

Gym Jones Training Plan
Athlete:
Period: High Level Foundation Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RECOVERY	IWT	RECOVERY	STRENGTH	INTERVAL	REST	REST
Recovery: 60 minute Spin Bike/Swim/Jog @ Easy Pace	Workout: 1 10x Clean Hi-Pull @ 70% 1RM + 2:00 min Row @ >550m Pace + 2:00 min Rest, Three Rounds Then: 5 minute Intermission (including 3 rd -2min Rest Period above) 2 10x Front Squat @ 60% 1RM + 2:00 min Burpee/Broad Jump + 2:00 Rest, Three Rounds Then: 5 minute Intermission (including 3 rd -2min Rest Period above) 3 5x (1-6) Pull-up Ladder	Recovery: 3x20 DL @ 30% 1RM 3x20 DL @ 30% 1RM off 4" Box/Platform Then: 5000m Row or Spin Bike @ Easy Pace	Workout: 3x10 Shoulder Dislocates @ PVC Then: 3x5 Goblet Squat @ 53# Then: Work Up to OHS 1RM Then: 5x2 OHS @ 80% 1RM (use between 30# & 50# Dumbbells if you are in a facility that you cannot drop weight in) Rest 3 minutes between sets Then: OHS @ 35% BW + Ring Push-up 30-20-10 reps of each	Workout: 10 min Row @ Easy Pace Then: 6x (30sec Work/30sec Rest) Row @ >150m Pace per interval Three total Blocks, Rest 4 minutes between blocks Then: 4x (30 second Work/30 second Rest) Frog Hop Rest 2 minutes 4x (30 second Work/30 second Rest) Burpee	Today rather than rest you could choose to do a 2-3 hour Endurance workout. This workout could involve running, biking, swimming or hiking. Ensure that the pace is done at a 75-80% MHR Pace.	Rest
Ensure that today is done at an easy and slow pace. Your pace should be approximately 60-65% MHR pace.	Note that you may need to adjust the pace for the rowing portion of the IWT. 550m per two minute period is an estimate for pace. Some people need to use 600m as the benchmark. Some people need to use 500m. Use proper judgement. Difficulty should equate to 90-95% MHR.	Ensure that Deadlifts with proper form in mind. Ensure that the row is done at an easy pace (60-65% MHR)	If you do not have access to rings do the Push-ups with your feet higher than your hands (i.e. feet on a box) and hands on Push-up handles or Dumbbells.	For the row 150m per interval block is an estimate. You may need to aim for more or less depending on your work capacity.		
A	B	C	D	E	F	G

Gym Jones Training Plan
Athlete:
Period: High Level Foundation Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RECOVERY	IWT	RECOVERY	POWER	INTERVAL	REST	REST
Recovery: 100x TGU @ 15-25# KB or DB (Easy and Slow For Form) Then: 30 minute Row @ Easy Pace	Workout: 1 12x Hang Clean @ 60% 1RM + 3:00 min Row @ >750m Pace + 90sec Rest, Three Rounds Then: 5 minute Intermission (including 3 rd -90sec Rest Period above) 2 15x Front Squat @ 50- 55% 1RM + 3:00 min Step Up and Over + 90sec Rest, Three Rounds Then: 5 minute Intermission (including 3 rd -90sec Rest Period above) 3 300sec FLR on Ring	Recovery: 5x (1-6) Pull-up Ladder Then: 45 minute Bike/Swim/Jog @ Easy Pace	Workout: 3x20 Squat 3x10 Jump Squat 3x5 Tuck Jump Then: Work up to Power Clean 1RM Then: 8x3 Power Clean @ 70% 1RM (SPEED emphasis) Rest 2 minutes between sets Then: KB Step Up @ 2 x 25# KB in Rack Hold + KTE 50-40-30-20-10 reps of each (Note double count for Step ups. 50 reps means 50 on each leg)	Workout: 10 minute Row @ Easy Pace Then: 2000m Row for Time Then: Rest amount of time it took to do 2000m 1000m For Time Then: Rest amount of time it took to do 1000m Then: 500m Row For Time Then: 10 minute Row @ Easy Pace	Today rather than rest you could choose to do a 2-3 hour Endurance workout. This workout could involve running, biking, swimming or hiking. Ensure that the pace is done at a 75-80% MHR Pace.	Rest
Today is a recovery day. Ensure not to push the pace on the Get-ups.	Note that you may need to adjust the pace for the rowing portion of the IWT. 750m per three minute period is an estimate for pace. Use proper judgement and adjust pace goal accordingly. Difficulty should equate to 90-95% MHR.	For the cardiovascular portion of today's session ensure that today is done at an easy and slow pace. Your pace should be approximately 60-65% MHR pace. The Pull-ups are done with perfect form in mind	If you do not have KB's then you may use Dumbbells for the Step- ups in Farmer's Carry position.	Should Look something like: 2000m in 6:54 Rest 6:54 1000m in 3:20 Rest 3:20 500m in 1:35		
A	B	C	D	E	F	G

Gym Jones Training Plan
Athlete:
Period: High Level Foundation Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RECOVERY	IWT	RECOVERY	POWER	INTERVAL	REST	REST
Recovery: 5x (1-6) Pull-up Ladder Then: 50x TGU @ 15-25# KB or DB Then: 5000m Row @ Easy Pace	Workout: 1 8x Clean Hi-Pull @ 80% 1RM + 2:00 min Row @ >550m Pace + 2:00 min Rest, Three Rounds Then: 5 minute Intermission (including 3 rd -2min Rest Period above) 2 5x Back Squat @ 80%1RM + 2:00 min Burpee/Broad Jump + 2:00 min Rest, Three Rounds Then: 5 minute Intermission (including 3 rd -2min Rest Period above) 3 300sec FLR	Recovery: 60 minute Bike/Swim/Jog @ Easy Pace	Workout: 10 minute Row @ Easy Pace Then: Work up to Snatch 1RM Then: Clean + Front Squat + Hang Clean One triplet every 30sec for 10 minutes Then: KB Swing @ 53# + 30sec FLR 10/30sec, 9/30sec, 8/30sec...1/30sec Then: Cool Down	Workout: 10-20 minute Run @ Easy Pace Then: 5x1 minute All Out Sprint Rest 4-5 minutes between sets by walking Then: 10-20 minute Run @ Easy Pace	Today rather than rest you could choose to do a 2-3 hour Endurance workout. This workout could involve running, biking, swimming or hiking. Ensure that the pace is done at a 75-80% MHR Pace.	Rest
Ensure that Pull-ups are done with proper form. It is not a race for time. TGU's are done with perfect form in mind not time. Rowing should be done at an easy pace (i.e. 60-65% MHR)	Note that you may need to adjust the pace for the rowing portion of the IWT. 550m per two minute period is an estimate for pace. Use proper judgement and adjust pace goal accordingly. Difficulty should equate to 90-95% MHR.	Ensure that today is done at an easy and slow pace. Your pace should be approximately 60-65% MHR pace	For Circuit today the format will be 10 reps of KB swing + 30sec FLR, 9 reps of KB Swing + 30sec FLR, 8 reps of KB Swing + 30sec FLR, All the way to 1 rep + 30sec FLR. You may perform FLR on the rings if you choose.	The sprint should be done at an all out pace. Not on a treadmill. Do it outside or on a track		
A	B	C	D	E	F	G

Gym Jones Training Plan
Athlete:
Period: High Level Foundation Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RECOVERY	IWT	RECOVERY	STRENGTH	INTERVAL	REST	REST
Recovery: 5x (1-6) Pull-up Ladder Then: 40 minute Row @ Easy Pace	Workout: 1 10x KB Clean & Jerk @ 2x53# KB + 4:00 min Row @ >1000m Pace + 1:00 min Rest, Two Rounds Then: 5 minute Intermission (including 3 rd -1min Rest Period above) 2 10x Goblet Squat @ 53# KB + 4:00 min Step Up and Over + 1:00 min Rest, Three Rounds Then: 5 minute Intermission (including 3 rd -1min Rest Period above)	Recovery: 60 minute Bike/Swim/Jog @ Easy Pace	Workout: 10 minute Row @ Easy Pace Then: Work Up to Deadlift 1RM Then: 15x (20sec Work/10sec Rest) FSPP @ 65# Cannot set Bar down for entire duration of workout Then: Cool Down	Workout: 10 minute Row @ Easy Pace Then: 15x (30sec Work/90sec Active Rest) Row Start @ 150m, Player must get +1m every round Then: 10 minute Row @ Easy Pace	Today rather than rest you could choose to do a 2-3 hour Endurance workout. This workout could involve running, biking, swimming or hiking. Ensure that the pace is done at a 75-80% MHR Pace.	Rest
Ensure that Pull-ups are done with proper form. It is not a race for time. Rowing should be done at an easy pace (i.e. 60-65% MHR)	Note that you may need to adjust the pace for the rowing portion of the IWT. 1000m per four minute period is an estimate for pace. Use proper judgement and adjust pace goal accordingly. Difficulty should equate to 90-95% MHR.	Ensure that today is done at an easy and slow pace. Your pace should be approximately 60-65% MHR pace	Do not be greedy with the weight. 65# should be more than enough for the Front Squat Push Press	The starting pace is an estimate. Adjust fitness accordingly.		
A	B	C	D	E	F	G