

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY ONE</b>	<b>DAY TWO</b>	<b>DAY THREE</b>	<b>DAY FOUR</b>	<b>DAY FIVE</b>	<b>DAY SIX</b>	<b>DAY SEVEN</b>
<p>Workout:</p> <p>1) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>2) Work up To Deadlift 1RM. Start with a light weight and do it 10 times. Then add some weight and do 5 reps. Add more weight and do 3. Keeping adding weight and doing single reps until you can no longer lift.</p> <p>3) <b><u>"5 By 2 At 80"</u></b> 5 Sets of 2 Deadlifts at 80% 1RM. Rest 3 minutes between sets.</p> <p>4) 100x Curl-up</p> <p>5) <b><u>"Quick And Dirty"</u></b> 4 rounds of 20sec Hard SkiErg followed by 40sec Active Rest. Rest 2 minutes. Repeat. Make sure intensity is high.</p> <p>6) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p>	<p>Workout:</p> <p>30 minute SkiErg @ 80-90% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a really 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.</p> <p>Note: Be mindful of technique throughout effort. The standard I expect from Men is 7500m. For women it is 6000m.</p>	<p>Workout:</p> <p>1) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>2) 10 minute Practice and Warm-up with Barbell Deadlift, Barbell Bench Press, Push-up, Pull-up and Barbell Back Squat</p> <p>3) <b><u>"FIVE FIFTY FIVE"</u></b> Barbell Bench Press + Barbell Deadlift + Push-up + Pull-up + Barbell Back Squat 10-9-8-7-6-5-4-3-2-1 reps of each Looks like: 10 of each then 9 of each then eight of eight all the way to one rep.</p> <p>3) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>Note: For "Five Fifty Five" Use a weight that allows you to finish in 20 minutes. The general weights people use are 135, 185, Or 225lbs. Women use 75lbs, 95lbs, and 135lbs</p>	<p>Workout:</p> <p>1) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>2) <b><u>"30/30 INTERVALS"</u></b>: SkiErg as hard as you can for 30 seconds. Then rest for 30 seconds. That's 1 round. Do 6 total rounds, and then rest for 4 minutes straight. That's 1 block. Do 3 total blocks. Beginners should aim to SkiErg or ski 150 meters each round, while intermediates should hit 160, and advanced trainees should log 170. For Women the numbers are 120m, 130m, and 140m respectively.</p> <p>3) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p>	<p>Workout:</p> <p>1) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>2) <b><u>"THE HOLY TRINITY"</u></b>: 30 Minutes Of: Pull-ups Dips Push-ups The goal is the maximum amount of repetitions possible in each category.</p> <p>3) 100x Curl-up</p> <p>4) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>*Because there is no warm-up then you will have to start a little slower until you warm-up and then really pick up the pace. For example maybe start with sets of 2-3 pull-ups, 5 dips and 5 push-ups and then as you warm-up raise the numbers. No matter how you do it the goal is 100 reps of each.</p>	<p>Workout:</p> <p>1) 20 minute SkiErg. This is a warm-up for a test so throughout you should engage in 10sec sprints and experiment with slower and faster paces for the steady state work. Essentially you should sprint 10sec HARD every 2-3 minutes until warm-up is over. For the times you aren't sprinting use some slower speeds and medium speeds but under no circumstance should you exhaust yourself.</p> <p>2) 500m SkiErg for Time SkiErg the effort as hard as possible. For Men attempt for sub 1:30. For Women attempt for sub 1:45.</p> <p>3) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>Note: even though there are standards don't just try to hit them. It is important you go as hard as possible.</p>	<p>Workout:</p> <p>Rest or 30-60 minute Swim or easy pace run.</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>DAY EIGHT</b></p> <p>Workout:                      1) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique                      2) Work up To Front Squat 1RM. Start with a light weight and do it 10 times. Then add some weight and do 5 reps. Add more weight and do 3. Keeping adding weight and doing single reps until you can no longer lift.                      3) <b>“5 By 2 At 80”</b>                      5 Sets of 2 Front Squat at 80% 1RM. Rest 3 minutes between sets.                      4) 100x Curl-up                      5) 8x 250m SkiErg. Rest 60 seconds between sets. Do each interval at your goal 2000m SkiErg PR pace.                      6) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique</p>	<p><b>DAY NINE</b></p> <p>Workout:                      30 minute SkiErg @ 80-90% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a really 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.</p> <p>Note: Be mindful of technique throughout effort.</p>	<p><b>DAY TEN</b></p> <p>Workout:                      1) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique                      2) <b>“GUT PUNCH”</b>                      Grab two 16-kilogram kettlebells or 35-pound dumbbells (use 12kg or 24lbs dumbbells if you are a women), and do 50 reps of the step-up (25 on each leg). Then do 50 reps of feet-to-hands. (If that exercise is too advanced, do knees-to-elbows instead.) Repeat, this time doing 40 reps of each. Now repeat three more times, doing 30, 20, and 10 reps, respectively. So essentially: Dumbbell Step-up + Feet-To-Hands 50-40-30-20-10 reps of each                      3) 100x Push-up                      4) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique</p>	<p><b>DAY ELEVEN</b></p> <p>Workout:                      1) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.                      2) <b>“SkiErg TO HELL”</b>                      500m-400m-300m-200m-100m SkiErg Ladder Hop on a SkiErg machine and set its computer at “Single Distance”. Put in 500m to the computer. SkiErg as hard as you possibly can until you finish 500m. Rest as long as it took you to complete your 500- meter SkiErg. So, for example, if you SkiErg 500 meters in 1:30, you’d rest for 1:30. Repeat for 400 meters this time, resting afterward for the amount of time it took you to SkiErg those 400 meters. Repeat the pattern until you do your final 100-meter SkiErg. Note: This workout is also fun to do with a partner, following the “you go, I go,” format, where you SkiErg, then rest as your partner SkiErgs.                      3) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p>	<p><b>DAY TWELVE</b></p> <p>Workout:                      1) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.                      2) <b>“200 IN 20”:</b>                      This workout tasks you with doing 200 total reps, and trains your entire body in just 20 minutes. It’s short, simple, and brutal, just the way I like my workouts. It’s easy to remember, too, so many of my athletes keep it in their heads as an option for when they find 20 minutes to train. Don’t cheat your form, but try to finish as fast as you possibly can.  <i>Directions:</i>                      Do 10 pushups, 10 situps, and 10 air squats. That’s 1 round. Complete a total of 20 rounds. Try to finish in less than 20 minutes.  <b>Note:</b> For Women do 5x Push-up instead of 10.                      3) 100x Curl-up                      4) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p>	<p><b>DAY THIRTEEN</b></p> <p>Workout:                      1) 20 minute SkiErg. This is a warm-up for a test so throughout you should engage in 10sec sprints and experiment with slower and faster paces for the steady state work. Essentially you should sprint 10sec HARD every 2-3 minutes until warm-up is over. For the times you aren’t sprinting use some slower speeds and medium speeds but under no circumstance should you exhaust yourself.                      2) 1000m SkiErg for Time SkiErg the effort as hard as possible. For Men attempt for sub 3:30. For Women attempt for sub 4:00.                      3) 20 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>Note: even though there are standards don’t just try to hit them. It is important you go as hard as possible.</p>	<p><b>DAY FOURTEEN</b></p> <p>Workout:                      Rest or 30-60 minute Swim or easy pace run.</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY FIFTEEN</b>	<b>DAY SIXTEEN</b>	<b>DAY SEVENTEEN</b>	<b>DAY EIGHTEEN</b>	<b>DAY NINETEEN</b>	<b>DAY TWENTY</b>	<b>DAY TWENTY-ONE</b>
<p>Workout:</p> <p>1) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>2) Work up To Bench Press 1RM. Start with a light weight and do it 10 times. Then add some weight and do 5 reps. Add more weight and do 3. Keeping adding weight and doing single reps until you can no longer lift.</p> <p>3) <b>“WELCOME PARTY”</b> Bench Press + Burpee/Pull-up 20-10 reps of each. Complete 20x Bench Press and then 20x Burpee/Pull-up. Then do 10 reps of each and your are done. Men use 135lbs for Bench Press, Women use 75lbs                      Note: Women do Burpees instead of Burpee/Pull-up.</p> <p>4) 100x Curl-up</p> <p>5) 20x 100m Sprint on SkiErg. Rest 40sec between each. Complete all 20 rounds.</p> <p>6) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p>	<p>Workout:</p> <p>30 minute SkiErg @ 80-90% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a really 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.</p> <p>Note: Be mindful of technique throughout effort.</p>	<p>Workout:</p> <p>1) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>2) <b>“PRISON BURPEESS”</b>: Imagine that you’re in a prison cell, confined by four walls. You have a bed, a sink, a toilet, and no more. When your cell door opens, and it’s time to go to the yard, where your safety depends on your fitness. This is the workout you’d do. It’s not for the faint of heart, but it has an incredible ability to give you strength, speed, and insane endurance. Do it in 15 minutes or less, and you may be able to claim the title of “the hardest man in the yard.”  <u>Directions:</u>                      Stand in one corner of a room. It could be in the gym, your living room, garage, or wherever. Do 20 burpees. Now run to another corner of the room, and do 19 burpees. Run to another corner, and do 18. Repeat the pattern until you reach 1 burpee. Rest, as needed, throughout.</p> <p>3) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p>	<p>Workout:</p> <p>1) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>2) <b>“THE LONG ROAD”</b> SkiErg for 500 meters in 2 minutes. Rest for 1 minute. That’s 1 round. Do 10 total rounds, trying to take 1 or 2 seconds off your time each round. So, for example, you’d want to finish your second round in 1:58, and your last round somewhere around 1:40.</p> <p>3) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p>	<p>Workout:</p> <p>1) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>2) <b>“THE HOLY TRINITY”</b>:                      30 Minutes Of:                      Pull-ups                      Dips                      Push-ups                      The goal is the maximum amount of repetitions possible in each category.</p> <p>3) 100x Curl-up</p> <p>4) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>*Because there is no warm-up then you will have to start a little slower until you warm-up and then really pick up the pace. For example maybe start with sets of 2-3 pull-ups, 5 dips and 5 push-ups and then as you warm-up raise the numbers. No matter how you do it the goal is 100 reps of each.</p>	<p>Workout:</p> <p>1) 10 minute SkiErg. This is a warm-up for a test so throughout you should engage in 10sec sprints and experiment with slower and faster paces for the steady state work. Essentially you should sprint 10sec HARD every 2-3 minutes until warm-up is over. For the times you aren’t sprinting use some slower speeds and medium speeds but under no circumstance should you exhaust yourself.</p> <p>2) 5000m SkiErg for Time SkiErg the effort as hard as possible. For Men attempt for sub 18:30. For Women attempt for sub 21:30.</p> <p>3) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>Note: even though there are standards don’t just try to hit them. It is important you go as hard as possible.</p>	<p>Workout:</p> <p>Rest or 30-60 minute Swim or easy pace run.</p>

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<b>DAY TWENTY-TWO</b>	<b>DAY TWENTY-THREE</b>	<b>DAY TWENTY-FOUR</b>	<b>DAY TWENTY-FIVE</b>	<b>DAY TWENTY-SIX</b>	<b>DAY TWENTY-SEVEN</b>	<b>DAY TWENTY-EIGHT</b>
<p>Workout:</p> <p>1) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique</p> <p>2) Work up To Back Squat 1RM. Start with a light weight and do it 10 times. Then add some weight and do 5 reps. Add more weight and do 3. Keeping adding weight and doing single reps until you can no longer lift.</p> <p>3) <b>“5 By 2 At 80”</b> 5 Sets of 2 Back Squat at 80% 1RM. Rest 3 minutes between sets.</p> <p>4) 100x Curl-up</p> <p>5) 10x 150m Sprint on SkiErg. 90 seconds Rest between sets.</p> <p>6) 10 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique</p>	<p>Workout:</p> <p>30 minute SkiErg @ 80-90% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a really 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.</p> <p>Note: Be mindful of technique throughout effort.</p>	<p>Workout:</p> <p>1) 10 minute SkiErg @ Easy pace. Emphasis on perfect Form.</p> <p>2) 100x Turkish Get-up. 50 each side. Slow and controlled for perfect form. Do in alternation fashion and remember this is for recovery in preparation for your test.</p> <p>3) 10 minute SkiErg @ Easy pace. Emphasis on perfect Form.</p>	<p>Workout:</p> <p>1) 10 minute SkiErg @ Easy pace. Emphasis on perfect Form.</p> <p>2) 5x500m SkiErg Rest 2 minutes between Interval. First Interval @ ~15 split seconds slower than 500m PR. Then each interval after that go faster. The final interval is all-out</p> <p>3) 10 minute SkiErg @ Easy pace. Emphasis on perfect Form.</p>	<p>Workout:</p> <p>1) 20-30 Minute SkiErg in preparation for tomorSkiErgs test. Experiment with pace. Mostly easy with some sprints of no more than 10sec mixed throughout. Aim for a sprint every 2-3 minutes.</p>	<p>Workout:</p> <p>1) 20 minute SkiErg. This is a warm-up for a test so throughout you should engage in 10sec sprints and experiment with slower and faster paces for the steady state work. Essentially you should sprint 10sec HARD every 2-3 minutes until warm-up is over. For the times you aren’t sprinting use some slower speeds and medium speeds but under no circumstance should you exhaust yourself.</p> <p>2) 2000m SkiErg for Time Row the effort as hard as possible. For Men attempt for sub 7:00. For Women attempt for sub 8:00.</p> <p>3) 20 minute SkiErg @ Easy Pace. Focus on pacing and perfect technique.</p> <p>Note: even though there are standards don’t just try to hit them. It is important you go as hard as possible.</p>	<p>Workout:</p> <p>Rest or 30-60 minute Swim or easy pace run.</p>