

SILVER PROGRAMME

DAY 1 22 mins run off-road or 25 mins off-road cycle.

DAY 2 Rest.

DAY 3 10 mins jog, then 5 x 1 min fast pace (2 mins jog recovery between), 10 mins jog.

DAY 4 BURN SESSION

3 X 6 DOUBLE-LEG BOUNDS Stand with your feet slightly more than shoulder width apart. Bend your knees until your thighs are at least parallel to the ground, or lower. Immediately jump forwards on both legs. Aim to jump as far as possible, using your arms to propel you forwards. On landing, sink into the next bound without a break.

3 X 18 MEDICINE BALL LUNGES WITH ROTATION Hold a weighted medicine ball with both hands in front of your body at about chest level (as below). Lunge forward with one foot while simultaneously rotating the medicine ball across your body towards your



lunging leg, keeping it horizontal all the while. Repeat with the opposite leg. If you don't have a medicine ball, perform this with a football to get the rotation but without weight.

3 X 8 DUMBBELL BENT-OVER ROW Kneel on a step or bench and balance yourself with your arm (as below). Straighten the opposite leg out to the side and, keeping your back straight, with a dumbbell in your hand, pull the weight towards your upper waist. Lower until your arm is extended and shoulder is stretched downward. Repeat. If you don't have a dumbbell, do 3 x 6 push-ups.



DAY 5 Optional 25 mins walk or 30 mins cycle.

DAY 6 STRETCH SESSION Warm up with 5 mins brisk walk or jog. Perform these dynamic flexibility drills over a distance of 15-20yd. These are also perfect prerun drills

that will put your body through a specific range of motion for running.

2 X 12-15 FORWARD AND BACKWARD WALKING LUNGES (ON EACH LEG) Take a long, exaggerated step forward with one leg. Pull your knee up high and reach out as far as possible. Slowly flex your forward knee until your thigh is parallel to the ground. At the same time, lower the knee of your trailing leg so it stops about 2in above the ground. Your upper body should remain upright. Push off with your forward leg, keeping most of your weight over your forward heel. Keep performing these cycling motions so you move forwards for 15-20yd. Repeat going backwards.

HIGH KNEES Using a short stride (about 40cm) and bouncing on your toes, take a step with an exaggerated high stride. Drive your knee as high as possible on each stride. As you drive your knee high, bounce up on the toes of your opposite foot. Keep your foot flexed (toes upward) throughout this drill. Your foot should land flat — not heel first.

HEEL KICKS Break into a slow jog. Using a short stride of about 40cm, kick up your heels as high as possible behind you. Attempt to bounce your heels off your buttocks. Concentrate on raising your heels as high as possible and maintaining a quick, light stride. Your foot should land flat in a flexed position. Cool down with a walk for 5 mins.

DAY 7 15 mins run, 5 mins walk, 15 mins run.

GOLD PROGRAMME

DAY 1 23 mins run at a steady pace, or 35 mins cycle.

DAY 2 BURN SESSION

3 X 30 SECS SINGLE-LEG STABILISATION ON BOSU Stand on the Bosu, feet shoulder width apart. Lift your right heel so only your right toe is on the Bosu. Slowly bend the knees, keeping your arms straight in front of you. All your weight should be on the sole of the left foot. Contract the core muscles and keep your eyes forward. Inhale as you lower your bottom towards the Bosu and exhale as you slowly straighten up to standing again. Be sure not to put your body weight on your left toe and try to keep your left foot flat. Change sides.

Alternative: 2 x 15 single-leg squats.

1 X 30 SECS PLANK, AND 1 X 30 SECS SIDE PLANK (EACH SIDE) (see bronze programme).

3 X 8 BARBELL BACK SQUATS Hold a barbell bar high on the back of the shoulders. With legs shoulder width apart, bend your knees while allowing the hips to bend back behind. Keep your back straight and knees pointing over your feet. Lower your body until your thighs are just past parallel to the floor. Extend the knees and hips back to the starting position and repeat.

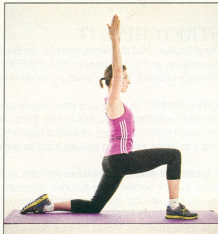
Alternative: 4 x 15 squats.

DAY 3 25 mins jog, with 5 x 2 mins bursts of fast running, 3 mins recovery jog in between.

DAY 4 Rest.

DAY 5 20 mins gentle pace off-road.

DAY 6 STRETCH SESSION Warm up by walking up and down stairs or marching on



the spot for 5 mins. Perform the following stretches, holding each for up to 45 secs. Repeat as often as you feel necessary.

HIP FLEXORS Kneel on your left leg with your right leg out in front and your right foot flat on the floor. Bend your right knee to 90 degrees (as above). Push your hips forward and raise your arms directly above your head. Keep your back and torso straight — don't move from side to side. Hold and repeat.

STANDING CALF Stand facing a wall, right foot forward and left foot a step behind. Place your hands flat on the wall for support. With toes pointing forwards, bend your right knee, keeping the left knee straight and both heels on the floor. Repeat with the other leg.

LYING GLUTE Lie on your back with both knees bent and feet on the floor (as below). Press your lower back into the floor and keep shoulders relaxed. Cross the right foot over the left knee. Slowly raise the left foot off the floor, bringing your knee towards the chest. Hold. Repeat on the other side.



CAT STRETCH Go down on all fours. Push your spine upwards to create a curve with your back. Hold and release. Repeat.

STANDING QUAD Stand up straight and bend your left leg slightly. Bend your right foot up behind you, lightly grab hold of it and pull it slowly towards your bottom. Make sure your knees are level and together, hips facing forwards and back straight. Hold, then repeat on the other side.

THORACIC SPINE, SPIDER-MAN HIPs, AND HIP-FLEXOR SWING (see bronze programme).

Cool down by walking for 5 minutes.

DAY 7 35 mins running at a slow pace.

WEEK ONE

BRONZE PROGRAMME

Day 1 20 minutes' exercise. Alternate between walking for 1 minute and running for 1 minute.

DAY 2 BURN SESSION

3 x 30-SECOND SINGLE-LEG STABILITY

Stand on one leg with your eyes closed. This enhances neuromuscular stabilisation, ensuring muscles and brain work together.

3 x 5 TUCK JUMPS Stand with your feet slightly apart. Bend your knees into a full squat, keeping your back straight and bottom sticking out. Jump up into the air, drawing your knees to your chest. Your thighs should touch your torso at the top of the jump. Release your legs and land in a controlled way. Repeat immediately. This develops strength and power in the legs.

3 x 10 BOX PRESS-UPS Kneel on all fours, with knees hip-width apart and arms directly beneath your shoulders, hands on the floor, fingers facing forwards. Make sure your back is flat and your abs are firm as you bend your elbows and lower your body to the floor, breathing in as you go. Try to touch the floor with your nose. Hold briefly, then push back to the start position. Keep the movement fluid. Good for upper-body strength.

DAY 3 3-mile walk at a steady pace, or a 20-minute cycle.

DAY 4 Rest.

DAY 5 20 minutes' exercise. Alternate between walking and running for 2 minutes at a time.

DAY 6 STRETCH SESSION Walk up and down the stairs or march on the spot for 5 minutes to warm up. Hold each of the following stretches for 10-25 seconds. Repeat as often as necessary. They are ideal to do when your body is warm after running.

STANDING CALF Stand facing a wall, right foot forward and left foot a step behind. Place your hands flat on the wall for support. With toes pointing forwards, bend your right knee, keeping the left knee straight and both heels on the floor. Repeat with the other leg.

LYING GLUTE Lie on your back with both knees bent and feet on the floor. Press your



lower back into the floor and keep shoulders relaxed. Cross the right foot over the left knee. Slowly raise the left foot off the floor, bringing your knee towards the chest (as above). Hold. Repeat on the other side.

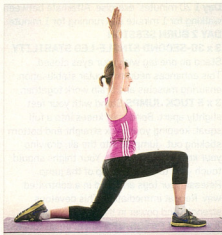
CAT STRETCH Go down on all fours. Push your spine upwards to create a curve with your back. Hold and release. Repeat.

STANDING QUAD Stand up straight and bend your left leg slightly. Bend your right foot

*Bikini top,
£40, and
three-quarter-
length pants,
£80, by Adidas
by Stella
McCartney*



up behind you, lightly grab hold of it and pull it slowly towards your bottom. Make sure your knees are level and together, hips facing forwards and back straight. Hold, then repeat on the other side.



HIP FLEXORS Kneel on your left leg with your right leg out in front and your right foot flat on the floor. Bend your right knee to 90 degrees (as above). Push your hips forward and raise your arms directly above your head. Keep your back and torso straight — don't move from side to side. Hold and repeat. Cool down by walking for 5 minutes.

DAY 7 Rest.

SILVER PROGRAMME

DAY 1 20 minutes' running at a steady pace off-road or 30 minutes' cycling.

DAY 2 Rest.

DAY 3 10-minute jog, 5 x 40-second sprint (with 60 seconds' jog recovery between each), 10-minute jog.

DAY 4 BURN SESSION

3 x 15 GLUTE SHUFFLES WITH EXERCISE BAND Standing with your feet shoulder width apart, tie an exercise band (or yoga strap) around your midcalf. Keep legs in place at that distance. Slightly bend your knees, keeping your back straight. Shuffle with small jumps so you move 15 steps to the right and then back. Do not allow the band to loosen or fall. If you don't have an exercise band, do 3 x 15 walking lunge steps without weights.

3 x 5 DOUBLE-LEG BOUNDS Stand with feet slightly more than shoulder width apart. Bend your knees until your thighs are parallel to the floor. Jump forwards on both legs. Aim to jump as far as possible using your arms to propel you. On landing, sink into the next bound without a break.

3 x 10 DUMBBELL BENCH PRESS Sit down on a bench with dumbbells resting on your lower thigh. Lie back and position the dumbbells to the sides of your chest with arm bent under each weight. Press dumbbells up with your elbows to the sides until arms are extended. Lower the weight back to the sides of your upper chest. Repeat. If you don't have dumbbells, do 3 x 5 push-ups.

DAY 5 Optional 25-minute walk or 30-minute cycle.

DAY 6 STRETCH SESSION

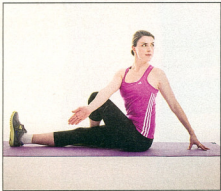
Walk up and down the stairs or march on the spot for 5 minutes to warm up. Hold each of the following stretches for 10-25 seconds.

Repeat as often as you feel necessary. They are ideal to do when your body is warm after running.

BRIDGE Lie on your back, with knees bent and arms resting on the mat, palms facing down. Slowly curl the spine up off the floor, starting at the tailbone, until the body forms a straight line from the shoulders to the knees. Hold and repeat.



THOMAS STRETCH This is an advanced hip flexor stretch that also works the quads and iliotibial band. Stand with your buttocks resting against a table. Pull one knee to your chest and slowly lie back on the table, keeping the knee pulled into your chest (as above). Your stretching leg should be in line with or below the level of the table. Allow the stretching leg to hang off the table, gently pressing the knee downwards without letting the back arch. If possible, get someone to push down gently on the top of the knee.



TRUNK ROTATOR Sitting on the floor with your back straight and right leg outstretched, bend your left leg and cross it over your right knee (as above). Press your left knee with the back of your hand or arm to increase the stretch. Turn your head to the left. Hold. Repeat on the other side.

MODIFIED HURDLER Begin in a seated position, with your right leg extended and your left leg bent, with your knee turned out, your foot pressed against your right thigh, like a figure 4. Slowly lean forward, keeping your back flat, and reach your arms towards your extended right foot until you reach a point of tension in the stretch. Back off if you feel any pain or discomfort. Hold and repeat on the opposite leg. Cool down by walking for 5 minutes.

DAY 7 12-minute run, 3-minute walk, 12-minute run, or a 45-minute cycle — 15 minutes steady, 15 minutes faster, 15 minutes steady.

GOLD PROGRAMME

DAY 1 20-minute steady run or 30-minute steady cycle.



DAY 2 BURN SESSION

3 x 20 SECONDS SINGLE-LEG

STABILISATION ON BOSU Stand on the Bosu with your feet shoulder width apart. Lift your right heel so only your right toe is on the Bosu (as above). Slowly bend the knees, keeping your arms straight in front of you. All your weight should be on the sole of the left foot. Contract the core muscles and keep your eyes forward. Inhale as you lower your bottom towards the Bosu and exhale as you slowly straighten up to standing again. Be sure not to put your body weight on your left toe and try to keep your left foot flat. Change sides.

ALTERNATIVE 2 x 10 single-leg squats (10 on each leg).

3 x 8 KETTLEBELL SWINGS Stand with a wide stance holding a kettlebell between your legs. Use your shoulders and hips to swing the bell away from your body. When it swings back, let your body absorb the bell's weight so the bell ends up behind you, between your thighs. Keep a straight back. Drive your hips forward and upwards to raise the weight in front of you. This should be done quickly, so don't try to slow the kettlebell down, let it swing. Repeat.

ALTERNATIVES 3 x 15 squat thrusts, or 3 x 30-second stability-ball rollouts, or 3 x 45-second planks or 3 x 15 spotty dogs — put one leg forward and the other leg back; don't allow your knee to go too far forward. Now alternate your arms with the opposite leg, so the left leg goes forward at the same time as the right arm.

DAY 3 25-minute run, comprising 3 minutes of jogging followed by 5 x 2-minute sprints, or a 40-minute cycle with 10 minutes easy, then 20 minutes alternating 1 minute fast and 1 minute slow, finishing with 10 minutes of steady.

DAY 4 Rest.

DAY 5 20 minutes running at a gentle pace off-road, or a 25-minute cycle.

DAY 6 STRETCH SESSION Warm up by walking briskly for 5 minutes. Then perform this gluteal activation routine. Hold each stretch for 15-35 seconds where appropriate.

THE CLAM Lie on your side, with knees bent and rotate the hips outwards by 30 degrees. Keep your heels touching, pelvis still and open your knees by contracting your buttocks. This is a slow, small, targeted movement. Repeat 10-15 times, then switch sides.