

“Man Of Steel™” Training Plan by Mark Twight & Rob MacDonald

Gym Jones

Preparation Phase

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 STRENGTH</p> <p>Workout: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat</p> <p>Then: Clean + Front Squat + Hang</p> <p>Clean: One Triplet every 30 seconds for 10 minutes i.e. 20 total triplets</p> <p>Use 75# - 135#</p> <p>Then: Work up to Deadlift 1RM</p> <p>Then: 5x2 Deadlift @ 80% 1RM</p> <p>Rest 3 minutes between sets</p> <p>Then: KB Swing @ 24kg + 30 sec FLR on rings</p> <p>10-9-8-7-6-5-4-3-2-1 reps of each</p> <p>Then: Cool Down</p>	<p>2 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>3 INTERVAL</p> <p>Workout: 10 minute Row @ Easy Pace</p> <p>Then: 6x (30sec Work/30sec Active Rest) Row @ >150m per interval pace</p> <p>Three Blocks, Rest 4 minutes between blocks</p> <p>Then: 10 minute Row @ Easy Pace</p>	<p>4 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>5 POWER ENDURANCE</p> <p>Workout: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25#</p> <p>Then: Practice Pull-up, Squat, Push-up, Sit-up</p> <p>Then: 100x Pull-up + 30x TGU @ 25# + 100x Push-up + 30x TGU @ 25# + 100x Air Squat + 30x TGU @ 25# + 100x Sit-up + 30x TGU @ 25#</p> <p>Then: Cool Down</p>	<p>6 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>7 REST</p> <p>Rest</p>
<p>FOR FULL PROGRAM NOTES AND “HOW-TO” INSTRUCTIONS SEE GYM JONES WEBSITE</p>						
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<p>8 STRENGTH</p> <p>Workout: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat 2x20m Lunge</p> <p>Then: Work up to Front Squat 1RM</p> <p>Then: 5x2 Front Squat @ 80%</p> <p>IRM Rest 3 minutes between sets</p> <p>Then: 100x Front Squat Push Press @ 45# bar + 100x Wall Ball @ 20# ball + 100x Ball Slam @ 20# ball</p> <p>Then: Cool Down</p>	<p>9 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p> <p>Then: Bench Press @ 135# to Complete Failure + Pull-up to complete failure 5 sets, Rest 2 min between each</p> <p>Then: 4x (30sec Work/30sec “Rest”) Push Press @ 2 x 20-30# DB</p> <p>“Rest” is in OH Position</p> <p>Then: Cool Down</p>	<p>10 STRENGTH END</p> <p>10 minute Row @ Easy Pace</p> <p>Then: Bench Press @ 135# to Complete Failure + Pull-up to complete failure 5 sets, Rest 2 min between each</p> <p>Then: 4x (30sec Work/30sec “Rest”) Push Press @ 2 x 20-30# DB</p> <p>“Rest” is in OH Position</p> <p>Then: Cool Down</p>	<p>11 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>12 POWER END</p> <p>Workout: 3x5 Wall Squat 3x10 Squat 3x5 Goblet Squat @ 25#</p> <p>Then: Six-Way BB Complex: 6x Deadlift + 6x Bent-over Row (back parallel to floor) + 6x Hang Clean + 6x Front Squat + 6x Push Press + 6x Back Squat + 6x Push-up</p> <p>Do these all in a row without letting go of the bar. Rest 1-2 minutes. Do 3-4 sets. Increase weight on bar with each series, i.e. 75#-85#-95#-105#</p> <p>Then: “Meritorious”: 30x HSPU + 40x Pull-up + 50x KB Swing @ 53# + 60x Sit-up + 70x Burpee</p> <p>Then: Cool Down</p>	<p>13 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>14 REST</p> <p>Rest</p>
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<p>15 STRENGTH</p> <p>Workout: 3x5 Wall Squat 3x10 Squat 3x5 Goblet Squat @ 53# 3x20m Walking Lunge 3x20m OH Walking Lunge @ 15# DB 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 15# DB “Rest” is in OH Position Two Sets, Rest 2 min between sets Then: Work up to OHS 1RM Then: OHS @ 35% BW + Ring Push-up 30-20-10 reps of each Then: Cool Down</p>	<p>16 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>17 INTERVAL</p> <p>Workout: 10 minute Row @ Easy Pace Then: 15x (30sec Row/90sec Active Rest) Player must Row one additional meter with each passing interval i.e. 150m, 151m, 152m, 153m, 154m, 155m, etc Then: Cool Down</p>	<p>18 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>19 POWER END</p> <p>Workout: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat Then: “Squat Play” 6x 30/15 sec intervals, random sequence of Squat, Jump Squat, Tuck Jump, Static Hold and rest Then: 3x (1-6) Pull-up Ladder Then: “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 Then: 8x (20sec Row/10sec Active Rest) @ >100m per interval pace Two Blocks, Rest 4 minutes between each Then: Cool Down</p>	<p>20 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>21 REST</p> <p>Rest</p>
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<p>22 STRENGTH</p> <p>Workout: 10 minute Row @ Easy Pace</p> <p>Then: 3x5 Wall Squat 2x20m Walking Lunge 2x20m OH Walking Lunge @ 45# BB</p> <p>Then: Deadlift: 3x5 DL @ 50% 1RM Rest 1 min between sets 3x4 DL @ 60% 1RM Rest 1 min between sets 3x3 DL @ 70% 1RM Rest 2 min between sets 3x2 DL @ 80% 1RM Rest 3 min between sets 6x1 DL @ 90% 1RM Rest 4-5 min between sets</p> <p>Then: 6x TGU @ 25# DB + 60sec FLR Five Rounds Then: Cool Down</p>	<p>23 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>24 STRENGTH END</p> <p>Workout: Dumbbell Complex (Standard): 6x Hi-Pull + 6x Bent-over Row + 6x Hang Clean + 6x Front Squat Push Press + 6x OHS & SOTS Press Combo + 6x Push-up & One-arm Row Three Sets, Completed with 20-25# Dumbbells Then: Work up to Bench Press 1RM Then: Bench Press @ Bodyweight + Burpee Pull-up 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) Then: 3x 250m Row For Time Three minutes Active Rest between efforts Then: Cool Down</p>	<p>25 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>26 POWER END</p> <p>Workout: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat Then: 5x Lunge + 5x Push Press 400m Total While holding a 45# bar or 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) Note: This should take between 20 and 30 minutes Then: Cool Down</p>	<p>27 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>28 REST</p> <p>Rest</p>
<p>A</p>	<p>B</p>	<p>C</p>	<p>D</p>	<p>E</p>	<p>F</p>	<p>G</p>
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29 STRENGTH Workout: 10 minute Row @ Easy Pace Then: Clean/Front Squat/Jerk: 2x 5/5/3 @ 70% (of C&J) 2x 4/4/3 @ 75% 2x 3/3/3 @ 80% Then: 8x2 Front Squat @ 80-85% IRM Rest 1 min between sets Then: Frog Hop: 10m 20m 30m 40m 30m 20m 10m Rest 1 min between sets Then: Cool Down	30 RECOVERY 60 minute Row/Ride/Run @ Easy Pace Then: 2000m Row for Time Rest amount of time it took to complete 2000m 1000m Row for Time Rest amount of time it took to complete 1000m 500m Row For Time Then: Cool Down	31 INTERVAL 10 minute Row @ Easy Pace Then: 2000m Row for Time Rest amount of time it took to complete 2000m 1000m Row for Time Rest amount of time it took to complete 1000m 500m Row For Time Then: Cool Down	32 RECOVERY 60 minute Row/Ride/Run @ Easy Pace	33 RECOVERY Workout: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat Then: 20x OHS @ 45# BB+ 20x Feet-To-Hands + 30x Front Squat @ 75# + 30x KTE + 40x Back Squat @ 75# and 20-30# of chain + 40x Atomic Sit-up + 50x Air Squat + 50x Sit-up (feet anchored) Then: 10x Push-up + 10 second Rest Ten Rounds Then: Cool Down	34 RECOVERY 60 minute Row/Ride/Run @ Easy Pace	35 REST Rest
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<p>36 STRENGTH</p> <p>Workout: 3x5 Wall Squat 3x10 Squat 3x5 Goblet Squat @ 53# 3x10 Shoulder Dislocate</p> <p>Then: Work Up to Heavy OHS</p> <p>OHS: 3x5 @ 50% 3x4 @ 60% 3x3 @ 70% 2x2 @ 80% 6x1 @ 90%</p> <p>Rest 2-3 min between sets above 80%</p> <p>Then: 5x Deadlift @ 75-80% + 10x Split Jump 5 Rounds Then: 5x (1-6) Pull-up Ladder</p>	<p>37 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>38 STRENGTH END</p> <p>Workout: 3x (1-6) Pull-up Ladder</p> <p>Then: 2x Strict Press + 2x Push Press + 2x Jerk; Complete 2 reps of each at 75# (i.e. 6 total reps of each)</p> <p>If successful on all 6 reps add 5# to bar and repeat. Do this until you cannot do all 6 reps. Once that happens add 5# and only do 2x Push Press + 2x Jerk. Continue adding 5# and doing 4 reps until you fail and then complete only 2x Jerk. Add 5# until you reach failure</p> <p>Then: “Jonestown Sprint”: Push Press @ 75# + Burpee Pull-up 20-10 reps of each</p> <p>Then: Cool Down</p>	<p>39 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>40 POWER END</p> <p>Workout: 3x5 Wall Squat 3x10 Squat 3x5 Goblet Squat @ 25#</p> <p>Then: Six-Way BB Complex: 6x Deadlift + 6x Bent-over Row (back parallel to floor) + 6x Hang Clean + 6x Front Squat + 6x Push Press + 6x Back Squat + 6x Push-up</p> <p>Do these all in a row without letting go of the bar. Rest 1-2 minutes. Do 3-4 sets. Increase weight on bar with each series, i.e. 75#-85#-95#-105#</p> <p>Then: Row 500m + 50x Ring Dip + 50x DB Push Press + 50x Step-up @ 18-20” box + 50x Push-up + 50x Sit-up + Row 500m</p> <p>Then: Cool Down</p>	<p>41 RECOVERY</p> <p>60 minute Row/Ride/Run @ Easy Pace</p>	<p>42 REST</p> <p>Rest</p>
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