

WEEK 9

Day 1

Movement Preparation

Workout

3.0 mile run

Set of 8 rounds

Push-ups 25 reps

Squat Thrusts 25 reps

Sit-ups 25 reps

Mountain Climbers 25 reps

100 yd. run

Post-workout regeneration

Day 2

Movement Preparation

Workout

Set of 5 rounds

Air Squats 25 reps

Burpees 25 reps

Rest 2:00

Crunches 2:00 max reps

Forward Plank 1:00 hold

2.0 mile run

Post-workout regeneration

Day 3

REST

Post-workout regeneration

Day 4

Movement Preparation

Workout

Set of 4 rounds

Cycle 0.5 mile

Push-ups 15 reps

Air Squats 15 reps

Crunches 15 reps

Cycle 4 miles

Post-workout regeneration

Day 5

Movement Preparation

Workout

6x400 yd. run max effort

Hand Gripper 10 reps/Hold for 20 seconds each rep

Cycle 6 miles

Post-workout regeneration

Day 6

Movement Preparation

Workout

3.0 miles@8:00 mile pace

Post-workout regeneration

Day 7

REST

Post-workout regeneration