

WEEK 4

Day 1

Movement Preparation

Workout

1.5 mile run

Set of 6 rounds

Push-ups 15 reps

Squat Thrusts 15 reps

Sit-ups 15 reps

Mountain Climbers 15 reps

100 yd. run

1.5 mile run

Post-workout regeneration

Day 2

Movement Preparation

Workout

Set of 2 rounds

Forward Plank 1:00

Side Plank :30 sec each side

Lunges with counter rotation 10 reps each leg

Skaters 30 reps (each leg, 2 count)

Vertical Jump 10 reps

Farmers Carry 50 yds.

Mountain Climbers 20 reps

Set of 5 rounds

Crunches 30 reps

Pull-ups 5-10 reps

Air Squats 15 reps

200 yd. run

1.0 mile run

Post-workout regeneration

Day 3

REST

Post-workout regeneration

Day 4

Movement Preparation

Workout

Set of 6 rounds

Push-ups 15 reps

Squat Thrusts 15 reps

Sit-ups 15 reps

Mountain Climbers 15 reps

Rest 2:00 minutes

Set of 4 rounds

Push-ups 10 reps

Squat Thrusts 10 reps

Sit-ups 10 reps

Mountain Climbers 10 reps

Cycle 5 miles

Post-workout regeneration

Day 5

Movement Preparation

Workout

Set of 4 rounds

Push-ups 15 reps

Squat Thrusts 15 reps

Sit-ups 15 reps

Mountain Climbers 15 reps

3X500 yd. run

Post-workout regeneration

Day 6

Movement Preparation

Workout

1.0 mile run @ 8:30 pace

1.0 mile run @ 9:00 pace

1.0 mile run @ 8:30 pace

Post-workout regeneration

Day 7

REST

Post-workout regeneration