

HOME STRETCH

Flexibility takes center stage in month three of The Shape of Your Life, and your first assignment is to include the following 20- to 30-minute yoga routine after each endurance workout, in this order: Sun Salutation, Warrior I, Triangle Pose, Back Stretch and Hamstring Stretch (both taken from month one's stretch regimen; see details at the bottom), Full Boat, and Tree Pose. All these poses are pictured with instructions on the preceding pages. Though classes are not mandatory, we do suggest signing up for a few beginner Ashtanga sessions to make sure you learn proper form and yield the maximum benefits from each pose.

As for your heart-rate-zone endurance work (see "The Zone Offense," below), you'll continue increasing duration. The schedule will be the same as last month: zone-specific intervals on Fridays, increased duration in weeks ten and eleven, and reduction in week twelve, with a final-day lactate-threshold test.

THE ZONE OFFENSE

ZONE 1 (Z-1):
RECOVERY
60 PERCENT OR LESS
OF YOUR MAX HEART RATE

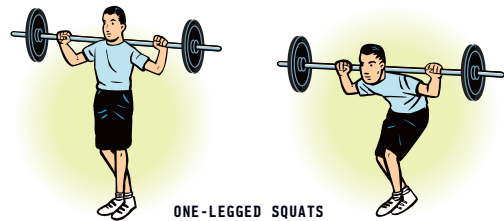
ZONE 2 (Z-2):
AEROBIC
60-75 PERCENT
OF YOUR MHR

ZONE 3 (Z-3):
LACTATE THRESHOLD
75-90 PERCENT OR LESS OF
YOUR MHR

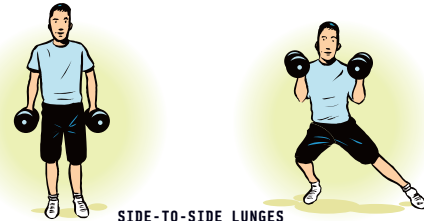
ZONE 4 (Z-4):
ANAEROBIC
90-100 PERCENT
OF YOUR MHR

Your Tuesday/Thursday strength training, meanwhile, will be abbreviated from ten to eight exercises this month to prepare you for next month's speed and power drills. Twice a week, perform the four strength exercises shown at right (slightly modified versions of last month's lifts; see bottom for website details), as well as the following: upright rows, Swiss-ball flies, bent-over rows, and chin-ups (all considered Group One exercises in the chart below). Finally, see our website for a cable test to gauge your functional strength. —P.S.

GROUP ONE:

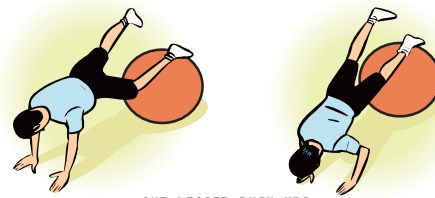


ONE-LEGGED SQUATS



SIDE-TO-SIDE LUNGES

GROUP TWO:



ONE-LEGGED PUSH-UPS



MEDICINE-BALL CRUNCHES

	MON.	TUES.	WED.	THURS.	FRI.
9 WEEK	ENDURANCE Running, hiking, or stair machine: 30-35 minutes in Z-2. OR Cycling, rowing, or swimming: 45-50 minutes in Z-2. End with yoga series.	STRENGTH One set of 10-12 reps: Group One exercises. One set of 25 reps: Group Two exercises—12 on each leg (push-ups) or side (oblique crunches).	ENDURANCE Running, hiking, or stair machine: 35-40 minutes in Z-2. OR Cycling, rowing, or swimming: 50-55 minutes in Z-2. End with yoga series.	STRENGTH One set of 10-12 reps: Group One exercises. One set of 24 reps: Group Two exercises—12 on each leg (push-ups) or side (oblique crunches).	ENDURANCE 45 minutes running or 60 minutes cycling in Z-2. After a 10-minute warm-up, add three 8-minute intervals in Z-3 with a 5-minute recovery in Z-2 between each. Finish with yoga series.
10 WEEK	ENDURANCE Running, hiking, or stair machine: 35-40 minutes in Z-2. OR Cycling, rowing, or swimming: 45-55 minutes in Z-2. End with yoga series.	STRENGTH Two sets of 10-12 reps: Group One exercises. Two sets of 25 reps: Group Two exercises—12 on each leg (push-ups) or side (oblique crunches).	ENDURANCE Running, hiking, or stair machine: 40-45 minutes in Z-2. OR Cycling, rowing, or swimming: 50-60 minutes in Z-2. End with yoga series.	STRENGTH Two sets of 10-12 reps: Group One exercises. Two sets of 25 reps: Group Two exercises—12 on each leg (push-ups) or side (oblique crunches).	ENDURANCE 50 minutes running or 60 minutes cycling in Z-2. After a 10-minute warm-up, add three 10-minute intervals in Z-3 with a 5-minute recovery in Z-2 between each. Finish with yoga series.
11 WEEK	ENDURANCE Running, hiking, or stair machine: 40-45 minutes in Z-2. OR Cycling, rowing, or swimming: 50-60 minutes in Z-2. End with yoga series.	STRENGTH Same as week 10, but swap upright rows and dumbbell flies for medicine-ball chops and dumbbell pull-overs on a Swiss ball (from last month).	ENDURANCE Running, hiking, or stair machine: 45-50 minutes in Z-2. OR Cycling, rowing, or swimming: 55-65 minutes in Z-2. End with yoga series.	STRENGTH Same as week 10, but swap upright rows and dumbbell flies for medicine-ball chops and dumbbell pull-overs on a Swiss ball.	ENDURANCE 50 minutes running or 70 minutes cycling in Z-2. After a 10-minute warm-up, add three, 10-minute intervals in Z-3 with a 5-minute recovery in Z-2 between each. Finish with yoga series.
12 WEEK	ENDURANCE Running, hiking, or stair machine: 25-30 minutes in Z-1. OR Cycling, rowing, or swimming: 35-45 minutes in Z-1. End with yoga series.	STRENGTH Same as week 10, but swap upright rows and dumbbell flies for medicine-ball chops and dumbbell pull-overs on a Swiss ball.	ENDURANCE Running, hiking, or stair machine: 30-35 minutes in Z-2. OR Cycling, rowing, or swimming: 40-50 minutes in Z-2. End with yoga series.	STRENGTH Same as week 10, but swap upright rows and dumbbell flies with medicine-ball chops and dumbbell pull-overs on a Swiss ball.	BENCHMARK TEST After a 10-minute warm-up, and on the same flat route you used to perform last month's test, run 1 mile at 5 beats below the lactate threshold you determined last month. Mark your time: If you've raised your lactate threshold, this month will be faster than last.

ILLUSTRATIONS BY MARK MATCHO



JUST DISCOVERING THE SHAPE OF YOUR LIFE PROGRAM? IT'S NOT TOO LATE. LOG ON TO WWW.OUTSIDEMAG.COM/BODYWORK FOR THE FULL TEXT OF THE LAST TWO INSTALLMENTS ON ENDURANCE AND FUNCTIONAL STRENGTH TRAINING.