

Discover how Compex will optimize your workouts and take you to the next level!

When combined with your existing training program, Compex will help you attain the highest possible levels of endurance, strength and power.

- Potentiate your muscles
- Build muscle strength and size
- Improve speed and strength
- Optimize muscle recovery

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## **RECOMMENDED TRAINING PROGRAM FOR RUNNERS**

|                                     | Monday                          | Tuesday                  | Wednesday                       | Thursday                 | Friday                          | Saturday                 | Sunday                   |
|-------------------------------------|---------------------------------|--------------------------|---------------------------------|--------------------------|---------------------------------|--------------------------|--------------------------|
| Week 1<br>Endurance (Level 1)       | Abs<br>Upper Body<br>Lower Body |                          | Abs<br>Upper Body<br>Lower Body |                          | Abs<br>Upper Body<br>Lower Body |                          |                          |
| Active Recovery                     | Upper Body<br>Lower Body        | Upper Body<br>Lower Body | Upper Body<br>Lower Body        | Upper Body<br>Lower Body | Upper Body<br>Lower Body        | Upper Body<br>Lower Body | Upper Body<br>Lower Body |
| Week 2<br>Resistance (Level 1)      | Abs<br>Upper Body<br>Lower Body |                          | Abs<br>Upper Body<br>Lower Body |                          | Abs<br>Upper Body<br>Lower Body |                          |                          |
| Active Recovery                     | Upper Body<br>Lower Body        | Upper Body<br>Lower Body | Upper Body<br>Lower Body        | Upper Body<br>Lower Body | Upper Body<br>Lower Body        | Upper Body<br>Lower Body | Upper Body<br>Lower Body |
| Week 3<br>Endurance (Desired level) | Abs<br>Upper Body<br>Lower Body |                          | Abs<br>Upper Body<br>Lower Body |                          |                                 |                          |                          |
| Resistance (Desired level)          |                                 |                          |                                 |                          | Abs<br>Upper Body<br>Lower Body |                          |                          |
| Active Recovery                     | Upper Body<br>Lower Body        | Upper Body<br>Lower Body | Upper Body<br>Lower Body        | Upper Body<br>Lower Body | Upper Body<br>Lower Body        | Upper Body<br>Lower Body | Upper Body<br>Lower Body |

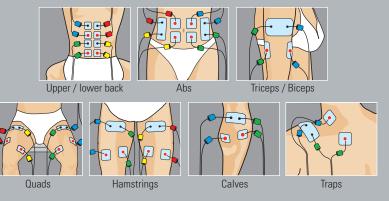
## **Muscles to target for Strength Training/Active Recovery**

Upper Body: Upper and Lower Back, Abs, Triceps, Biceps and Traps

Lower Body: Quads, Hamstrings, and Calves

- Strength training 3x a week
- Start with the Endurance Program week 1
- Use the Resistance Program week 2
- Alternate the Endurance and Resistance programs thereafter
- · Increase level and intensity at your desired rate
- Active Recovery should be used after every workout particularly after strenuous activity when muscles are ready to cramp.

The Endurance program targets slow twitch fibers (type 1) The Resistance program targets both slow and fast twitch fibers (type 1 & 2)



## For more information visit shopcompex.com