

› **The COMPEX RUNNER brings together all the programmes that are useful for running, and those programmes alone..**

For its design, COMPEX enlisted the help of experts (top level runners, running enthusiasts, specialist dealers, trainers, physiotherapists) who devoted their energies to understanding runners' needs and to meeting those specific needs. From preparation to competition, during and out of season, not forgetting time out injured... just some of the situations in which you can make the most of your training companion.

The Complex Runner will keep you up and running ...



The COMPEX RUNNER mi-READY product moves with the times and is ready to integrate muscle intelligence™ technology, enabling you to carry out highly-specific work, with a greater level of personalisation and comfort. The term mi-READY means that the muscle intelligence™ technology is pre-installed in the stimulator. The mi-SCAN function is activated as soon as you connect the mi-SENSOR. It probes each of your muscles to adjust the stimulation settings to your physical characteristics. The mi-TENS function permanently adjusts the energy of the Pain relief programmes in order to avoid contractions. The mi-RANGE function indicates the minimum and maximum energy levels to be respected

→ **CATÉGORIES AND PROGRAMMES**

PREVENTION

- Ankle twist prevention
- Cramp prevention
- Low back pain prevention

RECOVERY

- Active recovery
- Post race recovery
- Reduce muscle soreness

PAIN RELIEF

- Acute tendinitis
- Chronic tendinitis
- Low back pain
- Ankle twist
- Decontracture

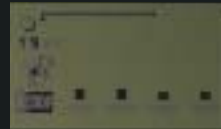
TRAINING

- Core stabilization
- Endurance
- Strength
- Strength trail specific
- Long run optimisation
- Overcompensation
- Fartlek

A FEW EXAMPLES OF APPLICATIONS

	PRINCIPLE	ADVANTAGE
Ankle twist prevention	Works and increases the strength and speed of lateral peroneal contractions.	Significantly reduces the risk of sprains. Avoids injuries reoccurring.
Cramp prevention	Develops the capillary network and improves irrigation and oxygenation of the muscles.	: Slows down, or completely prevents the occurrence of cramps and reduces their severity.
Treating a tendonopathy of the Achilles tendon	The treatment is carried out in two stages. In the 1 st stage, in addition to complete rest, it eases pain by blocking the transmission of painful impulses. In the 2 nd phase of convalescence, once the inflammatory signs have abated, it speeds up and improves blood flow, in particular to boost healing of micro-lesions in the tendon fibres.	Helps you to gradually return to training in the best possible condition.
Low back pain	Eases persistent pain in the lumbar paravertebral muscles by combining a pain-killing action through the release of endorphins with an increase in local blood flow.	Helps to relieve the contracture by speeding up the rate at which the build-up of acid waste is eliminated from the muscles.
Core stabilisation	Develops the strength of your abdominal and lumbar muscles.	Better transmission of strength and increased energy efficiency.
Endurance	The Endurance programme increases the body's capacity to consume greater quantities of oxygen.	Improves the muscles' ability to support effort over a long period and therefore improves performance.
Strength trail specific	Acts by increasing the strength of the muscle contraction required in the quadriceps to effectively alternate between the thrust role when climbing uphill and the braking role when running downhill.	By targeting work on the appropriate muscle groups, this programme improves the runner's ability to run uphill and over uneven ground. This is ideal if you plan to switch from marathon to trail running.
Active recovery	By strongly speeding up local blood flow, this programme helps to eliminate toxins such as lactic acid. For optimum effectiveness, the programme should be applied within 3 hours of a training session.	Aches and pains do not have time to develop, thereby increasing the benefits of the training session and the athlete's progress.
Relief of muscular aches and pains	The Reduce muscle soreness programme activates blood flow, increases the production of endorphins and reduces tension in the muscle fibres.	This programme can be used the day after a training session and is effective even if aches and pains have already started. The aching will be less intense and will not last as long.

RUNNER MORE, MORE, MORE!



The Core Stabilisation programme, for example, is essential for runners. Ensuring the effectiveness of your abdominal-lumbar belt will help to improve the transmission of strength between the upper and lower body, develop the quality of your stride and increase your performance and coordination, while improving your reflexes if you lose your grip.

Successful **muscle preparation**, effective action against pain and injury and **optimal recovery**: **the RUNNER is your best ally.**

➤ **Running against the clock, racking up the miles, longer and longer training sessions, up and down hills... until you feel proud and satisfied with your efforts: Running is a GREAT sport. How would you like to push yourself ever further, run faster, for longer distances and more often?**

The COMPEX RUNNER programmes have been defined to meet runners' specific needs. They take account of their specific physiological characteristics and objectives, regardless of their discipline of choice: long-distance, middle-distance or trail.

Running is not just another sporting discipline, because running brings unique sensations and is more akin to a lifestyle, the COMPEX RUNNER has been designed to fit perfectly with your training sessions. Very quickly, it will become just as essential as your running shoes or heart rate monitor.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Rest phase	60 minutes endurance jogging + Complex Strength	30 minutes warm-up + MAV (e.g.: 10 x 200m)	1 hour 15 minutes endurance jogging + Complex Strength	Complex Strength	30 minutes warm-up + MAV (e.g.: 10 x 400m)	1 hour 30 minutes endurance jogging + Complex Long run optimisation Quadriceps + calves
Week 2	Rest phase	60 minutes endurance jogging + Complex Strength	30 minutes warm-up + MAV (e.g.: 10 x 300m)	1 hour 15 minutes endurance jogging + Complex Strength	Complex Strength	30 minutes warm-up + MAV (e.g.: 10 x 500m)	1 hour 45 minutes endurance jogging + Complex Long run optimisation Quadriceps + calves
Week 3	Rest phase	60 minutes endurance jogging + Complex Strength	30 minutes warm-up + MAV (e.g.: 2 x [8 x 200m])	60 minutes endurance jogging + Complex Strength	Complex Strength	45 minutes endurance jogging	Half marathon, run at a comfortable speed + Complex Long run optimisation Quadriceps + calves
Week 4	Rest phase	60 minutes endurance jogging + Complex Strength	30 minutes warm-up + MAV (e.g.: 12 x 200m)	1 hour 30 minutes endurance jogging + Complex Strength	Complex Strength	30 minutes warm-up + threshold session (e.g.: 3 x 2 km)	2 hours endurance jogging + Complex Long run optimisation Quadriceps + calves
Week 5	Rest phase	1h15 footing endurance + Complex Force	30 minutes warm-up + threshold session (e.g.: 3 x 3 km)	1 hour 30 minutes endurance jogging + Complex Strength	Complex Strength	30 minutes warm-up + threshold session (e.g.: 3 x 2 km)	2 hours endurance jogging + Complex Long run optimisation Quadriceps + calves
Week 6	Rest phase	1 hour 15 minutes endurance jogging + Complex Strength	30 minutes warm-up + MAV (e.g.: 10 x 300m)	1 hour 30 minutes jogging including 45 minutes at half-marathon speed + Complex Strength	Complex Strength	30 minutes warm-up + threshold session (e.g.: 3 x 3 km)	2 hours endurance jogging + Complex Long run optimisation Quadriceps + calves
Week 7	Rest phase	1 hour 15 minutes endurance jogging + Complex Strength	30 minutes warm-up + threshold session (e.g.: 3 x 4 km)	60 minutes endurance jogging + Complex Strength	Complex Strength	60 minutes endurance jogging	RUNNING 15 km run at a comfortable speed + Complex Long run optimisation Quadriceps + calves
Week 8	Rest phase	1 hour 15 minutes endurance jogging + Complex Strength	30 minutes warm-up + MAV (e.g.: 10 x 200m)	1 hour 15 minutes endurance jogging + Complex Strength	Complex Strength	30 minutes warm-up + threshold session (e.g.: 3 x 3 km)	1 hour 45 minutes endurance jogging + Complex Long run optimisation Quadriceps + calves
Week 9	Rest phase	Slow jogging 30 to 45 minutes	Complex 2 sessions Overcompensation Quadriceps + calves	Complex 2 sessions Overcompensation Quadriceps + calves	Slow jogging 30 to 45 minutes then Complex 2 sessions Overcompensation Quadriceps + calves	Complex 2 sessions Overcompensation Quadriceps + calves	MARATHON

ELECTROSTIMULATION

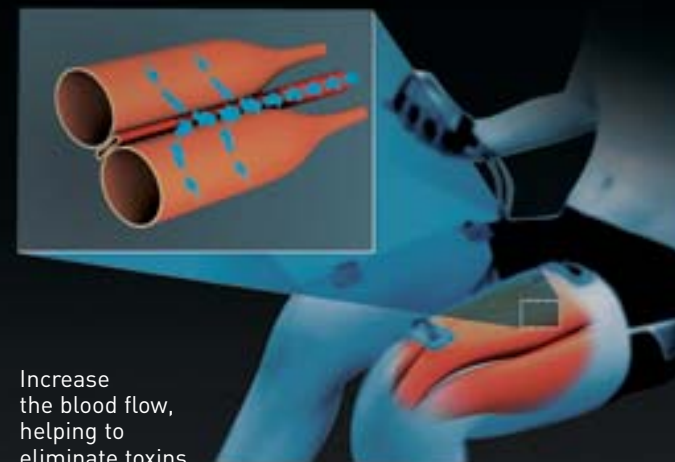
THE LATEST TECHNOLOGY TO BOOST YOUR PERFORMANCE

An integral part of physiotherapy protocols, the benefits of electrostimulation have long been recognised by the medical and sporting worlds.

If used as a complement to your running sessions, electrostimulation can help you to train harder and more efficiently. Compex has designed the RUNNER in order to meet runners' specific requirements, whether preparing muscles, relieving aches and pains or promoting muscle recovery. Finally, a professional technology that meets your needs and sporting ambitions is within your grasp.

How does it work ?

The principle of electrostimulation is very simple and precisely reproduces the processes that occur when our brain orders muscles to contract. When we decide to contract a muscle, our brain sends a signal in the form of an electric current that travels at high speed along the nerve fibres. On arrival at its destination, the signal excites the motor nerve which transmits the information to the area immediately around the muscle and triggers the muscle contraction. In the case of electrostimulation, excitation occurs directly on the motor nerve using electrical pulses perfectly adapted to guarantee effectiveness, safety and comfort in use. In fact, muscles cannot tell the difference between a voluntary contraction (triggered by the brain) and an electrically induced contraction: the resulting work is exactly the same. It's natural!



Increase the blood flow, helping to eliminate toxins.

Prepare your muscles more effectively, recover better and start again.

SCOPE OF USE OF THE COMPEX RUNNER

➤ Prevention

Prevention Long distances or uneven ground, insufficient hydration, or blood flow problems to which can be added a natural tendency towards incorrect posture... all these factors can cause cramps, sprains or lumbar pain. The use of programmes from the Prevention category will help to reduce the occurrence of these problems which slow down your training sessions, limit your progress and spoil your pleasure.

➤ Training

Training The best way of achieving your objectives without injuring yourself is still appropriate and regular muscle preparation. The programmes in the Training category will meet these needs, whatever your ambitions or specialist area.

➤ Recovery

Recovery Staying at the top throughout the whole season calls for optimal management of rest periods. The parameters of the Recovery programme category have been designed to enable you to recover quickly and effectively and to reduce post-exercise aches and pains. Your ability to train hard and progress depends on the quality of your recovery.

➤ Pain relief

Pain relief Running, training, an increasing number of training sessions and events, even if you don't push yourself, may lead to overtaxing of the joints, tendons or muscles, which is directly linked to the volume of training. In this situation, it is essential to be able to effectively treat and ease pain as soon as it occurs using the RUNNER Pain relief programmes.



 SWISS TECHNOLOGY

Compex® | runner

The only muscle stimulator designed and developed for and by runners.

Prevent injuries,
recover faster,
relieve pain and ...
run, run, run.



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