

WEEK 3

Day 1

Movement Preparation

Workout

Set of 4 rounds

Pull-ups 3-5 reps

Air Squats 10 reps

Skaters 10 reps

Farmers Carry 50 yds.

Crunches 10 reps

2.0 mile run

Post-workout regeneration

Day 2

Movement Preparation

Workout

Set of 10 rounds

Push-ups 10 reps

Squat Thrusts 10 reps

Sit-ups 10 reps

Mountain Climbers 10 reps

2.0 mile run

Post-workout regeneration

Day 3

REST

Post-workout regeneration

Day 4

Movement Preparation

Workout

Set of 8 rounds

Push-ups 10 reps

Squat Thrusts 10 reps

Sit-ups 10 reps

Mountain Climbers 10 reps

Vertical Jump 10 reps

Cycle 5 miles

Post-workout regeneration

Day 5

Movement Preparation

Workout

5X40 yds. Max effort

1X500 yds. Max effort

4X400 yds. Max effort

Post-workout regeneration

Day 6

Movement Preparation

Workout

3.0 mile run 9:30 pace

Post-workout regeneration

Day 7

REST

Post-workout regeneration