weight training like Power Sculpt, calisthenics or boot camp classes are great options. If flexibility is your goal, a stretching, Pilates, or yoga class is a nice option.

Accountability:

A group exercise setting helps keep you accountable to actually complete the workout or show up to the class. When the instructor and other participants ask why you were absent, they generally are concerned for your well-being, and you will not want to have an "I sat on the couch" answer! ☺ If you are required to prepay for a session, your accountability also increases. You have a limited number of classes that you paid for and are more likely to attend. Personal Trainers, Workout Buddies, and Class Instructors love helping you stay accountable!

Social Opportunities:

Attending a group fitness class gets you up off the couch and out of the same four walls of your home to meet people in your community. We are social creatures. You are likely to have more fun exercising in a group than working out on your own- even introverts love being around other people! Fitness classes are a wonderful place to meet people who have similar lifestyle goals and needs.

Group Exercise Classes Offered at Asbury Seminary Student Center:

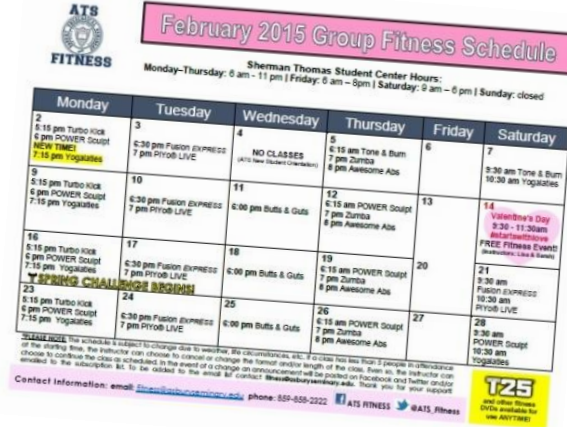
We have a variety of classes offered on a weekly basis!! You can drop in ANYTIME. The following list describes the current classes offered or coming up on our schedule. Class schedules are distributed monthly via Asbury Seminary Weekly emails, on Facebook, Twitter, and through our newsletter subscription. You can also pick up printed copies of the schedule at the Asbury Seminary. Sherman Thomas Student Center.



JANUARY 2015 GROUP FITNESS CLASS SCHEDULE
 Sherman Thomas Student Center January Term Hours: Monday-Thursday: 9 am - 5 pm | Friday: 9 am - 5 pm | Saturday: 9 am - 6 pm | Sunday: closed

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 T25 8:00am FREE for students ANYTIME			1 MUSIC/ARTS No Classes		
2 6:15 pm Turbo Kick 6:30 pm Power Sculpt 7:15 pm Yoga/LIVE	6 6:30 pm Fusion 7 pm PFIROB LIVE	7 6:15 pm Zumba 6:30 pm Butts & Guts	8 6:15 am Power Sculpt 7 pm Zumba 8 pm Awesome Abs	9 Open Closed No Classes	10 9:30 am Tone & Burn 10:30 am Yogalates
3 6:15 pm Turbo Kick 6:30 pm Power Sculpt 7:15 pm Yoga/LIVE	13 6:30 pm Fusion 7 pm PFIROB LIVE	14 6:15 pm Zumba 6:30 pm Butts & Guts	15 6:15 am Power Sculpt 7 pm Zumba 8 pm Awesome Abs	16 Open Closed No Classes	17 9:30 am Cardio Surprise 10:30 am PFIROB LIVE
4 6:15 pm Turbo Kick 6:30 pm Power Sculpt 7:15 pm Yoga/LIVE	20 6:30 pm Fusion 7 pm PFIROB LIVE	21 6:15 pm Zumba 6:30 pm Butts & Guts	22 6:15 am Power Sculpt 7 pm Zumba 8 pm Awesome Abs	23 Open Closed No Classes	24 9:30 am Tone & Burn 10:30 am Yogalates
5 6:15 pm Turbo Kick 6:30 pm Power Sculpt 7:15 pm Yoga/LIVE	27 6:30 pm Fusion 7 pm PFIROB LIVE	28 6:15 pm Zumba 6:30 pm Butts & Guts	29 6:15 am Power Sculpt 7 pm Zumba 8 pm Awesome Abs	30 Open Closed No Classes	31 9:30 am Cardio Surprise 10:30 am PFIROB LIVE

PLEASE NOTE: This schedule is subject to change due to weather. We acknowledge, etc. If a class has less than 3 people in attendance or that choice to continue the class is scheduled in the event of a change in circumstances will be posted on Facebook and further emailed to the subscription list for the class. Contact information: email: fitness@asburyseminary.edu phone: 652-658-2322



February 2015 Group Fitness Schedule
 Sherman Thomas Student Center Hours: Monday-Thursday: 9 am - 11 pm | Friday: 9 am - 5 pm | Saturday: 9 am - 6 pm | Sunday: closed

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 6:15 pm Turbo Kick 6:30 pm POWER Sculpt 7:15 pm Yoga/LIVE	3 6:30 pm Fusion EXPRESS 7 pm PFIROB LIVE	4 NO CLASSES (After New Year's Celebrations)	5 6:15 am Tone & Burn 7 pm Zumba 8 pm Awesome Abs	6 Open Closed No Classes	7 9:30 am Tone & Burn 10:30 am Yogalates
9 6:15 pm Turbo Kick 6:30 pm POWER Sculpt 7:15 pm Yoga/LIVE	10 6:30 pm Fusion EXPRESS 7 pm PFIROB LIVE	11 6:00 pm Butts & Guts	12 6:15 am POWER Sculpt 7 pm Zumba 8 pm Awesome Abs	13 Open Closed No Classes	14 Valentine's Day 9:30 - 11:30am ASbury Seminary FREE Fitness Event Awesomes, Live & Events
16 6:15 pm Turbo Kick 6:30 pm POWER Sculpt 7:15 pm Yoga/LIVE	17 6:30 pm Fusion EXPRESS 7 pm PFIROB LIVE	18 6:00 pm Butts & Guts	19 6:15 am POWER Sculpt 7 pm Zumba 8 pm Awesome Abs	20 Open Closed No Classes	21 9:30 am Fusion EXPRESS 10:30 am PFIROB LIVE
23 6:15 pm Turbo Kick 6:30 pm POWER Sculpt 7:15 pm Yoga/LIVE	24 6:30 pm Fusion EXPRESS 7 pm PFIROB LIVE	25 6:00 pm Butts & Guts	26 6:15 am POWER Sculpt 7 pm Zumba 8 pm Awesome Abs	27 Open Closed No Classes	28 9:30 am POWER Sculpt 10:30 am YOGALATES

PLEASE NOTE: This schedule is subject to change due to weather. We acknowledge, etc. If a class has less than 3 people in attendance or that choice to continue the class is scheduled in the event of a change in circumstances will be posted on Facebook and further emailed to the subscription list for the class. Contact information: email: fitness@asburyseminary.edu phone: 652-658-2322

Group Fitness Class Descriptions:



Known as the Zumba "pool party!" You will splash, stretch, kick, twist, shout, & laugh! Integrating the Zumba formula with traditional aqua fitness disciplines, Aqua Zumba® gives you a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and exhilarating beyond belief! **Location:** Asbury University Luce Center Natatorium
60 minutes.

Open to women only of all fitness levels!

Instructor: Lisa Myers

Cost: \$3/class

AWESOME ABS

30 minutes of core crushing power! This fast paced class will work every inch of those abs! Planks, crunches, leg lifts, oh my! Participants work at their ability and fitness level. 30 minutes. Men and women of all fitness levels welcome!

30 minutes.

Both Men & Women of all fitness levels welcome!

Instructor: Sarah Martin

Cost: \$1/class



(COMING IN APRIL!):

Get a total body workout with this OUTSIDE One-Week CAMP that mixes traditional callisthenic and body weight

exercises with interval and strength training. You will use non-traditional equipment for some sweat in the sun! This class is great for those just starting out or the avid fitness fan!

60 minutes. Both men and women of all fitness levels welcome!

Instructors: (rotation)

Cost: TBD

BUTTS & GUTS

Butts & Guts targets the abdominals and legs! This class will be over in no time after alternating core exercises with lunges, squats and other variations. Come for a toning class that is suitable for all fitness levels!

45 minutes.

Both Men & Women of all fitness levels welcome!

Instructor: Michelle Manuel

Cost: \$2/class



Ever wish you could mix and match workouts? That's fusion! Fusion mixes cardio and strength for one all out effective class. We'll mix fun, energetic dance styles with other cardio styles such as kickboxing for a dance-jazz-based workout.

Both Men and women of all fitness levels welcome!

Instructor: Chassity Neckers

Cost: \$2/class (60 minutes) \$1/class(express, 30 minutes)



(60-Day Total Body Conditioning DVD Program) -

This workout packs Max Interval Training into high intensity 45-minutes. You will work flat out in 3-5 minute blocks, and take breaks just long enough to get some air, and water and get back to work. Max Interval Training keeps your body working at maximum capacity through your entire workout to get incredible results. Program lasts 60 days. Day one of the Group plan is Monday March 9th. Everyday at 12:15pm. DVD also available to use in ATS Fitness Studio for checkout.

45 minutes.

Both Men and women of all fitness levels welcome!

Host: Randall Hardman

Instructor: Shaun T. from Beachbody®

Cost: \$2/class



The very best Pilates and yoga-inspired moves and cranked up the speed to give you full throttle cardio, strength, and flexibility training-all at once. PiYo packs it ALL into each workout so you can build lean muscles mass-as you're burning crazy calories. Great for all fitness levels and those who want a low impact but high intensity workout!

60 minutes.

Both Men and women of all fitness levels welcome!

Instructor: Chassity Neckers

Cost: \$2/class

POWER SCULPT

Blast all of your muscles with this high-rep weight training and power lifting workout. You will use an adjustable barbell, weight plates, and body weight along with squats, lunges, presses and curls to sculpt every major muscle group in your body. Dynamic music and the group atmosphere of weight training will get your heart rate up, make you sweat!

60 minutes.

Both Men and women of all fitness levels welcome!

Instructor: Lisa Myers

Cost: \$2/class

TONE & BURN

Want a high energy workout that tones every muscle and burns those calories?! Join us for Tone and Burn! This circuit style class gives you a total body workout utilizing weights and cardio! Each week's workout is different and exciting to keep you on your toes and prevent burnout! This class is for everyone! Participants work at their ability level.

60 minutes.

Both Men and women of all fitness levels welcome!

Instructor: Sarah Martin

Cost: \$2/class



Turbo Kick® is a high intensity interval workout designed to burn major calories! It's a combination of punches, kickboxing, and strength training moves to high energy and motivating music. Participants work at their ability and fitness level.

30 minutes.

Both men and women are welcome!

Instructor: Lisa Myers

Cost: \$2/class

Yogalaties

Join us for an hour long of strength, balance, and flexibility. A mixture of yoga poses, ballet moves, and Pilates will create a unique workout that challenges your body and mind! Class will begin and end with scripture and prayer. This class is for everyone! Participants work at their ability level.

60 minutes.

Both Men and Women of all fitness levels welcome!

Instructor: Sarah Martin

Cost: \$2/class



Are you ready to party yourself into shape? Ditch the workout and join the party! That's exactly what ZUMBA is all about! ZUMBA® is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party.

60 minutes.

Open to women only.

All fitness levels welcome!

Instructor: Lisa Myers

Cost: \$2/class

Final Thoughts:

Wherever you may be in your fitness journey, may you pursue whole-person holiness through physical fitness and a balanced exercise routine. May you seek to become a better you, may you learn to see yourself in God's image and pursue Him in all aspects of your life – including your personal health.