

KIND OFF WORKOUT	SINGLE SIDE FULLBODY WORKOUT
PERIODEN	
GOAL WORKOUT	STRENGHT AND ENDURANCE
FULLBODY/SPLIT	FULLBODY
WORKOUT METHOD	SINGLE SETS



	FULLBODY	REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
	WARMING-UP					
	OUTDOOR RUNNING					
1	DUMBBELL BULGARIAN SPLIT SQUATS	2x8	3		50s	3-1-2-1
2	DUMBBELL SINGLE LEG ROMANIAN DEADLIFT	2x8	3		50s	3-1-2-2
3	DUMBBELL SINGLE ARM FLOOR CHEST PRESS	2x8	3		50s	2-1-3-1
4	BANDED SINGLE ARM LAT PULL DOWN	2x8	3		50s	2-2-3-1
5	KNEELING SINGLE ARM OVERHEAD PRESS	2x8	3		50s	2-2-3-1
7	V-UPS	8	4		50s	2-1-3-1

## **OUTDOOR RUNNING**

<b>Workout 1</b>	<b>6 MINUTES</b>
<b>Workout 2</b>	<b>7 MINUTES</b>
<b>Workout 3</b>	<b>8 MINUTES</b>
<b>Workout 4</b>	<b>9 MINUTES</b>
<b>Workout 5</b>	<b>10 MINUTES</b>
<b>Workout 6</b>	<b>11 MINUTES</b>
<b>Workout 7</b>	<b>12 MINUTES</b>
<b>Workout 8</b>	<b>13 MINUTES</b>

## **SINGLE SIDE**

<b>Workout 1</b>	<b>+ 0 sets</b>	<b>+0 reps</b>
<b>Workout 2</b>	<b>+ 0 sets</b>	<b>+2 reps</b>
<b>Workout 3</b>	<b>+ 0 sets</b>	<b>+4 reps</b>
<b>Workout 4</b>	<b>+ 0 sets</b>	<b>+6 reps</b>
<b>Workout 5</b>	<b>+ 1 set</b>	<b>+0 reps</b>
<b>Workout 6</b>	<b>+ 1 set</b>	<b>+2 reps</b>
<b>Workout 7</b>	<b>+ 1 set</b>	<b>+4 reps</b>
<b>Workout 8</b>	<b>+ 1 set</b>	<b>+6 reps</b>

