

4-WOCHEN WIEDEREINSTIEG TRAININGSPLAN

- ▶ 4 Wochen Laufzeit
- ▶ Jeweils 6 Einheiten pro Woche
- ▶ Mix aus Kraft, Schnelligkeit,
Stabilität und Mobilität
- ▶ Für jedes Fitnesslevel geeignet

TAG 1 - STRENGTH

Warm-Up	Workout	3 Rounds: 20x Jumping Jacks 5x <u>Cobra/downward dog</u> 5x <u>Toe Touch to Extension</u>
	Mobility	3x Each side <u>Movement Prep</u>
	Activation	30 sec <u>Plank</u> 30 sec <u>Sideplank each side</u> --> if necessary on your knees (see video) 30 sec <u>Reverse plank bridge</u>

Weights	Curcuit 1	3x 60 sec <u>Wallsit + Miniband around knees</u> 3x 15 <u>Banded butterfly reverse</u> 3x 45 sec <u>Sideplank each side</u> --> if necessary on your knees (see video)
	Curcuit 2	3x 8 <u>Glute Bridge + 10 sec hold in the upper position</u> --> only use your glutes to lift up the hips, you should not feel the exhaustion in your lower back 3x 8 <u>Push-ups close grip</u> (hands elevated, chest touches the floor/surface) 3x 15/15 <u>Miniband Side Steps</u>
	Curcuit 3	3x 12/12 <u>Split Lunge</u> 3x 8 Pull-ups (can also be assisted using a band or machine) 3x 35 sec <u>Quadruped Hold</u>

TAG 2 - SPEED + JUMPS

Warm-Up	Running	800m/5min
	Stretching	Quads, Calves, Inner Quads, Hamstrings
	Running-Drills	Each exercise 2x 10m: Tippings / High Knees / HotSteps / Skippings

Sprints		2x30m ascending run
		2x 15 sec Skippings against a wall (hands touch the wall+ arms straight, max. frequency, rest 1 min) 3x 25m Sprint (between every sprint slowly walk back to the start) 2x 15 sec Skippings against a wall (max. frequency, rest 1 min) 3x 25m Sprint (between every sprint slowly walk back to the start)

Jumping	3 Rounds	10x <u>Box Jumps</u> (Miniband around knees, step down) 1 min jumping with a jump rope Cool Down: Running and Stretching
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TAG 3 - CONDITIONING

Running	30 min (RPE: 5) --> RPE 0 = not exhausting at all, 10 = maximal exhaustion
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TAG 4 - STABILITY & MOBILITY

Stability	2 Rounds	45 sec <u>Quadruped Hold</u> 60 sec <u>Glute Bridge Hold</u> 45/45 sec <u>Sideplank each side</u> --> if necessary on your knees
Balance		Zusatzteil am Ende dieses Dokuments
Mobility	1 Round	1 min Banded hamstring stretch 1 min <u>Couch-Stretch each side</u> 1 min <u>Glute Stretch each side</u> 10x <u>Toe Touch to Extension</u> 5x <u>Side bend each side</u>

TAG 5 - STRENGTH

Warm-Up	Workout	3 Rounds: 20x Jumping Jacks 5x <u>Cobra/downward dog</u> 5x <u>Toe Touch to Extension</u>
	Mobility	3x Each side <u>Movement Prep</u>
	Activation	30 sec <u>Plank</u> 30 sec <u>Sideplank each side</u> 30 sec <u>Reverse plank bridge</u>

Weights	Curcuit 1	3x 8/8 <u>Single legged Glute Bridge + 5 sec hold in upper position</u> 3x 15 <u>Theraband High Row</u> 3x 15/15 <u>Miniband steps forward</u>
	Curcuit 2	3x 8/8 <u>Single legged Box squat</u> (check your knee in the mirror) 3x 8 <u>Push-ups wide grip</u> 3x 15/15 <u>Miniband steps backwards</u> 3x 15/15 <u>Miniband Side Steps</u>
	Curcuit 3	3x 15 <u>Kettlebell/ Dumbbell Deadlift</u> 3x 8 <u>Pull-Ups</u> (can also be assisted using a band) 3x 10/10 <u>Theraband trunk rotation</u>

TAG 6 - CONDITIONING

Running	30 min	10 min (RPE: 5) 5 min (RPE: 7) 10 min (RPE: 6)
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TAG 7 - DAY OFF

TAG 1 - STRENGTH

Warm-Up	Workout	3 Rounds: 20x Jumping Jacks 5x <u>Cobra/downward dog</u> 5x <u>Toe Touch to Extension</u>
	Mobility	3x Each side <u>MovementPrep</u>
	Activation	30 sec <u>Plank</u> 30 sec <u>Sideplank each side</u> --> if necessary on your knees (see video) 30 sec <u>Reverse plank bridge</u>

Weights	Curcuit 1	3x 60 sec <u>Wallsit + Miniband around knees</u> 3x 15 <u>Banded Butterfly reverse</u> 3x 45 sec <u>Sideplank each side</u> --> if necessary on your knees (see video)
	Curcuit 2	3x 8 <u>Glute Bridge + 10 sec hold in the upper position</u> --> only use your glutes to lift up the hips, you should not feel the exhaustion in your lower back 3x 8 <u>Push-ups close grip (hands elevated, chest touches the floor/surface)</u> 3x 15/15 <u>Miniband SideSteps</u>
	Curcuit 3	3x 12/12 <u>SplitLunge</u> 3x 8 Pull-Ups (can also be assisted using a band or machine) 3x 35 sec <u>Quadruped Hold</u>

TAG 2 - SPEED + JUMPS

Warm-Up	Running	800m/5min
	Stretching	Quads, Calves, Inner Quads, Hamstrings
	Running-Drills	Each exercise 2x10m: Tippings / High Knees / HotSteps / Skippings

Sprints		2x30m ascending run
		3x 10m (max. Power) 2x 20m Sprint (as Shuttle Sprint: 10m fwd, 10m back) / rest = walk the same distance 2x 40m Sprint (as Shuttle Sprint: 20m fwd, 20m back) / rest = walk the same distance 2x 20m Sprint (as Shuttle Sprint: 30m fwd , 30m back) / rest = walk the same distance --> 4 min rest 2x 75m Sprint (straight, no change of direction) / rest = walk the same distance back)

Jumping	3 Rounds	10x <u>Box Jumps</u> (Miniband around knees, jump down) 1:30 min jumping with a jump rope Cool Down: Running and Stretching
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TAG 3 - CONDITIONING

Running	Variabler Dauerlauf	10 min (RPE: 5) 5 min (RPE: 7) 3 min (RPE: 9) 5 min (RPE: 7) 10 min (RPE: 5)
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TAG 4 - STABILITY & MOBILITY

Stability	2 Rounds	45 sec <u>Quadruped Hold</u> 60 sec <u>Glute Bridge Hold</u> 45/45 sec <u>Sideplank each side</u> --> if necessary on your knees
Balance		Zusatzteil am Ende dieses Dokuments
Mobility	1 Round	1 min Banded hamstring stretch 1 min <u>Couch-Stretch each side</u> 1 min <u>Glute Stretch each side</u> 10x <u>Toe Touch to Extension</u> 5x <u>Side bend each side</u>

TAG 5 - STRENGTH

WarmUp	Workout	3 Rounds: 20x Jumping Jacks 5x <u>Cobra/downward dog</u> 5x <u>Toe Touch to Extension</u>
	Mobility	3x Each side <u>Movement Prep</u>
	Activation	30 sec <u>Plank</u> 30 sec <u>Sideplank each side</u> 30 sec <u>Reverse plank bridge</u>

Weights	Curcuit 1	3x 8/8 <u>Single legged Glute Bridge + 5 sec hold in upper position</u> 3x 15 <u>Theraband High Row</u> 3x 15/15 <u>Miniband steps forward</u>
	Curcuit 2	3x 8/8 <u>Single legged Box squat (check your knee in the mirror)</u> 3x 8 <u>Push-ups wide grip</u> 3x 15/15 <u>Miniband steps backwards</u> 3x 15/15 <u>Miniband Side Steps</u>
	Curcuit 3	3x 15 <u>Kettlebell/ Dumbbell Deadlift</u> 3x 8 <u>Pull-Ups (can also be assisted using a band)</u> 3x 10/10 <u>Theraband trunk rotation</u>

TAG 6 - CONDITIONING

Running	Extensive Intervals (30min)	Warm-Up: 800m/ 5min Jogging ---> Stretching 1x 800m in 180 sec 400m (1:40 min) 400m slowly jogging 600m (2:20 min) 600m slowly jogging 600m (2:20 min) 600m slowly jogging 400m (1:40 min) --> 2 small rounds jogging on a soft surface (ideally in the forest/on gras) + stretch calves
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TAG 7 - DAY OFF

TAG 1 - STRENGTH

Warm-Up	Workout	3 Rounds: 20x Jumping Jacks 5x <u>Cobra/downward dog</u> 5x <u>Toe Touch to Extension</u>
	Mobility	3x Each side <u>Movement Prep</u>
	Activation	30 sec <u>Plank</u> 30 sec <u>Sideplank each side</u> --> if necessary on your knees (see video) 30 sec <u>Reverse plank bridge</u>

Weights	Curcuit 1	3x 60 sec <u>Wallsit + Miniband around knees</u> 3x 15 <u>Banded Butterfly reverse</u> 3x 45 sec <u>Sideplank each side</u> --> if necessary on your knees (see video)
	Curcuit 2	3x 8 <u>Glute Bridge + 10 sec hold in the upper position</u> --> only use your glutes to lift up the hips, you should not feel the exhaustion in your lower back 3x 8 <u>Push-ups close grip</u> (hands elevated, chest touches the floor/surface) 3x 15/15 <u>Miniband SideSteps</u>
	Curcuit 3	3x 12/12 <u>SplitLunge</u> 3x 8 Pull-Ups (can also be assisted using a band or machine) 3x 35 sec <u>Quadruped Hold</u>

TAG 2 - SPEED + JUMPS

Warm-Up	Running	800m/5min
	Stretching	Quads, Calves, Inner Quads, Hamstrings
	Running-Drills	Each exercise 2x10m: Tippings / High Knees / HotSteps / Skippings

Sprints		2x30m ascending run
		30m Sprint (as ShuttleSprint) / rest = walk the same distance 40m Sprint (as ShuttleSprint) / rest = walk the same distance 60m Sprint (as ShuttleSprint) / rest = walk the same distance 60m Sprint (as ShuttleSprint) / rest = walk the same distance 40m Sprint (as ShuttleSprint) / rest = walk the same distance 30m Sprint (as ShuttleSprint)

Jumping	3 Rounds	10x <u>Box Jumps</u> (Miniband around knees, step down) 2 min jumping with a jump rope Cool Down: Running and Stretching
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TAG 3 - CONDITIONING

Running	Extensive Intervals	WarmUp: 800m/5min --> Stretching 100m (in 18 sec) 200m (in 45 sec) 250m (in 55 sec) 300m (in 1:10 min) 250m (in 55 sec) 200m (in 45 sec) --> rest = walk the same distance back
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TAG 4 - STABILITY & MOBILITY

Stability	2 Rounds	45 sec <u>Quadruped Hold</u> 60 sec <u>Glute Bridge Hold</u> 45/45 sec <u>Sideplank each side</u> --> if necessary on your knees
Balance		Zusatzteil am Ende dieses Dokuments
Mobility	1 Round	1 min Banded hamstring stretch 1 min <u>Couch-Stretch each side</u> 1 min <u>Glute Stretch each side</u> 10x <u>Toe Touch to Extension</u> 5x <u>Side bend each side</u>

TAG 5 - STRENGTH

Warm-Up	Workout	3 Rounds: 20x Jumping Jacks 5x <u>Cobra/downward dog</u> 5x <u>Toe Touch to Extension</u>
	Mobility	3x Each side <u>Movement Prep</u>
	Activation	30 sec <u>Plank</u> 30 sec <u>Sideplank each side</u> 30 sec <u>Reverse plank bridge</u>

Weights	Curcuit 1	3x 8/8 <u>Single legged Glute Bridge + 5 sec hold in upper position</u> 3x 15 <u>Theraband High Row</u> 3x 15/15 <u>Miniband steps forward</u>
	Curcuit 2	3x 8/8 <u>Single legged Box squat</u> (check your knee in the mirror) 3x 8 <u>Push-ups wide grip</u> 3x 15/15 <u>Miniband steps backwards</u> 3x 15/15 <u>Miniband Side Steps</u>
	Curcuit 3	3x 15 <u>Kettlebell/ Dumbbell Deadlift</u> 3x 8 <u>Pull-Ups</u> (can also be assisted using a band) 3x 10/10 <u>Theraband trunk rotation</u>

TAG 6 - CONDITIONING

Running	Intensive Intervals (30min)	Warm-Up: 800m/ 5min Jogging ---> Stretching 1x 800m in 180 sec 5x 200m (40-45 sec) --> rest = 200m slowly jogging --> 2 small rounds jogging on a soft surface (ideally in the forest/ on gras) + stretch calves
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TAG 7 - DAY OFF

TAG 1 - SPEED

Running	Intensive Intervals	Warm-Up: 800m/5min --> Stretching 1x 100m in 18 sec 100 m (17 sec) - walk back to the start 150 m (<25 sec) - walk back to the start 200 m (<43 sec) - walk back to the start 250 m (<55 sec) - walk back to the start 200 m (<43 sec) - walk back to the start 150 m (<25 sec) - walk back to the start 100 m (17 sec) --> 2 small rounds jogging on a soft surface (ideally in the forest/ on gras) + stretch calves
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TAG 2 - STABILITY & MOBILITY

Stability	2 Rounds	45 sec <u>Quadruped Hold</u> 60 sec <u>GluteBridge Hold</u> 45/45 sec <u>Sideplank each side</u> --> if necessary on your knees
Balance		Zusatzteil am Ende dieses Dokuments
Mobility	1 Round	1 min Banded hamstring stretch 1 min <u>Couch-Stretch each side</u> 1 min <u>Glute Stretch each side</u> 10x <u>Toe Touch to Extension</u> 5x <u>Side bend each side</u>

TAG 3 - CONDITIONING

Running	Extensive Intervals	WarmUp: 800m/ 5min running --> Stretching 1x 100m in 18 sec 3 sets: 4x 50m Ins&Outs (= sprint 50m with maximal effort, then slowly jogging 50m. Turn around and go right again into the next 50m sprint and so on --> no rest in between) Rest 3:50 min then go for the next set --> 2 small rounds jogging on a soft surface (ideally in the forest/on gras) + stretch calves
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BALANCE

Static	<p>Basic position: single legged standing</p> <ul style="list-style-type: none">- Standing leg is slightly bended- Watch the axis of your knee. It should always be slightly rotated to the outside and point in direction of your second toe <p>2 rounds of:</p> <p>Exercise 1 Alternate between a single legged knee lift and a single legged deadlift (video)</p> <ul style="list-style-type: none">- try not to rest between single reps and never touch the ground with the moving leg during the whole set- 8 reps each side <p>Exercise 2 Same position as before, but now set the moving leg as far as possible to the side, slightly touch the ground and bring the leg back to the middle</p> <ul style="list-style-type: none">- 8 reps each side <p>Exercise 3 Same position as before facing a wall. Pass a ball against the wall and catch it again</p> <ul style="list-style-type: none">- 8 reps each side
Dynamic	<p>2 rounds of:</p> <p>Exercise 1: double legged jumps backwards</p> <ul style="list-style-type: none">- Slightly bend your knees and hips at each landing and stabilize the landing briefly before going into the next jump- Focus on your knees - not dropping in- 10 jumps <p>Exercise 2: double legged jumps backwards</p> <ul style="list-style-type: none">- Slightly bend your knees and hips at each landing and stabilize the landing briefly before going into the next jump- Focus on your knees not dropping in!- 10 jumps <p>Exercise 3: single legged jumps forward</p> <ul style="list-style-type: none">- Slightly bend your knees and hips at each landing and stabilize the landing briefly before going into the next jump- Focus on your knees - not dropping in- 10 jumps <p>Exercise 4: single legged jumps lateral</p> <ul style="list-style-type: none">- Slightly bend your knees and hips at each landing and stabilize the landing briefly before going into the next jump- Focus on your knees - not dropping in- 8 jumps each side