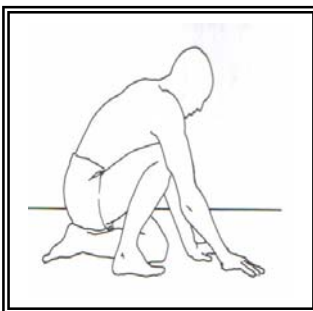


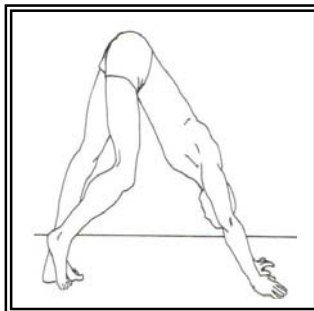
GENERAL TRAINING INFORMATION

6 Important Points:

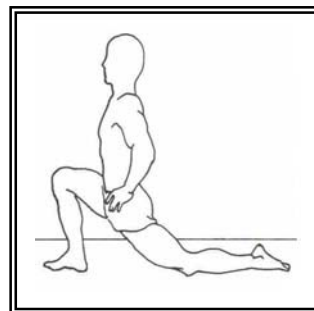
1. Try to perform all running on a forgiving surface, such as grass or an athletics track.
2. All HI Aerobic interval training can be performed using non-impact modes of exercise such as cycling, rowing, x-training and deep-water running. If you are using a treadmill for your HI Aerobic training sessions, use a 3-5% incline
3. If you need the plan tailored to your individual needs, please do not hesitate to contact your Sports Scientist for advice.
4. Place particular emphasis on the stretches below in order to minimise the potential risk of soft tissue injury. Do not underestimate the importance of these stretches during the warm down. Hold each stretch for 25 - 30", repeating each stretch 3-4x per muscle group.
5. Warm Up = 5-10' of progressive Running/Rowing/Cycling until heart rate reaches 80%HR_{max} followed by optional Dynamic Stretches
6. Cool Down = 5' Gentle Running/Rowing/Cycling followed by 10' Static Stretching (see below)



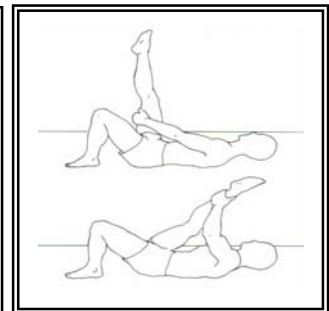
Achilles tendon



Calves



Hip Flexors



Hamstrings