

WEEK 7

Day 1

Movement Preparation

Workout

Set of 8 rounds

Push-ups 20 reps

Squat Thrusts 20 reps

Sit-ups 20 reps

Mountain Climbers 20 reps

200 yd. run

Rest 2:00 minutes

Set of 5 rounds

Front Plank :30 hold

Side Planks :30 hold each side

Vertical Jump 10 reps

Hand Gripper 10 reps/Hold for 20 seconds each rep

2.0 mile run

Post-workout regeneration

Day 2

Movement Preparation

Workout

2.0 mile run

Set of 3 rounds

Forward Plank 1:00 hold

Side Plank :30 hold each side

Frog Squat 1:00 hold

Lunges with counter rotation 10 reps each leg

Skaters 30 reps (each leg, 2 count)

Broad Jump 10 reps

Mountain Climbers 30 reps (each leg)

2X40yd. spring

Post-workout regeneration

Day 3

REST

Post-workout regeneration

Day 4

Movement Preparation

Workout

Set of 4 rounds

Cycle 0.5 mile max effort

Push-ups 15 reps

Air Squats 15 reps

Sit-ups 15 reps

Pull-ups 5-10 reps

Mountain Climbers 15 reps

Post-workout regeneration

Day 5

Movement Preparation

Workout

6x500 yd. run

Set of 4 rounds

Push-ups 10 reps

Squat Thrusts 10 reps

Sit-ups 10 reps

Mountain Climbers 10 reps

Cycle 8 miles

Post-workout regeneration

Day 6

Movement Preparation

Workout

0.5 mile @ 8:15 pace

1.5 mile @ 9:00 pace

0.5 mile @ 8:15 pace

0.5 mile @ 9:00 pace

Post-workout regeneration

Day 7

REST

Post-workout regeneration