

JuJu's Magic with CBDB's workout plan

Saturday, 17 October 2020 14:04

JuJu's Magic with CBDB's workout plan (8 weeks)

Principles

- A week does not have to be 7 days, 2 recovery days are ok. Fun runs (e.g. mostly Japanese slow running, and explore diff't free running apps). Discover free diff't coached runs but they have to be free, make use of available NHS and other free workout videos. 5 weeks, days of the week do not matter, and the rest day or long run could be anywhere.
- they follow JuJu's Magic Plan with extending running distances over 8 weeks
- less than 12 weeks, which felt a bit too long. Ju Ju's plan is 8 weeks. My preferred length is 5 weeks.
- one 'long' run per week, but this can be any run of the week to ensure long runs can fall on the weekend

JuJu's Magic with CBDB's work-out plan (8 weeks)				
Week	Run 1	Run 2	Run 3	Run Extras & Workouts
<input type="checkbox"/> 1	<input type="checkbox"/> 2.5k	<input type="checkbox"/> 5k	<input type="checkbox"/> 5.5k	<input type="checkbox"/> 3x Runkeeper: Voices // Music: Spotify 145 BPM <input type="checkbox"/> 2x NHS Vinyasa flow Yoga with LJ (Level: Beginner) 45 min <input type="checkbox"/> 1x NHS Strength & Flex with Laura (30min) Podcast/TabathaT <input type="checkbox"/> 1x ADD 13 min Pilates knee-workout (TabathaT) <input type="checkbox"/> 1x REST DAY & FitOn Roller Recovery w/ Breanne
<input type="checkbox"/> 2	<input type="checkbox"/> 3k	<input type="checkbox"/> 5k	<input type="checkbox"/> 6k	<input type="checkbox"/> 3x NRC: Audio Runs // Music: NRC recommended <input type="checkbox"/> 2x NHS Pilates Level 1 (Level: Beginner) <input type="checkbox"/> 1x NHS Strength & Flex with Laura (30min) Podcast/TabathaT <input type="checkbox"/> 1x NHS Knee Exercises for Runners (Tabatha T) <input type="checkbox"/> 1x REST DAY & Strength Running Foam roller session
<input type="checkbox"/> 3	<input type="checkbox"/> 3.5k	<input type="checkbox"/> 5k	<input type="checkbox"/> 7k	<input type="checkbox"/> 3x Runkeeper: Voices // Music: Spotify 145 BPM <input type="checkbox"/> 2x NHS Pilates with back pain (Level: Beginner) 29min <input type="checkbox"/> 1x NHS Strength & Flex with Laura (30min) Podcast/TabathaT <input type="checkbox"/> 1x ADD 13 min Pilates knee-workout (TabathaT) <input type="checkbox"/> 1x REST DAY & FitOn Roller Recovery w/ Breanne
<input type="checkbox"/> 4	<input type="checkbox"/> 4k	<input type="checkbox"/> 5k	<input type="checkbox"/> 8k	<input type="checkbox"/> 3x NRC: Audio Runs // Music: NRC recommended <input type="checkbox"/> 2x NHS Pyjama Pilates (Level: Intermediate) 45min <input type="checkbox"/> 1x NHS Strength & Flex with Laura (30min) Podcast/TabathaT <input type="checkbox"/> 1x NHS Knee Exercises for Runners (Tabatha T) <input type="checkbox"/> 1x REST DAY & Strength Running Foam roller session
<input type="checkbox"/> 5	<input type="checkbox"/> 4k	<input type="checkbox"/> 5k	<input type="checkbox"/> 8k	<input type="checkbox"/> 3x Runkeeper: Voices // Music: Spotify <input type="checkbox"/> 2x Team Body Project Cardio Low impact, high intensity, NO equipment 29min <input type="checkbox"/> 1x NHS Strength & Flex with Laura (30min) Podcast/TabathaT <input type="checkbox"/> 1x ADD 13 min Pilates knee-workout (TabathaT) <input type="checkbox"/> 1x REST DAY & FitOn Roller Recovery w/ Breanne
<input type="checkbox"/> 6	<input type="checkbox"/> 4k	<input type="checkbox"/> 5k	<input type="checkbox"/> 9k	<input type="checkbox"/> 3x NRC: Audio Runs // Music: NRC recommended <input type="checkbox"/> 2x NHS Basic warm-up (Level: Intermediate) 10min + Abs workout (Level: Intermediate) 10min + Cool-down (Level: Intermediate) 10min <input type="checkbox"/> 1x NHS Strength & Flex with Laura (30min) Podcast/TabathaT <input type="checkbox"/> 1x REST DAY & Strength Running Foam roller session
<input type="checkbox"/> 7	<input type="checkbox"/> 4k	<input type="checkbox"/> 5k	<input type="checkbox"/> 9k	<input type="checkbox"/> 3x NRC: Audio Runs // Music: NRC recommended <input type="checkbox"/> 2x NHS Basic warm-up (Level: Intermediate) 10min + Legs workout (Level: Intermediate) 10min + Cool-down (Level: Intermediate) 10min <input type="checkbox"/> 1x NHS Strength & Flex with Laura (30min) Podcast/TabathaT <input type="checkbox"/> 1x REST DAY & Strength Running Foam roller session
<input type="checkbox"/> 8	<input type="checkbox"/> 4k	<input type="checkbox"/> 5k	<input type="checkbox"/> 10k	<input type="checkbox"/> 3x NRC: Audio Runs // Music: NRC recommended <input type="checkbox"/> 2x NHS Basic warm-up (Level: Intermediate) 10min + Waist workout (Level: Intermediate) 10min + Cool-down (Level: Intermediate) 10min <input type="checkbox"/> 1x NHS Strength & Flex with Laura (30min) Podcast/TabathaT <input type="checkbox"/> 1x REST DAY & Strength Running Foam roller session

NHS Fitness Studio Videos

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

Aerobic Exercises VIDEOS

- [Aerobics \(Level: Beginner\)](#) 45min
- [Dancing: belly dance \(Level: Beginner\)](#) 45min
- [Dancing: La Bomba \(Level: Beginner\)](#) 45min
- [Wake-up workout \(Level: Beginner\)](#) 45min
- [NHS Couch to 5k running plan](#) 9 weeks

Strength & Resistance VIDEOS

- [Basic warm-up \(Level: Intermediate\)](#) 10min
- [Abs workout \(Level: Intermediate\)](#) 10min
- [Legs workout \(Level: Intermediate\)](#) 10min
- [Waist workout \(Level: Intermediate\)](#) 10min
- [Arms workout \(Level: Intermediate\)](#) 10min
- [Bum toning \(Level: Intermediate\)](#) 10min
- [Cool-down \(Level: Intermediate\)](#) 10min
- [Wake-up workout \(Level: Beginner\)](#) 40min

Pilates and Yoga VIDEOS

- [Pilates Level 1 \(Level: Beginner\)](#) 40min
- [Pyjama Pilates \(Level: Intermediate\)](#) 45min
- [Yoga with LJ \(Level: Beginner\)](#) 45 min
- [Bedtime meditation Pre- and postnatal yoga \(Level: Beginner\)](#)
- [Chair-based Pilates \(Level: Beginner\)](#)
- [Pilates with back pain \(Level: Beginner\)](#) 29min
- [Pilates with knee problems \(Level: Beginner\)](#)
- [Pilates with arthritis \(Level: Beginner\)](#)
- [Pilates with scoliosis \(Level: Beginner\)](#)
- [Pilates with osteoporosis \(Level: Beginner\)](#)
- [Pilates with MS and fibromyalgia \(Level: Beginner\)](#)