

# WEEK 8

## Day 1

Movement Preparation

Workout

1.0 mile run

Forward Plank 1:00-1:30 hold

Side Plank 1:00 hold each side

Frog Squat 1:00 hold

1.0 mile run

Set of 4 rounds

Hand release Push-ups 10-15 reps

Pull-ups 8-10 reps

Crunches 20-30 reps

Rest 2:00

1.0 mile run

Post-workout regeneration

## **Day 2**

Movement Preparation

Workout

Set of 3 rounds

Pull-ups 8-10 reps

Crunches 15-20 reps

Burpees 10 reps

Rest 2:00

Set of 5 rounds

Push-ups 25 reps

Squat Thrusts 25 reps

Sit-ups 25 reps

Mountain Climbers 25 reps

1.0 mile run

Post-workout regeneration

## **Day 3**

REST

Post-workout regeneration

## **Day 4**

REST

Post-workout regeneration

## **Day 5**

Movement Preparation

Workout

2X500 yd. run

4X100 yd. run

Hand Gripper 10 reps/Hold for 10 seconds each rep

Cycle 8 miles

Post-workout regeneration

## **Day 6**

Movement Preparation

Workout

3.0 miles@8:15 mile pace

Post-workout regeneration

## **Day 7**

REST

Post-workout regeneration