



Rough Runners Calendar of Events:

- A run through the woods 5k, 10k, 15k 11/12/2017
- Rough Runners Games 11/19/2017
- Rough Resolution Fatass 50k, 25k 01/13/2018
- Daufuskie Island Ultra Marathon 25k, 50k 01/20/2018
- Coastal Georgia Greenway 155 Mile Ultra & Relay -03/30/2018 - 04/01/2018
- DFL 24 Hour Ultra 3 hour, 6 hour 12 hour, 24 hours 04/21/2018 04/22/2018.
- May the 4th be with you 1 mile run May 4, 2018
- Rough Runners Games I 2018 06/17/2018
- Savannah Sultry Swamp Run 5k, 10k, 20k 07/28/2018









BATTLE ROPES MOUNTAIN CLIMBERS BICYCLE KICKS

PUSH UPS KETTLE BELLS CRUNCHES

BURPEES <3 SETS X 20 SECONDS> SQUATS

PULL UPS PLANKS LUNGES

<Planks 3 SETS X 1 min>

WORKOUT

You're never too old to set another goal or to dream a new dream.

Expect the Rough Runners workouts to continually grow and mature, just as you do.

Exercising has been proven time and again to ward off many health issues, extend life and keep you youthful longer. Exercise and an active lifestyle should not be viewed as a hobby but as a mainstay of your life. Just as you work for a living you should exercise to live.

The whole purpose for the RR workout is for us to find that balance in our lives where we can get the most of our workouts in our busy lives, in the most efficient, safe and fun way. We grow into our workouts.

There is no reason for abandoning your passions as you get older as long as you make the lifestyle commitment to be fitter and healthier your entire adult life. To do that, though, we will have to train smart as we train hard.

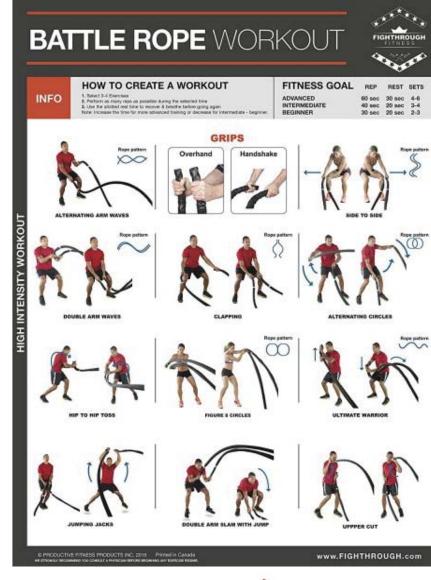
We can continue pushing limits, running far, biking far, climbing higher, paddling further as we grow into our forties, fifties, sixties and more. The choice is ours in how we decide to live our lives, daily.

Choose the healthy lifestyle...you're worth it! This booklet covers two months of workout logs.

You should use it as a means to track your progress. It has been shown that writing out your goals and visualizing them helps you achieve them. Simply saying that you're going to get fitter and healthier is usually not enough. It's easy to lose sight of something when you don't have a clear picture of what it is you want. Write your fitness goals down but don't stop there. Write down also the "why". Why do you want to be fitter and healthier? Doing this will help you begin working out the details, -making a plan that you will follow.

Once you get a routine down for your fitness you will want to change things up some every few months...that will keep you from getting bored of the same o, same o and, give your muscles a different stimulation that will keep them stronger.

Lastly, as you begin plotting out your fitness goals you will have to address your diet. Your food consumption at 25 is going to be very different at 45. As you age, your body becomes less forgiving of shitty food. If you're over 40 you know this well!





Here, you see pictures and explanations on how to correctly do the exercises we do in the Rough Runners workouts. Doing them correctly is important... it's how we get the most benefit from them and how we minimize the chance of injury.



Forward lunge



Reverse lunge



Mountain climbers



Two ways to do push ups. Pick the version that works best for you.



Squat



Burpee



Plank



Crunch



bicycle kick



June:

Kettle bell

Dough Dunnong 2017

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•	very month & write it ute, dance lesson,etc -	down! It could be a new keep life interesting!
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1 minute per set with 30 second rest in	7 distance			
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Yoga and Stretching

If you are an active person and I'm pretty sure that you are since you have this booklet then you should seriously consider a good stretching regiment and, yoga will help you with that tremendously and then some!

An ex-girlfriend got me into yoga and that's been the best thing I got from that relationship..well, there were other things too but yoga was the keeper! Try to work in a weekly session or two of yoga into your schedule. The benefits of yoga are too great to ignore.

Below are a few of the poses to consider if you want to do it on your own...





Standing forward bend (Ardha Uttanasana)



Camel Pose (Ustrasana)



Cobra Pose (Bhujangasana)



Seated forward bend (Paschimottanasana)





Sitting right twist (Ardha Matsyen -drasana right)



Bridge Pose (Setu Bandhasana)



Plow Pose (Halasana)



Right-leg wind -freeingPose (Pavanamuktasana right)



Child Pose (Balasana)

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Every six months (June & November) we hold the Rough Runners Games. The RR Games is a good measure to gauge your improvements for the past six months and see how strong and fit you've gotten.

The Games are inexpensive (\$10 entry fee) and the rewards are great.

They're a lot of fun and promote good, fun, healthy competition. Participants will do the following movements and exercises. Aside from the planks, each movement last 1 minute long and in that minute you max out reps. For the planks, you attempt to last for 5 minutes.

You have a three minute rest in between movements

push up max out
mountain climbers max out
lunges max out
squats max out
inch worm max out
burpees max out
plank blaster 5 minute challenge
1 mile sprint
1/2 mile run with tire







Top male and female of the RR Games June 2017, Dimitris Newton & Jacy Vergera.

You can register for the November 19th Games at: https://ultrasignup.com/register.aspx?did=48624

Food consumption & calorie count

Monday:	
breakfast:	=
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dinner:	=
snacks:	=_
junk food:	
Tuesday:	
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junk food:	=
Saturday:	
breakfast:	=
lunch:	=
dinner:	=
snacks:	=_
junk food:	=
Sunday:	
breakfast:	=
lunch:	=
dinner:5	=
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junk food:	=



one day out of this week give up sugars for that whole day. You can do that! It's not hard. Think about it this way, everyday there are millions of people that don't have the privilege of making such a choice. They simply have no food to eat.

Did you give up sugars for day this week?

yes? ____ no?

Every day you wait is another day you won't get back.

Once a week check your	Rewrite your goa	al(s) here:_		
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Your weight:				
Measurements:				
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Blood pressure:	3 distance	, time	_, date	write it down) - weekly mile
if you don't run substitute "run"		, time	_, date	total
for the endurance sport you do. each set of each movement should be	5 distance	, time	<u>,</u> date	_
20-30 seconds long with planks lasting	· · · · · · · · · · · · · · · · · · ·			
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Food consumption & calorie count

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Two months completed! Great job... or is it? Did you stick to it? Are you reaping the benefits of a healthier lifestyle? I hope so! If you've fallen off the wagon more than a few times these past two months be a little upset but take it easy...it happens. Remember, we're in for the long haul! Get back up, brush the dust off your feet, throw away that twix and piece of bacon and let's finish off this week like the winners that we are!

Remember what chumbawumba said,
"I get knocked down I get up again!
We'll be singing when we're wing!"

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if you don't run substitute "run"	4 distance	, time, date	weekly mile fotal
for the endurance sport you do. each set of each movement should be	5 distance	, time, date	
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1 minute per set with 30 second rest in	¹ 7 distance	, time, date	
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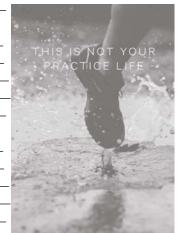
Food consumption & calorie count

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What one luxury food will you give up for one day this week?

Think about it and



	VVCCIX 3		
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for the endurance sport you do.		time, date	
each set of each movement should be 20-30 seconds long with planks lasting			
I minute per set with 30 second rest in	7 distance	time, date	_
between sets. Circuit date:	Make a small no	ote Circuit date:	_
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Food consumption & calorie count

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innly foods		_

Now, that you've been cutting back on sugars and animal protein start looking at a larger variety of different plant food

Eat more legumes and a wider variety of them.
Cut back on salt, - a little at first and continue reducing it.
Eat almonds, pecans...be a squirrel.

Begin to think about the next foods you should consider reducing from your daily intake such as dairy products.
You weren't made to consume cow or goat milk. That's for cows and goats and not humans.
Remember that.

WARNING

Daily Exercise and Healthy Eating leads to Increased Awesomeness

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if you don't run substitute "run"	4 distance	, time, date	total
for the endurance sport you do. each set of each movement should be	5 distance	, time, date	
20-30 seconds long with planks lasting	g 6 distance	, time, date	
1 minute per set with 30 second rest in between sets.	7 distance	, time, date	
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lunch:_ dinner:

snacks:

junk food:__

Saturday: breakfast:

dinner:____

snacks: junk food:_

lunch:___ dinner: snacks:___ junk food:__ **Sunday:** breakfast: lunch:

Food consumption & calorie count	
Monday:	
breakfast:	=
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Since you've worked so hard so far this week reward yourself with a new food, a healthy one, of course.

Eat an avocado or eat a bunch blueberries. Do it, it's good for you!

I don't know how you like avocadoes but I like to smother them in olive oil. put some paprika and salt on them and gobble them up! Good stuff!:)

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Once a week check your	Rewrite your goa	al(s) here:		
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Your weight:				
Measurements:				
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Blood pressure:	3 distance,			
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for the endurance sport you do.	5 distance,	time,	date	
each set of each movement should be 20-30 seconds long with planks lasting				
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Food consumption & calorie count We're a month and Oh, you wantalf into our new I'm training for/ lifestyle. Be happy! **Monday:** breakfast:_____ Life moth Share with your lunch:_____ family and friends on how happy you snacks:_____ are with the new junk food:_____ improved you are **Tuesday:** becoming! breakfast:_____= Keep up the great lunch: _____ work! The life time dinner:_____=__ snacks:____= rewards are just junk food:_____ beginning! Wednesday: breakfast:____=_ Now, it's time to lunch:____=_ start playing harddinner:____=_ ball. snacks:_____=___ Begin reducing junk food:____=__ your animal protein Thursday: intake. Start small breakfast:____= and keep it consislunch:____=_ tent! dinner:____= If you eat 3 pieces snacks:_____=_ of bacon per day junk food:_____=_ Friday: only eat two from breakfast:_____ =____ now on. Keep that lunch:____= 2 bacon daily intake dinner:____= going for awhile but snacks:____=_ know that eventujunk food:____=__ ally you will give Saturday: that up entirely. breakfast:_____ =____ We Americans eat lunch:____=_ way too much meat. dinner:_____= Reducing just a snacks:____ fraction of it will junk food:_____ **Sunday:** not hurt you. Actubreakfast:____=_ ally, it will help

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road will thank you.

lunch:____=

snacks:____

junk food:

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Once a week check your	Rewrite your goa	ıl(s) here:_		
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Your weight:				
Measurements:				
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Rest heart rate:	2 distance,	time	_, date	but if you do
Blood pressure:	3 distance,			
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for the endurance sport you do.	5 distance,			
each set of each movement should be 20-30 seconds long with planks lasting	6 distance,	time	_, date	
1 minute per set with 30 second rest in	7 distance,	time	, date	
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Food consumption & calorie count	
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dinner:	
snacks:	
junk food:	litaetyla changal l
Wednesday:	hope you're feeling
breakfast:	better and realize that
lunch:	
dinner:	
snacks:	
junk food:	
Thursday:	two or more cups of
breakfast:	coffee per day reduce
lunch:	_ conce per day reduce
dinner:	_ your consumption by
snacks:	_ one cup. If you drink
junk food:	e only one cup, - you re
Friday:	doing great! Keep it
breakfast:	= up!
lunch:	
dinner:	
snacks:	
junk food:	
Saturday:	
breakfast:	=
lunch:	
dinner:	=
snacks:	
junk food:	BE AMBITIOUS.
Sunday:	GET SHIT DONE.

=

breakfast:___ lunch:___ dinner:___ snacks:___

junk food:_

Once a week check your	r Pawrita vou	r goal(s) hara:		
stats	r Kewiiie you	i goai(s) neie.		
Your weight:				
Measurements:				
waist				
bicep				
thigh	Run:			(you don't
calf	1 distance	, time	, date	have to run
Rest heart rate:	2 distance	, time	, date	days a week
Blood pressure:	3 distance	, time	, date	write it dow
•	4 distance	, time	, date	weekly mile
if you don't run substitute "run" for the endurance sport you do.	5 distance	, time	, date	total
each set of each movement should be	6 distance	, time		
20-30 seconds long with planks lastin 1 minute per set with 30 second rest i	15			
between sets.		nall note Circuit		
Circuit date:	on each sk	^{ull below} each a newmtn cli		
mtn climb,,	milest		·	
burpee,,		A -		
lunge,			,	
squat,,			ck,_	
bike kick,,		crunch	·	
crunch,	III.	push u	p,	_
push up,,			·;	
plank,,				
battle rope			,	7
		pull ur),	
pull up,,		kettle l	oell,	
kettle bell,,			exercises	
Circuit date:	0	1/23	e:	
mtn climb,		The same of the sa		
burpee,,	_ "			
lunge,	- 11	exercis	·	
squat,,		date:	see,	_
bike kick,	_ 0	sets:	Lyont	
crunch,		sets	- I-WOI III	
push up,,			larind.	
plank,,			1 9 11 10 11	
battle rope,			l get.	
		1		
pull up,,	_	75	STR	ONGER
kettle bell			O THAN	THEFT

Food consumption & calorie count

Monday:		Here's a h	eath secret I harp a lot about
breakfast:	_=	you car	narp a jou about
lunch:	_=	There are	food, I know. And,
lunch:dinner:	_=_	Just sto	believe me, I love
snacks:	=_	garbage a	food but if you're
snacks:junk food:	_=_	you	over 40 and you're
Tuesday:			serious about a
breakfast:	_=		healthy lifestyle and
lunch:			losing weight you
dinner:	_=_		must confront your
snacks:			food intake.
junk food:			Those days of ex-
Wednesday:			•
breakfast:	_=		ercising so you can
lunch:			eat whatever you
dinner:			want are over. After
snacks:			40, that mindset will
junk food:			keep you fat or make
Thursday:			you fatter.
breakfast:	_=		
lunch:			With this new
dinner:			month of training,
snacks:			do something bold!
junk food:	_=_		Reduce your sugar
Friday:			intake from now on!
breakfast:	_=		If you eat cake
lunch:	_=		every day, now, eat
dinner:			• •
snacks:	_=_		cake every other
junk food:	_=_		day.
Saturday:			If you put 5 tea-
breakfast:	_=		spoons of sugar in
lunch:	_=		your coffee, reduce
dinner:	_=_		it by two teaspoons
snacks:			from now on.
junk food:	_=_		You don't need a pat
Sunday:			on the back for that
breakfast:	_=_	N	either. This is for
lunch:	_=_	840	your own good!
dinner:	_=		your own good:
snacks: 13	_=	DI	CHITC
iunk food:	_	SA E	B B B B B B B