

TRAINING PLAN

WEEK OF: 1

WEIGHT ROOM DAY 1	WEIGHT ROOM DAY 2
<ol style="list-style-type: none"> 1. Dynamic warm-up 2. Two arm KB swing 3x15 3. Front Squat: 1x5, 1x5, 1x5, 2x5 4. Shoulder Press: 1x8, 1x8, 2x8 5. Pullups: 4 sets max reps each set 6. one leg RDL 3x8 ea leg 7. Regular abs 50 8. Russian twists 50 9. Foam Roll 	<ol style="list-style-type: none"> 1. Dynamic warm-up 2. Skill work 10-15min: kipping pullups 3. 3 rounds for time: run 400m, 21 KB swings, 12 pullups men 55lbs/women 35lbs scale wt as needed scale pullups if needed w/bands 4. Forearm bridge 2x 1min 5. Foam Roll

RUNNING DAY 1	RUNNING DAY 2	RUNNING DAY 3
<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 6x50yd sprints. 2min between reps 5. easy 2 mile cooldown 6. stretch 	<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 5x2min run: Pace Hard 90seconds easy jog recovery between reps 5. Stretch 	<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 40-45min choice of run/swim/row elliptical/ect. Pace easy 5. stretch

Running Pace descriptions:
 Very Hard: a Pace in which you are unable to talk
 Hard: A pace in which you could talk if you had to but you don't want to
 Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF: 2

WEIGHT ROOM DAY 1	WEIGHT ROOM DAY 2
<ol style="list-style-type: none"> 1. Dynamic warm-up 2. Two arm KB swing 3x15 3. Front Squat: 1x5, 1x5, 1x5, 2x5 4. Shoulder Press: 1x8, 1x8, 2x8 5. Pullups: 4 sets max reps each set 6. one leg RDL 3x8 ea leg 7. Regular abs 50 8. Russian twists 50 9. Foam Roll 	<ol style="list-style-type: none"> 1. Dynamic warm-up 2. Skill work 10-15min: kipping pullups 3. 21,15,9 Thrusters & Pullups thrusters are a front squat + pushpress. You may use a barbell or DB's. Choose a wt that is difficult but you are able to finish all 21 on the 1st round 4. Forearm bridge 3x1min 5. Foam Roll

RUNNING DAY 1	RUNNING DAY 2	RUNNING DAY 3
<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 7x50yd sprints. 2min between reps 5. easy 2 mile cooldown 6. stretch 	<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 5x2min run: Pace Hard 90seconds easy jog recovery between reps 5. Stretch 	<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 40-45min choice of run/swim/row elliptical/ect. Pace easy 5. stretch

Running Pace descriptions:
 Very Hard: a Pace in which you are unable to talk
 Hard: A pace in which you could talk if you had to but you don't want to
 Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF: 3

WEIGHT ROOM DAY 1	WEIGHT ROOM DAY 2
1. Dynamic warm-up 2. Two arm KB swing 3x18 3. Front Squat: 1x3, 1x3, 1x3, 3x3 4. Shoulder Press: 1x5, 1x5, 1x5, 2x5 5. Pullups: 5 sets max reps each set 6. one leg RDL 3x6 ea leg 7. Regular abs 50 8. Russian twists 50 9. Foam Roll	1. Dynamic warm-up 2. Skill work 10-15min: kipping pullups 3. as a team of 4... 4 stations: run 200m, pushups, KB swing, Rest the runner sets the time interval...rotate when the runner gets back. Max rounds/reps in 8min. 4. Forearm bridge 3x 1min 5. Foam Roll

RUNNING DAY 1	RUNNING DAY 2	RUNNING DAY 3
1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 8x50yd sprints. 2min between reps 5. easy 2 mile cooldown 6. stretch	1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 4x3min run: Pace Hard 2min easy jog recovery between reps 5. Stretch	1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 40-45min choice of run/swim/row elliptical/ect. Pace easy 5. stretch

Running Pace descriptions:
 Very Hard: a Pace in which you are unable to talk
 Hard: A pace in which you could talk if you had to but you don't want to
 Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF: 4

WEIGHT ROOM DAY 1	WEIGHT ROOM DAY 2
1. Dynamic warm-up 2. Two arm KB swing 3x18 3. Front Squat: 1x3, 1x3, 1x3, 3x3 4. Shoulder Press: 1x5, 1x5, 1x5, 2x5 5. Pullups: 5 sets max reps each set 6. one leg RDL 3x6 ea leg 7. Regular abs 50 8. Russian twists 50 9. Foam Roll	1. Dynamic warm-up 2. Skill work 10-15min: kipping pullups 3. Tabata: pullups, squats, pushups, situps tabata= 20sec on, 10 sec off for 4min complete all 4 min of 1 exercise, then move on to the next taking a 1min break between exercises 4. Forearm bridge 4x1min 5. Foam Roll

RUNNING DAY 1	RUNNING DAY 2	RUNNING DAY 3
1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 7x50yd sprints. 2min between reps 5. easy 2 mile cooldown 6. stretch	1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 4x3min run: Pace Hard 2min easy jog recovery between reps 5. Stretch	1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 40-45min choice of run/swim/row elliptical/ect. Pace easy 5. stretch

Running Pace descriptions:
 Very Hard: a Pace in which you are unable to talk
 Hard: A pace in which you could talk if you had to but you don't want to
 Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1

1. Dynamic warm-up
2. Two arm KB swing 3x20
3. Front Squat: 1x2, 1x2, 1x2, 3x2
4. Shoulder Press: 1x3, 1x3, 1x3, 2x3
5. Pullups: 5 sets max reps each set
6. one leg RDL 3x4 ea leg
7. Regular abs 50
8. Russian twists 50
9. Foam Roll

WEIGHT ROOM DAY 2

1. Dynamic warm-up
2. Skill work 10-15min: kipping pullups
3. For time: 100 pullups, 100pushups,100situps,100 air squats
advanced: do all exercises in order
scaled: mix up the exercises into a manageable circuit
4. Forearm bridge 4x 1min
5. Foam Roll

RUNNING DAY 1

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 2x20yds: skip , double leg hops, single leg hop
5. 8x50yd sprints. 2min between reps
6. easy 2.5 mile cooldown
7. stretch

RUNNING DAY 2

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 3x5min run: Pace Hard
3min easy jog recovery between
reps
5. Stretch

RUNNING DAY 3

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 40-45min choice of run/swim/row
elliptical/ect.
Pace easy
5. stretch

Running Pace descriptions:

Very Hard: a Pace in which you are unable to talk

Hard: A pace in which you could talk if you had to but you don't want to

Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1

1. Dynamic warm-up
2. Two arm KB swing 3x20
3. Front Squat: 1x2, 1x2, 1x2, 3x1
4. Shoulder Press: 1x2, 1x2, 1x2, 2x2
5. Pullups: TEST! 1 set max strict pullups
6. one leg RDL 3x4 ea leg
7. Regular abs 50
8. Russian twists 50
9. Foam Roll

WEIGHT ROOM DAY 2

1. Dynamic warm-up
2. Skill work 10-15min: kipping pullups
3. 50,40,30 ball slam, box jump, KB swing
Ball slam: 20lb men, 12lb women
KB: 55lb men, 25lb women
scale wt as needed
4. Forearm bridge 5x1min
5. Foam Roll

RUNNING DAY 1

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 2x20yds: skip , double leg hops, single leg hop
5. 8x50yd sprints. 2min between reps
6. easy 2.5 mile cooldown
7. stretch

RUNNING DAY 2

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 3x5min run: Pace Hard
3min easy jog recovery between
reps
5. Stretch

RUNNING DAY 3

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 40-45min choice of run/swim/row
elliptical/ect.
Pace easy
5. stretch

Running Pace descriptions:

Very Hard: a Pace in which you are unable to talk

Hard: A pace in which you could talk if you had to but you don't want to

Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1

1. Dynamic warm-up
2. One arm KB swing 3x10ea
3. Back Squat: 1x5, 1x5, 1x5, 2x5
4. Push Press: 1x5, 1x5, 1x5, 2x5
5. Kipping Pullups: 5 sets max reps each set
6. RDL 3x10
7. Cardinal abs 30
8. Knees to elbows 20
9. Foam Roll

WEIGHT ROOM DAY 2

1. Dynamic warm-up
2. Skill work 10-15min: Snatch
3. For time: 21,15,9 Burpees and Ball slams
Men 20lb, Women 12lb
4. side bridge 2x30sec each side
5. Foam Roll

RUNNING DAY 1

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 2x20yds: skip, double leg hops, single leg hop
5. 8x50yd sprints. 2min between reps
6. easy 2.5 mile cooldown
7. stretch

RUNNING DAY 2

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 1x6min run, 1x5min run, 1x4min run
hard pace. 3min easy jog recovery
between reps
5. Stretch

RUNNING DAY 3

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 40-45min choice of run/swim/row
elliptical/ect.
- Pace easy
5. stretch

Running Pace descriptions:

Very Hard: a Pace in which you are unable to talk

Hard: A pace in which you could talk if you had to but you don't want to

Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1

1. Dynamic warm-up
2. One arm KB swing 3x10ea
3. Back Squat: 1x5, 1x5, 1x5, 2x5
4. Push Press: 1x5, 1x5, 1x5, 2x5
5. Kipping Pullups: 5 sets max reps each set
6. RDL 3x10
7. Cardinal abs 30
8. Knees to elbows 20
9. Foam Roll

WEIGHT ROOM DAY 2

1. Dynamic warm-up
2. Skill work 10-15min: Snatch
3. Rounds in 20min: 5 pullups,10pushups,15 air squats
scaled: 3pullups, 6 pushups, 9 squats
4. side bridge 2x30sec each side
5. Foam Roll

RUNNING DAY 1

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 2x20yds: skip, double leg hops, single leg hop
5. 8x50yd sprints. 2min between reps
6. easy 2.5 mile cooldown
7. stretch

RUNNING DAY 2

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 2x6min run: Pace Hard
4min easy jog recovery between
reps
5. Stretch

RUNNING DAY 3

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 40-45min choice of run/swim/row
elliptical/ect.
- Pace easy
5. stretch

Running Pace descriptions:

Very Hard: a Pace in which you are unable to talk

Hard: A pace in which you could talk if you had to but you don't want to

Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1

1. Dynamic warm-up
2. One arm KB swing 3x12ea
3. Back Squat: 1x3, 1x3, 1x3, 2x3
4. Push Press: 1x3, 1x3, 1x3, 2x3
5. Kipping Pullups: 5 sets max reps each set
6. RDL 3x8
7. Cardinal abs 30
8. Knees to elbows 20
9. Foam Roll

WEIGHT ROOM DAY 2

1. Dynamic warm-up
2. Skill work 10-15min: Snatch
3. 2 rounds: 50 wall balls, 50 box jumps
Men 20lb, Women 12lb
4. side bridge 2x45sec each side
5. Foam Roll

RUNNING DAY 1

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 2x20yds: skip, double leg hops, single leg hop
5. 8x50yd sprints. 2min between reps
6. easy 3 mile cooldown
7. stretch

RUNNING DAY 2

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. all runs done at PRT goal pace
100m, 200m, 3x300m, 200m, 100m
2min rest between reps
5. Stretch

RUNNING DAY 3

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 40-45min choice of run/swim/row
elliptical/ect.
Pace easy
5. stretch

Running Pace descriptions:

Very Hard: a Pace in which you are unable to talk

Hard: A pace in which you could talk if you had to but you don't want to

Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1

1. Dynamic warm-up
2. One arm KB swing 3x12ea
3. Back Squat: 1x3, 1x3, 1x3, 2x3
4. Push Press: 1x3, 1x3, 1x3, 2x3
5. Kipping Pullups: 5 sets max reps each set
6. RDL 3x8
7. Cardinal abs 30
8. Knees to elbows 20
9. Foam Roll

WEIGHT ROOM DAY 2

1. Dynamic warm-up
2. Skill work 10-15min: Snatch
3. 8 Rounds: every rep= 1point
20sec air sqt, 10 sec rest, 20sec pullups, 10 sec rest, 20sec kb swing, 10 sec rest
4. side bridge 2x45sec each side
5. Foam Roll

RUNNING DAY 1

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 2x20yds: skip, double leg hops, single leg hop
5. 8x50yd sprints. 2min between reps
6. easy 3 mile cooldown
7. stretch

RUNNING DAY 2

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. All Runs at PRT goal pace
6x300m w/ 2min rest between reps
5. Stretch

RUNNING DAY 3

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 40-45min choice of run/swim/row
elliptical/ect.
Pace easy
5. stretch

Running Pace descriptions:

Very Hard: a Pace in which you are unable to talk

Hard: A pace in which you could talk if you had to but you don't want to

Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1

1. Dynamic warm-up
2. One arm KB swing 3x15ea
3. Back Squat: 1x2, 1x2, 1x2, 3x2
4. Push Press: 1x2, 1x2, 1x2, 3x2
5. Kipping Pullups: 5 sets max reps each set
6. RDL 3x6
7. Cardinal abs 30
8. Knees to elbows 20
9. Foam Roll

WEIGHT ROOM DAY 2

1. Dynamic warm-up
2. Skill work 10-15min: Snatch
3. 3 rounds: 1min at each station
rower, push press, box jump, ball slam, KB squat pull, rest
4. side bridge 2x45sec each side
5. Foam Roll

RUNNING DAY 1

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 2x20yds: skip, double leg hops, single leg hop
5. 8x50yd sprints. 2min between reps
6. easy 3 mile cooldown
7. stretch

RUNNING DAY 2

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. all runs done at PRT goal pace
2x200m, 2x300m, 1x400m, 2x300m, 2x200m
2min rest between reps
5. Stretch

RUNNING DAY 3

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 40-45min choice of run/swim/row
elliptical/ect.
Pace easy
5. stretch

Running Pace descriptions:

Very Hard: a Pace in which you are unable to talk

Hard: A pace in which you could talk if you had to but you don't want to

Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1

1. Dynamic warm-up
2. One arm KB swing 3x12ea
3. Back Squat: 1x2, 1x2, 1x2, 3x1
4. Push Press: 1x2, 1x2, 1x2, 3x1
5. Kipping Pullups: TEST 1 set max reps kipping pullups
6. RDL none
7. Cardinal abs 30
8. Knees to elbows 20
9. Foam Roll

WEIGHT ROOM DAY 2

1. Dynamic warm-up
2. Skill work 10-15min: Snatch
3. 5 Rounds for time:
10 deadlifts, 10 burpees
select a wt that you can do atleast the 1st 3 sets without stopping
4. side bridge 2x45sec each side
5. Foam Roll

RUNNING DAY 1

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 2x20yds: skip, double leg hops, single leg hop
5. 8x50yd sprints. 2min between reps
6. easy 3 mile cooldown
7. stretch

RUNNING DAY 2

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. All Runs at PRT goal pace
6x400m w/ 3min rest between reps
5. Stretch

RUNNING DAY 3

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 40-45min choice of run/swim/row
elliptical/ect.
Pace easy
5. stretch

Running Pace descriptions:

Very Hard: a Pace in which you are unable to talk

Hard: A pace in which you could talk if you had to but you don't want to

Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1	WEIGHT ROOM DAY 2
1. Dynamic warm-up 2. KB snatch 5x10 each arm 3. Deadlift: 1x5, 1x5, 1x5, 2x5 4. Overhead Squat: 1x10, 1x10, 2x10 5. Pushups: 5 sets max reps each set 6. Bent Row: 1x10, 1x10, 2x10 7. Bent knee alternating situps 30+30 8. Foam Roll	1. Dynamic warm-up 2. Skill work 10-15min: Clean 3. For time: Run 400m, 50 pullups, run 400m, 50 pushups, Run 400m, 50 situps, run 400m, 50 squats 4. Front bridge 1min immediatley folled by side bridge 30&30sec 5. Foam Roll

RUNNING DAY 1	RUNNING DAY 2	RUNNING DAY 3
1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 2x20yds: skip , double leg hops, single leg hop 5. 8x200m sprint pace is 5 seconds faster than PRT goal pace 90 seconds rest between reps 6. stretch	1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 5x1min at "Hard" pace. 2min easy pace between reps: do not walk 5. Stretch	1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 40-45min choice of run/swim/row elliptical/ect. Pace easy 5. stretch

Running Pace descriptions:
 Very Hard: a Pace in which you are unable to talk
 Hard: A pace in which you could talk if you had to but you don't want to
 Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1	WEIGHT ROOM DAY 2
1. Dynamic warm-up 2. KB snatch 5x10 each arm 3. Deadlift: 1x5, 1x5, 1x5, 2x5 4. Overhead Squat: 1x10, 1x10, 2x10 5. Pushups: 5 sets max reps each set 6. Bent Row: 1x10, 1x10, 2x10 7. Bent knee alternating situps 30+30 8. Foam Roll	1. Dynamic warm-up 2. Skill work 10-15min: Clean 3. 7 Rounds for time: 7 Push Presses, 7 burpees select a wt that you can do atleast the 1st 4 sets without stopping 4. Front bridge 1min immediatley folled by side bridge 30&30sec 5. Foam Roll

RUNNING DAY 1	RUNNING DAY 2	RUNNING DAY 3
1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 2x20yds: skip , double leg hops, single leg hop 5. 9x200m sprint pace is 5 seconds faster than PRT goal pace 90 seconds rest between reps 6. stretch	1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 5x1min at "Hard" pace. 2min easy pace between reps: do not walk 5. Stretch	1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 40-45min choice of run/swim/row elliptical/ect. Pace easy 5. stretch

Running Pace descriptions:
 Very Hard: a Pace in which you are unable to talk
 Hard: A pace in which you could talk if you had to but you don't want to
 Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1	WEIGHT ROOM DAY 2
<ol style="list-style-type: none"> 1. Dynamic warm-up 2. KB snatch 5x8 each arm 3. Deadlift: 1x3, 1x3, 1x3, 2x3 4. Overhead Squat: 1x8, 1x8, 2x8 5. Pushups: 5 sets max reps each set 6. Bent Row: 1x8, 1x8, 2x8 7. Bent knee alternating situps 30+30 8. Foam Roll 	<ol style="list-style-type: none"> 1. Dynamic warm-up 2. Skill work 10-15min: Clean 3. 4 rounds: run 400m, 10 KB snatches on each arm 4. Front bridge 1min immediatley folled by side bridge 30&30sec 5. Foam Roll

RUNNING DAY 1	RUNNING DAY 2	RUNNING DAY 3
<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 2x20yds: skip , double leg hops, single leg hop 5. 10x200m sprint pace is 5 seconds faster than PRT goal pace 90 seconds rest between reps 6. stretch 	<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 5x1min at "Hard" pace. 2min easy pace between reps: do not walk 5. Stretch 	<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 40-45min choice of run/swim/row elliptical/ect. Pace easy 5. stretch

Running Pace descriptions:
 Very Hard: a Pace in which you are unable to talk
 Hard: A pace in which you could talk if you had to but you don't want to
 Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1	WEIGHT ROOM DAY 2
<ol style="list-style-type: none"> 1. Dynamic warm-up 2. KB snatch 5x8 each arm 3. Deadlift: 1x3, 1x3, 1x3, 2x3 4. Overhead Squat: 1x8, 1x8, 2x8 5. Pushups: 5 sets max reps each set 6. Bent Row: 1x8, 1x8, 2x8 7. Bent knee alternating situps 30+30 8. Foam Roll 	<ol style="list-style-type: none"> 1. Dynamic warm-up 2. Skill work 10-15min: Clean 3. Rounds in 15minutes: 10 pushups, 10 pullups, 10 box jumps 4. Front bridge 1min immediatley folled by side bridge 30&30sec 5. Foam Roll

RUNNING DAY 1	RUNNING DAY 2	RUNNING DAY 3
<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 2x20yds: skip , double leg hops, single leg hop 5. 5x400m sprint pace is 2 seconds faster than PRT goal pace 90 seconds rest between reps 6. stretch 	<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 5x1min at "Hard" pace. 2min easy pace between reps: do not walk 5. Stretch 	<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 40-45min choice of run/swim/row elliptical/ect. Pace easy 5. stretch

Running Pace descriptions:
 Very Hard: a Pace in which you are unable to talk
 Hard: A pace in which you could talk if you had to but you don't want to
 Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1

1. Dynamic warm-up
2. KB snatch 5x5 each arm
3. Deadlift: 1x2, 1x2, 1x2, 3x2
4. Overhead Squat: 1x5, 1x5, 1x5, 2x5
5. Pushups: Max reps in 2 minutes
6. Bent Row: 1x5, 1x5, 1x5, 2x5
7. Bent knee alternating situps 30+30
8. Foam Roll

WEIGHT ROOM DAY 2

1. Dynamic warm-up
2. Skill work 10-15min: Clean
3. Walking Lunge 30yds, 21 pullups, 21 situps, lunge 30yds, 18 pullups, 18 situps, lunge 30yds, 15 pullups, 15 situps, lunge 30yds, 12 pullups, 12 situps, lunge 30yds, 9 pu, 9 su
4. Front bridge 1min immediatley followed by side bridge 30&30sec
5. Foam Roll

RUNNING DAY 1

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 2x20yds: skip , double leg hops, single leg hop
5. 6x400m sprint pace is 2 seconds faster than PRT goal pace
90 seconds rest between reps
6. stretch

RUNNING DAY 2

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 5x2 min at "Hard" pace.
2min easy pace between reps: do not walk
5. Stretch

RUNNING DAY 3

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 40-45min choice of run/swim/row elliptical/ect.
Pace easy
5. stretch

Running Pace descriptions:

Very Hard: a Pace in which you are unable to talk

Hard: A pace in which you could talk if you had to but you don't want to

Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1

1. Dynamic warm-up
2. KB snatch 5x5 each arm
3. Deadlift: 1x2, 1x2, 1x2, 3x1
4. Overhead Squat: 1x5, 1x5, 1x5, 2x5
5. Pushups: max reps in 2min
6. Bent Row: 1x5, 1x5, 1x5, 2x5
7. Bent knee alternating situps 30+30
8. Foam Roll

WEIGHT ROOM DAY 2

1. Dynamic warm-up
2. Skill work 10-15min: Clean
3. max reps in 10min KB snatch
standard wts: men 55lbs, women 35lbs
scale as needed
4. Front bridge 1min immediatley follod by side bridge 30&30sec
5. Foam Roll

RUNNING DAY 1

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 2x20yds: skip , double leg hops, single leg hop
5. 6x400m sprint pace is 2 seconds faster than PRT goal pace
90 seconds rest between reps
6. stretch

RUNNING DAY 2

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 5x2min at "Hard" pace.
2min easy pace between reps: do not walk
5. Stretch

RUNNING DAY 3

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 40-45min choice of run/swim/row elliptical/ect.
Pace easy
5. stretch

Running Pace descriptions:

Very Hard: a Pace in which you are unable to talk

Hard: A pace in which you could talk if you had to but you don't want to

Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1	WEIGHT ROOM DAY 2
<ol style="list-style-type: none"> 1. Dynamic warm-up 2. KB Clean+squat+press 4x8ea arm 3. Weighted stepups: 4x10ea leg 4. 1 arm DB bench press 4x10 each arm 5. One arm DB row 4x10 each arm 6. Goodmorning: 3x10 7. Turksih situps 2x10ea arm 8. Foam Roll 	<ol style="list-style-type: none"> 1. Dynamic warm-up 2. Skill work 10-15min: Kipping Pullups or muscle up 3. 5 rounds: run 400m, 15 thrusters men 95lbs, women 65lbs scale as needed 4. Front bridge 90 seconds 5. Foam Roll

RUNNING DAY 1	RUNNING DAY 2	RUNNING DAY 3
<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 2x20yds: skip , double leg hops, single leg hop 5. 3x800m pace is PRT goal pace 3min rest between reps 6. stretch 	<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 5x2 min at "Hard" pace. 2min easy pace between reps: do not walk 5. Stretch 	<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 40-45min choice of run/swim/row elliptical/ect. Pace easy 5. stretch

Running Pace descriptions:
 Very Hard: a Pace in which you are unable to talk
 Hard: A pace in which you could talk if you had to but you don't want to
 Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1	WEIGHT ROOM DAY 2
<ol style="list-style-type: none"> 1. Dynamic warm-up 2. KB Clean+squat+press 4x8ea arm 3. Weighted stepups: 4x10ea leg 4. 1 arm DB bench press 4x10 each arm 5. One arm DB row 4x10 each arm 6. Goodmorning: 3x10 7. Turksih situps 2x10ea arm 8. Foam Roll 	<ol style="list-style-type: none"> 1. Dynamic warm-up 2. Skill work 10-15min: Kipping pullups or muscle ups 3. 21,15,9 box jump, KB swing, Goblet squat standard wts: men 55lbs, women 35lbs scale as needed 4. Front bridge 90 seconds 5. Foam Roll

RUNNING DAY 1	RUNNING DAY 2	RUNNING DAY 3
<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 2x20yds: skip , double leg hops, single leg hop 5. 3x800m pace is PRT goal pace 3min rest between reps 6. stretch 	<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 5x2min at "Hard" pace. 2min easy pace between reps: do not walk 5. Stretch 	<ol style="list-style-type: none"> 1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 40-45min choice of run/swim/row elliptical/ect. Pace easy 5. stretch

Running Pace descriptions:
 Very Hard: a Pace in which you are unable to talk
 Hard: A pace in which you could talk if you had to but you don't want to
 Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1

1. Dynamic warm-up
2. KB Clean+squat+press 4x6ea arm
3. Weighted stepups: 4x8ea leg
4. 1 arm DB bench press 4x8 each arm
5. One arm DB row 4x8 each arm
6. Goodmorning: 3x8
7. Turksih situps 2x12ea arm
8. Foam Roll

WEIGHT ROOM DAY 2

1. Dynamic warm-up
2. Skill work 10-15min: Kipping Pullups or muscle up
3. 50 box jumps, 50 jumping pullups, 50 KB swings
50 steps walking lunges, 50 hip extensions, 50 wall balls
50 double unders, 50 burpees
4. Front bridge 90 seconds
5. Foam Roll

RUNNING DAY 1

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 2x20yds: skip , double leg hops, single leg hop
5. 3x800m pace is PRT goal pace
3min rest between reps
6. stretch

RUNNING DAY 2

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 8x30seconds min at "Hard" pace.
30sec easy pace between reps: do not walk
5. Stretch

RUNNING DAY 3

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 40-45min choice of run/swim/row
elliptical/ect.
Pace easy
5. stretch

Running Pace descriptions:

Very Hard: a Pace in which you are unable to talk

Hard: A pace in which you could talk if you had to but you don't want to

Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF:

WEIGHT ROOM DAY 1

1. Dynamic warm-up
2. KB Clean+squat+press 4x6ea arm
3. Weighted stepups: 4x8ea leg
4. 1 arm DB bench press 4x8 each arm
5. One arm DB row 4x8 each arm
6. Goodmorning: 3x8
7. Turksih situps 2x12ea arm
8. Foam Roll

WEIGHT ROOM DAY 2

1. Dynamic warm-up
2. Skill work 10-15min: Kipping pullups or muscle ups
3. 5 rounds KB circuit
kb swing switches 5&5, one arm swing 5&5, Snatch 5&5
clean/squat/press 5&5, figure 8's 5&5, rest 2min
4. Front bridge 90 seconds
5. Foam Roll

RUNNING DAY 1

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 2x20yds: skip , double leg hops, single leg hop
5. 3x800m pace is PRT goal pace
3min rest between reps
6. stretch

RUNNING DAY 2

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 8x30seconds min at "Hard" pace.
30sec easy pace between reps: do not walk
5. Stretch

RUNNING DAY 3

1. 1/2 MILE WARM-UP JOG
2. 2X20yds: high knees, butt kicks
backpedal, carioca, skipping
3. 2x50yds 3/4 speed stride outs
4. 40-45min choice of run/swim/row
elliptical/ect.
Pace easy
5. stretch

Running Pace descriptions:

Very Hard: a Pace in which you are unable to talk

Hard: A pace in which you could talk if you had to but you don't want to

Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF: 23

WEIGHT ROOM DAY 1	WEIGHT ROOM DAY 2
1. Dynamic warm-up 2. KB Clean+squat+press 4x5ea arm 3. Weighted stepups: 4x5ea leg 4. 1 arm DB bench press 4x5 each arm 5. One arm DB row 4x5 each arm 6. Goodmorning: 3x6 7. Turksih situps 2x15ea arm 8. Foam Roll	1. Dynamic warm-up 2. Skill work 10-15min: Kipping Pullups or muscle up 3. 15,12,9 pullups & burpee box jumps 4. Front bridge 90 seconds 5. Foam Roll

RUNNING DAY 1	RUNNING DAY 2	RUNNING DAY 3
1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 2x20yds: skip , double leg hops, single leg hop 5. 6x400m sprint pace is 3 seconds faster than PRT goal pace 90 seconds rest between reps 6. stretch	1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 8x30seconds min at "Hard" pace. 30sec easy pace between reps: do not walk 5. Stretch	1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 40-45min choice of run/swim/row elliptical/ect. Pace easy 5. stretch

Running Pace descriptions:
 Very Hard: a Pace in which you are unable to talk
 Hard: A pace in which you could talk if you had to but you don't want to
 Easy: A pace in which you could carry on a conversation while exercising.

TRAINING PLAN

WEEK OF: 24

WEIGHT ROOM DAY 1	WEIGHT ROOM DAY 2
1. Dynamic warm-up 2. KB Clean+squat+press 4x5ea arm 3. Weighted stepups: 4x5ea leg 4. 1 arm DB bench press 4x5 each arm 5. One arm DB row 4x5 each arm 6. Goodmorning: 3x6 7. Turksih situps 2x15ea arm 8. Foam Roll	1. Dynamic warm-up 2. Skill work 10-15min: Kipping pullups or muscle ups 3. run 1mile, 100 pullups, 200 pushups, 300 squats, run 1 mile 4. Front bridge 90 seconds 5. Foam Roll

RUNNING DAY 1	RUNNING DAY 2	RUNNING DAY 3
1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 2x20yds: skip , double leg hops, single leg hop 5. 10x200m sprint pace is 6 seconds faster than PRT goal pace 90 seconds rest between reps 6. stretch	1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 8x30seconds min at "Hard" pace. 30sec easy pace between reps: do not walk 5. Stretch	1. 1/2 MILE WARM-UP JOG 2. 2X20yds: high knees, butt kicks backpedal, carioca, skipping 3. 2x50yds 3/4 speed stride outs 4. 40-45min choice of run/swim/row elliptical/ect. Pace easy 5. stretch

Running Pace descriptions:
 Very Hard: a Pace in which you are unable to talk
 Hard: A pace in which you could talk if you had to but you don't want to
 Easy: A pace in which you could carry on a conversation while exercising.