



Sample Schedule and Workouts
3 Month Operator Fitness Program
V. 1.1

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Note: Keep in mind that adequate time for rest and recovery is built into the following program ONLY if the athlete adheres to the proper diet, remains hydrated, and gets enough sleep. In addition, non-training related stressors (alcohol, work, home-life, the crazy stripper girlfriend, etc.) must be kept to a minimum. If these requirements can not be met the schedule must be altered accordingly to avoid overtraining.

Foundation (Month #1):

The Foundation phase is focused on General Physical Preparation (GPP) and is designed to develop a base of fitness, correct imbalances, and prepare the athlete for more specialized training. Emphasis is on circuits and progressions but in order to achieve and maintain a broad level of fitness this phase must include:

1x Strength or Power day every 14 days

1x Interval day every 14 days

2x Endurance days every 14 days (2 of these will be Breathing Ladders >30 min)

1x Recovery day every 14 days

This phase requires a training volume of approximately 19 hours per month.

Example:

Day 1: Warm-up, Circuit (Focus)

Day 2: Warm-up, Strength

Day 3: Warm-up, Power-Endurance

Day 4: Warm-up, Progression

Day 5: Endurance <90 min (*utilize a Breathing Ladder >30 min)

Day 6: Rest

Day 7: Rest

Day 8: Warm-up, Interval

Day 9: Warm-up, Circuit (Complementary)

Day 10: Recovery

Day 11: Warm-up, Accumulation

Day 12: Endurance >90 min

Day 13: Rest

Day 14: Rest

Day 15: Warm-up, Circuit (Focus)

Day 16: Warm-up, Strength

Day 17: Warm-up, Power-Endurance

Day 18: Warm-up, Progression

Day 19: Endurance <90 (*utilize a Breathing Ladder >30 min)

Day 20: Rest

Day 21: Rest

Day 22: Warm-up, Interval

Day 23: Warm-up, Circuit (Complementary)

Day 24: Recovery

Day 25: SMMF

Day 26: Endurance >90

Day 27: Rest

Day 28: Rest

Power (Month #2):

The Power phase is focused on increasing peak force and the rate of force production. To achieve and maintain a broad level of fitness this phase must include:

4x Power or Power-Endurance days every 14 days

1x Endurance day every 14 days

2x Recovery day every 14 days

This phase requires a training volume of approximately 18 hours per month. Training frequency must remain high so no efforts should be done to complete failure. This will allow quick and effective recovery. Because of the lack of general systemic stress imposed during this phase two of the Recovery workouts are undertaken on Rest days.

Example:

- Day 1: Warm-up, Power (Explosive)
- Day 2: Warm-up, Circuit (Complementary)
- Day 3: Endurance >90 min
- Day 4: Warm-up, Accumulation
- Day 5: Warm-up, Power-Endurance
- Day 6: Recovery
- Day 7: Rest
- Day 8: Warm-up, Power (Explosive)
- Day 9: Warm-up, Progression
- Day 10: Recovery
- Day 11: Warm-up, Power (Litvinov Conversion)
- Day 12: SMMF
- Day 13: Rest
- Day 14: Rest
- Day 15: Warm-up, Power (Explosive)
- Day 16: Warm-up, Circuit (Focus)
- Day 17: Endurance >90 min
- Day 18: Warm-up, Accumulation
- Day 19: Warm-up, Power-Endurance
- Day 20: Recovery
- Day 21: Rest
- Day 22: Warm-up, Power (Explosive)
- Day 23: Warm-up, Progression
- Day 24: Recovery
- Day 25: Warm-up, Power (Cardiovascular)
- Day 26: Warm-up, Interval
- Day 27: Rest
- Day 28: Rest

Endurance (Month #3):

The Endurance phase is designed for an athlete requiring fitness across a broad spectrum of parameters with an emphasis on Endurance. In addition, a two week taper is included to allow the athlete to peak at the culmination of the 3 month program. To achieve and maintain a broad level of fitness this phase must include:

1x Strength or Power day every 14 days

5x Endurance days every 14 days

4x "Two-a-Days" every 14 days (when two workouts are combined in one day it is preferred that an endurance follow intensity if that session will emphasize technical and neurologically difficult movements)

2x Recovery days every 14 days

This phase requires a training volume of approximately 26 hours per month. Because of the general systemic stress caused by endurance efforts and multiple Two-a-Days the Rest days and Recovery workouts are of paramount importance and must be respected.

Example:

Day 1: Warm-up, Power (Explosive)

Day 2: Warm-up, Interval

Day 3: Warm-up, Breathing Ladder & Endurance <90 min

Day 4: Recovery

Day 5: Warm-up, Circuit (Complementary) & Endurance >90 min

Day 6: Rest

Day 7: Rest

Day 8: Endurance <90 min

Day 9: Warm-up, Interval

Day 10: Warm-up, Breathing Ladder & Endurance <90 min

Day 11: Recovery

Day 12: Warm-up, Progression & Endurance >90 min

Day 13: Rest

Day 14: Rest

Day 15: Warm-up, Circuit (Complementary) & Endurance >90 min

Day 16: Warm-up, Intervals

Day 17: Recovery

Day 18: Warm-up, Strength & Endurance >90 min

Day 19: Rest

Day 20: Warm-up, Breathing Ladder & Endurance <90 min

Day 21: Recovery

Day 22: Warm-up, Progression & Endurance <90 min

Day 23: Recovery

Day 24: Rest

Day 25: Endurance <90 min

Day 26: Recovery

Day 27: Rest

Day 28: Rest

WARM-UP

Definition: A means of raising your body's core temperature ("get the blood flowing") and preparing it for the work that is about to follow. The Warm-up should not be strenuous enough that it compromises the workout.

Notes: A Warm-up can be a single movement like rowing or a series of un-weighted and/or weighted movements done in succession. Depending on the physical or psychological goal of a workout, a Warm-up may not be necessary.

2K Row, only breathing in and out through the nose
~8-9 min

"Squat Play"

6x 30/15 sec intervals randomized with Squat, Jumping Squat, Tuck Jump, Static Hold and rest

-4:30 warm-up

30 sec work period, 15 sec to switch positions, three rounds

Alternate static and dynamic stations, alternate technical (balance) and dumb stations

1. Ring Support
2. Knees-to-Elbows
3. Forward Leaning Rest on rings
4. Squat on inverted BOSU
5. Tuck Sit on parallettes
6. Pull-up (dead hang when you can no longer pull)

-12 min warm-up

30 sec work period, 15 sec to switch positions, four rounds

Alternate static and dynamic stations, alternate technical (balance) and dumb stations, alternate legs on single leg movements as sequence progresses

1. Inverted hang on rings
2. Step-up (light load, short box)
3. Single-leg balance on unstable surface (BOSU, wobble board, inflatable disc, etc)
4. Air Squat
5. Ring Support
6. Single-leg, One-handed Deadlift

-16 min warm-up

60m Rack Carry @ 2x 35# KB +

30x Rack Step-up @ 10" box (2x 35# KB) +

60m Rack Carry @ 2x 44# KB +

20x Rack Step-up @ 20" box (2x 44# KB) +

60m Rack Carry @ 2x 53# KB +

10x Farmer Step-up @ 24" box (2x 53# KB)

CIRCUIT

Definition: A series of movements repeated in sequence, back-to-back using total time as the measurement. Rest periods are not included in the circuit so any rest taken is factored into the total time (i.e. the clock keeps ticking whether the athlete is working or not). With the goal being the best time an individual can achieve it is expected that these circuits be executed at high intensity. The two types of circuits are Complementary and Focus (aka Fulfillment). Complementary circuits alternately stress different muscle groups (Squat + Pull Up). Focus Circuits stress the same muscle groups in different manner, alternating between grinding and explosive stimulus (e.g. Dead Lift + Box Jump), or by changing stimulus and/or load (e.g. Bear Crawl + Push-up).

Notes: Circuits utilizing a heavy load or technically difficult movement should accommodate fatigue with progressive reduction of reps.

Complementary Circuit:

Deadlift @ 125% of bodyweight + Handstand Push-up
50-20-10 reps of each

"Jonestown Sprint"

Burpee/ Pull-up combo + Push Press @ 75#
20-20-10-10 reps of each

"Jonesworthy"

Squat	80	64	48	32	24	12
KB Swing	40	32	24	16	12	6
Pull-up	20	16	12	8	6	3

~15-30 min

KB Step-up @ 2x 35# KB & 18" box + Knees-to-Elbows
50-40-30-20-10 reps of each
~25-40 minutes

"Louder than 10"

5x Ball Slam + 10x Push-up + 15x KB Swing
Eleven rounds

15x Deadlift @ bodyweight + 15x Ring Push-up
Five rounds

100x Pull-up + 30x Get-up @ 25# + 100x Push-up + 30x Get-up @ 25# + 100x Atomic Sit-up + 30x Get-up @ 25# + 100x Air Squat + 30x Get-up @ 25#
~45-60 min

30m One-arm Overhead Lunge @ 26# KB + 2x Rope Climb + 20x GHD Sit-up
Five rounds

5x Two-arm KB Clean @ 2x 53# + 10x Ring Push-up + 15x Squat
Five rounds

500m Row + Bench Press @ 135#
Five rounds

Focus Circuit:

"An Easy Ab Day"

GHD Sit-up + V-Sit + Static Hold on rings (top of push-up position) + Tuck Hang +
Right Plank + Front Plank + Left Plank + Vertical Sit-up
30 seconds of each followed by 30 seconds of rest during which five perfect push-ups
must be done = one round
Three rounds (24 min total)

Ball Slam @ 25# + KB Step-up @ 2x 35# KB onto 20" box
30-20-10 reps of each

Bench Press @ bodyweight + Burpee
10/1-9/2-8/3-7/4-6/5-5/6-4/7-3/8-2/9-1/10 reps of each (digression-progression)

OHS @ 35% of bodyweight + Ring Pushup (feet higher than hands)
30-20-10 reps of each

Run 100m + 20x Ball Slam @ 10# ball +
Run 100m + 15x Ball Slam @ 10# ball +
Run 100m + 10x Ball Slam @ 10# ball +
Run 100m + 5x Ball Slam @ 10# ball

Wall Ball @ 20# ball + Ball Slam @ 20# ball
50-40-30-20-10 reps of each

10x Deadlift @ 110-115% bodyweight + 400m Run
Three rounds

"1775"
17x Burpee Pull-up + 75x Squat
Four rounds

250m Row + 10x Deadlift @ 125% of bodyweight + 12x Thruster @ 2x 25# DB
Three rounds

50m One-hand Overhead Lunge (forward) @ 26# KB (weak side) + 50m One-hand
Overhead Lunge (backward) @ 26# KB (strong side) + 400m row
Five rounds

STRENGTH

Definition: Workouts focused on the development of maximum force production and muscular recruitment. These include One Rep Max (1RM) efforts or similarly low-rep, high-load efforts using a slow movement with the weight traveling a limited distance (e.g. Deadlift). These are typically heavy, slow, grinding movements with no explosive components to them.

Notes: A progression to a 1RM should begin with a lower weight and slowly work up to the final lift. Reps should be limited to 2-3 at the lighter weights while only pulling singles as you approach the 1RM. Allow maximum rest between lifts, 3-5 min is ideal.

Progression to 1RM in one of the following movements:

- Bench Press
- Deadlift
- Front Squat
- Overhead Squat
- Standing Military Press
- Squat
- Weighted Pull-up

3x-5x Ladders from 1-3 with Progressive Loading (18-30 reps total)

Rather than a fixed set (e.g. 6 reps), a Ladder increases by 1 rep within the rep range (e.g. a Ladder 1-3 means 1 rep, then 2 reps, then 3 reps). Do the reps within the ladder without rest but allow a meaningful rest period (no less than 3 min) between the ladders. Use progressive loading by setting up three bars: #1 = 95% 1RM, #2 = 90% 1RM, #3 = 85% 1RM. So the weight decreases as the reps increase. All reps must be technically perfect.

Utilize this method with the following movements:

- Bench Press
- Deadlift
- Front Squat
- Overhead Squat
- Standing Military Press
- Squat
- Weighted Pull-up

POWER

Definition: Workouts focused on increasing the rate of force production. These workouts are separated into three categories: Explosive Power, Cardiovascular Power, and Litvinov Conversions. Explosive Power workouts refer to single movements (e.g. Clean) that require extremely high muscular recruitment for durations of less than one second. These movements can be done as single lifts or within very low rep sets. Explosive Power workouts also use coupled movements that combine a force component with a speed component which both use the same muscles and neural pathways (e.g. Dead Lifts + Depth Jumps). Cardiovascular Power workouts refer to sub 90 second efforts of maximum cardiovascular output (e.g. 500m Row). Litvinov Conversions, although similar to coupled movements, concentrate on the split second phase of changing gears between the force component and speed component (e.g. Front Squat + Sprint). The emphasis in Litvinov Conversion workouts is on the transition, the quicker the better.

Notes: All Power workouts are concerned with maximum recruitment and force production as quickly as possible. Because intensity is paramount for each lift, set, or conversion, allow a minimum of 3 min of rest between each.

Explosive Power:

Progression to 1RM in one of the following movements:

- Clean
- Push Press
- Jerk
- Clean & Jerk
- Snatch

3x Deadlift @ 90-95% 1RM + 3-6x Depth Jump & Broad Jump combo chaser
Five sets, five min rest between sets

3x Weighted Pull-up @ 90-95% 1RM + 3-6x Clapping Pull-up chaser
Five sets, five min rest between sets

Cardiovascular Power:

500m Row
~ Less than 1:30

400m Run

Litvinov Conversion:

8x Front Squat @ 70% 1RM + 20m Sprint Drag @ ~100#
Three sets, rest as needed between sets

10x Goblet Squat @ 71# KB + 100m Sprint
Three sets, rest as needed between sets

INTERVAL

Definition: Interval training describes repeated bouts of high intensity exercise followed by intermittent rest periods, repeated many times. This type of work/rest structuring allows for a higher total volume of high intensity work. Interval structure may be applied to any type of common movement: gymnastic, external object control, and cardiovascular. Work to Rest intervals are noted as a ratio (e.g. 1:1 indicates equal work to rest periods, 1:3 indicates a rest period three times as long as the work period, etc.). Active rest refers to a rest period in which the movement is continued at an easy pace until the next interval begins.

Notes: The Tabata Interval refers to a 20 sec work period followed by 10 sec rest period (2:1). This is typically done for eight intervals, a total of 4 min. A variant of this protocol is the 30/30 Interval which is a 30 sec work period followed by 30 sec rest period (1:1). This is typically done for four intervals, a total of 4 min.

Row 4x 1 min work period/30 sec active rest (2:1)
Rest for 3 min (get off the rower), 4 interval sessions
~25 min

Row 6x 500m @ ~ 15 sec slower than your PR 500m pace/3 min active rest (~1:2)
Attempt to keep all intervals equal to or faster than the first one
~30 min

Sprint 10x 100m as fast as possible/active rest while walking back to starting point (~1:3)
Pace off 100m, sprint the distance at an all out effort, slowly walk back the starting line and immediately repeat for a total of ten sprints.
~10 min

7x 800m Run @ your PR 5K (or PR 3 mile timed run) pace/equal amount of rest (1:1)
~35 min

3x Tabata Row
10 min active rest period between each 4 min interval session, shoot for over 100m per
20 sec work period
~42 min total

Gym Sprints 3 (10x 10m Resisted Sprint), rest 3-5 seconds between sprints, rest 3-4 minutes between sets. Three sets of ten sprints. The focus is on acceleration and maintenance of interval intensity, scale load accordingly. Attach load to waist belt instead of shoulder harness.
~20 min

PROGRESSION

Definition: An "open-circuit," meaning that a Progression is composed of non-repeating movements executed with low to moderate loads at high repetition with emphasis placed on cardiovascular stress over muscular stress. Progressions may last from 10-90 min, with the common duration being 15-25 min.

Notes: Progressions should be organized so that more technical movements are undertaken early in the workout when the Central Nervous System (CNS) is fresh. Movements should become progressively simpler as workout evolves.

"Meritorious"

30x HSPU + 40x Pull-up + 50x KB Swing @ 53# + 60x Sit-up + 70x Burpee

Row 500m + 50x Box Jump @ 24" box + 50x Push-up + 50x Sit-up + 50x Jumping Pull-up + 50x Back Extension + 50x Ring Dip + 20x Get-up @ 26# KB

"Those Burpees Suck"

10x Pull-up + 20x KB Swing @ 53# + 30x Box Jump @ 24" Box + 40x Push-up + 50x Sit-up + 60x Burpee + 10x Pull-ups
~10-20 min

100x Thruster @ 45# bar + 100x Wall Ball @ 20# ball + 100x Ball Slam @ 20# ball

"300"

25x Pull-up + 50x Deadlift @ 135# + 50x Push-up + 50x Box Jump @ 24" box + 50x Floor Wiper @ 135# (one count) + 50x KB Clean and Press @ 35# (KB must touch floor between reps) + 25x Pull-up
~15-30 min

ACCUMULATION

Definition: A series of "mini" workouts done one after the other with a 3 min rest between each. Because of the significant rest period, each "mini" should be treated as an individual workout, so each one should be done at maximum intensity.

- 1: 5x Sprint Start (Forward) @ Green Band + 15x Parallette Push-up, three rounds
- 2: 5x Sprint Start (Backward) @ Green Band + 10x Deadlift @ 135#, three rounds
- 3: 20x Box Jump @ 24" box + 7x Clapping Pull-up, three rounds
- 4: 10x Get-up (Blindfolded) @ 35# KB

- 1: Team Jerk Ladder 5x 1-3 @ 75-80% bodyweight, 30 reps total
- 2: Team Get-up Ladder 2x 1-4 (each arm) @ 53# KB, 40 reps total, 20 with each arm
- 3: Team Decline Push-up Ladder 1-10-1 (feet higher than hands), 100 reps total
~30 min, and say goodbye to the shoulders for a few days

- 1: KB Round The World (pass KB around waist)
KB Figure 8 (pass KB through legs in figure 8 pattern)
KB Snatch (one-arm, alternate arms)
KB Step-up @ 10" box

One minute of each, three rounds (12 min total), use a 53# KB, KB may not be set down during session

- 2: 10x Fat Bar Dead Lift @ 105# (or more)
30 sec Dead Hang from Pull-up bar or Rings
Four rounds

- 1: 20x Goblet Squat @ 53# KB + 100m Sprint
- 2: 20x KB Swing @ 53# + 100m Sprint + 100m Farmer Carry @ 2x 53# KB
- 3: 20x Goblet Squat @ 53# KB + 100m Sprint + 100m Suitcase Carry @ 1x 53# KB + 1x "Decide and Throw" (Instructor calls one of three targets, athlete throws medicine ball at appropriate target, a hit stops the clock) *could be solving puzzles problem etc*
Score is total time for all three events minus the rest periods
~3:30 is a good score

- 1: 60m Farmer Carry @ Blaster Bars, four rounds, rest as needed between carries
- 2: 10x Fat Bar Dead Lift @ 105# + 60m Crosswalk @ 26# KB (high) & 53# KB (low), three rounds, rest as needed between carries
- 3: 5x Squat @ 135# + 10x Pull-up, ten rounds

POWER-ENDURANCE

Definition: Cardiovascular (CV) workouts dominated by power production for extended periods, from three min up to approximately 30 min (e.g. 2K Row). This may also describe a workout where power must be generated intermittently over a long period (e.g. 5x Lunge + 5x Push Press for 400m).

Notes: Breathing Ladders <30 min as well as non-Cardiovascular Interval workouts (particularly the Tabata and 30/30 varieties) can be used for Power-Endurance workouts.

"Secret Service Snatch Test"

Perform as many KB snatches as possible in 10 min, alternating left and right hand as desired, KB may be set down to rest if necessary, those are "Official" (aka Gentlemen's rules). "Tier One" rules dictate that the KB may not be set down during the 10 min effort, only one transfer swing is allowed to change hands, and any rest must be taken with the KB held overhead in the locked-out position. Men use the 53# KB, women use the 35# KB.

~"A score of 100 is lethargic. That is only 1 snatch every 6 seconds. If that is all you can muster, thank you for trying, do some more training... 150 gets a good sweat rolling, and a score of 200 is where we start feeling some real pain. 250 repetitions places you in the bleeding-from-the-eyeballs elite class. 275 is the record and is held by a recluse in Montana that is rarely seen."

"Tabata Hell"

One min rest between movements, score is sum of all reps

1. Tabata Squats (rest in bottom hold, thighs parallel to floor)
2. Tabata Push-ups (rest locked out at top, aka Forward Leaning Rest)
3. Tabata Ball Slam @ 20# ball (rest with ball overhead, both arms locked out)
4. Tabata Sit-up (rest with legs held straight 6-12" above floor, head off floor)
5. Tabata KB Swing @ 53# (rest without setting KB down or supporting it on your body)

3 mile Run, all out effort

~Less than 20 min

5x Lunge + 5x Push Press for 400m

While holding a 45# bar, 2x 25# DB, or similar load, do 5x Lunges followed by 5x Push Press, continue doing this until you have traveled 400m (this is typically done as 1 lap around a track)

~20-30 min.

5K Row, all out effort

~ Less than 20 min

BREATHING LADDER

Definition: Workouts that utilize a specific method of breathing while lifting weights to elicit an aerobic endurance training effect. We have defined two goals for the Breathing Ladders: Using a rep/load/movement structure that puts the athlete into a "panic breathing" situation to learn breath control and efficient recovery in a fixed/limited time frame or using rep/load/movement structure to trick the athlete into a high volume/long duration workout. Since the goals in each case is oxygen consumption and efficiency we prefer to use bigger, compound movements that cause a greater oxygen demand and then structure loads and reps depending on which of the two outcomes is desired.

Notes: To execute a Breathing Ladder pick a weight, a movement, a load, and do one rep followed by one breath, then do two reps followed by two breaths, three reps followed by three breaths, etc. Breathe as much as you want while working. Breathe only the specified number of "reps" while resting. The longer you stretch out the process of breathing during rest the more rest you get and the longer the ladder will last, which is the goal.

A Breathing ladder <30 min can be considered a Power-Endurance workout while a Breathing Ladder >30 min can be considered an Endurance <90 workout.

Notes: Repetitions may be structured in a variety of ways:

1-20 (or more), add one rep at each successive rung of the ladder

1-20-1, add one rep at each successive rung of the ladder up to 20 and then descend, this gets very scary around rung number ten on the way down

1-10 repeats, add one rep at each successive rung of the ladder up to 10 and then repeat the ladder beginning with 1

The stopping point for a properly executed Breathing ladder occurs when the athlete can no longer perform the movement with the allotted number of breaths.

Ball Slams

KB Swing

KB Snatch

KB Two-hand Clean-Squat-Press combo (KB must touch ground on each rep)

Thrusters

SMMF

Definition: "Single Movement Mind Fuck." Like it sounds, a single movement repeated for long duration and essentially a head trip though the physical stress may be significant.

Notes: Because the intensity will degrade it is better to avoid the more explosive movements (e.g. Box Jumps).

One-mile tire drag
~25-30 min

1x Handstand Push-up every 30 sec for 50 min (100 reps total)
-50 min workout

100x Get-up @ 36# KB
~15-25 min

100-rep Challenge with any big lift @ 50% 1RM
Properly done, this is 100x single lifts

500m Lunge
10x 50m, add then subtract weight progressively and vary the methods of carry (e.g. Suitcase, Farmer, Overhead, and Crosswalk) every 50m

TAG TEAM

Definition: Generally describes any effort undertaken as a team, made up of two or three athletes. The workouts can have one movement chosen as the "control" which has a fixed number of reps, distance, etc. while the other movements are scaled to it (e.g. Player 1 (P1) Rows 500m, Player 2 (P2) does Ball Slams until the 500m Row is finished, then switch).

Notes: Team Ladders indicate that Players are alternating as they progress up the ladder (e.g. P1 performs 1 rep, P2 performs 1 rep, P1 performs 2 reps, P2 performs 2 reps, etc.). For programming purposes, Tag Team workouts are categorized as either a Complementary Circuit or a Focus Circuit and can be utilized within the schedule as such.

Complementary Circuit:

"Tail Pipe"

P1: 250m Row

P2: KB Rack Hold @ 2x 53# KB until Row is finished

Switch positions, repeat to complete one round

Three rounds

P1: 60m Tire Flip with Jump in/out

P2: Parallette Push-up until Tire Flip is finished (must hold plank if not pushing)

P3: Squat on BOSU until Tire Flip is finished (must hold static at bottom of Squat if not squatting)

Switch positions, repeat until all players have enjoyed each station to complete one round

Four rounds

P1: 60m Drag @ 350#

P2: KB Swing @ 53# until 30m Drag is done (for rounds 1 & 3) then GHD Wall Ball @ 20# ball until Drag complete (for rounds 2 & 4)

P3: Parallette Push-up until 30m Drag is done (for rounds 1 & 3) then Tuck Sit on parallettes until Drag complete (for rounds 2 & 4)

Switch positions, repeat until all players have enjoyed each station to complete one round

Four rounds

Focus Circuit:

"Carolyn's Sadistic"

Team Squat Ladder (with Bottom Hold) 1-10

Both Players hold a KB or DB, adjust weight accordingly, a total of 55 squats

P1 Row 500m

P2 Rack Hold @ 2x 44# KB until Row is finished

P3 Front Squat @ 65# until Row is finished (must rack the bar on shoulders if not squatting)

Switch positions, repeat until all players have enjoyed each station to complete one round

Three rounds

ENDURANCE <90 MIN

Definition: An endurance effort lasting less than 90 min. This definition is oriented to the pace of the effort. If the athlete rows 30 min at a heart rate of 130-135 it is considered an Endurance <90 effort, if the athlete rowed that same 30 min trying to maintain an HR of >165 the effort falls into the Power-Endurance category.

Notes: Breathing Ladders can be used for Endurance <90 workouts if the duration falls between 30-90 min.

Any cardiovascular activity performed for 30-90 min

Climb
Cycle
Hike
Paddle
Run
Row
Swim
Ski
Etc...

ENDURANCE >90 MIN

Definition: Endurance sessions lasting longer than 90 min. Typically these are sport-specific efforts but may be as simple as a hike. Since pace and intensity are the inverse of duration the longer the effort the lower the power output and heart rate. As the Endurance >90 min sessions increase in duration (>2-3 hours) the HR declines toward what we might call an ultra-endurance pace, something that may be maintained forever.

Any cardiovascular activity performed for over 90 min

Climb
Cycle
Hike
Paddle
Run
Row
Swim
Ski
Etc...

RECOVERY

Definition: An easy effort utilizing any low-impact movement done for 30-60 minutes at very low heart rate (~65% of your MHR, or <2mmol/L lactate). The purpose of this extremely light workout is to move blood around, flush by-products of the previous day's effort and create a demand for food.

Cycle
Elliptical
Hike
Row
StairMaster
Swim
Walking the dog