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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Power Throw3x 1.1.1.1Rest 90s between sets | **Run:** 2 x 10min tempoWalk 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 1.1.1.1Rest 90s between sets |
| DeadliftE3Min x 5 sets5 Reps @ 70% | Core:3x 1min plankRest 1 min between | **Circuit 2:**6 sets:5 strict pull-ups5 elevator pushups (3 sec pause half way down and up)Rest 60 sec. | Core:3x 1min plankRest 1 min between | **Deadlift** E3Min x 5 sets5 Reps @ 70% |
| Pushups:3 sets30 sec max banded Rest 30 sec30 sec max hand releaseRest 3 min |  | **Conditioning: 10 min AMRAP**10 burpees50m shuttle run (10m out/back)10 burpees50m shuttle runRest 1min |  | **Pushup:**3 sets10 DB bench10 DB neutral grip pushupsRest 2min |
| Conditioning: 15 min AMRAP50ft. KB Carry10 KB Swings50ft. KB front rack carry10 KB front rack lunges |  |   |  | **Conditioning:**400m KB carry10 burpees each time you put the KB down |

KB = Kettlebell

OHP = Overhead Press

Be sure to conduct proper dynamic warmup and cool down stretching

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Power Throw4x 1.1.1.1Rest 90s between sets | **Run:** 2 x 15 min tempoWalk 5min between sets | **Circuit 1:**4 sets:20 step ups10 half kneeling OHP (each arm)20 rear lunge10 KB pause row (each arm) – 3sec pause at topRest 60 sec. | **Run:** 1 mile run | **Seated box jump**4x 1.1.1.1Rest 90s between sets |
| DeadliftE3Min x 3-5 sets5 Reps @ 80% | **Core:**3x 1min plankRest :30 between | **Circuit 2:**8 sets:5 horizontal row (2121 tempo)5 HR pushupsRest 60 sec. | **Run:**6x 200m | **Deadlift** E3Min x 3-5 sets5 Reps @ 80% |
| Pushups:3 sets10-12 DB bench Rest 30 secMax reps HR pushupsRest 3 min |  | **Conditioning: 4 rounds**50m sled drag50m side shuffle50m farmer carry50m sprintRest 1min | Run: 1 mile run | **Pushup:**3 x 3.3.3.3 HR pushupsRest 5 seconds in up position between effortsRest 2min between sets |
| Conditioning: 3 rounds15 jump squats15 KB Swings15 burpees |  |   | **Core:**3x 1min plankRest :30 between | **Conditioning:**10 deadlifts (light weight)10 step upsRun 400m |

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Power Throw5x 1.1.1.1Rest 90s between sets | **Run:** 2 x 20 min tempoWalk 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 deadlift10 alternating hammer curl (each arm)Rest 60 sec. | **Run:** Run 40 min | **Seated box jump**5x 1.1.1.1Rest 90s between sets |
| DeadliftE3Min x 3-4 sets3 Reps @ 90% | **Core:**4x 1min plankRest 1:00 between | **Circuit 2:**10 sets:2 strict chest to bar pull-ups 5 HR pushupsRest 60 sec. | **Core:**4x 1min plankRest 1:00 between | **Deadlift** E3Min x 3-4 sets3 Reps @ 90% |
| Pushups:3 sets8 close grip bench (3 second pause at bottom) Rest 30 sec60 seconds HR pushupsRest 3 min |  | **Conditioning: 3 rounds of as many rounds as possible in 2:30**50m shuttle run10 burpees50m shuttle run10 burpeesRest 3 min after each round |  | **Pushup:**Tabata HR pushups8 rounds 20 sec work40 sec rest |
| Conditioning: 3 rounds21 KB swings50m reverse sled drag10 DB push presses |  |   |  | **Conditioning: 3 rounds**20 wall balls5 pullupsRun 400m |

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Power Clean/Throw6 sets:3 hang power cleans1 power throwRest 2min between sets | **Run:**6 rounds:2 min run3 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 sitRest 60 sec. | **Run:** 2x 2-mile runRest 5 minutes between efforts | **Seated box jump/throw**6x3 seated box jump1 power throwRest 2min between sets |
| DeadliftE3Min x 5 sets5 Reps @ 75% | **Run:**Run 10 min easy pace | **Circuit 2:**4 sets:8-10 DB curtsy lunge8-10 tall kneeling strict OHP (each arm)8-10 suitcase deadlifts8-10 tall kneeling single arm upright rowRest 60 sec. | **Core:**4x 1min plankRest 45 sec between | **Deadlift** E3Min x 5 sets5 Reps @ 75% |
| Pushups/Carry:Pushup Ladder 8min:1 HR pushup50ft. farmer carry2 HR pushups50ft. farmer carryAnd so on, adding 1 HR pushup each round | **Core:**4x 1min plankRest 45 sec between | **Pushups:** EMOM x 10min10 HR pushups |  | **Pushup:**Tabata HR pushups8 rounds 20 sec work40 sec rest |
| Conditioning: AMRAP 5min10 burpees over plate21 plate ground to OH |  |  **Conditioning:**3 rounds of sprint/drag/carryRest 2 min between sets |  | **Conditioning: 3 rounds**20 wall balls5 pull-upsRun 400m |

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Power Clean/Throw5 sets:2 hang power cleans1 power throwRest 2min between sets | **Run:**7 rounds:2 min run2:30 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 liftRest 60 sec. | **Run:** 16 100m sprintsRest :45 between efforts | **Seated box jump/throw**5x2 seated box jump1 power throwRest 2:00 between sets |
| DeadliftE3Min x 3-5 sets3 Reps @ 85% | **Run:**Run 10 min easy pace | **Circuit 2:**4 sets:8-10 hex bar row8-10 DB push press (each arm)8-10 upright rowRest 60 sec. | **Core:**4x 1min plankRest :30 between | **Deadlift** E3Min x 3-5 sets3 Reps @ 85% |
| Pushups/Drag:Pushup Ladder 8min:2 HR pushup50m sled drag3 HR pushups50m sled dragAnd so on, adding 1 HR pushup each round | **Core:**4x 1min plankRest :30 between | **Pushups:** EMOM x 10minMin 1: 20 sec. HR pushupsMin 2: 20 sec. elevator pushups (2sec pause) |  | **Pushup:**3 rounds:1:30 max reps HR pushups |
| Conditioning: 4 rounds6 bench press @ 75% of body weight50m front rack carry12 ball slams50m farmer carry |  |  **Conditioning:**4 rounds50m sled drag10 jump squats50m side shuffleRest 1:30 between sets |  | **Conditioning: 4 rounds**10 dead bugs per side10 bird dogs per side10 ball slams |

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Power Clean/Throw4 sets:1 hang power clean1 power throwRest 2min between sets | **Run:**8 rounds:2 min run2 min jog | **Circuit 1:**4 sets:10 goblet squats10 DB/KB clean to strict press (each arm)10 DB cross body dead lift10 DB rowRest 60 sec. | **Run:** 4 rounds:Run 400mRest 1:00Run 400mRest 1:00Run 800mRest 3:00 | **Seated box jump/throw**4x1 seated box jump1 power throwRest 2min between sets |
| DeadliftE3Min x 3-4 sets1-2 Reps @ 95% | **Run:**Run 10 min easy pace | **Circuit 2:**4 sets:5 burpee broad jumps10 DB bear crawls15 jump squatsRest 60 sec. | **Core:**4x 1min plankRest 15 sec between | **Deadlift** E3Min x 3-4 sets1-2 Reps @ 95% |
| Pushups:Pushup Ladder:1,2…10,9…2,1Rest :30 | **Core:**4x 1min plankRest 15 sec between | **Pushups:** EMOM x 10minMin 1: 20 sec of med ball chest throwsMin 2: 40 sec neutral grip DB pushups |  | **Pushup:**2 sets:2:00 max rep HR pushups |
| Conditioning: 6 rounds50m shuttle run5 burpees50m sled drag |  |  **Conditioning:**5 rounds:50m farmer carry50m shuttle sprint50m sled drag50m shuttle sprintRest 1 min between sets |  | **Conditioning:** 150 wall balls |