



[WORKOUT TRAINING PLAN  
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# RISE CHALLENGE

**STRONGER THAN YESTERDAY**



**Join the RISE Challenge  
Today on Strava!**

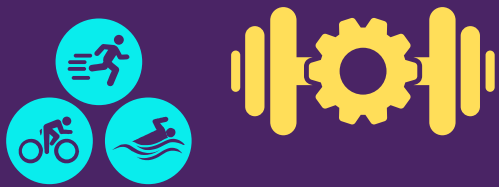
Start your journey to becoming stronger than yesterday. Hop into our Facebook group to receive your complete plan, motivational reminders, and access to our supportive community.



[@sbrfunclub](#)

**WELCOME TO THE  
RISE CHALLENGE: STRONGER  
THAN YESTERDAY!**

RISE stands for Resilience, Inspiration, Strength, and Endurance. Designed for endurance athletes like triathletes, swimmers, and cyclists, this 30-day program features effective, no-nonsense moves to boost your strength and prevent injuries. Perfect for new and seasoned athletes, it scales to fit your level and keeps you accountable. Choose strength for success. Ready to get stronger every day?



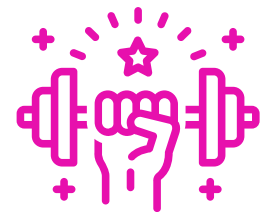
# RISE Challenge: Stronger than Yesterday



## How It Works and What to Do

### Daily Routine:

- 1. Warm-Up:** Start your day with a quick and effective warm-up. Jumping Jacks (60 secs) or Dancing (90 secs) to get your heart rate up and muscles ready.
- 2. Main Strength Set (1 Round):** Engage in core strength-building exercises tailored for endurance athletes.
  - Push-Ups: Improve upper body strength.
  - Squats: Enhance lower body power.
  - Butt Kicks/Standing Hamstring Curls: Strengthen and stretch the legs.
  - Bicycle Crunches: Boost core stability.
  - Planks: Build overall body strength and endurance.
- 3. Cool-Down:** Finish with the Dynamic "Reach for the Stars" Stretch to relax muscles and enhance flexibility.
  - Dynamic "Reach for the Stars" Stretch: Stand with feet shoulder-width apart. Alternate reaching one arm towards the sky while gently bending to the opposite side, then switch sides. Continue for 1 minute.
- 4. Cardio:** Add 1-2 hours of any form of cardio each week (swim, bike, run, walk, spin, elliptical, row, stair stepper) to complement your strength training.



PLAN  
EXERCISES

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PUSHUPS

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SQUATS

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BUTT KICKS/STANDING  
HAMSTRING CURLS

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BICYCLE CRUNCHES/  
STANDING ELBOW-KNEES

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PLANKS



### Daily Check-Ins and Accountability:

- **Facebook Group:** Check in daily for motivation, inspirational quotes, and discussions. Stay connected and support each other.
- **Strava:** Connect your fitness tracker to our Strava group for a chance to win weekly prizes. Track your progress and stay accountable.

## Why It Works

### Strength for Endurance

#### Athletes:

- **Tailored Exercises:** The program focuses on exercises that build the specific muscles used in swimming, cycling, and running, helping to improve performance and prevent injuries.
- **Progressive Intensity:** The main strength set progressively increases in intensity, ensuring continuous improvement and adaptation.
- **Complementary Cardio:** Incorporating cardio helps maintain and improve cardiovascular health, essential for endurance sports.

### Mental Focus:

- **Daily Motivation:** Inspirational quotes and community support help keep you mentally focused and motivated.
- **Routine and Accountability:** Regular check-ins and progress tracking foster a sense of commitment and routine, essential for mental discipline in endurance sports.



**BEST  
CHALLENGE FOR  
ENDURANCE  
ATHLETES**

**This structure not only enhances physical strength and endurance but also builds mental toughness, making you a better swimmer, cyclist, runner, and triathlete. Join us in the RISE Challenge and choose strength for success every day!**

# RISE CHALLENGE

## BE STRONGER THAN YESTERDAY

### TRAINING PLAN

AWAKEN YOUR BEST SELF – ONE DAY AT A TIME

COMPLETE ONE ROUND	Day 1	Day 2	Day 3	Day 4	Day 5
Push Up Squats Butt Kicks Bi Crunches Plank	1 reps 10 reps 10 reps 20 reps 15 secs	2 reps 12 reps 12 reps 25 reps 25 secs	3 reps 14 reps 14 reps 30 reps 35 secs	<b>Rest Day</b>	4 reps 16 reps 16 reps 35 reps 40 secs
	Day 6	Day 7	Day 8		Day 9
Push Up Squats Butt Kicks Bi Crunches Plank	5 reps 18 reps 18 reps 40 reps 40 secs	6 reps 20 reps 20 reps 45 reps 45 secs	<b>Rest Day</b>	7 reps 22 reps 22 reps 50 reps 50 secs	7 reps 22 reps 22 reps 50 reps 50 secs
	Day 11	Day 12		Day 13	Day 14
Push Up Squats Butt Kicks Bi Crunches Plank	8 reps 24 reps 24 reps 55 reps 55 secs	<b>Rest Day</b>	9 reps 26 reps 26 reps 60 reps 1:00 min	10 reps 28 reps 28 reps 65 reps 1:00 min	11 reps 30 reps 30 reps 70 reps 1:05 min
	Day 16		Day 17	Day 18	Day 19
Push Up Squats Butt Kicks Bi Crunches Plank	<b>Rest Day</b>	12 reps 32 reps 32 reps 75 reps 1:10 min	13 reps 34 reps 34 reps 80 reps 1:10 min	14 reps 36 reps 36 reps 85 reps 1:20 min	<b>Rest Day</b>
		Day 21	Day 22	Day 23	
Push Up Squats Butt Kicks Bi Crunches Plank	16 reps 38 reps 38 reps 90 reps 1:30 min	17 reps 40 reps 40 reps 95 reps 1:30 min	18 reps 42 reps 42 reps 100 reps 1:40 min	<b>Rest Day</b>	19 reps 44 reps 44 reps 105 reps 1:45 min
	Day 26	Day 27	Day 28		Day 29
Push Up Squats Butt Kicks Bi Crunches Plank	20 reps 46 reps 46 reps 110 reps 1:45 min	21 reps 48 reps 48 reps 115 reps 1:50 min	<b>Rest Day</b>	22 reps 50 reps 50 reps 120 reps 1:55 min	23 reps 52 reps 52 reps 125 reps 2:00 min

**WEEKLY CARDIO:** Add 1–2 hours of cardio (swim, bike, run, walk, spin, elliptical, row, etc.)

**WARM-UP:** Jumping Jacks (60 sec) or Dancing (90 sec)

**COOL-DOWN:** Star Stretch (90 sec)



# BENEFITS OF POWER 5 EXERCISES



THIS NEW YEAR, ELEVATE YOUR FITNESS GAME WITH THE POWER 5 RISE EXERCISES. HERE ARE A FEW BENEFITS TO MOTIVATE YOU.

## PHYSICAL BENEFITS

1. INCREASES SPEED AND AGILITY
2. BUILDS ENDURANCE AND STAMINA
3. STRENGTHENS MUSCLES
4. IMPROVES FLEXIBILITY AND MOBILITY
5. IMPROVES CARDIOVASCULAR HEALTH
6. AIDS IN WEIGHT MANAGEMENT
7. IMPROVED COORDINATION AND BALANCE

## MENTAL BENEFITS

1. REDUCES STRESS AND ANXIETY
2. IMPROVES FOCUS AND CONCENTRATION
3. BOOSTS CONFIDENCE
4. PROMOTES MIND-BODY CONNECTION





# MODIFICATIONS AND OPTIONS FOR THE RISE CHALLENGE

We understand that everyone has different fitness levels and abilities. Here are some modifications to help you tailor the RISE Challenge main set exercises to your needs:

## WARM-UP MODIFICATIONS

Instead of Jumping Jacks: Do Step-Outs. Step one foot out to the side at a time while keeping a slight bend in the knees.



## PUSH-UP VARIATIONS

- Beginner: Perform push-ups on your knees or against a wall.
- Intermediate: Do standard push-ups on the floor.
- Advanced: Try decline push-ups by placing your feet on a raised surface.

## SQUAT MODIFICATIONS

- Beginner: Perform squats using a chair for support. Sit back as if sitting on the chair, then stand up.
- Intermediate: Do bodyweight squats without support.
- Advanced: Add weights or perform jump squats for an added challenge.



## Challenge Yourself

Need More Challenge? Perform several rounds of the main strength set.  
Need It More Manageable? Break the main strength set into smaller sets. See how many reps you can complete before needing a physical or mental break.

## BUTT KICKS ALTERNATIVES

- Standing Hamstring Curls: Perform standing hamstring curls by bringing your heel up towards your glutes one leg at a time.
- Laying Down: Lie on your stomach and perform hamstring curls by bringing your heel towards your glutes, focusing on isolating the hamstring muscles. This is especially useful if you're dealing with a lower leg injury.



## BICYCLE CRUNCH VARIATIONS

- Beginner: Perform standard crunches without the bicycle motion.
- Intermediate: Do bicycle crunches with a slower pace and reduced range of motion.
- Advanced: Increase the speed and fully extend your legs for a more intense workout.
- Alternative: Perform standing bicycle crunches by placing hands on your head and alternately bringing knees to elbows.



## PLANK MODIFICATIONS

- Beginner: Perform planks on your knees or against a wall.
- Intermediate: Do a standard plank on your forearms and toes.
- Advanced: Try side planks or plank variations such as plank with shoulder taps or leg lifts.



We understand some of you may be in the middle of marathon training, preparing for an early-season long-distance triathlon, or a multiday cycling event. This challenge can be added on easily before, after, or even during your training plan.

If you are just coming off the couch or trying to get back in the swing of things, we highly suggest that you add 1-2 hours of any form of cardio to keep the body fluid, sharp, and you can begin to see, feel, and use your newfound power.

Stay motivated and adapt the exercises to suit your fitness journey. The RISE Challenge is designed to be flexible and accommodating for everyone!



# SWIK BIKE RUN FUN CLUB & EVENTS TESTIMONIALS

## WHAT DO FOLKS SAY ABOUT US?



**TESTIMONIALS**

The SBR Fun Fit Endurance Athletes Challenge has been a game-changer for me. At 65, I feel stronger and more balanced than I have in years. My balance has improved tenfold, and I have gained so much confidence in my abilities. This program truly works for athletes of all ages!

**Adeline Palmerston**

**MARK, AGE 47**

Last year's FIT Challenge helped me achieve a 30% increase in power on the bike early in the season. The structured workouts and motivational support kept me focused and determined. I can't wait to join the challenge again and see even more progress!

**Susan, Age 39**

As a swimmer, the SBR Fun events have given me the confidence I needed to improve my performance. This challenge has connected me with amazing people and training buddies. It's the perfect way to start the year, and I've made lasting friendships and found great relay racing partners. Highly recommend!