

WEEK 6

Day 1

Movement Preparation

Workout

1.5 mile run

Forward Plank 1:00 hold

Side Planks :30 each side

Frog Squat :30 seconds

Set of 4 rounds

Elbows to knees 15 reps

Broad Jump 10 reps

Pull-ups 5-10 reps

Push-ups 10 reps

Skaters 10 reps (each leg, 2 count)

1.5 mile run

Post-workout regeneration

Day 2

Movement Preparation

Workout

Set of 5 rounds

Push-ups 20 reps

Squat Thrusts 20 reps

Sit-ups 20 reps

Mountain Climbers 20 reps

Set of 2 rounds

Air squats 20 reps

Burpees 20 reps

2.0 mile run

Post-workout regeneration

Day 3

REST

Post-workout regeneration

Day 4

Movement Preparation

Workout

Set of 3 rounds

Pull-ups 8-10 reps

Vertical Jump 10 reps

Air Squats 20 reps

Knees to Elbow 10 reps

Hand Gripper 5 reps/hold for 10 seconds each rep

Post-workout regeneration

Day 5

Movement Preparation

Workout

4X500 yd. Max effort

Set of 2 rounds

Push-ups 25 reps

Squat Thrusts 25 reps

Sit-ups 25 reps

Mountain Climbers 25 reps

Post-workout regeneration

Day 6

Movement Preparation

Workout

1.0 mile @ 8:00 pace

1.0 mile @ 9:00 pace

1.0 mile @ 8:30 pace

Post-workout regeneration

Day 7

REST

Post-workout regeneration