

Go On . . . Just Make It Happen!

Putting the principles into practice

*How long will you lie there, O sluggard?
When will you arise from your sleep?
A little sleep, a little slumber,
a little folding of the hands to rest,
and poverty will come upon you like a robber,
and want like an armed man.*

Proverbs 6:9-11

What more needs to be said? All you have to do now is to turn the page and review the exercises you plan to use. Use the charts in the appendix sections to help you plan and regulate your exercises.

So now that you have decided to embark on your journey of fitness, or continue where you have left off, please know, that as God has said in his Word, “You will reap what you sow” (see Galatians 6:7)! In other words, as you begin to slowly improve your fitness, you will realize that your efforts are paying off. You will be able to enjoy not only the result of your efforts, but the process as well! As you exercise, you will enjoy the benefits of good rest, fewer hours of sleep needed, more efficient processing of foods, and an overall better feeling as your endorphins are continually released!

On your mark. . . get set. . . get fit!

1 BACK / LEG STRETCHES

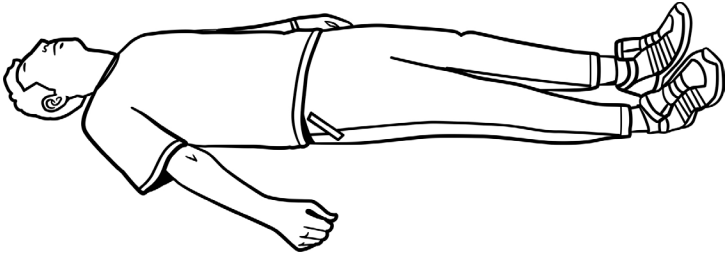


Figure 1(a): Relaxed position: Lie down on back with arms outstretched and legs straight ahead.

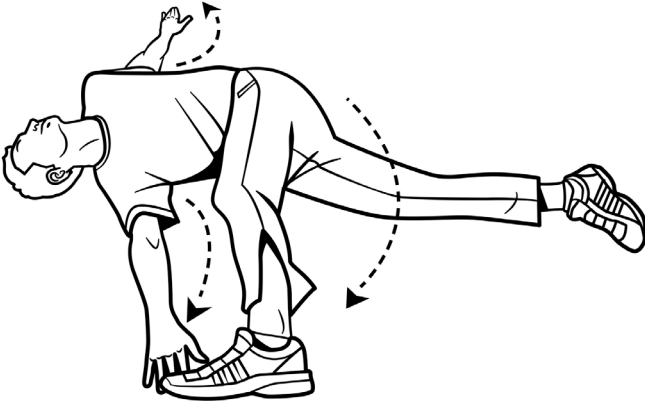


Figure 1(b): Retracted position: Lift left leg, and stretch it across the body, trying to touch the right hand. Hold for 30 seconds.

Repeat with the opposite leg.

2 HAMSTRING STRETCHES

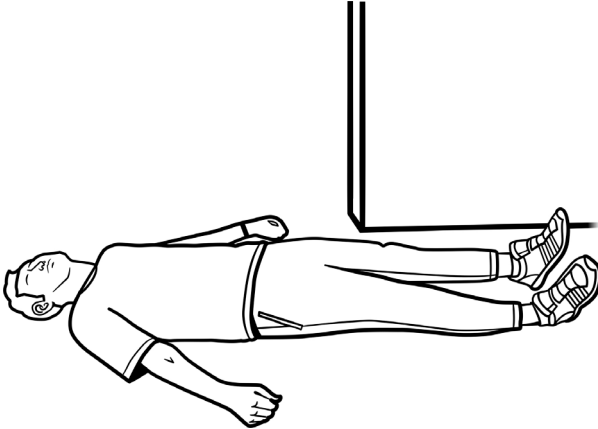


Figure 2(a): Relaxed position: Lie down on back with legs next to secure object.

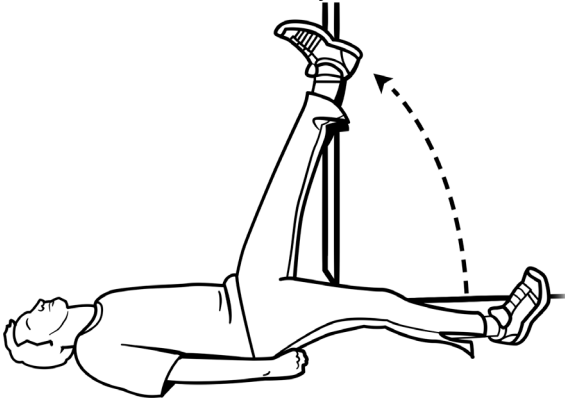


Figure 2(b): Retracted position: Lift left leg, and place against the secure object, stretching the hamstring. Hold for 30 seconds.

Repeat with the opposite leg.

3 IT BAND STRETCHES

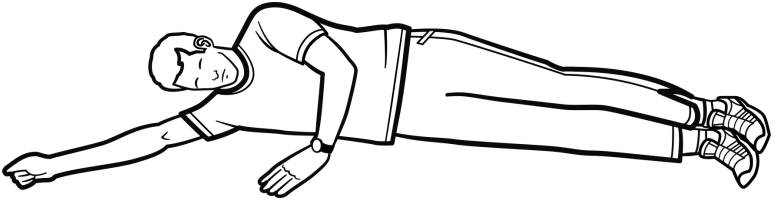


Figure 3(a): Relaxed position: Lie down on side with right arm outstretched and legs stretched out and together.

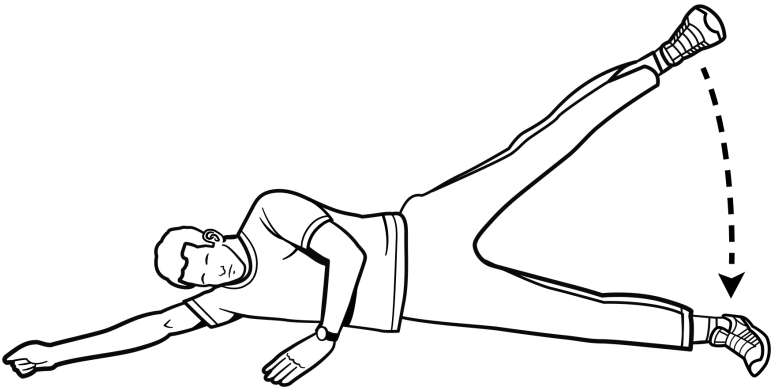


Figure 3(b): Retracted position: While right arm is outstretched, raise left leg and return to relaxed position, and repeat 30 times.

Repeat on opposite side.

4 PUSH UPS

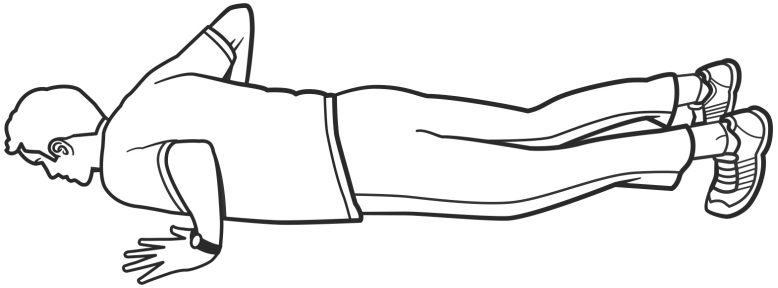


Figure 4(a): Relaxed position: Lie flat on your stomach. Start with as many repetitions as feels comfortable. Set your own goal, and increase to that completion.

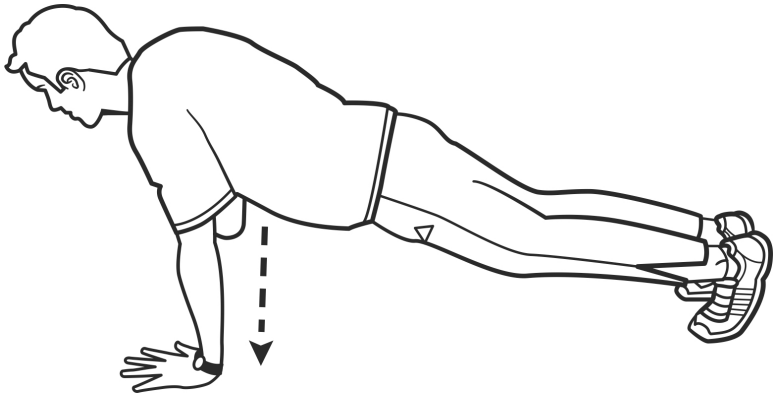


Figure 4(b): Retracted position: Extend arms so that torso and legs raise up, then lower. Start with 3 repetitions, and work up to being able to doing 30 at one time.

5 HAMSTRING / CALF STRETCHES

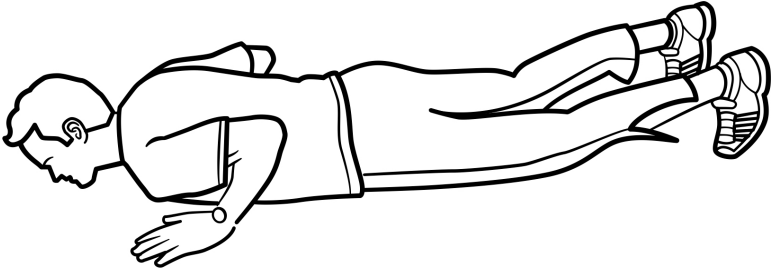


Figure 5(a): Relaxed position: Lie down on stomach with arms by side.

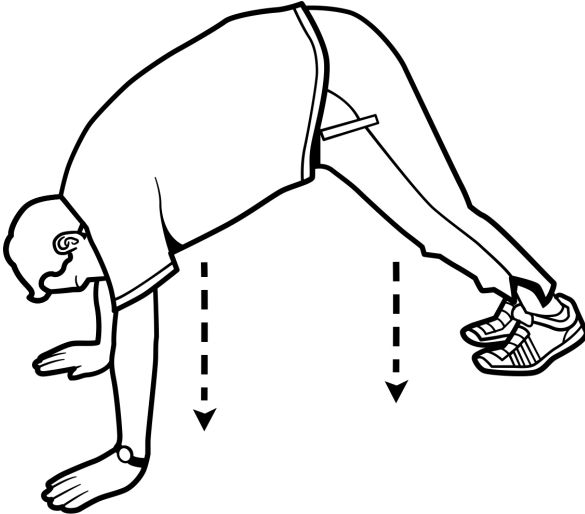


Figure 5(b): Retracted position: Push up with arms, and lift torso and buttocks high in the air so hamstrings and calves are stretched. Hold for 30 seconds.

6 GROIN STRETCHES

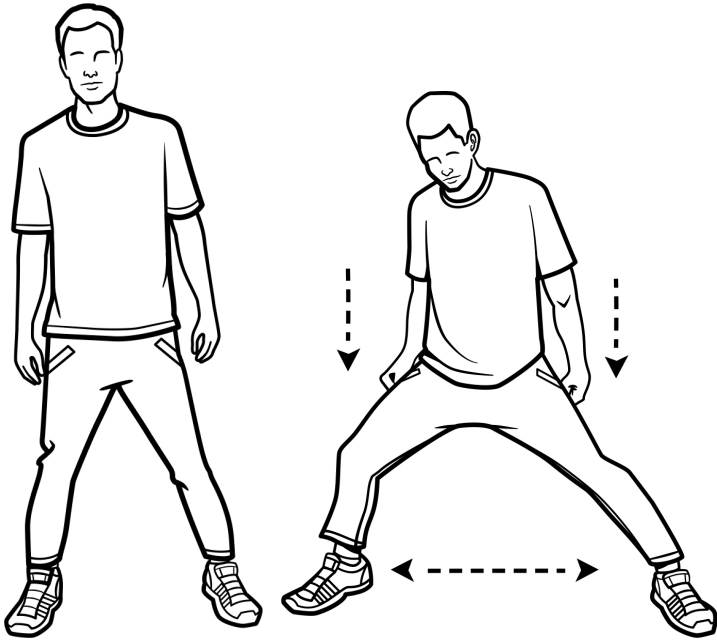


Figure 6(a): Relaxed position: Stand with legs at shoulder width and arms hanging loosely.

Figure 6(b): Retracted position: Lift left leg, and step a distance to put a stretch on the inner thigh muscle. Hold this stretch for 30 seconds. Repeat with the opposite leg.

7 QUAD STRETCHES

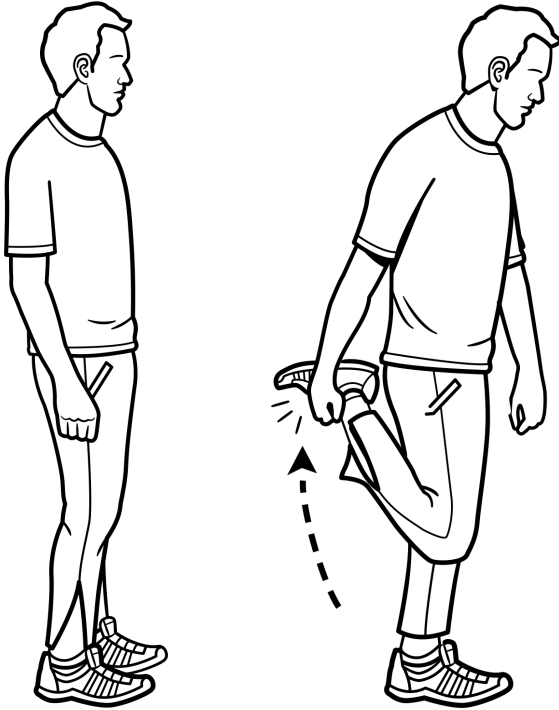


Figure 7(a): Relaxed position: Stand with both legs straight.

Figure 7(b): Retracted position: Lift right leg, bending at the knee, and hold right foot with right hand for 30 seconds. Repeat with other leg.

8 PLANK COMPREHENSIVE

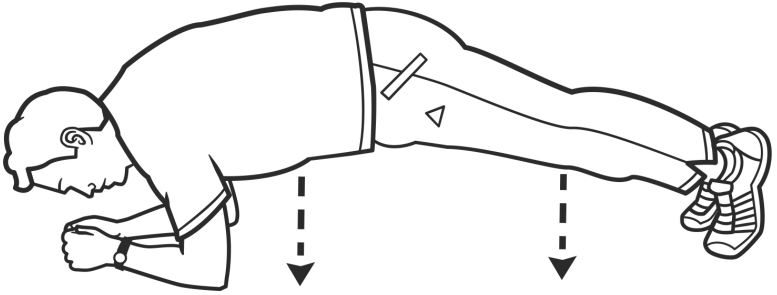


Figure 8(a): Retracted: On stomach, raise torso and place body weight on elbows, keeping legs straight. Hold for 30 seconds.

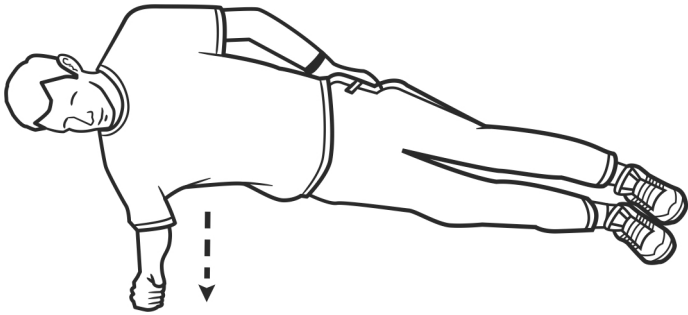


Figure 8(b): Retracted: Keep same position as stomach retracted, roll to elbow, keeping legs straight and weight on one elbow and hold for 30 seconds.

8 PLANK COMPREHENSIVE

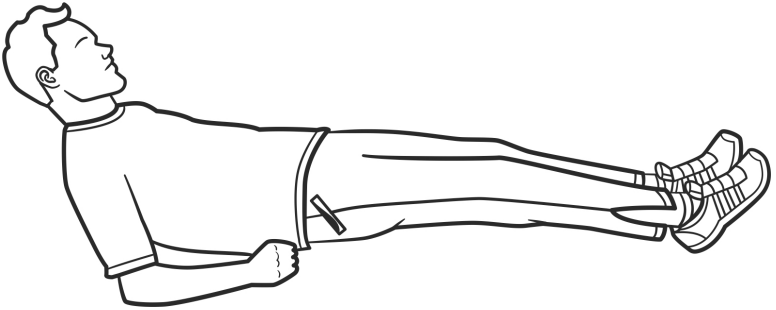


Figure 8(c): Keep in same position as 8(b); roll to back, with weight on elbows, keeping legs straight. Hold for 30 seconds.

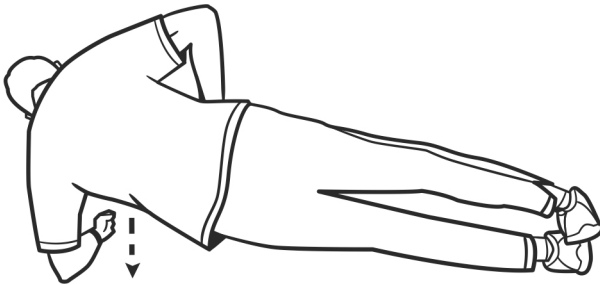


Figure 8(d): Retracted position: Roll on to opposite elbow as 8(b) and follow exact instructions from 10 (b) and hold for 30 seconds.

9 LUNGES

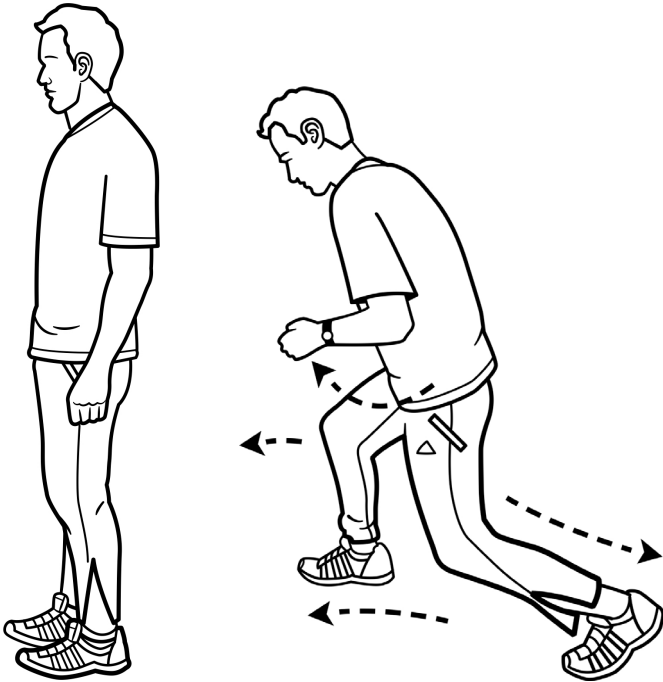


Figure 9(a): Relaxed position: stand with both legs straight.

Figure 9(b): Retracted position: Extend right leg as far as possible, then bend left knee, and hold for 30 seconds. Repeat on opposite side.

10 PULL UPS

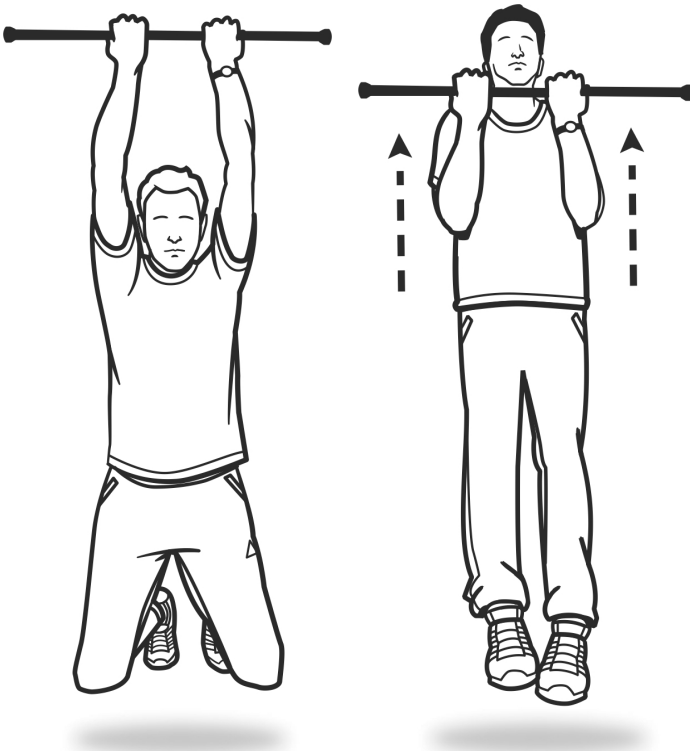


Figure 10(a): Relaxed position: Hang from a secure bar.

Figure 10(b): Retracted position: Pull up with arms so that chin raises above the bar, and return to relaxed position. Start with what you feel comfortable with, set goal, and work to completion.

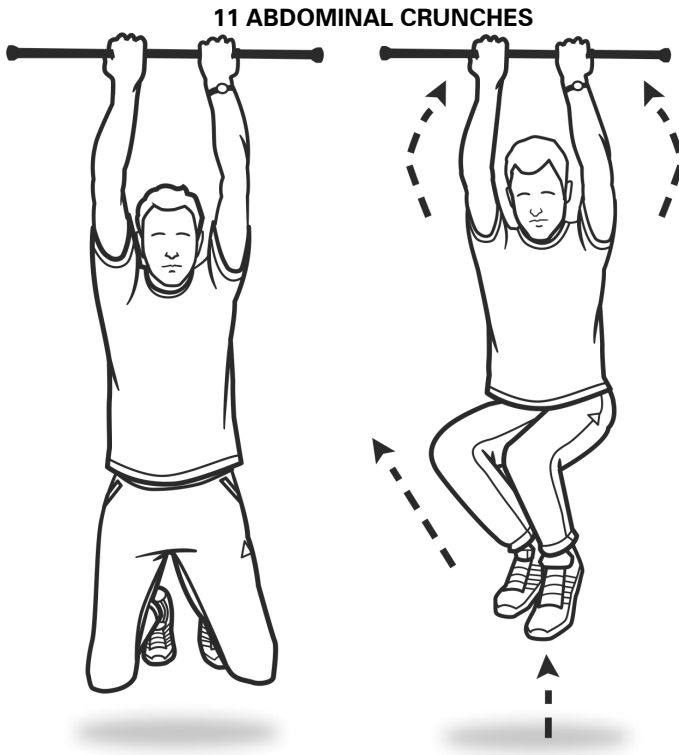


Figure 11(a): Relaxed position: Hang from same bar used for pull up.

Figure 11(b): Retracted position: Raise knees up to stomach for abdominal crunch. Raise knees as far left as possible, and then repeat on other side, for oblique crunch. Start with as many repetitions as feels comfortable. Set your own goal, and increase to that completion.

12 MEDICINE BALL SIT UPS



Figure 12(a): Relaxed position: While lying flat on back, hold medicine ball on stomach.



Figure 12(b): Retracted position: Sit up with the ball and touch your knees, and then return. Repeat for 30 seconds.

13 MEDICINE BALL SQUATS

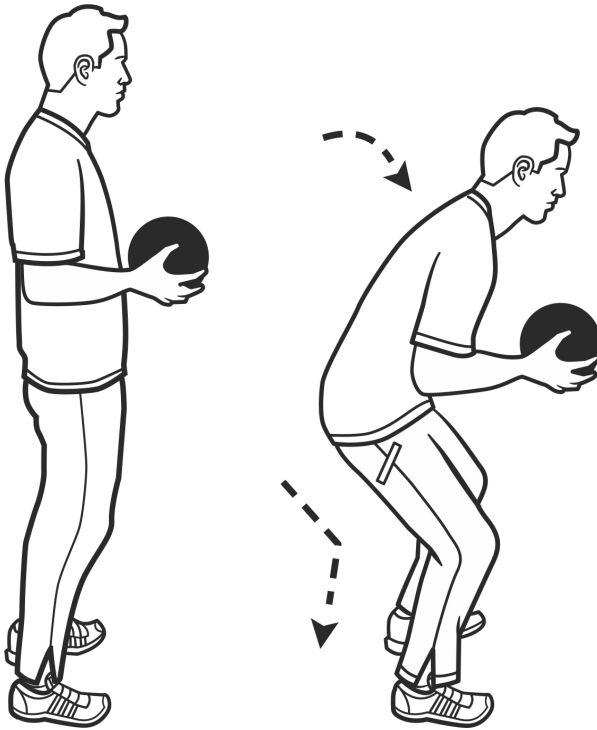


Figure 13(a): Relaxed position: Hold a medicine ball at waist.

Figure 13(b): Retracted position: Bend knees to 45 degrees and then return. Repeat as many times as you can in 30 seconds.

Repeat on other side.

14 DUMB BELLS

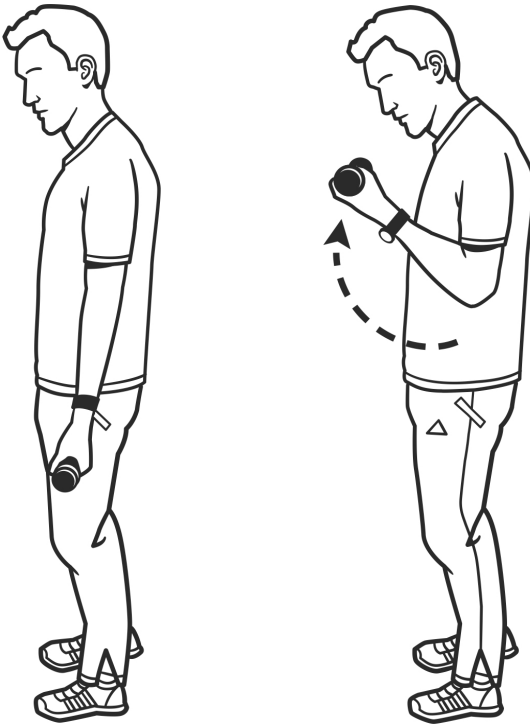


Figure 14(a): Relaxed position: Hold a dumbbell in each hand at waist.

Figure 14(b): Retracted position: Raise dumbbells, alternating left and right arm, for 30 seconds.

15 SIT UPS

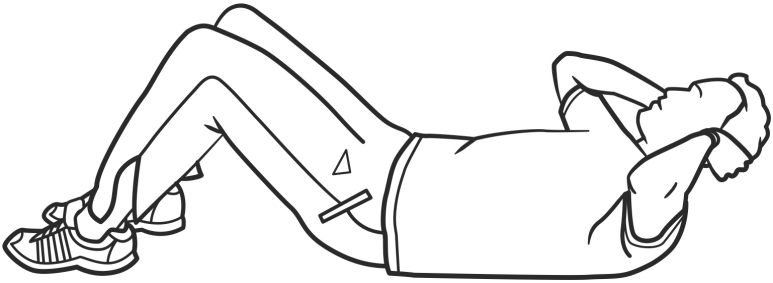


Figure 15(a): Relaxed position: Lie flat on your back. Start with as many repetitions as feels comfortable. Set your own goal, and increase to that completion.



Figure 15(b): Retracted position: Leave fists at ear level, and having knees bent, raise so that elbows touch knees, and return. Start with 3 repetitions, and work up to being able to do 30 at one time.

Appendix

Exercise Charts

The following charts 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.wordsfitlyspoken.info

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.

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'nteen | 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.

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 | 100 | 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. |

| 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.