

# WEEK 10

## Day 1

Movement Preparation

Workout

1.5 mile run

Set of 3 rounds

Pull-ups 8-10 reps

Crunches 30 reps

Burpees 25 reps

Rest 2:00

Set of 5 rounds

Front Plank :30-1:00 hold

Side Plank :30-1:00 hold

Elbows to knees 10-12 reps

Rest 2:00

Crunches 2X50 reps

1.5 mile run

Post-workout regeneration

## **Day 2**

Movement Preparation

Workout

Set of 5 rounds

Push-ups 25 reps

Squat Thrusts 25 reps

Sit-ups 25 reps

Mountain Climbers 25 reps

Hand Gripper 5 reps/Hold for 30 seconds each rep

2.0 mile run

Post-workout regeneration

## **Day 3**

REST

Post-workout regeneration

## **Day 4**

REST

Post-workout regeneration

## **Day 5**

Movement Preparation

Final Assessment

2 minute timed push-ups

2 minute timed sit-ups

40 yd. sprint

3.0 mile run

Post-workout regeneration

## **Day 6**

Movement Preparation

Workout

4.0 mile run

Post-workout regeneration

## **Day 7**

REST

Post-workout regeneration