Monday – Lower Body

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Exercise | Week | Sets | Reps/Time | % RPE =  Rate of perceived exertion |
| A | Box Jump | 1 2 3 4 | 3 4 1 1 | 5 5 5 5 |  |
| B | Depth Jump | 1 2 3 4 | 1 2 3 4 | 5  5 5 3 |  |
| C | Deadlift | 1 2 3 4 | 4 5 6 3 | 6 5 3 4-5 | 80% 82.5% 87.5% 90% |
| D1 | Back Squat | 1 2 3 4 | 3 4 5 3 | 8 8 8 8 | 65% 67.5% 70% 72.5% |
| D2 | Box Jump | 1 2 3 4 | 3 4 5 3 | AMRAP \* \* 30 sec. AMRAP 45 sec. AMRAP 45 sec. AMRAP 60 sec. |  |
| E | One Handed Farmer's Walk (1 set = using left and right hands) | 1 2 3 4 | 3 4 4 4 | 60 sec. 60 sec. 60 sec. 60 sec. | Rest 60 sec. rest 60 sec. rest 45 sec. rest 30 sec. |

Tuesday – Upper Body

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Exercise | Week | Sets | Reps/Time | % RPE/Rest |
| A | Medicine Ball Backward Throw Against Wall | 1 2 3 4 | 3 4 3 4 | 5 5 8 8 |  |
| B | Medicine Ball Push Press Throw | 1 2 3 4 | 3 4 3 4 | 5 5 8 8 |  |
| C1 | Push Press | 1 2 3 4 | 4 5 6 3 | 6 5 3 4-5 | 80% 82.5% 87.5% 90% |
| C2 | Pull-Ups (use assisted if you need help) | 1 2 3 4 | 4 5 6 3 | AMRAP \* AMRAP AMRAP AMRAP | 30 sec. 30 sec. 30 sec. 30 sec. |
| D | Medicine Ball Complex | 1 2 3 4 | 3 4 4 2 | AMRAP 30 sec. AMRAP 30 sec. AMRAP 45 sec. AMRAP 60 sec. |  |
| 1. Backwards Throw Against Wall 2. Chest Throw Against Wall 3. Push Press Throw Against Wall 4. Slam |
| E | Overhead Carry (Barbell, Dumbbell, or Kettlebell) | 1 2 3 4 | 3 4 4 4 | 60 sec. 60 sec. 60 sec. 60 sec. | 60 sec. 60 sec. 45 sec. 30 sec. |
| F | Rowing Ergometer | 1 2 3 4 | 2 2 2 1 | 500 m. 750/500 m. 750 m. 1500 m. | 60 sec. 60 sec. 60 sec. |

Wednesday – High-Intensity Work Capacity

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Exercise | Week | Sets/Rate | Distance/Time |
| A | Moderate Intensity Cardio (jogging if outside, treadmill if inside) | 1 2 3 4 | 120 bpm \* 130 bpm 130 bpm 140 bpm | 10 min. 10 min. 12 min. 12 min. |
| B | Short Sprints | 1 2 3 4 | 4 4 4 6 | 30 m. 30 m. 60 m. 60 m. |
| B | Bike Short Sprints | 1 2 3 4 | 5 5 5 8 | 10 sec. 10 sec. 20 sec. 20 sec. |
| C | Moderate Distance Sprints | 1 2 3 4 | 5 5 5 8 | 200 m. 300 m. 400 m. 400 m. |
| C | Bike Moderate Distance Sprints | 1 2 3 4 | 5 5 5 8 | 60 sec. 90 sec. 120 sec. 120 sec. |
|  |  |  |  |  |

Thursday – Upper Body

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Exercise | Week | Sets | Reps/Time | % RPE/Rest |
| A | Medicine Ball Chest Throw Against Wall | 1 2 3 4 | 3 4 3 4 | 5 5 8 8 |  |
| B1 | Bench Press | 1 2 3 4 | 4 5 6 3 | 6 5 3 4-5 | 80% 82.5% 87.5% 90% |
| B2 | Barbell Row | 1 2 3 4 | 4 5 3 cluster | 6 5 3 4-5 | 80% 82.5% 87.5% 90% |
| C | Upper Body Complex | 1 2 3 4 | 2 3 3 4 | 30 sec. AMRAP 30 sec. AMRAP | 30 sec. 30 sec. 30 sec. 30 sec. |
| 1. Battle Rope: Alternating arms  2. Inverted Row  3. Battle Rope: Two arms 4. Push-Up |
| D | Planks | 1 2 3 4 | 3 4 4 4 | 60 sec. 60 sec. 60 sec. 60 sec. | 60 sec. 60 sec. 45 sec. 30 sec. |
| E | Rowing Ergometer | 1 2 3 4 | 2 2 2 1 | 500 m. 750/500 m. 750 m. 1500 m. | 60 sec. 60 sec. 60 sec. |

Friday – Lower Body

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Exercise | Week | Sets | Reps/Time | % RPE/Rest |
| A | Knee Tuck Jumps Over Hurdle | 1 2 3 4 | 3 4 1 1 | 5 5 5 5 |  |
| B | Over Head Press | 1 2 3 4 | 4 5 6 8 | 5 3 2 1 | 75% 80% 85% 90% |
| C | Deadlift | 1 2 3 4 | 4 5 6 3 cluster | 6 5 3 4-5 | 80% 82.5% 87.5% 90% |
| D | Explosive Complex | 1 2 3 4 | 2 3 4 4 | AMRAP 30 sec. AMRAP 30 sec. AMRAP 30 sec. | 50% |
| 1. Box Jump 2. Medicine ball slams 3. Burpees |
| E1 | Farmer's Walk | 1 2 3 4 | 3 4 4 4 | 60 sec. 60 sec. 60 sec. 60 sec. | 60 sec. 60 sec. 45 sec. 30 sec. |
| E2 | Split squat | 1 2 3 4 | 3 4 4 4 | 5  5  5  5 | 60 sec. 60 sec. 45 sec. 30 sec. |

Saturday – Strength Circuit

Perform A1 through A4 as a circuit. Rest 30 seconds between exercises and 2 minutes at the end of each circuit.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Exercise | Week | Circuits | Reps | % RPE |
| A1 | Deadlift | 1 2 3 4 | 5 6 6 5 | 5 3 5 3 | 75% 85% 77.5% 87.5% |
| A2 | Dip (use assisted if needed | 1 2 3 4 | 5 6 6 5 | 8 5 8 5 |  |
| A3 | Pike pushups | 1 2 3 4 | 5 6 6 5 | 5 3 5 3 |  |
| A4 | Pull-Up (use assisted if needed to hit reps) | 1 2 3 4 | 5 6 6 5 | 8 5 8 5 |  |

Sunday

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Exercise | Week | Sets/Rate | Distance/Time |
| A | Moderate Intensity Cardio (jogging if outside, treadmill or elliptical if inside) | 1 2 3 4 | 120 bpm 130 bpm 130 bpm 140 bpm | 10 min. 10 min. 15 min. 15 min. |
| B | Specific training – Beep test, Pushups, Plank, Situps, Agility test, Grip test, Swim |  |  | Record all results |

Everyday – First thing in the morning

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Exercise | Week | Sets/Rate | Distance/Time |
| A | Pushups |  | 1x AMRAP |  |
| B  C  D  E  F | Situps  Planks  Run to hotel and back  Grip training  Foam roll |  | 1x AMRAP  1x ALAP  During ad breaks | 10 minutes |  |

\*AMRAP = As Many Reps As Possible

\*ALAP = As Long As Possible

**Supplements needed;**

* Creatine
* Citrulline malate
* L- Taurine

### BETA-ALANINE

* Caffeine