

| MONDAY | TUESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|
| W1/D1 | W1/D2 | W1/D3 | W1/D4 | W1/D5 |
| <p>A: Deadlift @ 41X1 x 6-7; rest 3min x 3 B: RFESS @ 3010 x 12-15; rest 60sec b/t legs x 3/leg C: Seated DB Press @ 3010 x 10-12; rest 2:30 x 3 D: Dead Bugs @ 1511 x 10/leg; rest 2min x 3 + Walk 10min</p> | <p>Bike 30sec @ 90% effort Bike 30sec @ 50% effort x 10 + Row 30sec @ 90% effort Row 30sec @ 50% effort x 10</p> | <p>A: High Bar Back Squat @ 32X1 x 6-7; rest 3min x 3 B: DB Step-Ups Alternating x 10-12/leg; rest 2min x 3 C: Wtd Pull-Up @ 21X1 x 6-7; rest 3min x 3 D: AMSAP Sorensen Hold; rest 2min x 3 + Bike 5min easy</p> | <p>AM 60min Bike @ Z1 pace PM: 10min AMRAP @ 85% effort 20 Walking Lunges Run 200m 20 HR Push-Ups + Walk 10min + 10min AMRAP @ 85% effort 20 Situps Row 250m 20 BW Squats</p> | <p>Swim 10min @ Z1 pace Bike 20min @ Z1 pace Run 20min @ Z1 pace</p> |
| <p>notes: - RFESS: http://bit.ly/1pQfMwT</p> | <p>notes: distance should be +/- 1-2 metres each set</p> | <p>notes: - Use a weight belt for weighted pull-ups and point toes and legs to form a strong hollow position - sorensen hold done either on GHD machine or strapped down to bench at calves and hamstrings with cargo straps, hip bones slightly off the pad</p> | <p>notes: - a good rule of thumb for Z1 pace is a HR between 120-135 bpm, this should be based on feel over time - ensure shoulders don't rotate forward on hand release push-ups - military standard sit-ups: http://bit.ly/1rH3QZw</p> | <p>notes: - a good rule of thumb for Z1 pace is a HR between 120-135 bpm, this should be based on feel over time</p> |
| W2/D1 | W2/D2 | W2/D3 | W2/D4 | W2/D5 |
| <p>A: Deadlift @ 41X1 x 5-6; rest 3min x 3 B: RFESS @ 3010 x 10-12; rest 60sec b/t legs x 3/leg C: Incline DB Press @ 31X1 x 8-10; rest 2:30 x 3 D: Front Plank - Arms Straight; accumulate 5min + Row 5min easy</p> | <p>Run 30sec @ 90% effort Run 30sec @ 50% effort x 8 + Airdyne 30sec @ 90% effort Airdyne 30sec @ 50% effort x 8 + 30sec WallBalls 30sec Rest x 6</p> | <p>A: High Bar Back Squat @ 32X1 x 5-6; rest 3min x 3 B: DB Step-Ups Alternating x 9-11/leg; rest 2min x 3 C: Wtd Pull-Up @ 21X1 x 5-6; rest 3min x 3 D: AMSAP Sorensen Hold; rest 2min x 3 + Bike 10min easy</p> | <p>AM 30min swim @ easy pace - Every 2 lengths swim to bottom of pool and up x 2 Tread water 5minutes PM: 10min AMRAP @ 85% effort 16 Sit-Ups 8 Burpees 40 Single Skips + Walk 10min + 10min AMRAP @ 85% effort 5 Strict Pull-Ups 10 Medicine Balls Slams 300m Row</p> | <p>Swim 15min @ Z1 pace Bike 25min @ Z1 pace Run 25min @ Z1 pace</p> |
| <p>notes: - RFESS: http://bit.ly/1pQfMwT - ensure that you maintain a neutral spine for front plank by squeezing glutes, thighs, and bracing abdominals</p> | <p>notes: distance should be +/- 1-2 seconds each set - wall-balls are 20# and 10ft target for men, and 14# and 9ft target for women</p> | <p>notes: - Use a weight belt for weighted pull-ups and point toes and legs to form a strong hollow position - sorensen hold done either on GHD machine or strapped down to bench at calves and hamstrings with cargo straps, hip bones slightly off the pad</p> | <p>notes: - a good rule of thumb for Z1 pace is a HR between 120-135 bpm, this should be based on feel over time - sit-ups: http://bit.ly/1hfoj3a</p> | <p>notes: - a good rule of thumb for Z1 pace is a HR between 120-135 bpm, this should be based on feel over time</p> |
| W3/D1 | W3/D2 | W3/D3 | W3/D4 | W3/D5 |

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| <p>A: Deadlift @ 41X1 x 4-5; rest 3min x 4 B: RFESS @ 3010 x 8-10; rest 60sec b/t legs x 3/leg C: Incline DB Press @ 31X1 x 6-8; rest 2:30 x 4 D: FLR on Rings; Accumulate 3min + Row 5min easy</p> | <p>Run 30sec @ 90% effort Run 30sec @ 50% effort x 6 + Airdyne 30sec @ 90% effort Airdyne 30sec @ 50% effort x 6 + 30sec WallBalls 30sec Rest x 6 + Row 30sec @ 90% effort Row 30sec @ 50% effort x 6</p> | <p>A: High Bar Back Squat @ 32X1 x 4-5; rest 3min x 4 B: DB Step-Ups Alternating x 8-10/leg; rest 2min x 3 C: Wtd Pull-Up @ 21X1 x 4-5; rest 3min x 4 D: AMSAP Sorensen Hold; rest 2min x 3 + Bike 12min easy</p> | <p>AM 30min swim @ easy pace Every 2 lengths, 6 muscle ups on side of pool Tread water 6minutes</p> <p>PM: 11min AMRAP @ 85% effort Run 400m 50m Bear Crawl 50m Walking Lunges w/ dowel overhead + Walk 10min + 11min AMRAP @ 85% effort 5 Strict Pull-Ups 10 HR Push-Ups 15 Squats 20 cals rowing 25 Single Skips</p> | <p>Run 30min @ Z1 pace Bike 30min @ Z1 pace Swim 10min @ Z1 pace Tread Water in place 10min</p> |
| <p>notes: - RFESS: http://bit.ly/1pQfMwT - ensure that you maintain a neutral spine for FLR by squeezing glutes, thighs, and bracing abdominals</p> | <p>notes: - distance should be +/- 1-2 seconds eac set - wall-balls are 20# and 10ft target for men, and 14# and 9ft target for women</p> | <p>notes: - Use a weight belt for weighted pull-ups and point toes and legs to form a strong hollow position - sorensen hold done either on GHD machine or strapped down to bench at calves and hamstrings with cargo straps, hip bones slightly off the pad</p> | <p>notes: - a good rule of thumb for Z1 pace is a HR between 120-135 bpm, this should be based on feel over time - sit-ups: http://bit.ly/1hfoj3a</p> | <p>notes: - a good rule of thumb for Z1 pace is a HR between 120-135 bpm, this should be based on feel over time</p> |
| W4/D1 | W4/D2 | W4/D3 | W4/D4 | W4/D5 |
| <p>A: Deadlift @ 41X1 x 3-4; rest 3min x 4 B: RFESS @ 3010 x 6-8; rest 60sec b/t legs x 4/leg C: Incline DB Press @ 31X1 x 4-6; rest 2:30 x 4 D: FLR on Rings; Accumulate 4min + Row 8min easy</p> | <p>13 Rounds: Row 150m Rest 30sec + 13 Rounds: 8 Wall-Balls 12 Walking Lunges Rest 30sec</p> | <p>A: High Bar Back Squat @ 32X1 x 3-4; rest 3min x 4 B: DB Step-Ups Alternating x 6-8/leg; rest 2min x 4 C: Wtd Pull-Up @ 21X1 x 3-4; rest 3min x 4 D: Back Extensions @ 40X1 x 8-10; rest 90sec x 3 + Walk 10min easy</p> | <p>AM 30min Bike @ easy pace</p> <p>PM: Swim Hard 10min Tread Water 5min Rest 5min x 2</p> | <p>Swim 20min @ Z1 pace Bike 40min @ Z1 pace Run 35min @ Z1 pace</p> |
| <p>notes: - RFESS: http://bit.ly/1pQfMwT - ensure that you maintain a neutral spine for FLR by squeezing glutes, thighs, and bracing abdominals</p> | <p>notes: - goal is same time each set of row, and same time for each set of wall-ball/lunges</p> | <p>notes: - Use a weight belt for weighted pull-ups and point toes and legs to form a strong hollow position - DB step-ups: drive through heel and engage glutes each rep</p> | <p>notes: - aim for same pace both sets - focus on big belly breaths during the 5minutes of rest</p> | <p>notes: - a good rule of thumb for Z1 pace is a HR between 120-135 bpm, this should be based on feel over time</p> |
| W5/D1 | W5/D2 | W5/D3 | W5/D4 | W5/D5 |
| <p>A: Deadlift @ 41X1 x 2-3; rest 3min x 4 B: RFESS @ 3010 x 4-6; rest 60sec b/t legs x 4/leg C: Incline DB Press @ 31X1 x 3-5; rest 2:30 x 4 D: FLR on Rings; Accumulate 5min + Row 10min easy</p> | <p>Row 30sec @ 90% Walk 30sec x 30</p> | <p>A: High Bar Back Squat @ 32X1 x 2-3; rest 3min x 4 B: DB Step-Ups Alternating x 4-6/leg; rest 2min x 4 C: Wtd Pull-Up @ 21X1 x 2-3; rest 3min x 4 D: Back Extensions @ 40X1 x 8-10; rest 90sec x 4 + Walk 15min easy</p> | <p>AM 30min swim @ easy pace. Every 5min Tread Water for 30sec</p> <p>PM 10min AMRAP @ 90% effort AD 0.3 miles 12 Burpees 100m Farmer's Carry Heavy Walk 10min x 2</p> | <p>Swim 25min @ Z1 pace Bike 45min @ Z1 pace Run 40min @ Z1 pace + Perform 60 Walking Lunges with perfect form</p> |

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| <p>notes: - RFESS: http://bit.ly/1pQfMwT - ensure that you maintain a neutral spine for FLR by squeezing glutes, thighs, and bracing abdominals</p> | <p>notes: - goal is same time each set - stay tall in the rower - ensure the handle passes the knees before they bend - for more information on how to row properly, check out the Concept 2 rower site here: http://bit.ly/1icVntT</p> | <p>notes: - Use a weight belt for weighted pull-ups and point toes and legs to form a strong hollow position - DB step-ups: drive through heel and engage glutes each rep</p> | <p>notes: - aim for same pace both sets - focus on breathing during 10minutes of walking - keep shoulders blades back and down during farmer's walks and eyes ahead. Small, wide steps - Ensure that you're landing on the heels of your feet rather than your toes when you're jumping from the push-up to the squat position in the burpee</p> | <p>notes: - a good rule of thumb for Z1 pace is a HR between 120-135 bpm, this should be based on feel over time</p> |
| W6/D1 | W6/D2 | W6/D3 | W6/D4 | W6/D5 |
| <p>Build to a 1RM Deadlift; rest as needed b/t sets + Find your 8RM RFESS @ 3010; rest as needed between sets; note score for both legs + AMSAP Sorensen Hold; 1 attempt</p> | <p>Test: Row 5km for best possible time</p> | <p>Build to a 1RM High Bar Back Squat; rest as needed between sets + Build to a 1RM Wtd Pull-Up</p> | <p>Swim 25m @ 90% Rest 30sec x 8 + Walk 10min + Run 30sec @ 90% Rest 30sec x 8</p> | <p>AM: TEST: 400m Swim for time PM: TEST: 10km run for time</p> |
| <p>notes: - 1RM stands for 1 rep max, the most weight you can do for one repetition - for more information on how to build to a 1RM: http://bit.ly/1fBTuuF</p> | <p>notes: try and start off a bit slower than you would like, and then pick up the pace each kilometre. aim for a negative 1km split</p> | <p>notes: - 1RM stands for 1 rep max, the most weight you can do for one repetition - for more information on how to build to a 1RM: http://bit.ly/1fBTuuF</p> | <p>notes: - times per set should be +/- 1-2 seconds each set</p> | <p>notes: - allow a minimum of 6 hours between the end of the AM workout and the beginning of the warmup for the PM workout</p> |
| W7/D1 | W7/D2 | W7/D3 | W7/D4 | W7/D5 |
| <p>A1: Front Squat @ 31X1 x 5-6; rest 2min x 3 A2: Standing DB Press @ 30X2 x 6-7; rest 2min x 3 B: SLRDL @ 31X1 x 10-12; rest 90sec b/t legs x 3/leg C1: Side Bridge L 90sec; rest 90sec x 3 C2: Side Bridge R 90sec; rest 90sec x 3 D: Powell Raise @ 3010 x 10-12; rest 60sec b/t arms x 3/ar</p> | <p>15min AMRAP @ 90% effort Run 400m 15 Burpees Walk 15min 15min AMRAP @ 90% effort Run 400m 15 Wall-Balls</p> | <p>A1: Thruster x 7-8; rest 2min x 3 A2: Bent Over BB Row @ 41X2 x 7-8; rest 2min x 3 B: Tall Kneeling Pallof Press @ 1511 x 10-12; rest 2 C: Band Pull Aparts @ 3113 x 10-12; rest 2min x 3 + 10min Step Ups 18" w/ 30# vest</p> | <p>Run 350m Walk 1minute x 10</p> | <p>AM: 40min Bike @ Z1 pace 40min Jog @ Z1 pace PM: 20min Swim @ Z1 pace - every 100m tread water for 15 seconds w/ 10lb brick</p> |
| <p>notes: - SLRDL: Single Leg Romanian Deadlift. this is done w/ 1 dumbell in each hand, reach down as far as you can while maintaining a neutral spine and retracted shoulder blades - Side Bridge: http://bit.ly/1nTRMXD - Powell Raise: http://bit.ly/1neCnyL - Front Squat: http://bit.ly/1neCvyc</p> | <p>notes: - goal is a steady pace throughout. Score should be the same for the first and second half of each set</p> | <p>notes: - anytime that you hit the top of the rep range, you must go up in weight on the next set - Step-ups should be done at a continuous pace</p> | <p>notes: - goal is same hard pace each set. Each set should be within 1-2 seconds of one another</p> | <p>notes: - a good rule of thumb for Z1 pace is to maintain a HR between 120-135bpm</p> |
| W8/D1 | W8/D2 | W8/D3 | W8/D4 | W8/D5 |
| <p>A1: Front Squat @ 31X1 x 4-5; rest 2min x 3 A2: Standing DB Press @ 30X2 x 5-6; rest 2min x 3 B: SLRDL @ 31X1 x 9-11; rest 90sec b/t legs x 3/leg C1: Side Bridge L 100sec; rest 90sec x 3 C2: Side Bridge R 100sec; rest 90sec x 3 D: Powell Raise @ 3010 x 9-11; rest 60sec b/t arms x 3/arm</p> | <p>50 Push-Ups Run 2km @ 80% effort 100 Perfect Squats Run 2km @ 80% effort 30 Strict Pull-Ups Run 2km @ 80% effort 150 Sit-Ups Run 2km @ 80% effort 80 Perfect Standing Lunges</p> | <p>A1: Thruster x 6-7; rest 2min x 3 A2: Bent Over BB Row @ 41X2 x 6-7; rest 2min x 3 B: Alternating Front Rack Barbell Step-Ups 18" x 6-8/ C: Tall Kneeling Pallof Press @ 1511 x 12-15; rest 2 D: Band Pull Aparts @ 3113 x 12-15; rest 2min x 3</p> | <p>Run 400m Walk 1 minute x 10</p> | <p>AM: 50min Bike @ Z1 pace 50min Jog @ Z1 pace PM: 20min swim @ Z1 pace - ever 100m swim to the bottom of the deep end, and back up x 2</p> |

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| <p>notes: - SLRDL: Single Leg Romanian Deadlift. this is done w/ 1 dumbbell in each hand, reach down as far as you can while maintaining a neutral spine and retracted shoulder blades - Side Bridge: http://bit.ly/1nTRMXD - Powell Raise: http://bit.ly/1neCnyL</p> | <p>notes: - goal is to maintain exact same pace for each 2km run, and to perform all movements with perfect form, adjust your pacing and breaking up sets accordingly</p> | <p>notes: - BB Step-Ups: http://bit.ly/1jr1NIQ - anytime you hit the top of the rep range on a given set, you MUST go up in weight on the next set</p> | <p>notes: - goal is same hard pace each set. Each set should be within 1-2 seconds of each other</p> | <p>notes: - a good rule of thumb for Z1 pace is to maintain a HR between 120-135bpm</p> |
| W9/D1 | W9/D2 | W9/D10 | W9/D11 | W9/D12 |
| <p>A1: Front Squat @ 31X1 x 3-4; rest 2min x 4 A2: Standing DB Press @ 30X2 x 4-5; rest 2min x 3 B: SLRDL @ 31X1 x 8-10; rest 90sec b/t legs x 4/leg C1: Side Bridge L 110sec; rest 90sec x 3 C2: Side Bridge R 110sec; rest 90sec x 3 D: Powell Raise @ 3010 x 7-9; rest 60sec b/t arms x 3/arm</p> | <p>15min AMRAP @ 90% effort 5 Forward Rolls 10 Burpee Broad Jumps 10 Walking Lunges w/ 25# DB Overhead 10 Walking Lunges w/ 25# DB verhead L Run 200m Rest 12min x 2</p> | <p>A1: Push Press x 5-6; rest 2min x 3 A2: Bent Over BB Row @ 41X2 x 5-6; rest 2min x 3 B: Alternating Front Rack Barbell Step-Ups 18" x 5-7/ C: Tall Kneeling Pallof Press @ 1511 x 15-18; rest 2 + 25 TGU 1.5 pd for time/ must be done with perfect for</p> | <p>Run 3min Hard Walk 3min x 6</p> | <p>AM: 60min Bike @ Z1 pace 60min Jog @ Z1 pace</p> <p>PM: 25min swim @ Z1 pace - ever 100m swim to the bottom of the deep end, and back up x 2</p> |
| <p>notes: - SLRDL: Single Leg Romanian Deadlift. this is done w/ 1 dumbbell in each hand, reach down as far as you can while maintaining a neutral spine and retracted shoulder blades - Side Bridge: http://bit.ly/1nTRMXD</p> | <p>notes: - goal is same rounds/reps for each set - Jump as far as you can on each burpee</p> | <p>notes: - anytime that you hit the top of the rep range, you must go up in weight on the next set - Step-ups should be done at a continuous pace</p> | <p>Notes: - goal is same pace for each set, tough but</p> | <p>notes: - a good rule of thumb for Z1 pace is to maintain a HR between 120-135bpm</p> |
| W10/D1 | W10/D2 | W10/D3 | W10/D4 | W10/D5 |
| <p>A1: Front Squat @ 31X1 x 2-3; rest 2min x 4 A2: Standing DB Press @ 30X2 x 3-4; rest 2min x 4 B: SLRDL @ 31X1 x 8-10; rest 90sec b/t legs x 4/leg C1: Side Bridge L 70sec; rest 90sec x 4 C2: Side Bridge R 70sec; rest 90sec x 4 D: Powell Raise @ 3010 x 6-8; rest 60sec b/t arms x 3/arm</p> | <p>Swim 400m Hard 50 Standing Lunges 50 Pushups Tread Water 1min w/ 20# Brick Rest 10min x 2</p> | <p>A1: Push Press x 4-5; rest 2min x 3 A2: Bent Over BB Row @ 41X2 x 4-5; rest 2min x 3 B: Alternating Front Rack Barbell Step-Ups 18" x 4-6/ C: Tall Kneeling Pallof Press @ 1511 x 10-12; rest 2 + 100 Hand Release Push-Ups for time</p> | <p>Run 4min Hard Walk 4min x 6</p> | <p>AM: 70min Bike @ Z1 pace 70min Jog @ Z1 pace</p> <p>PM: 30min swim @ Z1 pace - ever 100m swim to the bottom of the deep end, and back up x 2</p> |
| <p>notes: - SLRDL: Single Leg Romanian Deadlift. this is done w/ 1 dumbbell in each hand, reach down as far as you can while maintaining a neutral spine and retracted shoulder blades - Side Bridge: http://bit.ly/1nTRMXD</p> | <p>notes: - goal is same time for each set</p> | <p>notes: - anytime that you hit the top of the rep range, you must go up in weight on the next set - Step-ups should be done at a continuous pace - when performing hand release, maintain externally rotated shoulders and tight mid-section</p> | <p>Notes: - goal is same pace for each set, tough but</p> | <p>notes: - a good rule of thumb for Z1 pace is to maintain a HR between 120-135bpm</p> |
| W11/D1 | W11/D2 | W11/D3 | W11/D4 | W11/D5 |
| <p>A1: Build to a tough 2rep Front Squat A2: Build to a 3RM DB Press B: SLRDL @ 31X1 x 6-8; rest 90sec b/t legs x 3/leg C1: Side Bridge L 100-120sec; rest 2min x 2 C2: Side Bridge R 100-120sec; rest 2min x 2 D: Powell Raise @ 3010 x 4-6; rest 60sec b/t arms x 3/arm</p> | <p>8 Rounds: 6 Heavy Deadlifts 50m Farmer's Carry Heavy Row 500m Walk 4min</p> | <p>A1: Build to a tough 2rep Push Press A2: Build to a tough 2rep Wtd Pull-Up B: Walking BB Lunges x 6-8/leg; rest 2:30 x 3 C: Tall Kneeling Pallof Press @ 1511 x 8-10; rest 2mi + Run 2km @ Z1 pace</p> | <p>Run 5km @ 85% effort Walk 10min Run 5km @ 85% effort</p> | <p>AM: 35min Swim @ Z1 pace 10min Tread Water 35min Bike @ Z1 pace 35min Jog @ Z1 pace</p> |
| <p>notes: - SLRDL: Single Leg Romanian Deadlift. this is done w/ 1 dumbbell in each hand, reach down as far as you can while maintaining a neutral spine and retracted shoulder blades - Side Bridge: http://bit.ly/1nTRMXD</p> | <p>notes: - goal is same pace for each set - try and increase weight of both deadlift a</p> | <p>notes: - anytime that you hit the top of the rep range, you must go up in weight on the next set - Step-ups should be done at a continuous pace - when performing hand release, maintain externally rotated shoulders and tight</p> | <p>Notes: - goal is same pace for each set, tough but</p> | <p>notes: - a good rule of thumb for Z1 pace is to maintain a HR between 120-135bpm</p> |
| W12/D1 | W12/D2 | W12/D3 | W12/D4 | W12/D5 |

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| <p>Build to a 1RM Front Squat; rest as needed + Build to a 1RM Press; rest as needed + AMSAP Side Bridge L; 1 attempt; rest 3min AMSAP Side Bridge R; 1 attempt</p> | <p>10km Run for best possible time</p> | <p>Build to a 1RM Push Press; rest as needed + Build to an 8RM RFESS @ 3010; rest as needed</p> | <p>Run 30sec @ 90% effort Walk 30sec x 15</p> | <p>5 Rounds for best possible time: 12 Wall Walks 12 Burpee Pull-Ups Run 200m</p> |
| <p>notes: - ass to grass on front squat - no hips involved in the press - dig deep on the side bridge</p> | <p>notes: - Warm up well for this, Run 10min easy, w/ some light sprints for the last 10sec of each minute, followed by 10 minutes of lower body dynamic mobility</p> | <p>notes: - RFESS: http://bit.ly/1pQfMwT</p> | <p>notes: - goal is the exact same pace for each set of running +/- 1 second</p> | <p>notes: - find a pace and stick to it, keep grinding through, avoid taking long pauses during wall walks</p> |