

ADIDAS 4DFWD

BEGINNERS

TRAINING PLAN

GETTING STARTED



4DFWD

BEGINNER TO RUNNING

BECOME A RUNNER -

Introduction to running and training with a focus on injury prevention and preparing the body to start becoming a runner.

TABLE OF CONTENT

- 1. MINDSET & NUTRITION**
- 2. TRAIN & RUN 1**
- 3. RUN1**
- 4. TRAIN & RUN 2**
- 5. RUN 2**



Get the adidas Running app and start tracking your fitness activities.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PHASE 1 (WEEKS 1-3)	TRAIN & RUN 1	RUN 1	REST DAY	TRAIN & RUN 2	REST DAY	RUN 2	REST DAY
WEEK 1	TRAIN & RUN 1	RUN 1	REST DAY	TRAIN & RUN 2	REST DAY	RUN 2	REST DAY
WEEK 2	TRAIN & RUN 1	RUN 1	REST DAY	TRAIN & RUN 2	REST DAY	RUN 2	REST DAY
WEEK 3	TRAIN & RUN 1	RUN 1	REST DAY	TRAIN & RUN 2	REST DAY	RUN 2	REST DAY

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PHASE 2 (WEEKS 4-6)	TRAIN & RUN 3	RUN 3	REST DAY	TRAIN & RUN 4	REST DAY	RUN 4	REST DAY
WEEK 4	TRAIN & RUN 3	RUN 3	REST DAY	TRAIN & RUN 4	REST DAY	RUN 4	REST DAY
WEEK 5	TRAIN & RUN 3	RUN 3	REST DAY	TRAIN & RUN 4	REST DAY	RUN 4	REST DAY
WEEK 6	TRAIN & RUN 3	RUN 3	REST DAY	TRAIN & RUN 4	REST DAY	RUN 4	REST DAY

BEGINNER TO RUNNING

BECOME A RUNNER -

Introduction to running and training with a focus on injury prevention and preparing the body to start becoming a runner.



MINDSET - SET GOALS

Start this program off right by locking on to a meaningful, measurable, and appropriately challenging goal. Think deeply about what you're 90% sure you could accomplish by the end of this program, and write it down.

Take one step further, and write down why this specific goal is relevant for you in the bigger picture. You'll want to anchor to this motivation throughout the Faster Than program, and don't be afraid to reshape it along the path as obstacles come along.



NUTRITION - CREATE AN EVEN SPREAD

Create an Even Spread.

Spread out your meals and snacks consistently. Although there are many philosophies on how often you should eat, eating well each day helps you stay focused and energized so you can perform your best.

Use your hands as a guide to keep meals in perspective and to stay on track wherever you find yourself.



Starches

Fuel for your brain & muscles
1 serving = the size of your fist
(15 g carbohydrate)



Proteins

Structural support for your body
1 serving = the palm of your hand
(21 g protein)



Fats

Protection for your brain, energy for your body
1 serving = the tip of your thumb
(7 g fat)

PHASE 1

TRAIN AND RUN

PREPARATION

Active and dynamic stretches that lengthen, strengthen, and stabilize your body to help prepare you to move and run.

STRENGTH

Total-body strength work through movement training to focus on the specific demands of running. Movements are designed in a circuit that's to be repeated for a defined number of sets.

ENERGY SYSTEMS DEVELOPMENT (ESD)

Build a foundation for running to help you achieve success as you become more comfortable and confident throughout your running journey. This portion of your workout is designed as a run, but if your body needs a bit of a rest from your longer runs, then use an elliptical or bike.

RECOVERY

During training the tissue in your body can become tight and restrictive, decreasing your performance potential. Keep this tissue mobile to alleviate the knots in the muscle and improve circulation and blood flow, restoring movement and injury resilience.

PREPARATION

TRAIN & RUN 1

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

LOW PLANK

20 seconds



1. Lie facedown in a push-up position, with your forearms resting on the floor.
2. Push up off your elbows, supporting your weight on the forearms. Tuck your chin so that your head is in line with your body. Pull your toes towards your shins.

FEEL IT: Working your shoulders and torso.

INCHWORM

5 reps



1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward to a push-up position.
3. Still keeping your legs straight, walk your feet back up to your hands.

FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

KNEE HUG

5 reps each



1. Lift one foot off the ground and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your hands and pull your knee to your chest while straightening your other leg. Hold for 1 to 2 seconds.
3. Continue alternating to complete the set.

FEEL IT: Stretching your glutes, hamstrings, and hip flexors.

HEEL TO GLUTE

5 reps each



1. Squat down, reach behind you and grab one ankle with the opposite hand.
2. Stand and pull your heel to your butt while raising your other arm overhead. Hold for 1 to 2 seconds.
3. Continue alternating to complete the set.

FEEL IT: Stretching the hip of your front leg and the upper thigh of your back leg.

STRENGTH

TRAIN & RUN 1

03
SET

Once you have mastered these movements add some light weight or increase the number of sets to challenge yourself.

SQUAT

8 reps



1. Stand with your feet shoulder-width apart and pointing straight ahead, arms at your sides.
2. Initiating the move with your hips, squat back and down until your thighs are parallel to the floor. As you descend, raise your arms out in front of you.
3. Return to a standing position by pushing through your hips while you lower your arms.

FEEL IT: Working your glutes, hamstrings, and quads.

KNEE PUSH-UPS

8 reps



1. Start in a modified push-up position with your hands and knees on the ground.
2. Bend your elbows to lower your body toward the ground.
3. Without touching the ground, push yourself back up.

FEEL IT: Working your chest, arms, and torso.

BENT KNEE HAMSTRING STRETCH

6 reps each



1. Lie on your back with both legs straight. Pull one knee toward your chest, grasping behind the knee with both hands.
2. Straighten your lower leg as much as possible without letting your knee move away from your chest. Hold the stretch for 2 seconds.
3. Relax and return to the starting position.
4. Complete the set on one side before repeating with the opposite leg.

FEEL IT: Stretching the hamstrings of your bent leg and the front of the upper thigh on your straight leg.

ENERGY DEVELOPMENT SYSTEMS

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

8-9/10

HARD

Extremely strenuous and difficult to maintain

6-7/10

MODERATE

Rapid breathing. Can't talk now!

3-5/10

EASY

Moving with purpose and still able to talk comfortably

Steps:

1. Complete warmup
2. Complete the Intervals within the training session below for the designated number of repetitions.
3. Complete the cool down

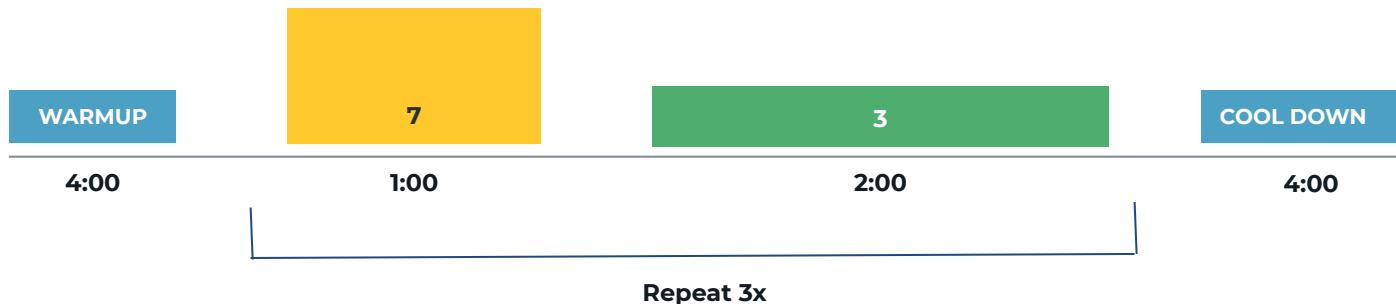
Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

Challenge Yourself

Option 1: Increase the number of Intervals from 3x to 4x if you feel like you want to do more or it is too easy for you. Ensure you can maintain good speed and form.

Option 2: If the intervals themselves seem short kick it up a notch and increase your RPE while still allowing you perform the next zone confidently.

INTERVAL TRAINING SESSION (1) (17 MINUTES)



TIME FOR RECOVERY

Complete the recovery movements after every training session or run.
Spend extra time on any muscle that feels like it needs a little more
attention. Your body will thank you.

PREPARATION

RUN 1

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

LOW PLANK

20 seconds



1. Lie facedown in a push-up position, with your forearms resting on the floor.
2. Push up off your elbows, supporting your weight on the forearms. Tuck your chin so that your head is in line with your body. Pull your toes towards your shins.

FEEL IT: Working your shoulders and torso.

BRIDGE

5 reps



1. Lie faceup with your arms at your sides, palms facing up.
2. Bend your knees 90 degrees and pull your toes up towards your shins so only your heels are touching the floor.
3. Fire (squeeze) your glutes to raise your hips off the floor until your knees, hips, and shoulders are in a straight line.
4. Hold this position for 1-2 seconds, then lower back down to the floor.
5. Repeat for the prescribed number of repetitions.

FEEL IT: Working your glutes, and to a lesser degree your hamstrings and lower back.

INCHWORM

5 reps



1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward to a push-up position.
3. Still keeping your legs straight, walk your feet back up to your hands.

FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

PREPARATION

RUN 1

continued

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

KNEE HUG

5 reps each



1. Stand tall with your arms at your sides, then lift one foot off the ground, and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your hands and pull your knee to chest while straightening your other leg. Hold for 1-2 seconds.
3. Relax and return to starting position, then repeat the movement with the other leg. . Repeat to the end of the set.

FEEL IT: Stretching your glutes, hamstrings, and hip flexors.

HEEL TO GLUTE

5 reps each



1. Squat down, reach behind you, and grab right ankle with the opposite hand.
2. Stand and pull your heel to your butt while reaching your other arm overhead.
3. Relax and return to starting position, then repeat with opposite arm and leg until completion of the set.

FEEL IT: Stretching your quadriceps and hip flexors.

ENERGY SYSTEMS DEVELOPMENT

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

8-9/10

HARD

Extremely strenuous and difficult to maintain

6-7/10

MODERATE

Rapid breathing. Can't talk now!

3-5/10

EASY

Moving with purpose and still able to talk comfortably

Steps:

1. Complete warmup
2. Complete the Intervals within the training session below for the designated number of repetitions.
3. Complete the cool down

Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

Challenge Yourself

Option 1: Increase the number of Intervals from 2x to 3x if you feel like you want to do more or it is too easy for you. Ensure you can maintain good speed and form.

Option 2: If the intervals themselves seem short kick it up a notch and increase your RPE while still allowing you perform the next zone confidently.

RUNNING WORKOUT INTERVAL TRAINING SESSION (26 MINUTES)

TIP:

If you don't want to be constantly checking your watch while running intervals, then try out the Interval Training feature on the adidas Running app.



TIME FOR RECOVERY

Complete the recovery movements after every training session or run.
Spend extra time on any muscle that feels like it needs a little more
attention. Your body will thank you.

PHASE 1 TRAIN & RUN 2

PREPARATION

TRAIN & RUN 2

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

LOW SIDE PLANK

20 seconds each



1. Lie on your side with your forearm on the ground under your shoulder and your feet stacked on top of each other.
2. Push your forearm away from your body and lift your hips into the air, supporting your weight on your forearm and bottom foot.
Hold this position for the prescribed amount of time.
1. Switch sides and repeat.

FEEL IT: Working your shoulders and torso.

LEG CRADLE

5 reps each



1. Lift one foot off the ground and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your same side hand and under the ankle with your other hand.
3. Extend your standing leg as you pull your opposite knee toward your chest until you feel a gentle stretch.
4. Continue alternating to complete the set.

FEEL IT: Stretching the outside of your hip.

SIDE SQUAT

5 reps each



1. Stand with your feet wider than shoulder-width apart.
2. Keeping your chest up and back flat, shift your hips down and to the side by bending one knee and straightening the opposite leg.
3. Return to the starting position by pushing through your hip.
4. Continue alternating to complete the set.

FEEL IT: Stretching your glutes, groin, hamstrings, and quads.

BACKWARD LUNGE - W/ LATERAL FLEXION

5 reps each



1. Step back with one foot into a lunge and contract your back glute.
2. Reach the hand of the back leg overhead and bend your torso toward your other hand.
3. Return to the starting position.
4. Continue alternating to complete the set.

FEEL IT: Stretching the hip flexor of your back leg, the glute and groin of your front leg, and the side of your torso.

PREPARATION

TRAIN & RUN 2

03
SETS

Once you have mastered these movements add some light weight or increase the number of sets to challenge yourself.

INVERTED HAMSTRING

8 reps each



1. Stand tall on one leg with your arms out to your sides and shoulder blades back and down.
2. Keeping a straight line from your ear to ankle, bend forward at the waist and raise your non-standing leg behind you.
3. When you feel a stretch in the back of your thigh, return to standing by contracting the glutes and hamstrings of your standing leg.
4. Continue alternating to complete the set.

FEEL IT: Stretching your hamstrings.

LOW PLANK - WITH LEG LIFT

4 reps each



1. Start face down with your feet shoulder-width apart and your forearms on the ground with your elbows under your shoulders.
2. Push yourself off the ground, supporting your weight on your forearms and feet. Tuck your chin so that your head is in line with your body.
3. Maintaining a straight line from your ankles to head, lift one leg into the air and hold for 2 seconds.
4. Lower your leg and repeat with the opposite leg.
5. Continue alternating to complete the set.

FEEL IT: Working your torso and shoulders.

DEEP SQUAT TO HAMSTRING STRETCH

8 reps



1. Stand tall with your feet wider than hip-width apart.
2. Bend forward at your waist to grab your toes with your hands.
3. Drop down into a deep squat while keeping your arms straight, elbows inside your knees, back flat and chest up.
4. While holding your toes, raise your hips back and straighten your knees until you feel a good stretch in the back of your legs. Hold for 1 to 2 seconds.

FEEL IT: Stretching your glutes and hamstrings.

ENERGY SYSTEMS DEVELOPMENT

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

8-9/10

HARD

Extremely strenuous and difficult to maintain

6-7/10

MODERATE

Rapid breathing. Can't talk now!

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EASY

Moving with purpose and still able to talk comfortably

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INTERVAL TRAINING SESSION (2) (17 MINUTES)

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WARMUP

7

3

COOL DOWN

4:00

1:00

2:00

4:00

Repeat 3x

TIME FOR RECOVERY

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PREPARATION

RUN 2

01
SETS

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LOW PLANK

20 seconds



1. Lie facedown in a push-up position, with your forearms resting on the floor.
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FEEL IT: Working your shoulders and torso.

BRIDGE

5 reps



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FEEL IT: Working your glutes, and to a lesser degree your hamstrings and lower back.

INCHWORM

5 reps



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2. Keeping your legs straight and stomach tight, walk your hands forward to a push-up position.
3. Still keeping your legs straight, walk your feet back up to your hands.

FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

PREPARATION

RUN 2

continued

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

KNEE HUG

5 reps each



1. Stand tall with your arms at your sides, then lift one foot off the ground, and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your hands and pull your knee to chest while straightening your other leg. Hold for 1-2 seconds.
3. Relax and return to starting position, then repeat the movement with the other leg. . Repeat to the end of the set. **FEEL IT:** *Stretching your glutes, hamstrings, and hip flexors.*

HEEL TO GLUTE

5 reps each



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2. Stand and pull your heel to your butt while reaching your other arm overhead.
3. Relax and return to starting position, then repeat with opposite arm and leg until completion of the set.

FEEL IT: *Stretching your quadriceps and hip flexors.*

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WARMUP

6

3

COOL DOWN

5:00

5:00

3:00

5:00

Repeat 2x

TIME FOR RECOVERY

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attention. Your body will thank you.



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