



Non ambulatory 5k run protocol, in a wheelchair / walker:

Feel free to contact John at Neuse River Crossfit for advice at 984-222-9700

Intention 3 days x week to increase stamina to a 5k

Equipment Needed:

- Weight of some sort - could use jug of water (8.8lbs)
- Optional weighted vest

Week1

Day 1

10 chair stand ups- can be assisted

10 seated chair sit ups

Repeat X4

10 minutes of wheeling or walker

Day 2

10 wheel to wheel twists using both hands and anything heavier than 5lbs.

10 two handed shoulder press - can add weight or without

10 x walk across the room - can be assisted

Day 3

30 ground to toss - toss implement anywhere and can be anything you have laying around

10 minute wheel

Then 5x walk across room - assisted if needed

Week 2

Day 1

15 minute As many rounds as possible:

10 alternating heel reach (on your back with knees bents)

5 ground lay to stand

30 shoulder to overhead - can be seated - as fast as possible

Day 2

15 minute wheel/walker

5x walk across room unassisted

25 uneven step ups

Day 3

10 uneven steps

100M walk - assisted if needed - if not don't use

Repeat X4

50 alternating heel reach (on your back with knees bents)

Week 3

Day 1

3 rounds as fast as possible of

10 sit to stand

10 heel reach

10 russian twist with weight go wheel to wheel with both hands on implement

500m wheel or walk with assistance

Day 2

50 step ups to an uneven surface

1:00 on walk/wheel

1:00 off

Repeat X10

Day 3

walk/wheel for 10:00

Rest 2:00

Repeat X2

Week 4

Day 1

12 minute as many reps as possible:

5 chair dips or can use a couch

5 floor to chair/stand

30 implement toss as fast as possible

Day 2

12-9-6-3

Chair deadlift

Sit to stand

10 minute walk/wheel/jog

Day 3

50 heel reach

50 lap to overhead with implement

Week 5

Day 1

15 minute wheel/walk

2:00 rest

Repeat X2

Day 2

10-9-8-7-6-5-4-3-2-1

Curls

Lunges (can use assistance)

4:00 total of

Leg raise (knees up)

Day 3

8:00 wheel/walk/run

2:00 rest

Repeat X3

Week 6

Day 1

15:00 wheel/run/walk

Rest 2:00

Repeat X2

Day 2

30 of each

Deadlift

Ground to overhead (use your implement)

Day 3

5k day!