



UNLOCK YOUR ATHLETIC POTENTIAL

RUNNING

4 WEEK TRAINING PROGRAM

www.projectmvp.co.uk



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About Us

Project MVP was born to help athlete's reach their potential. We make fitness testing, data analysis, benchmarking, talent identification and athlete development a simple and seamless process for you. We let you know if you need to get fitter, faster, stronger or more powerful and then provide the expertise to help you attain your personal goals whatever they are.

Our battery of tests have been developed by industry leading sport scientists and fitness professionals. Using the very latest in sport science technology we assess the athlete's ability to perform a wide range of disciplines, which provides a clear representation of their athletic potential.

Our experienced coaches guide the athletes through the tests from start to finish, providing a fun and competitive environment that is filled with learning experiences. All tests are supported by current scientific based evidence and have been closely scrutinised for reliability and validity. Furthermore, the strict delivery of the tests at each and every event ensures that these standards are consistently upheld.



Running





This program is designed to improve your leg strength. It will help you run with more efficiency; stronger legs can spring off the floor quicker giving you the feeling of bouncing along the road runners have been shown to have fewer injuries to their hips, knees ankles and feet.


Training Goals








DAY 1



<i>Dynamic Warm Up</i>		<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	
1	Dynamic Flexibility - Hip Flexor 201 30s Each Side Pull And Release	12	12	12	12	
2	Body Weight - Walking Side Lunges 10s Each Way	6	6	6	6	
3	Hurdle March (Forwards/Backwards) 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
4	Forward Heel to Butt with Lean (Each Side)	10	10	10	10	

Power Training		Week 1	Week 2	Week 3	Week 4	
1.a	Ankle Jumps - Power	10	12	14	16	
		10	12	14	16	
		10	12	14	16	
1.b	Standing Broad Jump <small>Slam to floor if no wall available</small>	4	4	4	8	
		4	4	4	8	
		4	4	4	8 r	
2	Forward Jumps - 1-1 Stick 201 30s	3 x 10 metres	3 x 10 metres	3 x 10 metres	3 x 10 metres	
3	Lateral Jumps - 1-1 Stick Outside Leg	3 x 10 metres	3 x 10 metres	3 x 10 metres	3 x 10 metres	



Strength Training		Week 1	Week 2	Week 3	Week 4	
1	Barbell Straight Leg Deadlift 201 60s	8	8	8	6	
		8	8	8	6	
		8	8	8	6	



2	Db Reverse Lunge 60s	16 16 16 8 Right then 8 Left	18 18 18 9 Right then 9 Left	20 20 20 10 Right then 10 Left	16 16 16 8 Right then 8 Left	
3	Db - One Arm Push Press Each Arm	6 6 6 6	6 6 6 6	6 6 6 6	6 6 6 6	
4	Db - Eccentric Calf Raise (Step)	8 8 8	10 10 10	12 12 12	12 12 12	
5	MB - High Knee Skip (Front) Drive your knees up fast, complete 10 total as quickly as possible	10 10 10	10 10 10 10	10 10 10 10	10 10 10 10	




Core Strength		Week 1	Week 2	Week 3	Week 4	
1	Floor - Lying Superman 121 Pause to hold the contraction when arm and foot is off the floor	12 12 12	12 12 12	15 15 15	15 15 15	





2	Cable - Lateral Press (half kneeling) Each way	10	10	10	10	
		10	10	10	10	
3	Cable - Split Rotate & Press Each Side	10	10	10	10	
		10	10	10	10	


DAY 2



<i>Dybanuc Warm Up</i>		Week 1	Week 2	Week 3	Week 4	
1	Bear Level 2	30s	30s	30s	30s	
2	Bear to Sumo Deep Squat	12	12	12	12	

3	Multi-Planar Stretch - Thoracic Reach Through Each side	10	10	10	10	
4	Half Kneeling to High Knee Each side	6	6	6	6	
		6	10	6	6	
		6	10	6	6	

<i>Power Training</i>		<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	
1	MB - Rip & Overhead Throws (One Leg) Each side	10	10	10	10	
		10	10	10	10	
2	Split Jumps - Low	4	4	4	4	
		4	4	4	4	
		4	4	4	4	
		4	4	4	4	
		4	4	4	4	
		4	4	4	4	
3.a	Ankle Jumps - Power	10	12	14	16	
		10	12	14	16	
		10	12	14	16	

Strength Training		Week 1	Week 2	Week 3	Week 4	
1	Barbell - Bridge Back	10 10 10 10	8 8 8 8	8 8 6 6	6 6 6 6	
2	Db - Bench One Arm Rows LOW 201 60s	8 8 8	8 8 8 8	6 6 6 6	6 6 6 6	
1.b	Db Step Ups 201 60s Drive through the standing leg, avoid kicking off the back foot to help you up most of the way. Squeeze your bum to drive your hips up and forward.	16 16 16	16 16 16	16 16 16	16 16 16	
1.b	Kettlebell Swing	16 16 16	16 16 16	16 16 16	16 16 16	

Core Strength		Week 1	Week 2	Week 3	Week 4	
1.a	Cable - Down Chops Each side 30s	12 12 12	12 12 12	12 12 12	12 12 12	

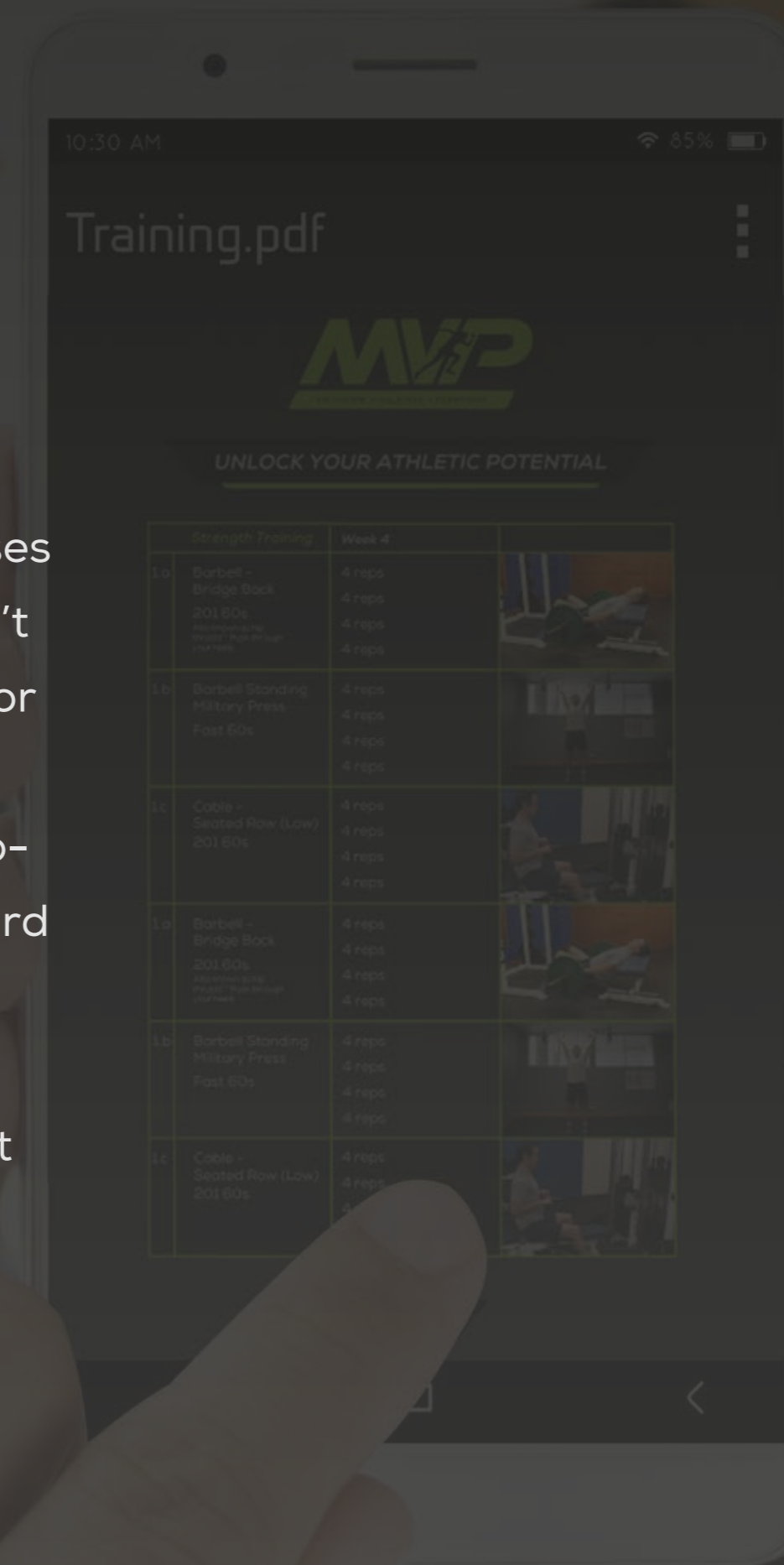
1.b	Floor/Foam - One Leg Bridge Back 45s	4	4	4	4	
2.a	Ball - Roll Outs On Knees 60s	2	2	2	2	



Start Your Journey With MVP

You are now part of the MVP team! We now fully understand your strengths and weaknesses and the training program given in this ebook is a great start to your MVP journey but doesn't take into consideration any of your physical characteristics. We can create bespoke plans for you, online, based on your test results to help you be the best you can be and reach your goals whatever they are. With our connections we can guide your development with the potential for USA college scholarships or even pro team contracts with the right amount of hard work and talent!

Please contact us on hello@projectmvp.co.uk or call 020 3923 4938 to find out more about how we can be part of your journey to reach your potential





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FIND OUT MORE

Project MVP

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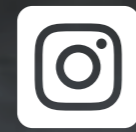
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