

# Compex®

Your intelligent training partner

## ***HOW TO INTEGRATE ELECTROSTIMULATION INTO MARATHON PREPARATION***



# TESTIMONIALS



## DR. THIERRY LAPORTE

Sports cardiologist in Bordeaux. Head of Pôle Activité Santé Hôpital Bagatelle [www.umapsante.fr](http://www.umapsante.fr)

It has been almost 20 years since I started using VO2 max assessment tests and training thresholds on runners and cyclists. As a Sports Cardiologist, it is exciting that from an individual's data it is possible to offer a customized training program.

As well as a heart-rate monitor, I often recommend using electrical muscle stimulation; EMS provides a useful compliment to conventional training sessions, particularly in the following examples:

- After intense 'qualitative' sessions, usually involving a 30/30 split (30 seconds on, 30 seconds off resting) or after a session at threshold, using the 'Active Recovery' programme can speed up the recovery process, building muscles, and thus empowering athletes to train again the next day without qualitative or quantitative accumulative fatigue. This reduces the risk of over-training.
- The 'Endurance' program is not a substitution for conventional quantitative long run session, but it helps to prepare the muscles stimulated during the active session. Electro-stimulation can shorten the duration of a session by 30 minutes, limiting the musculoskeletal fatigue while maintaining the same muscle charge. Even in exceptional circumstances, such as poor weather or geographical impossibility, the complete 'Endurance' program can mitigate the adverse consequences of missing a session.
- In the days leading up to the competition, it is recommended to reduce the training workload. In this case, I advise using the 'Capillarisation' Program every 2 days, 10 days before the race. This Program increases the blood flow, thereby improving the muscular efficiency during an endurance effort. It also has an advantage in not creating additional muscle fatigue. The 'Capillarisation' session can be integrated on a weekly training schedule in alternation with a muscle-strengthening session. There is a drastic improvement in stride-efficiency the days following Capillarisation. This is easy to track with a heart rate monitor; the runner will see an increase in speed whilst keeping the same heart-rate level.

The other area in which muscle stimulation is beneficial is for a prolonged immobilization as a result of a disease, muscle or tendon injury or after an accident or trauma. In all of the above cases, immobilization will result in atrophy and physical degeneration. Electrical muscle stimulation programs like 'Reinforcement' or 'Muscle Atrophy' (if atrophy is present), used on a daily basis, will limit the adverse consequences of ceasing to train. Keep in mind that it takes twice the length of time incapacitated to recover the former muscle strength and condition.



## WHEN TO START PREPARING

- Each training plan lasts 10 weeks.
- The prerequisite for this training is to be in overall good shape and to train on a regular basis for several months before the race.
- For runners who are not used to muscle stimulation (especially with the strengthening Program) a 2-3 week initiation is highly recommended before starting with the 10 week training plan.

## ADJUSTING STIMULATION INTENSITY IS THE KEY!

For Programs inducing powerful muscular contractions (Endurance, Strength, Cross training, Core stabilization)

- Maximum toleration: It is crucial to reach the highest level of intensity possible (though the session must always remain bearable). Intensity determines the number of muscle fibers which are engaged or 'recruited' by the stimulation. The best way to determine your maximum toleration is simply through your own judgement of what your body can cope with. The contractions must be powerful without ever becoming intolerable. The progress of a stimulated muscle will be greater if the Compex device recruits a high number of its fibers.

## SEVERAL RULES TO HELP YOU ACHIEVE THIS:

- Apply the electrodes according to the diagrams
- Consider changing your electrodes on a regular basis. If the gel layer on the electrode deteriorates, it will be less conductive and you will not be able to achieve higher levels of stimulation.
- Always look to progress:
  - Increase the intensity marginally every 3,4 or 5 contractions throughout a session.
  - In subsequent sessions aim to exceed the level of intensity reached in the previous session
  - It is often more comfortable to voluntarily contract the muscles, synchronised with the stimulation

## SIMILAR PROGRAMS ACROSS DIFFERENT COMPEX DEVICES

Sometimes, Compex models will use different names to refer to the same program type. Below is a key so you can identify the correct program:

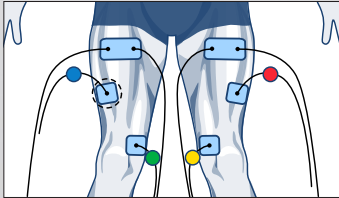
- Capillarisation = Oxygenation
- Core stabilization = Muscle building
- Training recovery = Active recovery

## FOR TRAINING RECOVERY AND CAPILLARISATION PROGRAMMES

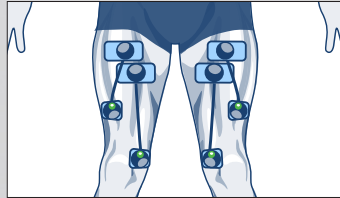
Increase the intensity gradually; it should produce visible muscular twitches.

# POSITION OF ELECTRODES

## FOR ENDURANCE, STRENGTH AND CROSS TRAINING PROGRAMS

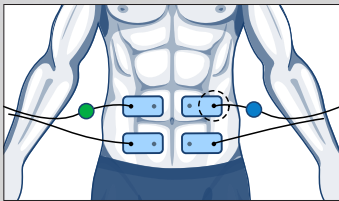


WIRE COMPLEX DEVICES

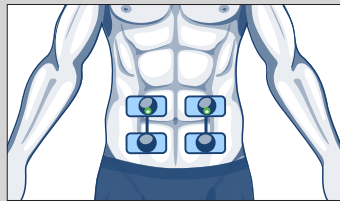


WIRELESS COMPLEX DEVICES

## FOR CORE STABILIZATION PROGRAM

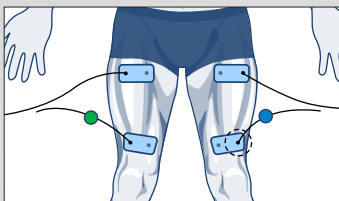


WIRE COMPLEX DEVICES



WIRELESS COMPLEX DEVICES

## FOR TRAINING RECOVERY AND CAPILLARISATION PROGRAMS



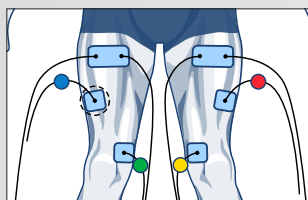
WIRE COMPLEX DEVICES



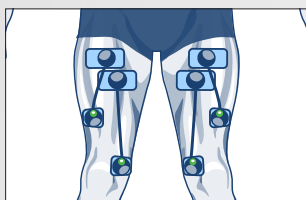
WIRELESS COMPLEX DEVICES

# BODY POSITIONING AND COMBINED WORKOUT

## QUADRICEPS : STRENGTH OR CROSS TRAINING PROGRAM



WIRE ELECTRODE PLACEMENT



WIRELESS ELECTRODE PLACEMENT



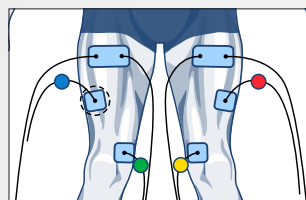
OR



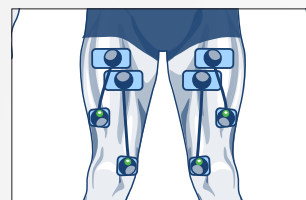
- Sit with knees bent at approximately 90°
- Secure the ankles to avoid knee extension when there is a powerful contraction

- Sit on chair
- When the contraction begins, position yourself in a semi-squat
- Sit back down at the end of the contraction
- Keep the back straight, lower back arched and eyes facing forward (horizontal)

## QUADRICEPS : ENDURANCE PROGRAM



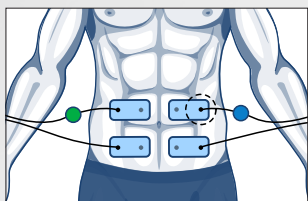
WIRE ELECTRODE PLACEMENT



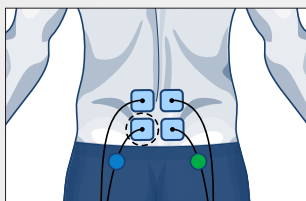
WIRELESS ELECTRODE PLACEMENT

- Relaxed, sitting or lying down with knee extended
- Find the most comfortable position
- Given the long duration of this program, it is possible to change positions during the session

## ABS AND LOW BACK : CORE STABILIZATION PROGRAM



WIRE ELECTRODE PLACEMENT

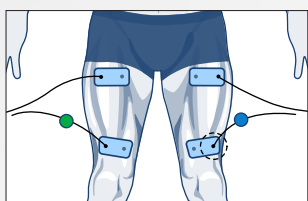


WIRELESS ELECTRODE PLACEMENT

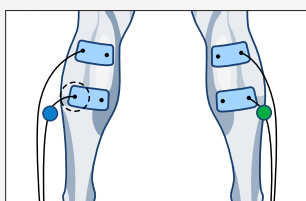


- Sit on a chair, back straight without resting against the back of the chair
- During each contraction it is recommended you:
  - Exhale slowly to empty the lungs for the duration of the contraction
  - Pull in the belly

## TRAINING RECOVERY AND CAPILLARISATION PROGRAMS



WIRE ELECTRODE PLACEMENT



WIRELESS ELECTRODE PLACEMENT



- Comfortable body position
- Lie down with foot/leg elevated from the ground

# OBJECTIVES

## OBJECTIVE: 5 HOURS

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WEEK 1</b>	<b>REST</b>	<b>MAS</b> Warming up 30min 10x 30s/30s 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h15	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>REST</b>	<b>LONG RUN</b> 1h45 <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 2</b>	<b>REST</b>	<b>MAS</b> Warming up 30min 10x 45s/45s 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h15	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>REST</b>	<b>LONG RUN</b> 2h <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 3</b>	<b>REST</b>	<b>MAS</b> Warming up 30min 2x (8x 30s/30s) 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h15	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>REST</b>	<b>LONG RUN</b> 2h <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 4</b>	<b>REST</b>	<b>MAS</b> Warming up 30min 2x (10x 30s/30s) 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>REST</b>	<b>RACE 15KM OR HALF MARATHON</b> <i>Training recovery</i> <i>Quads/Calves</i>
<b>WEEK 5 TRANSITION WEEK</b>	<b>REST</b>	<b>REST</b>	<b>FARTLEK TRAINING</b> 1h <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b>	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>REST</b>	<b>LONG RUN</b> 2h <i>Capillarisation</i> <i>Quads/Calves</i>

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WEEK 6</b>	<b>REST</b>	<b>THRESHOLD SESSION</b> Warming up 30min 3x 2km 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 2</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h30	<b>REST</b> <i>Endurance 2</i> <i>Quadriceps</i>	<b>REST</b>	<b>LONG RUN</b> 2h <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 7</b>	<b>REST</b>	<b>THRESHOLD SESSION</b> Warming up 30min 3x 2.5km 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 2</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h15 + 8 straight lines <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 2</i> <i>Quadriceps</i>	<b>REST</b>	<b>LONG RUN</b> 2h15 <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 8</b>	<b>REST</b>	<b>THRESHOLD SESSION</b> Warming up 30min 3x 3km 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 2</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h30 + 10 straight lines <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 2</i> <i>Quadriceps</i>	<b>REST</b>	<b>LONG RUN</b> 2h15 <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 9</b>	<b>REST</b>	<b>THRESHOLD SESSION</b> Warming up 30min 4x 2.5km 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 2</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h30 + 12 straight lines <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 2</i> <i>Quadriceps</i>	<b>REST</b>	<b>LONG RUN</b> 1h45 <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 10</b>	<b>REST</b>	<b>FOOTING</b> 45min	<b>REST</b> <i>Capillarisation</i> <i>Quads/Calves</i>	<b>REST</b> <i>Capillarisation</i> <i>Quads/Calves</i>	<b>FOOTING</b> 30min optional <i>Capillarisation</i> <i>Quads/Calves</i>	<b>REST</b> <i>Capillarisation</i> <i>Quads/Calves</i>	<b>MARATHON</b>

Optional: 3x/week Core stabilization Program on Tuesday, Friday and Saturday during week 1 to 4 and 6 to 9.

# OBJECTIVES

## OBJECTIVE: 4 HOURS

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WEEK 1</b>	<b>REST</b>	<b>FOOTING</b> 1h15	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>MAS</b> Warming up 30min 10x 30s/30s 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h	<b>LONG RUN</b> 1h45 <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 2</b>	<b>REST</b>	<b>FARTLEK TRAINING</b> 1h <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>MAS</b> Warming up 30min 10x 45s/45s 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h15	<b>LONG RUN</b> 2h <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 3</b>	<b>REST</b>	<b>FOOTING</b> 1h + 10 straight lines	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>MAS</b> Warming up 30min 2x (8x 30s/30s) 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h20	<b>LONG RUN</b> 2h <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 4</b>	<b>REST</b>	<b>FARTLEK TRAINING</b> 1h15 <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>MAS</b> Warming up 30min 2x (10x 30s/30s) 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>FOOTING</b> 1h + 12 straight lines <i>Endurance 1</i> <i>Quadriceps</i>	<b>REST</b>	<b>RACE 15KM OR HALF MARATHON</b> <i>Training recovery</i> <i>Quads/Calves</i>
<b>WEEK 5 TRANSITION WEEK</b>	<b>REST</b>	<b>REST</b>	<b>FARTLEK TRAINING</b> 1h <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b>	<b>REST</b> <i>Endurance 1</i> <i>Quadriceps</i>	<b>REST</b>	<b>LONG RUN</b> 1h45 <i>Capillarisation</i> <i>Quads/Calves</i>



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WEEK 6</b>	<b>REST</b>	<b>FOOTING</b> 1h15	<b>REST</b> <i>Cross training 1</i> <i>Quadriceps</i>	<b>THRESHOLD SESSION</b> Warming up 30min 3x 2km 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Cross training 1</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h + 10 straight lines	<b>LONG RUN</b> 2h <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 7</b>	<b>REST</b>	<b>FARTLEK TRAINING</b> 1h <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Cross training 1</i> <i>Quadriceps</i>	<b>THRESHOLD SESSION</b> Warming up 30min 4x 2km 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Cross training 1</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h + 10 straight lines	<b>LONG RUN</b> 2h <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 8</b>	<b>REST</b>	<b>FARTLEK TRAINING</b> 1h15 <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Cross training 1</i> <i>Quadriceps</i>	<b>THRESHOLD SESSION</b> Warming up 30min 3x 3km 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Cross training 1</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h30 of which 30min at marathon pace	<b>LONG RUN</b> 2h15 <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 9</b>	<b>REST</b>	<b>THRESHOLD SESSION</b> Warming up 30min 4x 2.5km 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Cross training 1</i> <i>Quadriceps</i>	<b>FOOTING</b> 1h30 + 12 straight lines <i>Training recovery</i> <i>Quads/Calves</i>	<b>REST</b> <i>Cross training 1</i> <i>Quadriceps</i>	<b>REST</b>	<b>LONG RUN</b> 1h45 <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 10</b>	<b>REST</b>	<b>FOOTING</b> 45min	<b>REST</b> <i>Capillarisation</i> <i>Quads/Calves</i>	<b>REST</b> <i>Capillarisation</i> <i>Quads/Calves</i>	<b>FOOTING</b> 30min optional <i>Capillarisation</i> <i>Quads/Calves</i>	<b>REST</b> <i>Capillarisation</i> <i>Quads/Calves</i>	<b>MARATHON</b>

Optional: 3x/week Core stabilization Program on Tuesday, Friday and Saturday during week 1 to 4 and 6 to 9.

# OBJECTIVES

## OBJECTIVE: 3 HOURS OR LESS

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WEEK 1</b>	<b>REST</b>	<b>FOOTING</b> 1h <i>Strength 1</i> <i>Quadriceps</i>	<b>MAS</b> Warming up 30min 10x 30s/30s 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>FOOTING</b> 1h15	<b>REST</b> <i>Strength 1</i> <i>Quadriceps</i>	<b>MAS</b> Warming up 30min 10x 45s/45s 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>LONG RUN</b> 1h30 <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 2</b>	<b>REST</b>	<b>FOOTING</b> 1h <i>Strength 1</i> <i>Quadriceps</i>	<b>MAS</b> Warming up 30min 10x 45s/45s 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>FOOTING</b> 1h15	<b>REST</b> <i>Strength 1</i> <i>Quadriceps</i>	<b>MAS</b> Warming up 30min 8x 60s/60s 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>LONG RUN</b> 1h45 <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 3</b>	<b>REST</b>	<b>FOOTING</b> 1h <i>Strength 1</i> <i>Quadriceps</i>	<b>MAS</b> Warming up 30min 10x 60s/60s 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>FOOTING</b> 1h15	<b>REST</b> <i>Strength 1</i> <i>Quadriceps</i>	<b>MAS</b> Warming up 30min 2x (8x 30s/30s) 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>LONG RUN</b> 2h <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 4</b>	<b>REST</b>	<b>FOOTING</b> 1h15 <i>Strength 1</i> <i>Quadriceps</i>	<b>MAS</b> Warming up 30min 2x (10x 30s/30s) 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>FOOTING</b> 1h <i>Strength 1</i> <i>Quadriceps</i>	<b>FARTLEK TRAINING</b> 1h	<b>REST</b>	<b>RACE 15KM OR HALF MARATHON</b> <i>Training recovery</i> <i>Quads/Calves</i>
<b>WEEK 5 TRANSITION WEEK</b>	<b>REST</b>	<b>FOOTING</b> 1h15	<b>REST</b>	<b>REST</b> 1h <i>Strength 1</i> <i>Quadriceps</i>	<b>FARTLEK TRAINING</b> 1h	<b>REST</b>	<b>LONG RUN</b> 1h45 <i>Capillarisation</i> <i>Quads/Calves</i>

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WEEK 6</b>	<b>REST</b>	<b>FOOTING</b> 1h <i>Strength 2</i> <i>Quadriceps</i>	<b>THRESHOLD SESSION</b> Warming up 30min 3x 2km 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>FOOTING</b> 1h15	<b>REST</b> <i>Strength 2</i> <i>Quadriceps</i>	<b>THRESHOLD SESSION</b> Warming up 30min 3x 3km 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>LONG RUN</b> 2h <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 7</b>	<b>REST</b>	<b>FOOTING</b> 1h15 <i>Strength 2</i> <i>Quadriceps</i>	<b>MAS</b> Warming up 30min 10x 30s/30s 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>FOOTING</b> 1h15 of which 30min at marathon pace	<b>REST</b> <i>Strength 2</i> <i>Quadriceps</i>	<b>THRESHOLD SESSION</b> Warming up 30min 3x 3km 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>LONG RUN</b> 2h <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 8</b>	<b>REST</b>	<b>FOOTING</b> 1h15 <i>Strength 2</i> <i>Quadriceps</i>	<b>THRESHOLD SESSION</b> Warming up 30min 3x 4km 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>FOOTING</b> 1h15 of which 30min at marathon pace	<b>REST</b> <i>Strength 2</i> <i>Quadriceps</i>	<b>FARTLEK TRAINING</b> 1h15 <i>Training recovery</i> <i>Quads/Calves</i>	<b>LONG RUN</b> 2h <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 9</b>	<b>REST</b>	<b>FOOTING</b> 1h <i>Strength 2</i> <i>Quadriceps</i>	<b>THRESHOLD SESSION</b> Warming up 30min 3x 2.5km 15min relax <i>Training recovery</i> <i>Quads/Calves</i>	<b>FOOTING</b> 1h of which 20min at marathon pace	<b>REST</b> <i>Strength 2</i> <i>Quadriceps</i>	<b>FARTLEK TRAINING</b> 1h <i>Training recovery</i> <i>Quads/Calves</i>	<b>LONG RUN</b> 1h45 <i>Capillarisation</i> <i>Quads/Calves</i>
<b>WEEK 10</b>	<b>REST</b>	<b>FOOTING</b> 45min	<b>REST</b> <i>Capillarisation</i> <i>Quads/Calves</i>	<b>REST</b> <i>Capillarisation</i> <i>Quads/Calves</i>	<b>FOOTING</b> 30min optional <i>Capillarisation</i> <i>Quads/Calves</i>	<b>REST</b> <i>Capillarisation</i> <i>Quads/Calves</i>	<b>MARATHON</b>

Optional: 3x/week Core stabilization Program on Tuesday, Friday and Saturday during week 1 to 4 and 6 to 9.

# BOOST YOUR PERFORMANCE\*

**IMPROVE YOUR STRENGTH**

**+27%**

**IMPROVE YOUR EXPLOSIVITY**

**+15%**

**IMPROVE YOUR VERTICAL JUMP**

**+14%**

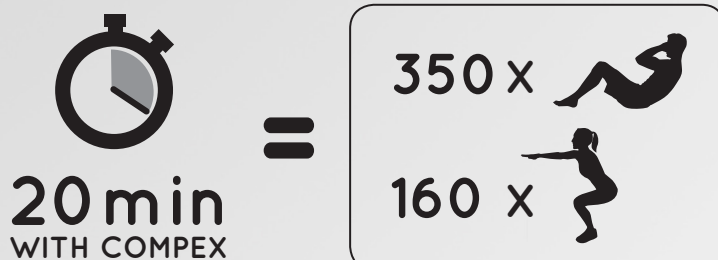
**INCREASE YOUR MUSCLE VOLUME**

**+8%**

**REDUCE LACTIC ACID**

**-25 %**

*\* Scientific studies available on [compex.info](http://compex.info)*



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