|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Power Throw  3x 1.1.1.1  Rest 90s between sets | **Run:**  2 x 10min tempo  Walk 5min between sets | **Circuit 1:**  4 sets:  10 single arm OHP (Right)  10 KB row (right)  10 single arm OHP (left)  10 KB row (left)  Rest 60 sec. | **Run:**  30 min easy pace | **Seated box jump**  3x 1.1.1.1  Rest 90s between sets |
| Deadlift  E3Min x 5 sets  5 Reps @ 70% | Core:  3x 1min plank  Rest 1 min between | **Circuit 2:**  6 sets:  5 strict pull-ups  5 elevator pushups (3 sec pause half way down and up)  Rest 60 sec. | Core:  3x 1min plank  Rest 1 min between | **Deadlift**  E3Min x 5 sets  5 Reps @ 70% |
| Pushups:  3 sets  30 sec max banded  Rest 30 sec  30 sec max hand release  Rest 3 min |  | **Conditioning: 10 min AMRAP**  10 burpees  50m shuttle run (10m out/back)  10 burpees  50m shuttle run  Rest 1min |  | **Pushup:**  3 sets  10 DB bench  10 DB neutral grip pushups  Rest 2min |
| Conditioning: 15 min AMRAP  50ft. KB Carry  10 KB Swings  50ft. KB front rack carry  10 KB front rack lunges |  |  |  | **Conditioning:**  400m KB carry  10 burpees each time you put the KB down |

KB = Kettlebell

OHP = Overhead Press

Be sure to conduct proper dynamic warmup and cool down stretching

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Power Throw  4x 1.1.1.1  Rest 90s between sets | **Run:**  2 x 15 min tempo  Walk 5min between sets | **Circuit 1:**  4 sets:  20 step ups  10 half kneeling OHP (each arm)  20 rear lunge  10 KB pause row (each arm) – 3sec pause at top  Rest 60 sec. | **Run:**  1 mile run | **Seated box jump**  4x 1.1.1.1  Rest 90s between sets |
| Deadlift  E3Min x 3-5 sets  5 Reps @ 80% | **Core:**  3x 1min plank  Rest :30 between | **Circuit 2:**  8 sets:  5 horizontal row (2121 tempo)  5 HR pushups  Rest 60 sec. | **Run:**  6x 200m | **Deadlift**  E3Min x 3-5 sets  5 Reps @ 80% |
| Pushups:  3 sets  10-12 DB bench  Rest 30 sec  Max reps HR pushups  Rest 3 min |  | **Conditioning: 4 rounds**  50m sled drag  50m side shuffle  50m farmer carry  50m sprint  Rest 1min | Run:  1 mile run | **Pushup:**  3 x 3.3.3.3 HR pushups  Rest 5 seconds in up position between efforts  Rest 2min between sets |
| Conditioning: 3 rounds  15 jump squats  15 KB Swings  15 burpees |  |  | **Core:**  3x 1min plank  Rest :30 between | **Conditioning:**  10 deadlifts (light weight)  10 step ups  Run 400m |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Power Throw  5x 1.1.1.1  Rest 90s between sets | **Run:**  2 x 20 min tempo  Walk 5min between sets | **Circuit 1:**  4 sets:  10 rear foot elevated split squat (each leg)  10 tall kneeling alternating strict OHP (each arm)  10 DB Romanian deadlift  10 alternating hammer curl (each arm)  Rest 60 sec. | **Run:**  Run 40 min | **Seated box jump**  5x 1.1.1.1  Rest 90s between sets |
| Deadlift  E3Min x 3-4 sets  3 Reps @ 90% | **Core:**  4x 1min plank  Rest 1:00 between | **Circuit 2:**  10 sets:  2 strict chest to bar pull-ups  5 HR pushups  Rest 60 sec. | **Core:**  4x 1min plank  Rest 1:00 between | **Deadlift**  E3Min x 3-4 sets  3 Reps @ 90% |
| Pushups:  3 sets  8 close grip bench (3 second pause at bottom)  Rest 30 sec  60 seconds HR pushups  Rest 3 min |  | **Conditioning: 3 rounds of as many rounds as possible in 2:30**  50m shuttle run  10 burpees  50m shuttle run  10 burpees  Rest 3 min after each round |  | **Pushup:**  Tabata HR pushups  8 rounds  20 sec work  40 sec rest |
| Conditioning: 3 rounds  21 KB swings  50m reverse sled drag  10 DB push presses |  |  |  | **Conditioning: 3 rounds**  20 wall balls  5 pullups  Run 400m |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Power Clean/Throw  6 sets:  3 hang power cleans  1 power throw  Rest 2min between sets | **Run:**  6 rounds:  2 min run  3 min jog | **Circuit 1:**  4 sets:  5-8 front foot elevated split squat (each leg)  5-8 split stance KB strict OHP (each arm)  30 sec wall sit  Rest 60 sec. | **Run:**  2x 2-mile run  Rest 5 minutes between efforts | **Seated box jump/throw**  6x  3 seated box jump  1 power throw  Rest 2min between sets |
| Deadlift  E3Min x 5 sets  5 Reps @ 75% | **Run:**  Run 10 min easy pace | **Circuit 2:**  4 sets:  8-10 DB curtsy lunge  8-10 tall kneeling strict OHP (each arm)  8-10 suitcase deadlifts  8-10 tall kneeling single arm upright row  Rest 60 sec. | **Core:**  4x 1min plank  Rest 45 sec between | **Deadlift**  E3Min x 5 sets  5 Reps @ 75% |
| Pushups/Carry:  Pushup Ladder 8min:  1 HR pushup  50ft. farmer carry  2 HR pushups  50ft. farmer carry  And so on, adding 1 HR pushup each round | **Core:**  4x 1min plank  Rest 45 sec between | **Pushups:**  EMOM x 10min  10 HR pushups |  | **Pushup:**  Tabata HR pushups  8 rounds  20 sec work  40 sec rest |
| Conditioning: AMRAP 5min  10 burpees over plate  21 plate ground to OH |  | **Conditioning:**  3 rounds of sprint/drag/carry  Rest 2 min between sets |  | **Conditioning: 3 rounds**  20 wall balls  5 pull-ups  Run 400m |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Power Clean/Throw  5 sets:  2 hang power cleans  1 power throw  Rest 2min between sets | **Run:**  7 rounds:  2 min run  2:30 min jog | **Circuit 1:**  4 sets:  8-10 box steps (each foot)  8-10 see saw OHP (each arm)  8-10 single arm split stance KB dead lift  Rest 60 sec. | **Run:**  16 100m sprints  Rest :45 between efforts | **Seated box jump/throw**  5x  2 seated box jump  1 power throw  Rest 2:00 between sets |
| Deadlift  E3Min x 3-5 sets  3 Reps @ 85% | **Run:**  Run 10 min easy pace | **Circuit 2:**  4 sets:  8-10 hex bar row  8-10 DB push press (each arm)  8-10 upright row  Rest 60 sec. | **Core:**  4x 1min plank  Rest :30 between | **Deadlift**  E3Min x 3-5 sets  3 Reps @ 85% |
| Pushups/Drag:  Pushup Ladder 8min:  2 HR pushup  50m sled drag  3 HR pushups  50m sled drag  And so on, adding 1 HR pushup each round | **Core:**  4x 1min plank  Rest :30 between | **Pushups:**  EMOM x 10min  Min 1: 20 sec. HR pushups  Min 2: 20 sec. elevator pushups (2sec pause) |  | **Pushup:**  3 rounds:  1:30 max reps HR pushups |
| Conditioning: 4 rounds  6 bench press @ 75% of body weight  50m front rack carry  12 ball slams  50m farmer carry |  | **Conditioning:**  4 rounds  50m sled drag  10 jump squats  50m side shuffle  Rest 1:30 between sets |  | **Conditioning: 4 rounds**  10 dead bugs per side  10 bird dogs per side  10 ball slams |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Power Clean/Throw  4 sets:  1 hang power clean  1 power throw  Rest 2min between sets | **Run:**  8 rounds:  2 min run  2 min jog | **Circuit 1:**  4 sets:  10 goblet squats  10 DB/KB clean to strict press (each arm)  10 DB cross body dead lift  10 DB row  Rest 60 sec. | **Run:**  4 rounds:  Run 400m  Rest 1:00  Run 400m  Rest 1:00  Run 800m  Rest 3:00 | **Seated box jump/throw**  4x  1 seated box jump  1 power throw  Rest 2min between sets |
| Deadlift  E3Min x 3-4 sets  1-2 Reps @ 95% | **Run:**  Run 10 min easy pace | **Circuit 2:**  4 sets:  5 burpee broad jumps  10 DB bear crawls  15 jump squats  Rest 60 sec. | **Core:**  4x 1min plank  Rest 15 sec between | **Deadlift**  E3Min x 3-4 sets  1-2 Reps @ 95% |
| Pushups:  Pushup Ladder:  1,2…10,9…2,1  Rest :30 | **Core:**  4x 1min plank  Rest 15 sec between | **Pushups:**  EMOM x 10min  Min 1: 20 sec of med ball chest throws  Min 2: 40 sec neutral grip DB pushups |  | **Pushup:**  2 sets:  2:00 max rep HR pushups |
| Conditioning: 6 rounds  50m shuttle run  5 burpees  50m sled drag |  | **Conditioning:**  5 rounds:  50m farmer carry  50m shuttle sprint  50m sled drag  50m shuttle sprint  Rest 1 min between sets |  | **Conditioning:**  150 wall balls |