



February 2024

REGRET



Burpee Ladder of Regret

You will REGRET deciding to do this workout multiple times throughout the process. Your mind will tell you to quit. Don't let it win.

Advice: Grab a friend and your Rough Runners!

WORKOUT:

Run 400m before each set of Burpees
20-1 Burpees

It goes like this...

400m run, 20 burpees, 400m run, 19 burpees, 400m run, 18 burpees,
400m run 17 burpees, all the way down until you finish with a 400m
run and 1 burpee

Total Reps = 220 burpees and 8k run

Expert: wear a weight vest 20/14#

Rx: as written

Scale: Reduce the distance to 200m each set and/or do 20, 18, 16,
14, etc on the burpees.