MAP PRESENTS

THE WORKOUT

NEUROMUSCULAR STRENGTH FOR RUNNERS.
STRENGTH WITHOUT CHASING FATIGUE.

MANNI ATHLETE PHYSIO

THE WORKOUT

MAP / PERFORMANCE IS PERSONAL

THE PURPOSE

HIGH FORCE. HIGH INTENT.

A low-repetition strength session focused on neuromuscular development rather than accumulating volume for muscular hypertrophy.

01	02	03	04
FORCE	QUALITY	RECOVERY	INTENT

Use loads that demand meaningful force while preserving excellent technique.
Stop the set before movement quality or intent deteriorates.
Take enough recovery to make the next set another high-quality effort.

THE SESSION

Three movements. Heavy loading. Full recovery. High-quality output.

01 REVERSE LUNGE — **4 x 3-6 / LEG**

Control the descent. Maintain position. Drive forcefully.
2-3 MIN RECOVERY | ~1-2 REPS IN RESERVE | QUALITY > FATIGUE

02 SINGLE-LEG RDL — **4 x 3-6 / LEG**

Load the hip. Maintain trunk control. Keep every rep strong.
2-3 MIN RECOVERY | ~1-2 REPS IN RESERVE | QUALITY > FATIGUE

03 HEAVY SLED PUSH — **4 x 5-10 M**

Heavy enough to slow you down. Preserve deliberate, forceful steps.
2-3 MIN RECOVERY | ~1-2 REPS IN RESERVE | QUALITY > FATIGUE

TRAINING PLACEMENT

KEEP HARD DAYS HARD. EASY DAYS EASY.

Start 1x/week. Progress to 2x/week when recovery is good. Advanced: strength AM, intervals later.

THE WORKOUT

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8-WEEK COMPLETION TRACKER

1x weekly: complete Session 1. 2x weekly: complete both sessions.

WEEK	SESSION 1	SESSION 2
1	☐	☐
2	☐	☐
3	☐	☐
4	☐	☐
5	☐	☐
6	☐	☐
7	☐	☐
8	☐	☐

YOUR NEXT STEP

DON'T JUST COMPLETE IT. PROGRESS IT.

THE WORKOUT gives you the session. The next step is understanding how to build the rest of your running performance around it.

GO DEEPER: THE RUNNER'S MANUAL **£29.99**

A practical booklet for runners who want more than a single workout. Use it to take the next step in understanding and developing your running performance.

NEED SOMETHING MORE PERSONAL?

Explore MAP physiotherapy and performance coaching.

GET THE RUNNER'S MANUAL - £29.99

WORK WITH MANNI