

Appendix A

Exercise Charts

The charts on the following pages will help you to plan and regulate your exercise routine in a systematic and disciplined manner.

You may download copies of these charts for your own use (and only your use) from the following website: www.fitforthemaster.fit

Appendix A: Exercise Charts

MILEAGE BUILD UP (2 MILES)

| Week | Day One | Day Two | Day Three |
|------------|---------------------|---------------------|---------------------|
| Week One | W-.5, R-.25, W-.25 | W-.5, R-.25, W-.25 | W-.25, R-.5, W-.25 |
| Week Two | W-.5, R-.5, W-.25 | W-.5, R-.5, W-.25 | W-.25, R-.5, W-.5 |
| Week Three | W-.25, R-.75, W-.25 | W-.5, R-.5, W-.5 | W-.25, R-.75, W-.5 |
| Week Four | W-.5, R-.5, W-.5 | W-.5, R-.5, W-.5 | W-.25, R-.75, W-.75 |
| Week Five | W-.5, R-1, W-.25 | W-.75, R-.75, W-.5 | W-.5, R-1, W-.5 |
| Week Six | W.25, R-1.25, W-.25 | W-.5, R-.1, W-.5 | W-.25, R-1.5, W-.25 |
| Week Seven | W-.25, R-1.5, W-.25 | W-.5, R-1.25, W-.25 | W-.25, R-1.75 |
| Week Eight | W-.25, R-1.75 | W-.25, R-1.75 | R-2 |

MILEAGE BUILD UP (2 MILES) EXPLANATION

W=Walk (Walk with the same stride—don't speed up and slow down—maintain a level pace.)

R=Run (Run—make sure you pace yourself so that you maintain the same stride length and speed the entire run.)

.25=One-quarter mile (one lap around track)

.5=Half mile (two laps around track)

.75=Three-quarter mile (three laps around track)

1=Full mile (four laps around track)

Don't settle for what you haven't been able to do in the past.

Use this as a goal, not only for two miles, but you can use the same ratio and work up to five miles.

Using this same ratio can be used for biking and swimming as well.

WEEKLY RUNNING CHART: (5K)

| Week | M | T | W | TH | F | S |
|--------|---|-------|-----|-----|---|-----|
| | | | | | | |
| One | 2 | 2 S | 3 | 2 T | R | 3 |
| Two | 2 | 2 S | 2.5 | 2 T | R | 3 |
| Three | 3 | 3 S | 2 | 2 T | R | 3 |
| Four | 2 | 2.5 S | 2.5 | 3 T | R | 4 |
| Five | 2 | 3 S | 3 | 3 T | R | 4 |
| Six | 3 | 2 S | 4 | 2 T | R | 4 |
| Seven | 3 | 3 S | 2 | 2 T | R | 4 |
| Eight | 3 | 2 S | 4 | 3 T | R | 5 |
| Nine | 4 | 3 S | 2 | R | R | 5 |
| Ten | 3 | 3 S | R | 3 T | 3 | 6 |
| Eleven | 3 | 2 S | 2 S | 2 T | 3 | 3 |
| Twelve | 2 | 3 S | 2 | R | R | 5 K |

WEEKLY RUNNING EXPLANATIONS (5K)

The numbers listed are for miles to be run, and are to be run at conversational speed—can talk while running.

S=Run your distance, but within the distance stated, pick a point ahead of you 100 yards or so, and “stride” at a quicker pace than normal to that spot, and then keep running, don’t stop, at your regular pace. “Stride” every 5 minutes of your run.

T=Run your distance, but within your distance, run 1.5 - 2.0 miles at a “tempo” faster than conversational speed, or run that tempo for 12 - 16 minutes.

R=Rest—no running, but may cross train if wanted.

WEEKLY RUNNING CHART (10K)

| Week | M | T | W | TH | F | S |
|--------|---|-----|---|-----|---|------|
| | | | | | | |
| One | 2 | 2 S | 3 | 2 T | R | 3 |
| Two | 3 | 3 S | 3 | 3 T | R | 4 |
| Three | 3 | 3 S | 3 | 3 T | R | 4 |
| Four | 2 | 4 S | 4 | 4 T | R | 4 |
| Five | 2 | 4 S | 3 | 3 T | R | 5 |
| Six | 3 | 3 S | 4 | 2 T | R | 5 |
| Seven | 4 | 4 S | 4 | 4 T | R | 5 |
| Eight | 4 | 3 S | 4 | 3 T | R | 6 |
| Nine | 4 | 3 S | 2 | R | R | 6 |
| Ten | 3 | 4 S | R | 4 T | 3 | 6 |
| Eleven | 3 | 3 S | R | 3 T | 3 | 3 |
| Twelve | 4 | 3 S | 2 | R | R | 10 K |

WEEKLY RUNNING EXPLANATION (10K)

The numbers listed are for miles to be run, and are to be run at conversational speed—can talk while running.

S=Run your distance, but within the distance stated, pick a point ahead of you 100 yds or so, and “stride” at a quicker pace than normal to that spot, and then keep running, don’t stop, at your regular pace. “Stride” every 5 minutes of your run.

T=Run your distance, but within your distance, run 1.5 - 2.0 miles at a “tempo” faster than conversational speed, or run that tempo for 12 - 16 minutes.

R=Rest—no running, but may cross train if wanted.

HALF-MARATHON RUNNING SCHEDULE

| Week | M | T | W | TH | F | S |
|----------|---|-----|---|-----|---|-----------|
| One | 2 | 2 S | 3 | R | R | 3 |
| Two | 3 | R | 3 | 3 T | R | 4 |
| Three | 3 | 3 S | 3 | R | R | 4 |
| Four | 2 | 4 S | 4 | R | R | 4 |
| Five | 2 | R | 3 | 3 T | R | 5 |
| Six | 3 | R | 4 | 2 T | R | 5 |
| Seven | 4 | 4 S | 4 | R | R | 5 |
| Eight | 4 | R | 4 | 3 T | R | 6 |
| Nine | 4 | 3 S | 2 | R | R | 6 |
| Ten | 3 | 4 S | R | 4 T | 3 | 6 |
| Eleven | 3 | 3 S | R | 3 T | 3 | 3 |
| Twelve | 4 | 3 S | 2 | R | R | 6 |
| Thirteen | 4 | 4 S | R | 4 T | R | 7 |
| Fourteen | 5 | 5 S | R | 5 T | R | 8 |
| Fifteen | 5 | 5 S | 5 | R | R | 10 |
| Sixteen | 5 | 5 S | 5 | 5 T | R | 5 |
| Sev'teen | 5 | 5 S | 5 | 5 T | R | 10 |
| Eighteen | 4 | 5 S | 5 | 5 T | R | 8 |
| Nineteen | 3 | 3 | 5 | 5 | R | 6 |
| Twenty | 2 | 2 | R | R | R | Half M'th |

HALF-MARATHON RUNNING SCHEDULE EXPLANATION

The numbers listed are for miles to be run, and are to be run at conversational speed—can talk while running.

S=Run your distance, but within the distance stated, pick a point ahead of you 100 yds or so, and “stride” at a quicker pace than normal to that spot, then maintain regular pace. “Stride” every 5 minutes of your run.

T=Run your distance, but within your distance, run 1.5 - 2.0 miles at a “tempo” faster than conversational speed, or run that tempo for 12 - 16 minutes.

R=Rest—no running, but may cross train if desired.

FULL MARATHON RUNNING SCHEDULE

| Week | M | T | W | TH | F | S |
|----------|---|-----|-----|-----|---|----------|
| One | 2 | 2 S | 3 | 2 T | R | 5 |
| Two | 3 | 3 S | 3 | 3 T | R | 6 |
| Three | 3 | 4 S | 3 | 4 T | R | 7 |
| Four | 5 | 3 S | 3 | 3 T | R | 5 |
| Five | 4 | 4 S | 3 | 4 T | R | 8 |
| Six | 3 | 4 S | 2 | 2 T | R | 6 |
| Seven | 5 | 5 S | 5 | R | R | 10 |
| Eight | 5 | 5 S | 5 | R | R | 8 |
| Nine | 5 | 5 S | R | 5 T | R | 12 |
| Ten | 5 | 5 S | 5 | R | 3 | 8 |
| Eleven | 3 | 5 S | 5 | 5 T | R | 14 |
| Twelve | 5 | 5 T | 5 | 5 S | R | 9 |
| Thirteen | 5 | 5 S | R | 5 T | R | 16 |
| Fourteen | 5 | 5 T | 5 | R | R | 10 |
| Fifteen | 5 | 5 S | 5 | R | R | 18 |
| Sixteen | R | 5 | 5 | 5 | R | 14 |
| Sev'teen | 5 | 5 S | 5 T | 5 | R | 20 |
| Eighteen | R | 5 | 5 S | 5 T | 5 | 12 |
| Nin'teen | 2 | 2 | 3 | R | 5 | 10 |
| Twenty | 2 | 2 | R | R | R | Marathon |

FULL MARATHON RUNNING SCHEDULE EXPLANATION

The numbers listed are for miles to be run, and are to be run at conversational speed—can talk while running.

S=Run your distance, but within the distance stated, pick a point ahead of you 100 yds or so, and “stride” at a quicker pace than normal to that spot, then maintain regular pace. “Stride” every 5 minutes of your run.

T=Run your distance, but within your distance, run 1.5 - 2.0 miles at a “tempo” faster than conversational speed., or run that tempo for 12 - 16 minutes.

R=Rest—no running, but may cross train if desired.

Appendix A: Exercise Charts

CENTURY TRAINING SCHEDULE (BIKING)

| Week | M | T | W | TH | F | S |
|------------|-----|-------|------|-------|----|---------|
| | | | | | | |
| One | 40 | 30 S | 30 | 40 T | R | 60 |
| Two | 50 | 30 S | 30 | 60 T | R | 75 |
| Three | 60 | 40 S | 30 | 40 T | R | 75 |
| Four | 60 | 50 S | 45 | 60 T | R | 90 |
| Five | 60 | 40 S | 30 | 40 T | R | 100 |
| Six | 75 | 50 S | 50 | 50 T | R | 120 |
| Seven | 75 | 50 S | 70 | 60 T | R | 150 |
| Eight | 75 | 75 S | 75 | 75 T | R | 180 |
| Nine | 75 | 75 S | R | 75 T | R | 120 |
| Ten | 90 | 90 S | 50 | 90 T | R | 180 |
| Eleven | 90 | 90 S | 50 | 60 T | R | 140 |
| Twelve | 50 | 50 T | 50 | 50 S | R | 90 |
| Thirteen | 90 | 90 S | R | 90 T | R | 160 |
| Fourteen | 90 | 75 T | 60 | 60 T | R | 200 |
| Fifteen | 100 | 50 S | 50 | 90 T | R | 240 |
| Sixteen | 100 | 100 S | 100 | 100 T | R | 140 |
| Sev'nteent | 120 | 120 S | 50 T | R | R | 300 |
| Eighteen | R | 50 | 50 S | 50 T | 50 | 120 |
| Nineteen | 100 | 120 | 30 | R | 50 | 120 |
| Twenty | 60 | 60 | R | R | R | Century |

CENTURY TRAINING SCHEDULE (BIKING)

EXPLANATION

The numbers listed are for time (minutes) on your bike at conversational speed—can talk while riding

S=Pick up your speed within your distance, and pick a point ahead of you 100 yds or so, and “sprint” at a quicker pace than normal to that spot, then maintain regular pace. “Sprint” every 5 minutes.

T=Pick up your speed in your distance for short bursts of 1-5 minutes at a “tempo” faster than conversational

R=Rest—no riding, but may cross train if desired.

Appendix A: Exercise Charts

SWIMMING: ONE-MILE BUILD UP SCHEDULE

| Week | M | T | W | TH | F | S |
|----------|------|---|------|----|------|---|
| | | | | | | |
| One | 50 | R | 50 | R | 75 | R |
| Two | 75 | R | 75 | R | 100 | R |
| Three | 100 | R | 100 | R | 150 | R |
| Four | 150 | R | 150 | R | 200 | R |
| Five | 200 | R | 200 | R | 275 | R |
| Six | 250 | R | 250 | R | 300 | R |
| Seven | 300 | R | 300 | R | 350 | R |
| Eight | 350 | R | 350 | R | 400 | R |
| Nine | 400 | R | 400 | R | 500 | R |
| Ten | 500 | R | 500 | R | 600 | R |
| Eleven | 575 | R | 575 | R | 700 | R |
| Twelve | 650 | R | 650 | R | 800 | R |
| Thirteen | 725 | R | 725 | R | 900 | R |
| Fourteen | 800 | R | 800 | R | 1000 | R |
| Fifteen | 875 | R | 875 | R | 1100 | R |
| Sixteen | 950 | R | 950 | R | 1200 | R |
| Sev'teen | 1025 | R | 1125 | R | 1300 | R |
| Eighteen | 1125 | R | 1225 | R | 1400 | R |
| Nineteen | 1225 | R | 1325 | R | 1500 | R |
| Twenty | 800 | R | 800 | R | 1600 | R |

SWIMMING: ONE-MILE BUILD UP EXPLANATION

Numbers represent meters. Typically, a pool is either 25 meters in length, or 25 yards.

Some pools, Olympic distance ones, are 50 meters in length. Do the math to adjust if needs be!

R stands for recovery day, or you may cross-train on these days as well.

You may incorporate all strokes (breast, back, side, and crawl) within the work out, or you may prefer to stick to one.

CIRCUIT TRAINING SCHEDULE

| Week | Day One | Day Two | Day Three |
|------------|---|---|---|
| Week One | Leg Press—5; Calf Raises—5 Chest Press—5; Dead Lift—5 Shoulder Press—5; Lat Pull down—5 Ab Press—5; Back Pull—5 Aerobics—5 min. | Leg Press5; Calf Raises—5 Chest Press—5; Dead Lift—5 Shoulder Press—5; Lat Pull down—5 Ab Press—5; Back Pull—5 Aerobics—5 min. | Leg Press5; Calf Raises—5 Chest Press—5; Dead Lift—5 Shoulder Press—5; Lat Pull down—5 Ab Press—5; Back Pull—5 Aerobics—5 min. |
| Week Two | Leg Press—6; Calf Raises—6 Chest Press—6; Dead Lift—6 Shoulder Press—6; Lat Pull down—6 Ab Press—6; Back Pull—6 Aerobics—5 min. | Leg Press—6; Calf Raises—6 Chest Press—6; Dead Lift—6 Shoulder Press—6; Lat Pull down—6 Ab Press—6; Back Pull—6 Aerobics—5 min. | Leg Press—5; Calf Raises—5 Chest Press—5; Dead Lift—5 Shoulder Press—5; Lat Pull down—5 Ab Press—5; Back Pull—5 Aerobics—5 min. |
| Week Three | Leg Press—7; Calf Raises—7 Chest Press—7; Dead Lift—7 Shoulder Press—7; Lat Pull down—7 Ab Press—7; Back Pull—7 Aerobics—5 min. | Leg Press—7; Calf Raises—7 Chest Press—7; Dead Lift—7 Shoulder Press—7; Lat Pull down—7 Ab Press—7; Back Pull—7 Aerobics—5 min. | Leg Press—7; Calf Raises—7 Chest Press—7; Dead Lift—7 Shoulder Press—7; Lat Pull down—7 Ab Press—7; Back Pull—7 Aerobics—5 min. |

Appendix A: Exercise Charts

| Week | Day One | Day Two | Day Three |
|-----------|---|---|---|
| Week Four | Leg Press—8; Calf Raises—8 Chest Press—8; Dead Lift—8 Shoulder Press—8; Lat Pull down—8 Ab Press—8; Back Pull—8 Aerobics—5 min. | Leg Press—8; Calf Raises—8 Chest Press—8; Dead Lift—8 Shoulder Press—8; Lat Pull down—8 Ab Press—8; Back Pull—8 Aerobics—5 min. | Leg Press—8; Calf Raises—8 Chest Press—8; Dead Lift—8 Shoulder Press—8; Lat Pull down—8 Ab Press—8; Back Pull—8 Aerobics—5 min. |
| Week Five | Leg Press—9; Calf Raises—9 Chest Press—9; Dead Lift—9 Shoulder Press—9; Lat Pull down—9 Ab Press—9; Back Pull—9 Aerobics—5 min. | Leg Press—9; Calf Raises—9 Chest Press—9; Dead Lift—9 Shoulder Press—9; Lat Pull down—9 Ab Press—9; Back Pull—9 Aerobics—5 min. | Leg Press—9; Calf Raises—9 Chest Press—9; Dead Lift—9 Shoulder Press—9; Lat Pull down—9 Ab Press—9; Back Pull—9 Aerobics—5 min. |
| Week Six | Leg Press—10; Calf Raises—10 Chest Press—10; Dead Lift—10 Shoulder Press—10; Lat Pull down—10 Ab Press—10; Back Pull—10 Aerobics—5 min. | Leg Press—10; Calf Raises—10 Chest Press—10; Dead Lift—10 Shoulder Press—10; Lat Pull down—10 Ab Press—10; Back Pull—10 Aerobics—5 min. | Leg Press—10; Calf Raises—10 Chest Press—10; Dead Lift—10 Shoulder Press—10; Lat Pull down—10 Ab Press—10; Back Pull—10 Aerobics—5 min. |

CIRCUIT TRAINING—A FULL-BODY WORKOUT: EXPLANATION

Circuit Training—this includes lifting weights and an aerobic workout per circuit. Each circuit would encompass what is in the one cell in the chart. You may set your own resistance weight for each exercise, but use the number listed as repetitions for the specific weight. The aerobic segment can be on any piece of equipment (elliptical, treadmill, stationary bike, rowing machine). The six weeks should keep the same weight resistance per exercise, but increase the number of repetitions. After the six weeks, you may start over with a little more resistance. Seek to do three circuits per session.

In summary, note the following:

- Leg press—Exercise which strengthens the quads and hamstrings;
- Calf raises—Exercise which increases the calf muscle;
- Chest press—Exercise which strengthens the chest;
- Shoulder press—Exercise which strengthens the shoulders;
- Lat pulldown—Exercise which strengthens the neck and shoulders;
- Ab press—Exercise which strengthens the core;
- Back pull—Exercise which strengthens the back.