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LUCY'S LOCKDOWN RUN SQUAD



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DISCLAIMER

The content within this guide is not a substitute for professional medical diagnosis, care or treatment. If you are in any doubt whatsoever, have poor health, or pre-existing mental or physical conditions and/or injuries, do not attempt to follow the training or dietary guidance without clearance from your physician or doctor first.

By participating you knowingly and voluntarily assume all risks associated with such diet and exercise guidance. Powah Ltd & Lucy Spraggan accepts no liability for any injury, loss or damage resulting from physical exercise or dietary choices made.

All content and guidance has been created and written by fully qualified industry professionals, and is presented and demonstrated by Lucy Spraggan.

By following our guide you knowingly and voluntarily assume the inherent risk of physical/resistance training. You must always train in a safe and controlled environment, ensuring you have the requisite supervision of a competent/qualified gym assistant. At no time should you attempt to perform such activities alone and unsupervised.

The dietary guidance given as examples within this guide should act as a general guide only, based around how to formulate a balanced eating plan intended for someone who is in good health and aiming to be in a calorie deficit in order to lose unwanted excess fat. The specifics of an individual's dietary needs are complex, and therefore it is advised that you seek the advice of a qualified dietician in order to put together a full diet plan for yourself.

Should you suffer from any medical conditions, injuries or allergies, or should you be in any doubt whatsoever, you must seek medical/professional advice immediately, do NOT proceed to partake in any activity or change in diet. Any medical questions should be directed to a healthcare professional.

You acknowledge and agree that you are responsible for your own health and safety at all times, and that you have been assessed by a medical expert (e.g. your GP/Doctor) who has given you consent to partake in physical activity.

WELCOME TO LUCY'S LOCKDOWN RUN SQUAD



Hello and welcome to Fully Rewired: Lucy's Lockdown Run Squad.

We've all been there in Lockdown 1.0 and know exactly how tough it can be to stay motivated and upbeat, so I want Lockdown 2.0 to be different for us all.

This plan has been designed to help give you a focus and use the next 4 weeks in a positive way. Running is a great way to keep the body fit and healthy and the mind clear and in a good place, and whether you're a total beginner or are already running regularly, the workouts have been designed so that we can all take part together.



Each week a new running workout will be posted in the Lucy's Lockdown Squad Facebook group, and you can also use the group to chat to other like minded people who are all there to help, encourage and support each other.

You can join the group by [CLICKING HERE](#)

I'm really excited about the weeks ahead and that we are all doing this together! Make sure you look out for the live sessions in the Facebook group too.

I want to let you know that I believe in you...you are awesome and are capable of achieving so much!

I've worked with an award winning personal trainer to bring this plan to life. I know you will love the workouts and I'll be in your ears every step of the way supporting and guiding you.

I want to follow you on your journey and support you along the way, so don't forget to tag me in your sweaty selfies and use #fullyrewired.

Now what are you waiting for? Let's get running!

Much love,

-Lucy

 @fullyrewired

 @FullyRewired

 @fullyrewired

GETTING STARTED & GOAL SETTING

The next 4 weeks are all about improving your running distance and/or time.

In order to decide upon your goals, it is important to establish your starting point.

RUNNING PROGRESS

To enable you to measure your running progress, before starting the plan, first take part in the fitness test.

1. Map out a 1km route
2. Follow the warm up
3. Complete the 1km route as fast as you can. Depending on your fitness level, this might mean that you run the entire route, or you may use a combination of walking, running and jogging. Either way, record how long it takes you to complete the 1km route.
4. After following the 4 week plan, repeat the same 1km route, again recording your time and see how your time compares to the first time.

You can use the time from your first fitness test to create a goal for the second fitness test.

In addition to running-based goals, if you're keen to see how your body changes over the next 4 weeks then, in addition to your fitness test, you can also take progress pictures and measurements using a tape measure.



PROGRESS PICTURES

Take the first picture facing the camera, the next from the side and the final one with your back to the camera.

For the most accurate pictures, be sure to take your 'before' and 'after' at the same time of day, wearing the same clothing, in the same lighting.





MEASUREMENTS

Neck

Place the tape around the middle of your neck, while standing up straight with your neck relaxed.

Chest & Back

Standing upright and while breathing normally, pass the tape around your torso in line with your nipples.

Upper Arm

With your arm in a relaxed position by the side of your body, pass the tape around the widest part of the upper arm.

Waist

Standing upright and while breathing normally, pass the tape around the narrowest point of your trunk.

Belly Button Line

Standing upright and while breathing normally, pass the tape around your trunk, inline with your belly button.

Hips & Bum

Standing upright with your feet together, pass the tape around your body inline with your hip bones.

Thighs

Standing upright with your feet apart, pass the tape around the widest part of your thigh.

Just like when taking your progress photographs, ensure you always measure your body and weight at the same time of day, and wearing the same clothes

GOAL SETTING

Once you've established your starting point it's time to work out where you are heading, and set some goals.

Setting your goals correctly will play a big part in ensuring you get to where you want to be, in a time efficient and motivated manner.

Using the SMART principle is the perfect way to do this.

S

Specific

Your goal needs to be specific and should avoid being broad. So many people set out to simply 'get better at running' or 'get faster', but neither of these goals are specific. A better goal would be, 'I will take 90 seconds off my fitness test time' or 'I will be able to run 5k without stopping'.

M

Measurable

The best way to truly be able to measure your goal and know if you have achieved it, is to attach a number to it. For example, 'I will be able to run further' becomes 'I will be able to run 2k without stopping' or 'I will get faster' becomes 'I will take 30 seconds off my 2k time'.

A

Achievable

If your goals are not achievable, you will never feel like you are getting closer to achieving them, and are more likely to give up all together. Always challenge yourself, and don't make your goals too easy to achieve, otherwise it's too easy to throw discipline and motivation out of the window.

R

Realistic

Ask yourself, is the goal you have set realistic given your current commitments and starting point? Focus on the next 4 weeks and ask yourself how many sessions you can realistically fit in. Similarly, ask yourself if your goal is realistic? Can you realistically achieve it in the given timeframe you've set yourself?

T

Time Limited

It is super important to attach dates and deadlines to your goals in order to maintain discipline and motivation, otherwise it is all too easy to put off making lifestyle changes...and we've all heard the saying 'tomorrow never comes'.



Always, always, always...choose a goal that you feel truly passionate about. Don't focus on what other people are aiming for, and don't choose something that you think you should be focused on. Instead, choose something that lights a fire in your belly, and run your own race.

To help you stay on track, focus on one day at a time rather than looking too far into the future, and praise yourself for your daily wins. Also remember that not everyday will be perfect, but bare in mind that this plan is about progress not perfection.

At the end of each week I'd encourage you to write down, and even share in the Facebook group, what went well and what you would like to improve on in the coming week.



TRAINING TERMINOLOGY



INTERVALS

Interval Training is a training style that involves short, medium to high intensity exercise periods alternated with periods of rest for a set period of time. These periods of exercise and rest are repeated several times to form part or all of your workout.



REST TIME

Displayed in minutes and/or seconds, you will find a range of different rest periods throughout the programme. This is always given as a guide. If at any time you feel you need a little longer, listen to your body and take some more rest if needed.





HOW TO USE THIS PLAN

Each week you'll have 5 workouts to do, made up of four running sessions and one live workout. You won't need any equipment for any of the sessions.

You can choose which days you decide to workout, based on your work, family and general life commitments, but the key is to plan ahead.

The live workouts will be saved in the group, so if you can't make the exact time you can always catch up.

In each workout you are encouraged to work at a pace that suits your current fitness level and ability, while always challenging yourself wherever possible.

WHAT YOU NEED



You can do all of the workouts anywhere, as you don't need any equipment.

Simply download the running mp3 to your mobile device, pop in your head phones and you're good to go (after warming up of course). In each workout, Lucy will guide you through when to walk, jog and run.

WORKOUT OVERVIEW

Each week you will have 5 workouts to complete.

Instructions

You have 5 workouts to complete each week, made up of four running sessions and one live workout.

At the start of each week, the new weekly run mp3 will be posted in the Facebook group.

Additional Information

In all of your workouts, always challenge yourself, while being able to run with good technique.

Example Week

*You can chop and change the days to suit your life commitments and how your body is feeling

Monday: Run

Tuesday: Rest

Wednesday: Run

Thursday: Run

Friday: Live Workout

Saturday: Rest

Sunday: Run



THE WARM UP

Always ensure that you warm up before starting each workout and don't skip ahead. At the start of each workout, select the warm up video, to help your body prepare for the run ahead.



Glute Bridge
x 12-15

X & Y
x 12-15

Side To Side Lunge
x 12-15 each side

Wood Chop
x 12-15 each side

Active Hamstring Stretch
x 12-15 each side

Light Jog On The Spot
x 30 seconds



THE COOL DOWN

At the end of each workout always ensure you cool down and stretch.

Hold each stretch for 30-60 seconds each side

- > Lying Glute Stretch
- > Lying Hamstring Stretch
- > Lying Full Body Stretch
- > Pigeon
- > Standing Quad Stretch
- > Standing Calf Stretch
- > Upper Back Stretch
- > Chest Stretch
- > Standing Lat Stretch



THE RUN SQUAD WORKOUTS

If you need any help or support at any time please email our friendly customer support team at support@powah.com.

Run Week 1



Total Time: 20 minutes

In this workout you'll be jogging for 60 seconds and running for 30 seconds.

Run Week 2



Total Time: 25 minutes

In this workout you'll be jogging for 45 seconds and running for 30 seconds.



THE RUN SQUAD WORKOUTS

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Run Week 3



Total Time: 30 minutes

In this workout you'll be jogging for 30 seconds and running for 30 seconds.

Run Week 4



Total Time: 35 minutes

In this workout you'll be jogging for 30 seconds and running for 60 seconds.



MEASURING YOUR INTENSITY

Throughout your runs, be sure to monitor your intensity.

We would recommend using a scale of 1-10.

1= Your effort level is minimal and you don't feel at all challenged

10= You are working as hard as you can and couldn't possibly increase your effort and intensity. You're giving it everything you've got!

Jogging: Aim to work at an intensity level of around 6-7/10

Running: Aim to work at an intensity of around 8-9/10

If you need some extra recovery time, you can switch your Jog intervals to walking. If you decide to walk, aim to maintain an intensity of 5/10.

Throughout the workouts, listen to your body and focus on finding the right pace for you, that you can maintain, while still challenging yourself.





‘Since I started my fitness journey, I’ve been using a MyZone belt to track my workouts. It’s a great way to see calories burned, heart rate and effort level. In each workout you earn MyZone Effort Points (MEPS)...put simply, the harder you work the more points you get...and it’s really motivating.

You can set yourself challenges and do challenges with your friends too...and the best part is that it puts everyone on a level playing field, as it’s all based on percentage max heart rate and effort level.

MyZone have given all Fully Rewired members an awesome discount...[CLICK HERE](#) to get yours and don’t forget to add me as a connection on the MyZone app (Ispraggan).’



