

WEEK 2

Day 1

Movement Preparation

Workout

1.5 mile run

Set of 8 rounds

Push-ups 10

Squat thrusts 10

Sit-ups 10

Mountain Climbers 10

Set of 2 rounds

Forward Plank :30 seconds

Side Plank :30 seconds each side

Frog squat :30 seconds

Hand Gripper 5 reps/Hold for 10 seconds each rep

1.5 mile run

Post-workout regeneration

Day 2

Movement Preparation

Workout

1.0 mile run

Set of 3 rounds

Pull-ups 8-10 reps

Crunches 15-20 reps

Burpees 5 reps

Rest 2:00

Set of 4 rounds

Air squats 10 reps

Walking Lunges 20-30 reps

Squat Thrusts 10 reps

Broad Jump 10 reps

1.0 mile run

Post-workout regeneration

Day 3

REST

Post-workout regeneration

Day 4

Movement Preparation

Workout

Cycle 5 miles

Set of 5 rounds

Push-ups 15 reps

Squat Thrusts 15 reps

Sit-Ups 15 reps

Mountain Climbers 15 reps

Post-workout regeneration

Day 5

Movement Preparation

Workout

6X100 yds. Max effort

1X500 yds. Max effort

Post-workout regeneration

Day 6

Movement Preparation

Workout

1.0 mile at 9:00 pace

1.0 mile at 9:30 pace

1.0 miles at 10:00 pace

Post-workout regeneration

Day 7

REST

Post-workout regeneration