



FACET SEVEN

MOVEMENT FOR LIFE

YOGA FOR RUNNERS

Strength through Length.

PROGRAM

Bandera 50K Ramp Program - Week 9 layout

DATES

Mon, Oct 26 - Sun, Nov 1, 2026

STRUCTURE

Yoga Mon - Strength Tue/Thu - Run Wed/Fri/Sun - Ancillary Sat

YOGA STYLES

Pralaya - Vinyasa - Yin / Hatha

THE SYSTEM

Four windows.

Three styles. 3 to 5 poses per window. Every day.

THE FOUR WINDOWS

WINDOW	TIME	STYLE	FOCUS
When you wake up	5 – 15 min	Vinyasa	Hips, spine, shoulders
After training	15 min	Yin / Hatha	Add Pralaya after runs
On the way to bed	10 min	Yin / Hatha	Full body, easy holds
Once a week	45 – 60 min	Pralaya	Strength through full range

THE THREE STYLES

STYLE	WHAT IT IS	WHEN
Pralaya	Active strength at the edge of range	Weekly, after runs
Vinyasa	Breath-linked flow through full range	Morning, pre-run
Yin / Hatha	Held postures for recovery	After training, bed

HOW TO READ IT

KEY	MEANS
5e	5 reps each side
3m	Hold 3 minutes
3m e	Hold 3 minutes each side
Z2 / Z4	Run zones from the Bandera 50K Ramp Program

WEEK 9 – DAY 1 – YOGA ONLY

Yoga Day.

Mon, Oct 26 | Day off from training | 60 min Pralaya class – at home, Yin / Hatha below

DEDICATED SESSION – YIN / HATHA – 60 MIN

POSE	HOLD
Butterfly	4m
Dragon	3m e
Sleeping Swan	4m e
Saddle	4m
Caterpillar	4m
Shoelace	3m e
Sphinx	4m
Melting Heart	4m
Banana	3m e
Supine Twist	3m e
Legs Up the Wall	4m
Savasana	4m

ALSO TODAY

WAKE UP

Vinyasa

10 MIN

Cat-Cow	10
Sun Salutation A	3 rounds
Down Dog to Low Lunge	5e
Thread the Needle	5e
Standing Side Bend	5e

ON THE WAY TO BED

Yin / Hatha

10 MIN

Legs Up the Wall	4m
Supine Twist	2m e
Child's Pose	2m

WEEK 9 - DAY 2 - STRENGTH 1

Push.

Tue, Oct 27 | Tri Strength P1 - Week 4, Day 1

STRENGTH WORK

EXERCISE	RPE	REPS
DB Bench Press	7,8,9,10	4x4
BB Overhead Press	7,8,9,10	4x4

CIRCUIT 1 - 7X

EXERCISE	RPE	REPS
KB Row Doubles	9	4
Side Plank Rainbows		4

CIRCUIT 2 - 7X

EXERCISE	RPE	REPS
KB Sumo High Pull	9	4
Russian Twist		4

CIRCUIT 3 - COMPLETE 3X ONLY

EXERCISE	RPE	REPS
Banded Front Raise		10
Shin Box		6e
L2		10

THE YOGA LAYER

WAKE UP

Vinyasa 10 MIN

Cat-Cow	10
Sun Salutation A	3 rounds
Down Dog to Low Lunge	5e
Thread the Needle	5e
Standing Side Bend	5e

AFTER TRAINING

Yin / Hatha 15 MIN

Melting Heart	3m
Thread the Needle	3m e
Sphinx	3m
Child's Pose	3m

ON THE WAY TO BED

Yin / Hatha 10 MIN

Legs Up the Wall	4m
Supine Twist	2m e
Child's Pose	2m

WEEK 9 - DAY 3 - CARDIO 1

Speed.

Wed, Oct 28 | Strength Block - Wk 4 Of 12

TARGET

5 mi

ZONE FOCUS

Z4 / Z5

THE WORKOUT

5min WU - 45s Z4 + 45s Z5 / 2.5m Z2 (5x) - Z5 1min - 45s Z4 + 45s Z5 / 2.5m Z2 (5x) - 10min Cooldown.

THE YOGA LAYER

PRE-RUN

Vinyasa

10 MIN

Sun Salutation A	3 rounds
Low Lunge to Half Split	5e
Lizard to Down Dog	5e
Warrior II to Reverse Warrior	5e
Down Dog Calf Pedal	10e

AFTER TRAINING

Yin / Hatha

15 MIN

Dragon	3m e
Sleeping Swan	3m e
Pralaya - hips + ankles	3m

ON THE WAY TO BED

Yin / Hatha

10 MIN

Legs Up the Wall	4m
Supine Twist	2m e
Child's Pose	2m

WEEK 9 - DAY 4 - STRENGTH 2

Legs.

Thu, Oct 29 | Tri Strength P1 - Week 4, Day 2

STRENGTH WORK

EXERCISE	RPE	REPS
Barbell Squats	7,8,9,10	4x4
FR Step Up	7,8,9,10	4x4e

CIRCUIT 1 - 7X

EXERCISE	RPE	REPS
KB Front Rack Lunge	9	4e
QL Lifts		8e

CIRCUIT 2 - 7X

EXERCISE	RPE	REPS
TRX Pistols	9	4
Superman		10s

CIRCUIT 3 - COMPLETE 3X ONLY

EXERCISE	RPE	REPS
Leg Up and Over PVC		10e
Banded Side to Sides		6e
L2		10

THE YOGA LAYER

WAKE UP

Vinyasa	10 MIN
Cat-Cow	10
Sun Salutation A	3 rounds
Down Dog to Low Lunge	5e
Thread the Needle	5e
Standing Side Bend	5e

AFTER TRAINING

Yin / Hatha	15 MIN
Saddle	3m
Dragon	3m e
Shoelace	3m
Butterfly	3m

ON THE WAY TO BED

Yin / Hatha	10 MIN
Legs Up the Wall	4m
Supine Twist	2m e
Child's Pose	2m

WEEK 9 – DAY 5 – CARDIO 2

Threshold.

Fri, Oct 30 | Strength Block – Wk 4 Of 12

TARGET

6 mi

ZONE FOCUS

Z3 / Z4

THE WORKOUT

5min WU – 2min Z3 / 3min Z4 (4x) – Z5 1min – 2min Z3 / 3min Z4 (4x) – 4m Cooldown. Finish with Foam Rolling.

THE YOGA LAYER

PRE-RUN

Vinyasa

10 MIN

Sun Salutation A	3 rounds
Low Lunge to Half Split	5e
Lizard to Down Dog	5e
Warrior II to Reverse Warrior	5e
Down Dog Calf Pedal	10e

AFTER TRAINING

Yin / Hatha

15 MIN

Caterpillar	3m
Half Butterfly	3m e
Ankle Stretch	2m
Pralaya – hips + ankles	4m

ON THE WAY TO BED

Yin / Hatha

10 MIN

Legs Up the Wall	4m
Supine Twist	2m e
Child's Pose	2m

WEEK 9 - DAY 6 - ANCILLARY STRENGTH

Pull + Ancillary.

Sat, Oct 31 | Tri Strength P1 - Week 4, Day 3

STRENGTH WORK

EXERCISE	RPE	REPS
Ring Pull Up	7,8,9,10	4x4
Barbell Row	7,8,9,10	4x4

CIRCUIT 1 - 7X

EXERCISE	RPE	REPS
Belly Angels		10
Plank N' Saw		4

CIRCUIT 2 - 7X

EXERCISE	RPE	REPS
Banded Rev Fly		10
Lsit Leg Extensions		4

CIRCUIT 3 - COMPLETE 3X ONLY

EXERCISE	RPE	REPS
Wall Slides		10
Banded Clams		6e
L2		10

THE YOGA LAYER

WAKE UP

Vinyasa

10 MIN

Cat-Cow	10
Sun Salutation A	3 rounds
Down Dog to Low Lunge	5e
Thread the Needle	5e
Standing Side Bend	5e

AFTER TRAINING

Yin / Hatha

15 MIN

Banana	3m e
Melting Heart	3m
Supine Twist	3m e

ON THE WAY TO BED

Yin / Hatha

10 MIN

Legs Up the Wall	4m
Supine Twist	2m e
Child's Pose	2m

WEEK 9 - DAY 7 - LONG RUN

Long Run.

Sun, Nov 1 | Strength Block - Wk 4 Of 12

TARGET

10 mi

ZONE FOCUS

Z2

THE WORKOUT

Long Run - 10 mi Z2. Deload. Easy trail, no watch stress.

THE YOGA LAYER

PRE-RUN

Vinyasa

10 MIN

Sun Salutation A	3 rounds
Low Lunge to Half Split	5e
Lizard to Down Dog	5e
Warrior II to Reverse Warrior	5e
Down Dog Calf Pedal	10e

AFTER TRAINING

Yin / Hatha

15 MIN

Legs Up the Wall	3m
Dragon	2m e
Sleeping Swan	2m e
Pralaya - hips + ankles	4m

ON THE WAY TO BED

Yin / Hatha

10 MIN

Legs Up the Wall	4m
Supine Twist	2m e
Child's Pose	2m