Session #0: Run and Bodyweight

Equipment Needed:
Track or well measured running course
Training watch, preferably with lap function and HR monitor
Access to Pull-up and Dip bars
Exercise Mat or semi-soft surface to train core on
A 2.5lb-5lb weight or object for shoulder durability exercises
Foam Roller / Lacrosse Ball

Session:

Program Overview

This 13 week, 52 session program is designed for the athlete looking to improve running ability in short to moderate distances (1-5 miles) as well as bodyweight strength endurance. Originally this program was designed for a Law Enforcement Officer looking to attend a SWAT selection course but applies to a wide range of athletes.

This program is appropriate for athletes that prefer to train outdoors with minimal equipment and is a great preparatory program for our more advanced programming. It uses our proven methods of periodization and progression in a well thought out, yet simple to execute, program. It requires very little equipment and can be done almost anywhere.

Program Schedule

This program is broken into 3 separate phases lasting 3 weeks. Each training week has 4 days of programming. In between each phase there is a de-load week with reduced training volume to allow the body to rest. Additionally the athlete will conduct a pre and post test to measure improvement.

As you move through the program the training volumes and durations will increase and it may be difficult to complete the entire session in one sitting. If it fits your schedule better you may break up the session into an AM and PM blocks. Additionally you may decide to train 5-6 days per week and just do them in the order they are prescribed.

Option 1: Do entire session - Strength Endurance and Running in one long effort
Option 2: Break into AM or PM blocks - Strength Endurance in the AM, then Run in the PM
Option 3: Do Strength Endurance on Monday, then Run on Tuesday, then move to next training session.

Running Pace

One of the primary goals during this program is to teach the athlete a sense of pace. Each session has a specific pace that is dictated in the TRAINING PACE CHART. These paces are very specific to elicit a certain adaptation and it is imperative that you do your best to run them at the prescribed pace. Regardless of how you feel do not attempt to exceed the dictated pace, doing so will result in additional stress on the body with very little, if any, added value. If you find yourself off pace do not attempt to “make-up” time. Simply get back on pace.

We suggest taking notes on how your feel, where you struggled, and your perceived effort of the training session. Weather, sleep, nutrition, and previous training sessions will all impact your performance either in a positive, or negative, manner.

Testing Protocol
You will test prior to, in between, and at the end of each block. You will take the test a total of 4 times.

The tests in between are not meant to be all out 100% efforts, closer to 95-98%.

Maximal testing is very demanding both physically and mentally. Most athletes will see an immediate jump in performance simply by altering the current training modality. Some athletes, with a more established base, will take longer to see results. The main purpose in testing after each block is to make adjustments in training volumes and paces.

We also suggest testing in similar conditions each time. Do your best to recreate the original environment you tested in. This means the same time of day, same location, same sleep, same warmup, same nutrition, and getting into the same mindset prior to taking it. Although these things may seem insignificant they really do have an impact on performance.

**Types of Sessions:**

**Aerobic Conditioning**

These efforts are for lack of a better word, easy. This is by design and we do not suggest working harder than prescribed. A heart rate monitor will greatly assist the athlete in training in the specific ranges needed. If a heart rate monitor is not available the pace should be one that is comfortable and the athlete can do it while breathing through their nose only. This is what is typically called a “conversational” pace, or where you could chat with a friend the entire time.

During these sessions we do not prescribe a certain mode. Running, Step-ups, Rowing, Cycling, Swimming, Tire Drags, Versa Climbers, Airdynes and combinations of each will all work. Running will be the most effective for those looking to really improve their run times, but the desired adaptations will happen with any mode.

Pick 1-3 modes and train for the prescribed duration with the prescribed heart rate / intensity. Below is an example.

30 minutes
10 minutes running
10 minutes tire drag at 35lbs
10 minutes step ups

**Tempo Run**

You will do a Tempo Run weekly throughout the entire program. This will be your bread and butter training session in regards to running. These efforts are slightly below race pace and are very challenging. We strongly recommend running these on a standard 400 meter track to ensure that the proper pace is being met

As your running ability improves you will progress the duration of the run by 2 minutes per week.

For newer athletes that test well in between each phase there will be an adjustment in pace. By increasing the duration and speed the initial session will be very difficult.

As mentioned before one of your main goals is to learn a consistent pace. If you find yourself off pace do not try to “make up” time - simply try to get back on pace.

**Intervals**

These runs will be in the last block of training and are faster in pace, but shorter in distance then your test. You should start each effort fairly fresh. It is more important that you run at the prescribed pace than follow the exact
rest protocol. The programmed in rest should be appropriate for most athletes. Just like the Tempo run we strongly suggest running this on a track to monitor pace.

**Primary Strength Endurance Session**

This session will be done every Monday throughout the program. Initially the prescribed volume will be very doable but as you progress week to week it will be more and more difficult to accomplish all the reps in the prescribed time.

You will start a new round every 1 or 2 minutes depending on the exercise. Each round you will have 45 seconds to do the work and 15 or more seconds to rest. No matter what take at least 15 seconds of rest. That means when the clock hits 0:45 then stop where you are and rest until the next round starts.

The 6th, and final, round you will do max reps in one minute. If you failed to hit all your prescribed reps you will do an additional round to complete those.

After each phase you will retest to assess your ability and make changes in training volume.

Max Reps: 60 reps  
Week 1 at 30% = 18 reps every round = Total of 108  
Week 2 at 35% = 21 reps every round = Total of 126  
Week 3 at 40% = 24 reps every round = Total of 144

**Common Questions**

**These sessions seem repetitive, why?**
They’re not sexy but they work. A simple progression of either volume, or duration is the best way to see results. Also with limited equipment and a specialized goal you need to do what is required, not what is fun.

**What if there is not a track near my house?**
Use your vehicle’s odometer, a GPS device, or Google Pedometer online to estimate the distances.

**What about Pose running?**
In theory we agree with most of what Romanov teaches but have had little success in its implementation. Every body has unique body types and run mechanics are really beyond the scope of this training program. In general:
- Run light and quiet  
- Strike mid-foot  
- Use a cadence of approximately 180 steps per minute  
- Relax your body  
- Breath deep and steady

**What kind of shoes should I run in?**
Your training shoes should be in good condition and appropriate for your body type. We like the Solomon Sense Mantra Pros, but that is simply a preference. The best advice is to go to running shoe specialty shop and talk with an experienced sales person. Preferably one with either a coaching or racing background.

**What if I need to skip a day?**
We suggest following the training schedule but often times life gets in the way. If traveling, sick, or unable to train simply pick up where you left off. Your body doesn’t realize if it is on week 2,3, or 4 - it just recognizes frequency and progressions. Follow the sessions in order and get them done when you can. Always take 1-2 days of total rest per week.
Session #1: Run and Bodyweight

Getting our baseline 2 mile today.

This is very important to a) measure progress and b) find the correct training paces.

Record all the environmental conditions that you experience to include weather, rest, nutrition, and mindset.

Session:

Objective: Run Testing

Warmup: 10 minutes
Running Drills Warmup

Training:

1) Run 2 miles for time*

*NOTE: Make sure to bookmark the Intervals Chart in the link or write down your individual pace somewhere
Session #2: Run and Body weight

Today's numbers are important for the same reasons as the run.

Ensure to take notes on your numbers as well as how you felt.

Make sure to read the test protocol on the intro page.

Good Luck.
- Coach Saenz

Session:

Objective: Strength Endurance Testing

Warmup: 3 rounds
10x Pushups on knees
10x Situps
5x Mantis
5x Hydrants e/s
200 meter run

Training:

1) 2 minutes
Max Reps pushups

2) 2 minutes
Max Reps Situps

3) 1 minute
Max Reps Pullups
Session #3: Run and Bodyweight

During this first week you'll see notes in the side bar from myself or one of our coaches.

As we move through the cycle we'll only put content over here as needed as many of these sessions are repeated with only small progressions in volume or duration.

The biggest mistake we see in regards to sessions such as today's is athletes seem to struggle with the idea of easy.

You should not be tired at the end of this session. Really you should have broken a light sweat and feel really good.

Remember you can choose any mode, or a combination of them. In the gym we prefer to do them in 5-10 minute blocks.

- Coach Saenz

Session:

Objective: Aerobic Conditioning

1) 30 minutes
Easy Aerobic Work at 55-75% of Max Heart Rate.

2) 3 rounds
30 seconds Glute Leg Lift
30 seconds Y+L
30/30 Founder
Session #4: Run and Bodyweight

Another aerobic effort today. This time followed up by some Core work.

- Coach Saenz

Session:

Objective: Aerobic Conditioning

1) 30 minutes
   Easy Aerobic Work at 55-75% of Max Heart Rate.

2) 4 rounds
   15 seconds Situps
   15 seconds Flutter Kicks
   15 seconds Hello Dolly
   15 seconds Plank Walkup
   15 seconds Rest
Session #5: Run and Bodyweight

You will see this session throughout the program. This effort progresses each week by adding more volume. After the retest your numbers should go up resulting in a 2nd progression of volume.

For the percentages round up. If you get 16.3 just do 17.

For the Pushups and Situps you will do one round every minute. On the final round you will do max reps.

For the pull-ups you will do one round every 2 minutes. Do a minimum of 3 pull-ups regardless of your ability. If unable to do 3 strict pull-ups then do negatives. On the final round you will do max reps.

Each round you have a required number of reps to perform, but only so much time to do so. Keep track of any missed reps and make sure to do those at the end of the effort in a 7th round.

- Coach Saenz

Session:

Objective: Strength Endurance + Aerobic conditioning

Warmup: 3 rounds
5x Pushups
10x Squats
5x Mantis
5x Hydrants e/s
200 meter run

Training:

1) 6 rounds
30% of max reps Pushups

2) 6 rounds
30% of max reps Situps

3) 6 rounds
30% of max reps Pull-ups

4) 30 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #6: Run and Bodyweight

If possible run this on a standard 400 meter track. If you fall behind your designated pace do not attempt to make up the time, simply get back on pace.

For the Shoulder Handjob’s use an object that weights between 2.5-5lbs. A full water bottle, 2.5lb plate, small dumbbell, or any other similarly weighted object will work.

Session:

Objective: Tempo Run + Core + Durability

Warmup:
10 minute easy run
Running Warmup Drills

Training:

1) 12 minutes
Run at Tempo Pace
5-10 minute cool down

2) 4 rounds
15 seconds Side Plank e/s
30 seconds Plank
30 second rest

3) 2 rounds
15 seconds Jane Fonda Complex e/s
20 seconds Shoulder Handjob e/s
Session #7: Run and Bodyweight

1) Depth wise go from about a quarter to parallel squat and rebound back up. Do not pause in between reps but link them together. Ensure that you hold a strong back position throughout.

2) For some athletes this volume may be easy. IF so add a controlled 3 second descent to make more challenging.

3) Choose 1-3 modes and work them at an easy pace. Keep them in at least 5 minute blocks.

Session:

Objective: Strength Endurance + Aerobic Conditioning

Warmup: 4 rounds
5x Lunge e/s
5x Pushups
5x Dynamic Instep e/s
5x Chest Openers

Training:

1) 5 rounds
15 seconds Squat Jumps
45 seconds rest

2) 5 rounds
3x Pullups
6x Dips
9x Pushups
30 second rest

3) 30 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #8: Run and Bodyweight

Today you do not get to pick your mode. You are required to run the entire duration. The run should be an easy and comfortable pace. It will get longer as we move through the program.

Session:

Objective: Long Run + Core + Durability

Warmup:
5 minute easy run
Running Warmup Drills

Training:

1) 30 minutes
Easy Run at 55-75% of Max Heart Rate

2) 4 rounds
20 seconds Situps
20 seconds Flutter Kicks
20 seconds Hello Dolly
20 seconds Plank Walkup
20 seconds Rest

3) 3 rounds
30 seconds Glute Leg Lift
30 seconds Y+L
30/30 Founder
Session #9: Run and Bodyweight

1 round every minute for part 1 and part 2 with 1 round every 2 minutes for part 3.

This is a progressed version of last week. Get used to this format because you will see it throughout the entire program.

We add 5% to last weeks session which will add 1-5 reps to each set. Same rules apply as last Monday.

Session:

Objective: Strength Endurance + Aerobic conditioning

Warmup: 3 rounds
5x Pushups
10x Squats
5x Mantis
5x Hydrants e/s
200 meter run

Training:

1) 6 rounds
35% of max reps Pushups

2) 6 rounds
35% of max reps Situps

3) 6 rounds
35% of max reps Pull-ups

4) 30 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #10: Run and Bodyweight

Tagging on 2 minutes to last weeks session. Do not run faster than prescribed, regardless of how you feel.

It is best to check your split every 200-400 meters to ensure that you are running at the correct pace.

Session:

Objective: Tempo Run + Core + Durability

Warmup:
10 minute easy run
Running Warmup Drills

Training:

1) 14 minute Tempo Run
5-10 minute cool down

2) 4 rounds
15 seconds Side Plank e/s
30 seconds Plank
30 second rest

3) 2 rounds
20 seconds Jane Fonda Complex e/s
25 seconds Shoulder Handjob e/
Session #11: Run and Bodyweight

Adding an additional round to each of the strength endurance efforts.

Aerobic work is the same as last week. Feel free to change it up but remember that running is the best bet.

Session:

Objective: Strength Endurance + Aerobic Conditioning

Warmup: 4 rounds
5x Lunge e/s
5x Pushups
5x Dynamic Instep e/s
5x Chest Openers

Training:

1) 6 rounds
15 seconds Squat Jumps
45 seconds rest

2) 6 rounds
3x Pullups
6x Dips
9x Pushups
30 second rest

3) 30 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #12: Run and Bodyweight

Pushing the run out by 5 minutes and progressing the core circuit by 5 seconds per exercise.

The core work is supposed to be challenging. Man up and get the work done.

Session:

Objective: Long Run + Core + Durability

Warmup:
5 minute easy run
Running Warmup Drills

Training:

1) 35 minutes
Easy Run at 55-75% of Max Heart Rate

2) 4 rounds
25 seconds Situps
25 seconds Flutter Kicks
25 seconds Hello Dolly
25 seconds Plank Walkup
25 seconds Rest

3) 3 rounds
30 seconds Glute Leg Lift
30 seconds Y+L
30/30 Founder
Session #13: Run and Bodyweight

Don’t be surprised to hit failure in today’s session. Work the entire 45 seconds, then get your 15 seconds rest in and repeat.

You can knock out any missed reps at the end.

Session:

Objective: Strength Endurance + Aerobic conditioning

Warmup: 3 rounds
5x Pushups
10x Squats
5x Mantis
5x Hydrants e/s
200 meter run

Training:

1) 6 rounds
40% of max reps Pushups

2) 6 rounds
40% of max reps Situps

3) 6 rounds
40% of max reps Pull-ups

4) 30 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #14: Run and Bodyweight

Add another 2 minutes this week. Get your head right. As tempo runs increase in duration they seem to get extremely challenging but they are always doable. They are the closest training you will do to your actual run test so get in there and get some.

Session:

Objective: Tempo Run + Core + Durability

Warmup:
10 minute easy run
Running Warmup Drills

Training:

1) 14 minute Tempo Run
5-10 minute cool down

2) 4 rounds
15 seconds Side Plank e/s
30 seconds Plank
30 second rest

3) 2 rounds
25 seconds Jane Fonda Complex e/s
30 seconds Shoulder Handjob e/
Session #15: Run and Bodyweight

Adding another round - 7 total. The volume will start to add up. You won’t see this format again until phase 3, and it will be a different rep scheme.

Session:

Objective: Strength Endurance + Aerobic Conditioning

Warmup: 4 rounds
5x Lunge e/s
5x Pushups
5x Dynamic Instep e/s
5x Chest Openers

Training:

1) 7 rounds
15 seconds Squat Jumps
45 seconds rest

2) 7 rounds
3x Pullups
6x Dips
9x Pushups
30 second rest

3) 30 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #16: Run and Bodyweight

Long steady run. + 5 minutes from last week. Taking the core up to 30 seconds…..feel the burn.

Session:

Objective: Long Run + Core + Durability

Warmup:
5 minute easy run
Running Warmup Drills

Training:

1) 40 minutes
Easy Run at 55-75% of Max Heart Rate

2) 4 rounds
30 seconds Situps
30 seconds Flutter Kicks
30 seconds Hello Dolly
30 seconds Plank Walkup
30 seconds Rest

3) 3 rounds
30 seconds Glute Leg Lift
30 seconds Y+L
30/30 Founder
Session #17: Run and Bodyweight

Just some easy aerobic work today to rest up for Thursday’s test.

Session:

Objective: Aerobic conditioning

Training:

1) 30 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.

2) 10 minutes
Soft Tissue
Session #18: Run and Bodyweight

Take additional rest today.....

Session:

Objective: Recovery

Total Rest
Session #19: Run and Bodyweight

Running a true 2 miles for time is taxing both mentally and physically. Today is not the day to lay it all out but just to become accustomed to a faster race pace and the distance. Use this test to id where you struggle and how well your sense of pace is developing.

You may or may not see improvement today. The more fit you are the less likely you will see a change. If you are a 15 minute 2 miler you will most likely see an improvement.

If you run today at a faster pace you will adjust your training paces. If you run the same or slower you will remain where you are at.

Session:

Objective: Run Testing

Warmup:
10 minutes
Running Drills Warmup

Training:

1) Run 2 miles for time
Session #20: Run and Bodyweight

Depending on the type of training you were doing prior to this program you may or may not see a huge jump in today's testing.

Don’t be surprised with an increase in pushups or sit-ups. Pullups will come slower simply due to the fewer number of reps involved in a maximal test.

Session:

Objective: Strength Endurance Testing

Warmup: 3 rounds
10x Pushups on knees
10x Situps
5x Mantis
5x Hydrants e/s
200 meter run

Training:
1) 2 minutes
Max Reps pushups

2) 2 minutes
Max Reps Situps

3) 1 minute
Max Reps Pullups
Session #21: Run and Bodyweight

If you improved on your tests last week go ahead and adjust your training numbers. If not add 1 rep to both the push-ups and sit-ups. For those of you that have been doing well with the pull-ups go ahead and add a rep there as well. If you have struggled with those stay at the same training volume.

Session:

Objective: Strength Endurance + Aerobic conditioning

Warmup: 3 rounds
5x Pushups
10x Squats
5x Mantis
5x Hydrants e/s
200 meter run

Training:

1) 6 rounds
30% of max reps Pushups

2) 6 rounds
30% of max reps Situps

3) 6 rounds
30% of max reps Pull-ups

4) 40 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #22: Run and Bodyweight

If your time was faster last week adjust your training pace. Taking this run to 16 minutes today. For those of you which ran the same or slightly slower (which will be most) stay at the same training pace.

Session:

Objective: Tempo Run + Durability

Warmup:
10 minute easy run
Running Warmup Drills

Training:

1) 16 minutes
Run at Tempo Pace
5-10 minute cool down

2) 2 rounds
30 seconds Jane Fonda Complex e/s
30 seconds Shoulder Handjob e/s
20x Face down Back Extension
Session #23: Run and Bodyweight

1) This effort is both work capacity and strength endurance. Create a 25x25 meter box with an exercise at each corner. Do 5 complete rounds and record your time.

2) After part 1 you probably won’t want to do part 2. Get in there and get it done. If you have a time constraint you can push this to a different day of the week.

Session:

Objective: Work Capacity + Aerobic Conditioning

Warmup: 4 rounds
5x Lunge e/s
5x Pushups
5x Groiner
5x Arm Circles F/B
100 meter run

Training:

1) 5 rounds
10x Burpee
25 meter run
10x Jump Lunge (5/5)
25 meter run
10x Pushups
25 meter run
10x Squat Jumps
25 meter run

2) 40 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #24: Run and Bodyweight

Repeating the 40 minute run from 2 weeks ago.

The core circuit has changed but is still at 30 seconds per movement.

Session:

Objective: Long Run + Core + Durability

Warmup:
5 minute easy run
Running Warmup Drills

Training:

1) 40 minutes
   Easy Run
   55-75% of Max Heart Rate

2) 3 rounds
   30 seconds Situps
   30 seconds Toes to Sky
   30 seconds Russian Twist
   30 seconds Plank Walkup
   60 seconds Rest

2) 3 rounds
   30 seconds Glute Leg Lift e/s
   30 seconds Teacup e/s
   30/30 Founder
Session #25: Run and Bodyweight

No additional notes needed for today's session.

Get some.
- Coach Saenz

Session:

Objective: Strength Endurance + Aerobic conditioning

Warmup: 3 rounds
5x Pushups
10x Squats
5x Mantis
5x Hydrants e/s
200 meter run

Training:

1) 6 rounds
35% of max reps Pushups

2) 6 rounds
35% of max reps Situps

3) 6 rounds
35% of max reps Pull-ups

4) 40 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #26: Run and Bodyweight

+2 again….notice a trend?

Session:

Objective: Tempo Run + Durability

Warmup: 
10 minute easy run
Running Warmup Drills

Training:

1) 18 minutes
Run at Tempo Pace

5-10 minute cool down

2) 2 rounds
30 seconds Jane Fonda Complex e/s
30 seconds Shoulder Handjob e/s
20x Face down Back Extension
Session #27: Run and Bodyweight

Same session as last week but we’ll be adding a rep at each station. This should take you a little bit longer as it ends up being 20x extra reps.

Session:

Objective: Work Capacity + Aerobic Conditioning

Warmup: 4 rounds
5x Lunge e/s
5x Pushups
5x Groiner
5x Arm Circles F/B
100 meter run

Training:

1) 5 rounds
11x Burpee
25 meter run
11x Jump Lunge (5/5)
25 meter run
11x Pushups
25 meter run
11x Squat Jumps
25 meter run

2) 40 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #28: Run and Bodyweight

Extending this out by 5 more minutes. The core work will stay at 30 seconds. Most athletes will struggle to do this un-broken.

Session:

Objective: Long Run + Core + Durability

Warmup:
5 minute easy run
Running Warmup Drills

Training:

1) 45 minutes
Easy Run
55-75% of Max Heart Rate

2) 3 rounds
30 seconds Situps
30 seconds Toes to Sky
30 seconds Russian Twist
30 seconds Plank Walkup
60 seconds Rest

2) 3 rounds
30 seconds Glute Leg Lift e/s
30 seconds Teacup e/s
30/30 Founder
Session #29: Run and Bodyweight

Like the end of phase 1 you may struggle to get all of the required reps in 45 seconds. That is fine - simply knock out the remaining reps at the end of the effort.

Session:

Objective: Strength Endurance + Aerobic conditioning

Warmup: 3 rounds
5x Pushups
10x Squats
5x Mantis
5x Hydrants e/s
200 meter run

Training:

1) 6 rounds
40% of max reps Pushups

2) 6 rounds
40% of max reps Situps

3) 6 rounds
40% of max reps Pull-ups

4) 40 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #30: Run and Bodyweight

+ 2 minutes

Session:

Objective: Tempo Run + Durability

Warmup:
10 minute easy run
Running Warmup Drills

Training:

1) 20 minutes
Run at Tempo Pace
5-10 minute cool down

2) 2 rounds
30 seconds Jane Fonda Complex e/s
30 seconds Shoulder Handjob e/s
20x Face down Back Extension
Session #31: Run and Bodyweight

Adding another rep per station - 20 additional reps total.

Session:

Objective: Work Capacity + Aerobic Conditioning

Warmup: 4 rounds
5x Lunge e/s
5x Pushups
5x Groiner
5x Arm Circles F/B
100 meter run

Training:

1) 5 rounds
12x Burpee
25 meter run
12x Jump Lunge (5/5)
25 meter run
12x Pushups
25 meter run
12x Squat Jumps
25 meter run

2) 40 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #32: Run and Bodyweight

+ 5 today - getting longer and longer each week.

Session:

Objective: Long Run + Core + Durability

Warmup:
5 minute easy run
Running Warmup Drills

Training:

1) 50 minutes
Easy Run
55-75% of Max Heart Rate

2) 3 rounds
30 seconds Situps
30 seconds Toes to Sky
30 seconds Russian Twist
30 seconds Plank Walkup
60 seconds Rest

2) 3 rounds
30 seconds Glute Leg Lift e/s
30 seconds Teacup e/s
30/30 Founder
Session #33: Run and Bodyweight

Easy aerobic work - testing again this week.

**Session:**

**Objective:** Aerobic conditioning

**Training:**

1) **30 minutes**
   Single mode Aerobic Work
   55-75% of Max Heart Rate.

2) **10 minutes**
   Soft Tissue
Session #34: Run and Bodyweight

Rest....take an extra day of it.

Session:

Objective: Recovery

Total Rest
Session #35: Run and Bodyweight

Most athletes this time around should run the same time as they did during the initial test week but it should feel easier. Don’t worry about improving your time but simply having a fast run that feels good. Save the all our effort for the final run test.

Session:

Objective: Run Testing

Warmup:
10 minutes - Running Drills Warmup

Training:
1) Run 2 miles for time
Session #36: Run and Bodyweight

Definitely should see some improvements today from the first test. Use these numbers to adjust training volumes next week.

Session:

Objective: Strength Endurance Testing

Warmup: 3 rounds
10x Pushups on knees
10x Situps
5x Mantis
5x Hydrants e/s
200 meter run

Training:

1) 2 minutes
Max Reps pushups

2) 2 minutes
Max Reps Situps

3) 1 minute
Max Reps Pullups
Session #37: Run and Bodyweight

You should know the drill on this one. If there was no change in your test scores still add 1 additional rep to each exercise per round.

Session:

Objective: Strength Endurance + Aerobic conditioning

Warmup: 3 rounds
5x Pushups
10x Lunge e/s
5x Teacup e/s
5x Dynamic Instep e/s
200 meter run

Training:

1) 6 rounds
30% of max reps Pushups

2) 6 rounds
30% of max reps Situps

3) 6 rounds
30% of max reps Pull-ups

4) 50 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #38: Run and Bodyweight

This session is starting to get long. We suggest choosing modes other than running for the aerobic work after. You understand why after hitting a 20 minute tempo run. If needed you can split this up into 2 sessions and do one in the am and one in the pm.

Session:

Objective: Tempo Run + Aerobic Conditioning

Warmup:
10 minute easy run
Running Warmup Drills

Training:

1) 20 minutes
Run at Tempo Pace
5-10 minutes cool down

2) 40 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #39: Run and Bodyweight

Adding in intervals this block. Intervals are run faster than a tempo run and you will be resting quite a bit between each effort. Ensure that you are fully rested or very close to it before the next round as running it at the prescribed pace is much more important than the amount of time rested.

Also adding back in the prisoner style circuit you saw in phase 1 but with additional volume.

Session:

Objective: Run Intervals + Strength Endurance

Warmup:
5-10 minute easy run
Running Warmup Drills

Training:

1) 6 rounds
800 meter Interval Run
3 minute Rest
5-10 minute cool down

2) 5 rounds
5x Pullups
10x Dips
15x Pushups
30 second rest

3) 5 rounds
10x Squats
5x Lunge e/s
5x Jumping Lunge e/s
5x Jump Squat
30 second rest
Session #40: Run and Bodyweight

The long runs are finally getting long.

We’ll also switch up the core again but keep it at 30 seconds per exercise.

Session:

Objective: Long Run + Core + Durability

Warmup:
5 minute easy run
Running Warmup Drills

Training:

1) 50 minutes Easy Run
   55-75% of Max Heart Rate

2) 2 rounds
   30 seconds Boat Pose
   30 seconds Side Plank Left
   30 seconds Side Plank Right
   30 seconds Plank Walkup
   60 seconds Rest

3) 2 rounds
   30 seconds Jane Fonda Complex e/s
   30 seconds Shoulder Handjob e/s
   30 seconds Face Down Back Extension
Session #41: Run and Bodyweight

No additional notes needed for today's session.

Get some.
- Coach Saenz

Session:

Objective: Strength Endurance + Aerobic conditioning

Warmup: 3 rounds
5x Pushups
10x Lunge e/s
5x Teacup e/s
5x Dynamic Instep e/s
200 meter run

Training:

1) 6 rounds
35% of max reps Pushups

2) 6 rounds
35% of max reps Situps

3) 6 rounds
35% of max reps Pull-ups

4) 50 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #42: Run and Bodyweight

Once again you have the option to split this session up if needed.

Session:

Objective: Tempo Run + Aerobic Conditioning

Warmup:
10 minute easy run
Running Warmup Drills

Training:

1) 22 minutes *Tempo Run*

5-10 minutes cool down

2) 40 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #43: Run and Bodyweight

Less intervals but they are longer today. Also are progressing the strength endurance efforts by a full round.

Session:

Objective: Run Intervals + Strength Endurance

Warmup:
5-10 minute easy run
Running Warmup Drills

Training:

1) 4 rounds
1200 meter Interval Run
5 minute Rest
5-10 minute cool down

2) 6 rounds
5x Pullups
10x Dips
15x Pushups

3) 6 rounds
10x Squats
5x Lunge e/s
5x Jumping Lunge e/s
5x Jump Squat
30 second rest
Session #44: Run and Bodyweight

No additional notes needed for today's session.

Get some.
- Coach Saenz

Session:

Objective: Long Run + Core + Durability

Warmup:
5 minute easy run
Running Warmup Drills

Training:

1) 55 minutes Easy Run
55-75% of Max Heart Rate

2) 2 rounds
30 seconds Boat Pose
30 seconds Side Plank Left
30 seconds Side Plank Right
30 seconds Plank Walkup
60 seconds Rest

3) 2 rounds
30 seconds Jane Fonda Complex e/s
30 seconds Shoulder Handjob e/s
30 seconds Face Down Back Extension
Session #45: Run and Bodyweight

No additional notes needed for today's session.

Get some.
- Coach Saenz

Session:

Objective: Strength Endurance + Aerobic conditioning

Warmup: 3 rounds
5x Pushups
10x Lunge e/s
5x Teacup e/s
5x Dynamic Instep e/s
200 meter run

Training:

1) 6 rounds
40% of max reps Pushups

2) 6 rounds
40% of max reps Situps

3) 6 rounds
40% of max reps Pull-ups

4) 50 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #46: Run and Bodyweight

No additional notes needed for today's session.

Get some.
- Coach Saenz

Session:

Objective: Tempo Run + Aerobic Conditioning

Warmup:
10 minute easy run
Running Warmup Drills

Training:

1) 24 minute Tempo Run

5-10 minutes cool down

2) 40 minutes
Single mode Aerobic Work
55-75% of Max Heart Rate.
Session #47: Run and Bodyweight

Mile intervals today…..Ouch.

Add in another round for the strength endurance efforts.

Session:

Objective: Run Intervals + Strength Endurance

Warmup:
5-10 minute easy run
Running Warmup Drills

Training:

1) 3 rounds
1600 meter Interval Run
7 minute Rest

5-10 minute cool down

2) 7 rounds
5x Pullups
10x Dips
15x Pushups

3) 7 rounds
10x Squats
5x Lunge e/s
5x Jumping Lunge e/s
5x Jump Squat
30 second rest
Session #48: Run and Bodyweight

Topping off phase 3 with a full hour of running.

Session:

Objective: Long Run + Core + Durability

Warmup:
5 minute easy run
Running Warmup Drills

Training:

1) 60 minutes Easy Run
55-75% of Max Heart Rate

2) 2 rounds
30 seconds Boat Pose
30 seconds Side Plank Left
30 seconds Side Plank Right
30 seconds Plank Walkup
60 seconds Rest

3) 2 rounds
30 seconds Jane Fonda Complex e/s
30 seconds Shoulder Handjob e/s
30 seconds Face Down Back Extension
Session #49: Run and Bodyweight

Easy work - rest up

Session:

Objective: Aerobic conditioning

Training:

1) 30 minutes
   Single mode Aerobic Work
   55-75% of Max Heart Rate.

2) 10 minutes
   Soft Tissue
Session #50: Run and Bodyweight

Getting ready for the final test....rest up.

Session:

Objective: Recovery

Total Rest
Session #51: Run and Bodyweight

This is it. Going balls out today. Try to recreate the same environment as your previous testing and training. Don’t throw any curve balls into the equation like running in a different pair of shoes or time of day.

No holding back….this should really hurt and you should see some improvements.

Session:

Objective: Run Testing

Warmup:
10 minutes - Running Drills Warmup

Training:

1) Run 2 miles for time
Session #52: Run and Bodyweight

There is much less suffering during these tests than the run test. After 13 weeks of training you should crush this.

Session:

Objective: Strength Endurance Testing

Warmup: 3 rounds
10x Pushups on knees
10x Situps
5x Mantis
5x Hydrants e/s
200 meter run

Training:

1) 2 minutes
Max Reps pushups

2) 2 minutes
Max Reps Situps

3) 1 minute
Max Reps Pullups