

## 1/23/20 Thursday

Morning:

8A.M. -11A.M.

Meeting and tests with doctor and nurse. Doctor prescribed specific training goals for my trainers/PTs.

12.P.M. -1P.M. Lunch (Cafeteria-style eating with all the other athletes. Meals included locally sourced ingredients and a proper balance of carbs, protein, fats, fruits and vegetables)

1P.M. - 2P.M. Nutrition Class (Lecture on added sugars and processed foods)

2P.M.-4P.M.

Strength Training and Rehab

- All out strength test for my calves with the [Biodex](#) machine
- Easy running (Trainers took note of my running form)
- Exploding squats with cable resistance on the [Vertimax Platform](#)
- Weighted explosive step ups on weak leg

Recovery

- Alternate hot and cold with a warm pool and an ice bath. 3\*1 minute in each, then finish with 3 minutes in the ice bath.
- [HydroMassage Bed](#) for 20 minutes

## 1/24/20 Friday

9:30A.M.-11A.M.

Strength, Cardio, and Rehab

- 20 min foam roll
- 10 min bike warmup + bike workout 18\*(30/30/30). 30 sec @60rpm very high resistance, 30 sec @110rpm and moderate resistance, 30 seconds @80rpm and low resistance +10 min cooldown
- Core Workout: 8\*(30 sec of sit up, sit up twist with foot on knee, v-ups, planks, side planks, reverse plank)

12P.M.-1P.M. Lunch

2P.M.-4P.M.

Strength, Cardio and Rehab

- Bike warmup + Light run with 20\*10 second pickups
- Circuit training (20/20/20 seconds of [SPARC](#)@500 watts max speed, bike @500 watts max speed and bike @easy wattage and 80rpms)
- Squat/plank holds for 10, 20, 30, 40 with equal time fast squat dips between each. Shins parallel to the floor and thighs perpendicular to it. Works the quads!
- Circuit of squats with 10kg, single leg squat with arm out and 10kg, and knee dip single leg squats while holding the bar
- Squat hold for 30 seconds on weak leg followed by 30 second chair lift offs explosive for 30 seconds

4:30P.M.-5P.M.

Light Snack (Athletes had the choice between a piece of fruit or freshly baked dessert)

5P.M-6:30P.M

Recovery

Foot massage, [NormaTec recovery boots](#), and [Revitive electric stimulation pad](#)

### **1/25/20 Saturday**

11A.M.-12P.M.

Water recuperation

- 2\*Quad, hamstring, hip and calf stretch in the water
- Massage with water jets
- Hot/cold alternations between warm pool and ice bath. 3\*1 min in each, then finish with 7 minutes in the ice bath.

12P.M.-1P.M. Lunch

1P.M-2P.M. Played [pétanque](#)

(traditional French ball game) with other athletes

### **1/26/20 Sunday**

REST!

### **1/27/20 Monday**

9A.M.-11A.M

- 20 min foam roll
- Stationary Bike Warm up + 20\*30/30 (60rpm and high resistance/80rpm low resistance. +6\*30/30(110rpm medium resistance/80rpm low resistance)
- Core Strength (oblique sit ups, pushups, plank, tricep dips for 20 seconds)\*7. 20 second recovery after each set

11:30 A.M-12P.M.

Aquajogging Workout: Warmup + 20\*20/20

20\*10/10 aqua jog sprint cycle. Move only the legs, not the arms.

12P.M.-1P.M Lunch

2P.M.-4P.M.

Strength, Cardio and Rehab

- Running warmup
- Running drills with ladders (in out and side side) +drills with cones (straight leg/bent leg b-skips +high knees with cones + 10\*10 second quick steps followed by short sprints minute + 2\*4 minute circuit of the following exercises (bskip, double straight leg, high knees, Askip. 2 minutes rest between each set
- Split squat with 16kg,18kg, and 20kg. Explode up lower down. 2\*10 reps with each weight
- Single leg chair lift off with 16kg,18kg, and 20kg. Explode up lower down slowly. 2\*10 reps.
- 4\*Hamstring holds for 40 seconds +10 raises
- 4\*Single leg Hamstring hold for 20 seconds +20 raises
- Squat air resistance machine 2\*10 reps, 2\*6 reps, 2\*4 reps. Increasing resistance
- 10\*Squat on [Yo-yo eccentric squat machine](#). Explode up and control as you lower.
- Max eccentric strength test of left calf with [Biodex](#) machine

4:30P.M-5P.M Light Snack

5P.M.-6:30P.M

Recovery

Sauna, hamam, water jet massage and [Revitive electric stimulation pad](#)

## **1/28/20 Tuesday:**

9:15A.M.-11A.M.

Strength, Cardio and Rehab

- 20 minutes foam rolling
- warm up on ski machine
- On [SPARC](#) machine. 10\*6 seconds all out. 1 minute recovery. 10\*6 seconds all out on watt bike.
- Core routine 4\*(30 seconds of plank, Superman, side planks with 5 legs raises then hold).
- 10\*30 seconds hard, 30 seconds rest of ski machine then 10\*30 sec hard/30 seconds rest of arm bike.
- 20 minutes foam rolling and stretching

12P.M.-1P.M. Lunch

1P.M.-2P.M

Nutrition Class (Lecture on macro and micronutrients)

2P.M.-4P.M.

Strength, Cardio, Plyometrics and Rehab

- 25 minute easy bike warmup
- Easy run +4\*2 second hill bursts and quick steps on downhill + 10\*7 sec all out sprints +10 minutes of tempo pace + 10\*stair workout super quick steps. One step at a time + 10\*stair workout super quick steps. Three steps at a time. No rest.
- 4 exercise circuit of 4\*20 sec on/20 sec recovery. Exercises in the circuit include the single leg jump squat on step, quick feet in squat moving forward backwards with cable resistance, squat jumps with cable resistance and lateral quick feet with cable resistance
- 10\*10 sec hard/10 sec recuperation of single leg jumps for speed (not height)
- 10\*10 sec hard/10 sec recuperation of single leg jumps forward backwards focused on speed and control
- 5\*(20 seconds of quick feet in squat position followed by 4 all out squat jumps for height)
- 30 minutes of foam rolling and stretching

## **1/29/20 Wednesday**

9:15A.M.-11A.M.

Strength, Cardio and Rehab

- Foam roll 20 minutes
- Arm work: ski machine, arm bike, cable resistance for arms (internal rotations) for 2 minutes each
- Dumbbell lifts. 4kg in each hand. 5\*8 reps of (one arm, then the other, then both back together, then both in and down)
- 5\*8 reps of (both arms up, twist arms, lift weights above the head, lower back down to middle, twist arms, back down all the way)
- 5\*8 reps with 12kg in each hand of shoulder shrugs
- 5\*8 reps of kettlebell raises with a 6kg kettlebell. Hold the kettlebell by the handle with the weight facing up and push it upwards. Control the weight and don't let it fall side to side.
- Bike workout, warm up + 20\*20 sec @110rpm, 40 sec recovery easy cycle +cooldown

11A.M.-12P.M Visit With The Doctor (Evaluate Progress Toward Our Goals)

12P.M.-1P.M Lunch

2P.M-4P.M.

Strength, Cardio and Rehab

- 4\*10 min circuit of 6 exercises with no rest...20 secs each exercise (squat with 20kg on a bench (up on two legs slowly down on one), hold a squat with 20kg kettlebell, single leg chair lift off as fast as possible, quick squats while holding weight bar, walking lunging with 12kg in each hand, elliptical at 400 watts)
- Calf raises on step (hold up on both calves for 3\*(10 seconds, lower slowly and explode up 10 ten times) + single leg version
- Running/agility drills short very slow run warm up + 10\*20 sec on/20 sec recup of the following exercises (ladder quick steps -two in two out, two leg hops over 5 mini hurdles -run backwards to start successive repetitions, 4-way square -Run straight away 15 yards, move laterally at a quick pace, run backwards, move laterally at a quick pace and repeat, start and stop 15 yard sprints, lateral quick steps in figure 8 motion, cool down
- 4\*(Single leg squat\*3 each leg +wall squat with arms up for 45 seconds)
- 2\*3 reps of Eccentric Hamstring hold and lower into push l'll position with partner holding ankles
- Max strength test for left big toe and calf with biotech machine

4:30P.M.-5P.M Light Snack

5P.M.-6:30P.M.

10 minute sauna, 15 min Water jet massage, 30 minute Normatec recovery boots and 20 minutes of electric stimulation pad

### **1/30/20 Thursday**

9:15A.M.-11A.M.

Strength, Cardio and Rehab

- Warmup on ski machine
- 15\*(40 sec of Superman one arm one leg up, 20 sec pushups, 20 sec single leg reverse plank (5 second hold on each leg then switch), 20 secs of oblique sit ups then switch sides)
- 25 minutes super easy super slow run
- 15 minutes of Foam Rolling

12P.M. -1P.M. Lunch

1:15P.M.-2P.M. Discussion With French Trail Running Coach About Trail Running Nutrition (Differences between French and American Nutrition Strategies)

2:30P.M.-4P.M.

Strength, Cardio, Plyometrics and Rehab

- Bike warmup
- 16 minutes super slow run +10\*30/30...70% effort on 30, then recover
- Plyometrics: 4\*10 sec single leg hops for speed on injured leg. 4\*10 sec single leg hops forward, backwards, 4\*10 sec single leg hops side to side. 10 sec rest in between each
- Circuit: 20 seconds chair lift off, explode up with both legs, land on weak leg. +no rest into 20 sec chair lift off explode with both legs and 10kg (pushing it above your head).
- Circuit with 3 boxes (low, medium and high) + a step. 15 sec on low box (Jump on and off and fast as possible) +no rest and 15 seconds of single leg jumps on the step (jump for height) + change to

medium box and do the same 15 seconds as fast as possible followed by 15 seconds of jumps for height on the step again +15 sec of jump on high step and explode into it +same thing on step

- Two sets of single leg squat hold on step for 4\*15 seconds with 18kg. After 15 seconds stand and lower back into the squat.
- Wall squats 3\*30 sec with 24kg (quick rest maybe 10-15 seconds) +1 minute walk squat with 24kg
- 25 minutes foam rolling and stretching

4:30P.M.-5P.M. Light Snack

5:30P.M.-6:30P.M.

Recovery

Sauna 10 minutes +alternate 1 min hot, 1 min ice bath\*3...rest in cold ice bath for 5 minutes to finish.

### **1/31/20 Friday**

Strength, Cardio and Rehab

- 20 minutes foam rolling
- Arm and Core strength circuit: 5 sets of 8\*all exercises with no rest in between each exercise. 2 minutes rest in between each set. Biceps, triceps, 30 sec plank, oblique sit ups, triceps on bench, 30 second spiders, lift elbows, push ups, and pull ups.
- Warm up + Bike 12\*(30/30s...max resistance @60rpm +easy recovery @80rpm) +3 min rest + Elliptical(max wattage and speed for 10\*(8 sec, recover for 52 seconds)
- Easy cool down 5-10 min run

11A.M.-12P.M. Private Appointment With the Center's Certified Sports Nutritionist and Dietician. Developed a strategy for optimizing in race nutrition as well as how to eat a balanced diet for training.

12P.M.-1P.M. Lunch

2P.M.-4P.M

Strength, Cardio, and Rehab

- Easy 10 min warm up jog + 5\*uphill 2 sec bursts and quick feet for descent + 4 min easy tempo +10\*50 meter strides +10 min easy cooldown
- Yo-yo squat machine\*4 max strength eccentric exercise
- 5\*40 sec wall squat with 20 sec recup and 16kg

40 sec wall squat with heels up (much harder!)

5P.M.-6:30P.M.

Recovery

30 minutes electric stimulation pad, 20 minutes Norma tech boots, 15 minutes massage bed, 5 minute foot massage, 15 min sauna, and 6 minute ice bath

### **2/1/20 Saturday**

Recovery in the Pool

11A.M.-11:45A.M.: Stretching in the water, light aqua jogging, alternations between warm pool and ice bath (3\*1 min each +5 minutes finishing in the ice bath)

12P.M.-1P.M Lunch

## **2/2/20 Sunday**

REST!

## **2/3/20 Monday**

9:15 A.M.-11:30A.M.

Strength, Cardio and Rehab

- External arm rotation exercises with band
- 8\*3 min hard on ski machine/1 minute plank. No rest.
- 15\*7 sec all out (700-800 watts) on elliptical. Recovery for 53 seconds
- 12\*30/30. 30 sec @60RPM and high resistance 450 watts) and 30 sec @80 RPM and easy resistance
- Foam rolling and stretching

12P.M.-1P.M. Lunch

2P.M.-5P.M.

Strength, Cardio and Rehab

- Light jog +4\*accelerate up short hill and make quick feet on the descent +4\*20 meters strides + 6\*ladder runs 2 steps in each, 6\*lateral ladder runs each direction, 6\*lateral ladder runs + 10 sec squatting quick feet, sprint 5 meters, 10 sec squatting quick feet, rest 20-30 seconds in between sets + 6\*20 circle squats with 20 sec rest +6\* change directions quickly and sprint 10 meters + 6 minute tempo + light jog cool down
- Single leg squats and holds on step 3 sets injured leg, 1 set on other leg. One set consists of the following: 3\*(10\*slow 4-second descent and explode up (but not to hyperextension) + 40 hold the squat). Rest in between each set for 1 minute. Super hard! +4\*30 second wall squat/30 seconds of around the clock single leg squat (forward, out to the side, backwards) +4\*30 seconds wall squat with elevated heels/30 seconds of around the clock single leg squat (forward, out to the side, backwards) +2\*eccentric Nordic hamstring curls +single leg calf raises and holds 2\*(5 sec up on toes as high as possible, 10 times quick calf raises, 10 sec up on toes as high as possible, 10 times quick calf raises, 20 sec up on toes as high as possible, 10 times quick calf raises. No rest between the two sets. Then do the same 2 sets again but with bent knees.
- 20 minutes or foam rolling and stretching
- Water jet massage in the pool

5:00P.M.-5:30P.M. Snack

5:30P.M.-6:30P.M. Meeting With the Sports Psychologist

## **2/4/20 Tuesday**

8:30A.M. - 9A.M.

Warm up and max strength test for the left and right calves on the [Biodex](#) machine

9A.M. - 9:30A.M.

Doctor Examination

9:30A.M. -11:30A.M.

Strength, Cardio, and Rehab

- 4\*(6 min bike@90RPM and moderate intensity +30 sec of each exercise 2\*(plank, side planks, Superman's)). Increase bike intensity with each repetition.
- Arm and shoulder strength routine
- Foam rolling

12P.M. -1P.M.

Lunch

3P.M. - 4:45P.M.

Cardio, Strength, Rehab, and Plyometrics

- Light jog +5\*short 2-second uphill bursts with quick feet on the descent + 2\*ladder drills forward backwards and side to side + 4\*quick feet with cable resistance from the [Vertimax Raptor](#). Move forward and backwards for 15 meters. 4\*quick feet with cable resistance (laterally). Move side to side for 15 meters
- Wall squats 5\*40 seconds/2\*single leg squat on each leg. No rest
- Circuit on VertiMax [Vertimax Platform](#). 4\*each exercise: squat exploding up onto toes (not a jump), lateral squat walks, quick feet forwards and backwards with cable resistance for 2 meters. Very short rest between each exercise.
- Circuit 2 on VertiMax: 4\*each exercise. Squat jump on toes as fast as possible, quick feet with cable resistance moving in S-Curve motion and returning slowly by marching squats, lateral jumps on injured leg. Very short rest between each exercise.
- 4\*(4\*Quick feet for 5 seconds +lateral jumps left and right)
- Single leg hops up, forward, backwards, side to side.
- Foam rolling

### **2/5/20 Wednesday**

9A.M. -11A.M.

Cardio, Strength and Rehab

- Wattbike warmup + 12\*7 seconds all out, 53 seconds spin easy to recover.
- 12\*6 seconds all out on the [SPARC](#), 45 seconds recovery
- Core session. 8\*30 seconds of the following exercises with no rest: Superman's with alternating arms and legs, plank, side planks) + 5\*30 seconds of the following exercises with no rest (sit ups, crossed legs sit ups, penguins)
- Foam rolling and stretching

12P.M. - 1P.M.

Lunch

2P.M. - 4P.M.

Cardio, Strength and Rehab

- Light jog +6\*short 2-second uphill bursts with quick feet on the descent +6\*ladder drills (two feet in and laterally) + 3\*4 min circuit of B-Skips, high knees, A-Skips, 20 meter sprint and stop. 2 minutes rest between each set + 10\*50 meter all-out sprints
- On the [SPARC](#) machine. Perform 20/20 while progressing the intensity and keeping the Watts always at 400. Progress intensity in the following order 2,4,6,8,10,10,8,6,4,2
- Kettlebell squat circuit. Single leg chair squat. 10 reps with 16kg, 8 reps with 18kg and 6 reps with 20kg. Change legs after each set. 20 seconds rest after each exercise + Split squats. 10 reps with 18kg, 8 reps with 20kg, and 6 reps with 24kg. Change legs after each set. 20 seconds rest after each exercise
- Calf raises on step 3\*10 second hold at the top followed by 10 controlled 4-second lowers with exploding back to the top + 10,20, 30 second squat holds with elevated heels on step (arms can hold onto something for balance. In between each hold perform 10 quick raises and lowers. No rest.

- 5\*20 second plank with shins parallel to the floor and thighs perpendicular to it (works the quad muscles), followed by 20 second single-legged wall sit on injured leg. No rest between sets or exercises.
- Foam rolling