

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<p>Workout: 10 minute Run @ Easy Pace Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 5-10lbs Dumbbells. “Rest” is in overhead position. Two Sets, Rest 60sec between each Then: Work up to Heavy Barbell Overhead Press (i.e. 10 reps @ 30% 1RM, 5 reps @ 50% 1RM, 3 reps @ 70% 1RM, 2 reps @ 80% 1RM, 1 rep @ 90% 1RM) Then: 4x4 Barbell Overhead Press @ 80% 1RM Rest 3 minutes between each sets Then: “Holy Trinity” 30 minutes of: Max Pull-up Max Push-up Max Dip Max reps of each in 30 minute time period Then: 10 minute Run @ Easy Pace</p>	<p>Workout: 60 minute Run @ 75-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a good sweat. You could do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability—ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing. Note: Running is the most preferable form of cardiovascular conditioning for this exercise however if you have any knee or ankle issue then use the rower or exercise bike.</p>	<p>Workout: 10 min Row @ Easy Pace Then: “30/30” (Row/Ski): 6x (30sec Work/30sec Rest) Row/Ski @ >160/140m Pace per interval Three total Blocks, Rest 4 minutes between blocks Then: 4x (30second Work/30second Rest) Frog Hop Then: Rest 2 minutes Then: 4x (30second Work/30second Rest) Frog Hop Then: 10 minute cardiovascular cool down @ Easy Pace Note: Intensity for the row/ski portion may need to be adjusted upward or downward depending on fitness level. The goal is to hit an equal number across all 18 intervals (6 in each block) and be as close to exhaustion as possible. Also note if you don’t have a rower you could always run.</p>	<p>Workout: 100x Turkish Get-up @ 25/15lbs dumbbell or kettlebell. The goal of today is mobility work and recovery. Should be done slow and controlled. Alternate each arm until you have done 50 reps on each side.</p>	<p>Workout: “Fight IWT”: 10 minute Row or Ski @ Easy pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Dumbbell Then: 10x Power Clean @ 60% 1RM + 2:00 min Row/SkiErg @ >600/500m pace 2:00 min Rest, Three Rounds Then: 5min intermission (including 3rd-2min Rest period above) Then: 10x Front Squat @ 60% 1RM + 2:00 min Boxing/Kickboxing/Pad Work + 2:00 min Rest, Three Rounds 5min intermission (including 2min rest above) Then: 100x Curl-up Note: Intensity for the row/ski portion may need to be adjusted upward or downward depending on fitness level. The goal is to hit an equal number across all three intervals and be as close to exhaustion as possible. Also note if you don’t have a rower you could always run.</p>	Rest	Rest

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY EIGHT	DAY NINE	DAY TEN	DAY ELEVEN	DAY TWELVE	DAY THIRTEEN	DAY FOURTEEN
<p>Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Dumbbell or Kettlebell Then: Work up to 90% Deadlift 1RM (I.e. 10 reps at 30% 1RM, 5 reps @ 50% 1RM, 3 reps @ 80% 1RM, 2 reps @ 85% 1RM) Then: 5x2 @ 80% 1RM Rest 3 minutes between sets Then: 5 minutes of Plank Hold: Hold your body at the top of push-up position for 5 total minutes. Split up the sets and rest as needed. Just make sure form is perfect and abs are engaged throughout. Then: 10 minute Run @ Easy Pace</p>	<p>Workout: 60 minute Run @ 75-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a good sweat. You could do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability—ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing. Note: Running is the most preferable form of cardiovascular conditioning for this exercise however if you have any knee or ankle issue then use the rower or exercise bike.</p>	<p>Workout: 10 minute Row, Bike, Ski or Run @ Easy Pace Then: “Can’t vs. Won’t”: Set a rowing machine’s computer’s interval setting to 30 seconds of work and 90 seconds of rest. Row 140 meters (110m for women) and no more. Take your 90 seconds of rest. That’s 1 round. Next round, row 141 meters (111m for women) and no more, followed by 90 seconds of rest. Continue to add 1 meter to each round until you “can’t” or “won’t” go any farther Then: 10 minute Row, Bike, Ski or Run @ Easy Pace Note: If you don’t have a rower or SkiErg then run for 30sec hard and 90sec walk for 15-20 rounds</p>	<p>Workout: 100x Turkish Get-up @ 25/15lbs dumbbell or kettlebell. The goal of today is mobility work and recovery. Should be done slow and controlled. Alternate each arm until you have done 50 reps on each side.</p>	<p>Workout: “Fight IWT”: 10 minute Row or Ski @ Easy pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Dumbbell Then: 12x Power Clean @ 50% 1RM + 3:00 min Row @ >900/750m Pace + 90sec Rest, Three Rounds Then: 5 minute Intermission (including 3rd-90sec Rest Period above) Then: 15x Front Squat @ 40% 1RM + 3:00 min Boxing/ Kickboxing/Pad Work + 90sec Rest, Three Rounds Then: 5 minute Intermission (including 3rd-90sec Rest Period above) Then: 100x Curl-up Note: Intensity for the row/ski portion may need to be adjusted upward or downward depending on fitness level. The goal is to hit an equal number across all three intervals and be as close to exhaustion as possible. Also note if you don’t have a rower you could always run.</p>	<p>Rest</p>	<p>Rest</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>DAY FIFTEEN</p> <p>Workout: 10 minute cardiovascular warm-up @ Easy Pace Then: Work up to Heavy Bench Press (i.e. 10 reps @ 30% 1RM, 5 reps @ 50% 1RM, 3 reps @ 70% 1RM, 2 reps @ 80% 1RM, 1 rep @ 90% 1RM) Then: “Love/Hate”: Bench Press @ Bodyweight (women use half bodyweight) + Burpee/Pull-up 10/1, 9/2, 8/3, 7/4, 6/5, 5/6, 4/7, 3/8, 2/9, 1/10 reps of each. Looks like 10x Bench Press + 1x Burpee/Pull-up + 9x Bench Press + 2x Burpee/Pull-up + etc until you hit 1x Bench Press + 10x Burpee/Pull-up Then: “Quick & Dirty”: Row, Ski, Run: 20 Seconds of Work, 40 Seconds of Rest for 4 Rounds (i.e. 4 total minutes) Rest 2 Minutes Row, Ski, Run: 20 Seconds of Work, 40 Seconds of Rest for 4 Rounds Then: 10 minute Row, Bike, Ski or Run @ Easy Pace</p>	<p>DAY SIXTEEN</p> <p>Workout: 60 minute Run @ 75-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a good sweat. You could do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability—ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing. Note: Running is the most preferable form of cardiovascular conditioning for this exercise however if you have any knee or ankle issue then use the rower or exercise bike.</p>	<p>DAY SEVENTEEN</p> <p>Workout: 10 minute Row/Ski @ Easy Pace Then: “Let’s Make A Deal” (Row/Ski): 2000m Row/Ski for Time Then: Rest amount of time it took to do 2000m Then: 1000m Row/Ski For Time Then: Rest amount of time it took to do 1000m Then: 500m Row/Ski For Time Then: 10 minute Row/Ski @ Easy Pace Note: If you get a new 2000m PR you are done for the day... Also note if you do not have a rower of SkiErg then Run. Use the distances 1.5m, 1m, and 0.5m respectively.</p>	<p>DAY EIGHTEEN</p> <p>Workout: 100x Turkish Get-up @ 25/15lbs dumbbell or kettlebell. The goal of today is mobility work and recovery. Should be done slow and controlled. Alternate each arm until you have done 50 reps on each side.</p>	<p>DAY NINETEEN</p> <p>Workout: “Fight IWT”: 10 minute Row or Ski @ Easy pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Dumbbell Then: 5x Power Clean @ 80% 1RM + 1:00 min Row @ >325/275m Pace + 3:00 min Rest, Three Rounds Then: 5 minute Intermission (including 3rd-2min Rest Period above) Then: 5x Back Squat @ 80%1RM 1:00 min Burpee (for max reps) + 3:00 min Rest, Three Rounds Then: 5 minute Intermission (including 3rd-2min Rest Period above) Then: 50x Pull-up (Strict. Dead Hang, No Kip) *women can do 25x pull-up Note: Intensity for the row/ski portion may need to be adjusted upward or downward depending on fitness level. The goal is to hit an equal number across all three intervals and be as close to exhaustion as possible. Also note if you don’t have a rower you could always run.</p>	<p>DAY TWENTY</p> <p>Rest</p>	<p>DAY TWENTY-ONE</p> <p>Rest</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY TWENTY-TWO	DAY TWENTY-THREE	DAY TWENTY-FOUR	DAY TWENTY-FIVE	DAY TWENTY-SIX	DAY TWENTY-SEVEN	DAY TWENTY-EIGHT
<p>Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Dumbbell or Kettlebell Then: Work up to Heavy Power Clean 1RM (I.e. 10 reps at 30% 1RM, 5 reps @ 50% 1RM, 3 reps @ 80% 1RM, 2 reps @ 85% 1RM) Then: 8x3 Power Clean @ 70% 1RM (SPEED emphasis) Rest 2 minutes between sets Then: “Gut Punch”: Kettlebell/Dumbbell Step Up + Feet-To-Hands (or Knees To Elbows) 50-40-30-20-10 reps of each (Note double count for Step ups. 50 reps means 50 on each leg) Then: 10 minute Run @ Easy Pace</p>	<p>Workout: 60 minute Run @ 75-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a good sweat. You could do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability — ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing. Note: Running is the most preferable form of cardiovascular conditioning for this exercise however it you have any knee or ankle issue then use the rower or exercise bike.</p>	<p>Workout: 10 minute Row, Ski or Run @ Easy Pace Then: 30 minute Row or SkiErg For Max Meters Then: 10 minute Row, Ski or Run @ Easy Pace Note: You could also do a run for 30 minutes if you don’t have proper equipment.</p>	<p>Workout: 100x Turkish Get-up @ 25/15lbs dumbbell or kettlebell. The goal of today is mobility work and recovery. Should be done slow and controlled. Alternate each arm until you have done 50 reps on each side.</p>	<p>Workout: “Fight IWT”: 10 minute Row or Ski @ Easy pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Dumbbell Then: 15x Push-up @ 2x53# KB + 4:00 min Row @ >1200/1000m Pace + 1:00 min Rest Two Rounds Then: 5 minute Intermission (including 3rd-1min Rest Period above) Then: 15x Goblet Squat 24/16kg + 4:00 min Boxing/Kickboxing/ Pad Work + 1:00 min Rest Three Rounds Then: 5 minute Intermission (including 3rd-1min Rest Period above) Then: 100x Curl-up Note: Intensity for the row/ski portion may need to be adjusted upward or downward depending on fitness level. The goal is to hit an equal number across all three intervals and be as close to exhaustion as possible. Also note if you don’t have a rower you could always run.</p>	Rest	Rest
A	B	C	D	E	F	G

