VARIED not RANDOM

VNR RUN, BIKE, ROW

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1. WELCOME TO THE PROGRAM: *Start here!*

The VNR Run, Bike, Row cycle is a 12-week program that guides you through 60 expertly-designed sessions. Our goal is to improve your speed, stamina & endurance. This training protocol will cover time domains ranging from short to long. Steady state work as well as interval training is included. There are several unique features about this program. First, you can use this cycle to improve your running, biking or rowing. Each day provides all three options. You can stick with one the entire time, or vary them as you choose. The second unique aspect is the deliberate modulation of intensity. We specifically guide you through which days should be high intensity & which should be low intensity.

A unique aspect of this program is it can be used to improve your running, rowing and/or biking. You can stick with one of those options throughout the entire 12 week cycle, or you can mix it up by running one day, biking the next day and then rowing on another day. It is 100% up to you.

The runs can be done outside or on a treadmill. You can also use a self-powered “air runner” style of treadmill if you choose. Be aware that no one single conversion works perfectly for all of the various styles & brands of self-powered air runners. Some of them work best using the same distance you would run on a track. Others require the athlete to reduce the distance by anywhere from 10-20% to make the experience similar to what the athlete would experience outside on a track. If using such an air runner we recommend you do a bit of research to find out if you should modify the workouts in any way. The “bike” option assumes you are using a Rogue Echo bike or an Assault bike. We also provide an option for people using the Concept 2 Bike erg. The “rower” option assumes you are using a Concept 2 (or similar style) rower.

This program has the ability to benefit athletes of all levels. For example, some sessions will have you running, biking or rowing for 30 seconds or less per interval. Some of the longest training days will schedule 75 minutes of running, biking or rowing. You can always scale/modify the sessions based on where you are in your fitness journey. You have the freedom to reduce the daily volume by 25%, or 50% or whatever makes sense and is a smart decision for your current ability level.

A critical, beneficial and unique aspect of this program is “modulating intensity”. This means every session is NOT intended to be a maximal effort, high intensity training day. We deliberately programmed days of high intensity as well as days of low intensity. There is also a “shooter’s choice” intensity day each week, which is up to your discretion. Over the course of the 5 training days each week, two of the sessions

2. THE PROCESS: *Let's dive in*

The VNR Run, Bike, Row cycle is a self-paced program, meaning you will complete all 60 sessions on your own schedule and at your own pace. You can complete the entire program in as little as 12 weeks if you choose, or you can take longer if you wish. You're the boss of your schedule! Choose the frequency that works for you. For optimal results, we recommend completing 5 sessions per week for a total program duration of 12 weeks. Fitness is a journey, and this journey is all yours. The recommendations are there for a reason, but know your limits. Challenge yourself and make this a priority while staying safe; injuries can occur if you're not mindful of your limitations.

Page 8 of the eBook provides you with a comprehensive calendar view that will help you stay on track and know what's to come. If you're not using the btwb app to plan your workouts, this printable calendar is a great way to track your progression through the program.

Day one of the program begins on Page 40 of the e-Book. Each day is neatly organized on a single page to guide you through day by day so you can stay focused on the task at hand rather than looking ahead to future workouts. Take it one workout, and one day at a time.

The program will begin on Day One with 30 minutes of running, biking or rowing. You will log the total number of meters you ran, biked or rowed. Fifty nine sessions later, the program will end with interval work for the run, bike or row. Take note of your progress throughout. Reflect on things like:

- How you felt physically and mentally
- Your specific sticking points
- Your big accomplishments
- Things you still need/want to work on

If you want to run through the program again after you finish, go for it!

EQUIPMENT LIST

- Planet Earth or a treadmill (if choosing the run option)
- Air Bike (if choosing the bike option)
- Rower (if choosing the row option)

5. THE BTWB APP: *Get more from the program*

btwb app users can sync VNR Run, Bike, Row to their btwb calendar. Choose the number of sessions that you'll complete each week, customize which days you'll perform those sessions, and easily view your program schedule to help you stay on track. btwb users can also log their scores for each session to earn credit toward movement history and keep a record of past performances.

ADDED BONUS DETAILS

This program also comes with access to a special in-app program overview video by Pat & Boz, plus access to other top social and analysis features available in the btwb app such as:

- Enjoy using comments & emojis to socialize and engage with other app users
- Access activity feeds to discover and connect with fellow functional fitness fans in your area
- Monitor your progress over time by unlocking your Fitness Level (1-100)
- Celebrate and chronicle other functional fitness milestones by earning badges
- Check out other Varied Not Random Programs created by Pat & Boz
- And more!

btwb

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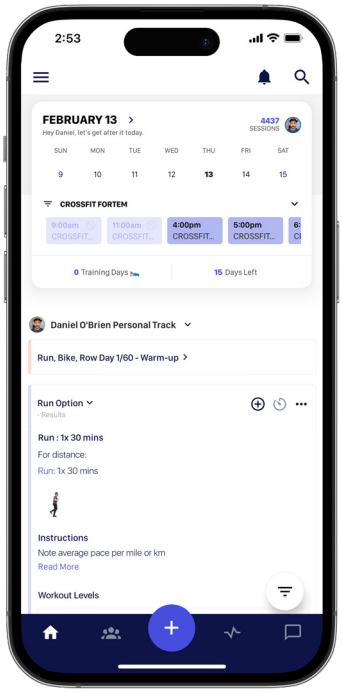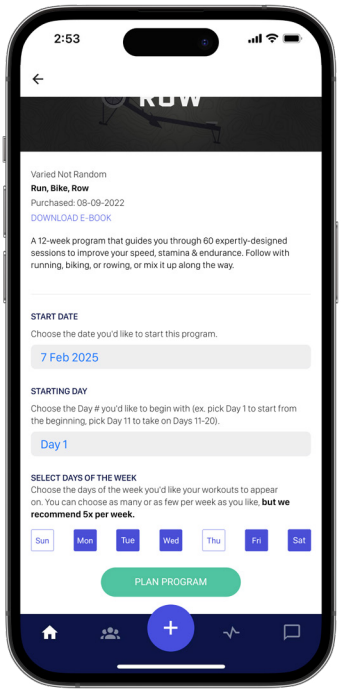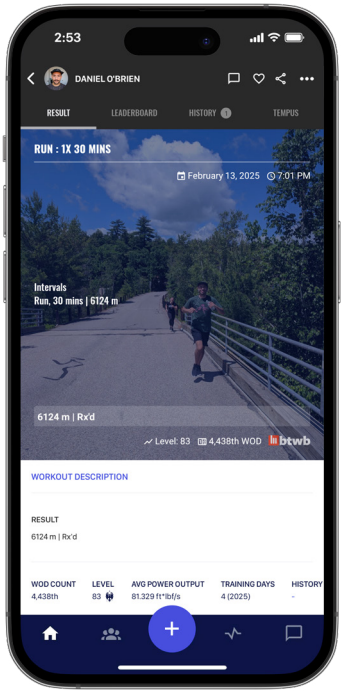
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