

WEEK 1

Day 1

Movement Preparation

Workout

Assessment test:

2 minute timed push-ups

2 minute timed sit-ups

40 yd. sprint

3.0 mile run

Post-workout regeneration

Day 2

Movement Preparation

Workout

1 Mile Run

Max pull ups

Set of 6 rounds

Push-ups: 10 reps

Squat Thrusts: 10 reps

Sit-ups: 10 reps

Mountain Climbers: 10 reps

Set of 2 rounds

Forward Plank :30 sec

Side Plank :30 sec each side

Frog Squat :30 sec

Lunges with counter rotation 10 each leg

Skaters 30 reps (each leg, 2 count)

Broad Jump 10 reps

Hand Gripper 10 reps/Hold for 20 seconds each rep

Post-workout regeneration

Day 3

REST

Post-workout regeneration

Day 4

Movement Preparation

Workout

Set of 4 rounds

Push-ups 10

Squat thrusts 10

Sit-ups 10

Mountain Climbers 10

Cycle 5 miles

Post-workout regeneration

Day 5

Movement Preparation

Workout

5X 40 yd. sprints max effort

2X 100 yd. run max effort

1X 500yd. run max effort

Post-workout regeneration

Day 6

Movement Preparation

Workout

Run 3.0 10 minute mile pace or faster

Post-workout regeneration

Day 7

REST

Post-workout regeneration