FACET SEVEN

MOVEMENT FOR LIFE / RUNNING SERIES

Runners High Marathon Strength

Week 10.

Three runs, three strength days, one recovery day. Speed on Wednesday, threshold on Friday, base on Sunday.

MON	TUE	WED	THU	FRI	SAT	SUN
RECOVERY	**STRENGTH 1**	**SPEED**	**STRENGTH 2**	**THRESHOLD**	**STRENGTH 3**	**BASE**
Rest day	Anterior	Run 1 / Intervals	Posterior	Run 2 / Intervals	Full body, RPE 5	Long run / 14 mi

Gold days are runs. Dark days are strength and recovery.

Speed
Raises the ceiling
WEDNESDAY

Threshold
Raises the floor
FRIDAY

Base
Builds the engine
SUNDAY

© CMV, LP. Facet Seven Fitness™ is a brand of CMV, LP

HOW TO READ THIS WEEK

Zones and symbols.

ZONE	WHAT IT FEELS LIKE	PHASE
Z1-2	Conversational. The pace you could hold all day.	BASE
Z3-4	Tempo. Grinding up a long climb.	THRESHOLD
Z5	Short, hard surges and sprints.	SPEED

SYMBOLS

Rounds	Repeat the listed intervals in order, back to back, for the number of rounds shown.
Surge	A single hard effort between the two interval sets.
(4x)	Complete the circuit 4 times.
AMRAP	As many rounds as possible.
e	Each side.
RPE	Rate of Perceived Exertion, on a 1 to 10 scale.
Zone3	Zone 3 on the zone chart above.
Video	Gold underlined movements open the matching demo on the Facet Seven Fitness YouTube channel.

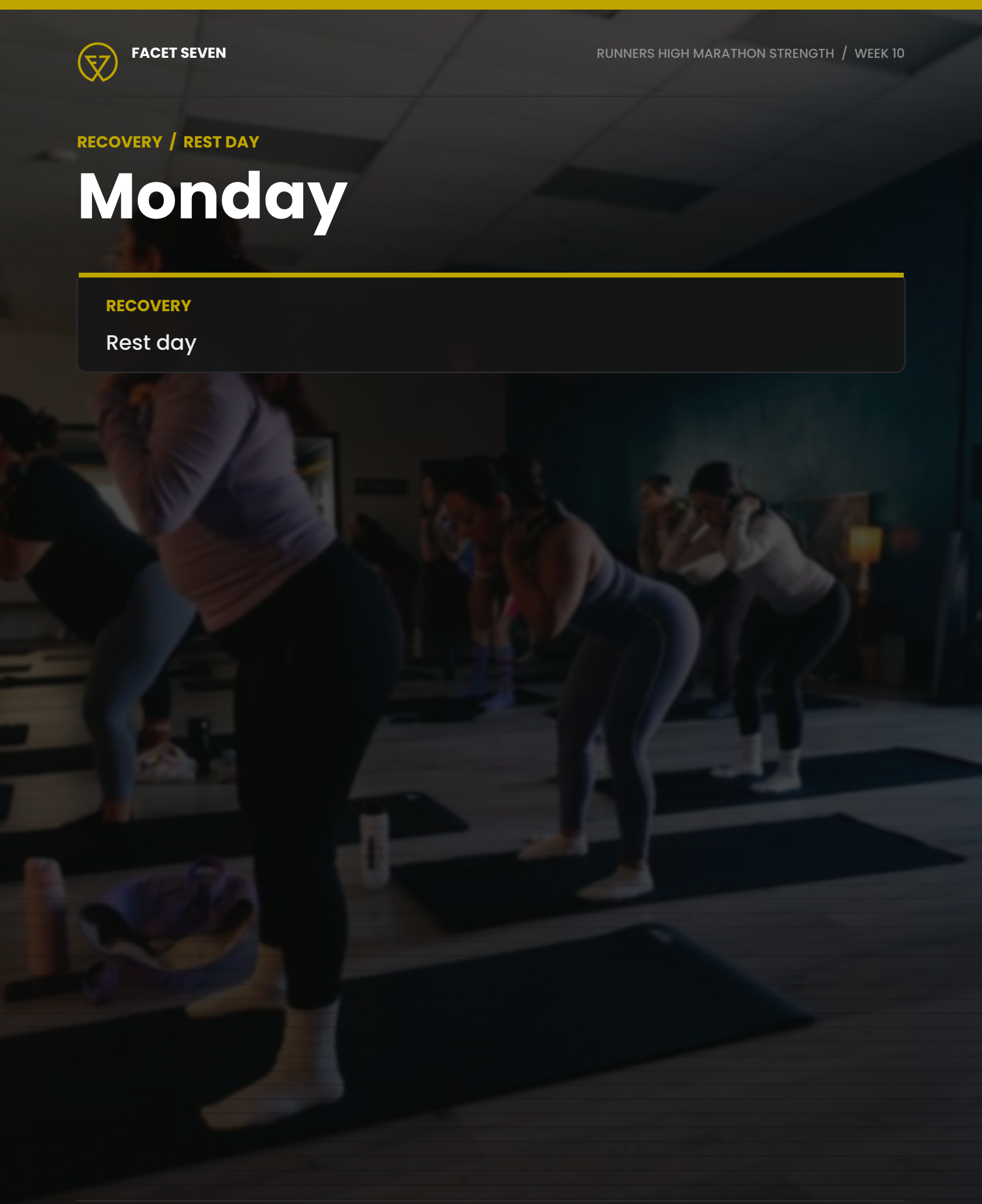
© CMV, LP. Facet Seven Fitness™ is a brand of CMV, LP

RECOVERY / REST DAY

Monday

RECOVERY

Rest day



© CMV, LP. Facet Seven Fitness™ is a brand of CMV, LP

STRENGTH 1 / ANTERIOR

Tuesday

ACTIVATION - 7 MIN (2 ROUNDS)		
Banded Wall Slides ▶	10	Shoulder
Banded Clams ▶	6	Hip Joint
Bike 10cal under Zone3		

STRENGTH - 14 MIN	SETS X REPS	RPE	ARCHETYPE
Get Up to Hand ▶	4x5e	7,8,8,9	Overhead - Push
KB Front Squat (Doubles) ▶	4x5	7,8,8,9	Squat - Front Rack

CIRCUIT 1 (4X)			21 MINUTES
KB Sumo High Pull ▶	5	7,8,8,9	Hang
Superman ▶	12s		Core Option
Monkey Walk	3x 20 ft		

CIRCUIT 2 (4X)			
Lateral Step Up ▶	5e	7,8,8,9	Lunge - Knee Dominant
Lateral Gabins ▶	5e		Core Option

CIRCUIT 3 - AMRAP		
KB External Rotation ▶	5e	Shoulder
Banded Knee Raise ▶	6e	Hip Joint
Plank Typewriters / Rope ▶	10(e)	Rope 40/80

YOGA

Active Lying Chest
YB Belly
Banded Tricep

© CMV, LP. Facet Seven Fitness™ is a brand of CMV, LP

SPEED / RUN 1 / INTERVALS

Wednesday

WARM UP

5 min easy

5 ROUNDS

1 min Z4
1 min Z5
2 min Z2

SURGE

2 min Z5

5 ROUNDS

1 min Z4
1 min Z5
2 min Z2

COOL DOWN

10 min easy

© CMV, LP. Facet Seven Fitness™ is a brand of CMV, LP

STRENGTH 2 / POSTERIOR

Thursday

ACTIVATION - 7 MIN (2 ROUNDS)			
Banded External Rotation ▶	10		Shoulder
Banded Side to Side ▶	10e		Hip Joint
Rope 40/80			

STRENGTH - 14 MIN	SETS X REPS	RPE	ARCHETYPE
KB Sarm Hike n Pull ▶	4x5e	7,8,8,9	Hinge
Assisted Box Pistols ▶	4x5e	7,8,8,9	Pistol

CIRCUIT 1 (4X)			21 MINUTES
Ring Pull Up ▶	5e	7,8,8,9	Overhead - Pull
L-Sit Hold ▶	12s		Core Option
Plate Hops ▶	3x 6e		

CIRCUIT 2 (4X)			
BB Squat ▶	5	7,8,8,9	Squat - Back Squat
Super Woman ▶	12s		Core Option

CIRCUIT 3 - AMRAP		
YTL's ▶	10	Shoulder
BB Hip Thrust ▶	5	Hip Joint
Side Plank Hold / Row ▶	10s(e)	Row 175m

YOGA

Pigeon

Shin Box ▶

GSTW + Thoracic Twist ▶

© CMV, LP. Facet Seven Fitness™ is a brand of CMV, LP

THRESHOLD / RUN 2 / INTERVALS

Friday

WARM UP

5 min easy

4 ROUNDS

1 min Z3

4 min Z4

SURGE

1 min Z5

4 ROUNDS

1 min Z3

4 min Z4

COOL DOWN

4 min easy

Finish with foam rolling

© CMV, LP. Facet Seven Fitness™ is a brand of CMV, LP

STRENGTH 3 / FULL BODY / RPE 5

Saturday

ACTIVATION - 7 MIN (2 ROUNDS) / RPE 5			
Banded Pull Aparts ▶	10		Shoulder
Banded Shuffle ▶	6e		Hip Joint
Row 300 under Zone3			

STRENGTH - 14 MIN / RPE 5	SETS X REPS	RPE	ARCHETYPE
KB Floor Press ▶	4x5	5	Press - Push
KB Sarm Front Rack Reverse Lunge ▶	4x5e	5	Lunge - Hip Dominant

CIRCUIT 1 (4X) / RPE 5			21 MINUTES
KB Row Doubles	5	5	Press - Pull
Banded Waives ▶	10e		Core Option
Hang Alternate Rotations	3x 6e		

CIRCUIT 2 (4X) / RPE 5			
TRX (KB FR) Lateral Squats	5e	5	Pistol
Plank ▶	25s		Core Option

CIRCUIT 3 - AMRAP / RPE 5			
Banded Reverse Fly ▶	10		Shoulder
Captain Morgans ▶	6e		Hip Joint
Super Woman / Run ▶	15s		Run 175m

YOGA

FR Quad
Down Dog
Lying Piriformis

© CMV, LP. Facet Seven Fitness™ is a brand of CMV, LP

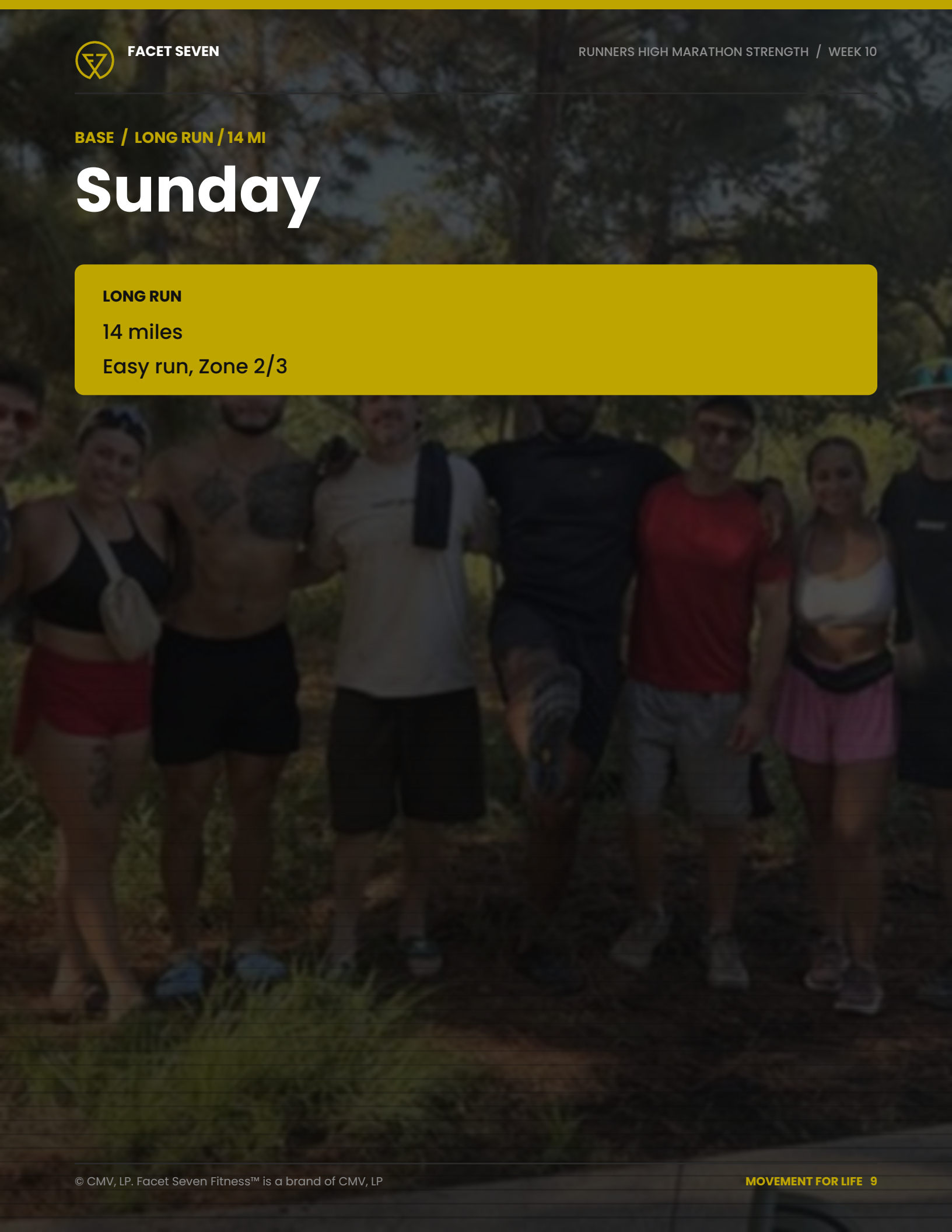
BASE / LONG RUN / 14 MI

Sunday

LONG RUN

14 miles

Easy run, Zone 2/3



© CMV, LP. Facet Seven Fitness™ is a brand of CMV, LP