

Week 1 & 2 Twice a week			
Warm Up 10mins			
Squat: 3x12 (technique)	Weight		
Leg press: 2x12		followed 10 Press ups	
Step ups: 2x12		followed 10 Sit ups	
Bench press: 2x12		followed 10 Press ups	
Chin ups: 2x8		followed 10 Sit ups	Weight
Dead lift: 3x5 (technique)		followed 10 pull overs	
Core Work	Time/Reps		
Plank	1min		
Side Plank	30sec E/S		
Superman	15reps E/S		
Bridge	1min		
Cool Down 10mins			

Week 3 & 4 Twice a week			
Warm Up 10mins			
Squat: 4x8 (technique)	Weight		
Leg press: 2x8		followed 10 Press ups	
Step ups: 2x8		followed 10 Sit ups	
Bench press: 2x8		followed 10 Press ups	
Chin ups: 2x5		followed 10 Sit ups	Weight
Dead lift: 4x4 (technique)		followed 10 pull overs	
Core Work	Time/Reps		
Plank	1min		
Side Plank	30sec E/S		
Superman	15reps E/S		
Bridge	1min		
Cool Down 10mins			

Week 5 & 6 Twice a week			
Warm Up 10mins			
Squat: 4x6 (technique)	Weight		
Leg press: 2x6		followed 20 Press ups	
Step ups: 2x6		followed 20 Sit ups	
Bench press: 2x6		followed 20 Press ups	
Chin ups: 3x3		followed 20 Sit ups	Weight
Dead lift: 5x3 (technique)		followed 20 pull overs	
Core Work	Time/Reps		
Plank	2min		
Side Plank	1min E/S		
Superman	15reps E/S		
Bridge	2min		
Cool Down 10mins			

Week 7 & 8 Twice a week			
Warm Up 10mins			
Squat: 5x5 (technique)	Weight		
Leg press: 3x5		followed 20 Press ups	
Step ups: 3x6		followed 20 Sit ups	
Bench press: 3x5		followed 20 Press ups	
Chin ups: 3x3		followed 20 Sit ups	Weight
Dead lift: 5x3 (technique)		followed 20 pull overs	
Core Work	Time/Reps		
Plank	2min		
Side Plank	1min E/S		
Superman	15reps E/S		
Bridge	2min		
Cool Down 10mins			

Week 9 & 10 Twice a week			
Warm Up 10mins			
Squat: 2x5 (technique)	Weight		
Leg press: 3x5		followed 20 Press ups	
Step ups: 3x5		followed 20 Sit ups	
Bench press: 3x3		followed 20 Press ups	
Chin ups: 3x3		followed 20 Sit ups	Weight
Dead lift: 5x3 (technique)		followed 20 pull overs	
Core Work	Time/Reps		
Plank	3min		
Side Plank	1min E/S		
Superman	15reps E/S		
Bridge	2min		
Cool Down 10mins			

Week 11 & 12 Twice a week			
Warm Up 10mins			
Squat: 2x5 (technique)	Weight		
Leg press: 3x5		followed 20 Press ups	
Step ups: 3x5		followed 20 Sit ups	
Bench press: 3x3		followed 20 Press ups	
Chin ups: 3x3		followed 20 Sit ups	Weight
Dead lift: 5x3 (technique)		followed 20 pull overs	
Core Work	Time/Reps		
Plank	3min		
Side Plank	1min E/S		
Superman	15reps E/S		
Bridge	2min		
Cool Down 10mins			

Week 13 & 14 Twice a week			
Warm Up 10mins			
Squat: 4x5 (technique)	Weight		
Leg press: 5x5		followed 20 Press ups	
Step ups: 5x5		followed 20 Sit ups	
Bench press: 3x3		followed 20 Press ups	
Chin ups: 3x3		followed 20 Sit ups	Weight
Dead lift: 5x3 (technique)		followed 20 pull overs	
Core Work	Time/Reps		
Plank	3min		
Side Plank	1min E/S		
Superman	15reps E/S		
Bridge	2min		
Cool Down 10mins			

If you do this along with the recommended cycle routine you should have no problem completing 2013's Oakleaf Cycle Slam of 400 miles in 4 days

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