

ENDURELITE OCR TRAINING PROGRAM



IF IT'S DIFFICULT, YOU'RE DOING IT RIGHT.

Program Description

This program focuses on increasing cardiovascular endurance, muscular endurance, strength, power, flexibility, and injury prevention while maximizing the everyday athlete's strength to weight ratio (without bulking up or adding unnecessary weight).

Expectation

Athletes who follow this program can expect to see improved performance, power, muscles that are stronger and more efficient, and improvements in VO2 max and race times.

Program Skill Level

Beginner to intermediate levels.

Training Stress

Easy, Moderate, and Difficult. Individual can tailor workouts to their abilities through amount of weight used, sets performed, and modifications of exercises. Your max HR can be estimated using: $207 - (\text{your age} \times .07) = \text{max HR}$.

Program Duration

4 week program consisting of OCR-focused training 2-3 days/week. 45-75 minutes/session. Cardiovascular training 1 day/week 45-90 minutes/session. 16 total workouts.

Program Notes

For strength training use weight that allows you to successfully complete all reps. Increase/decrease weight if load is too easy/hard. Last rep in each set should be very difficult. Perform strength training workouts no sooner than 24 hours after a long-run. Always include a dynamic warm-up before workouts. Replace pull-ups with lat pull-downs if needed.

WEEK 1

	MAIN SET	TIME	SETS	NOTES
WORKOUT 1	<p>ATZ pace run</p> <p>Tempo run</p> <p>1 Pull-up, 5 sec hang</p> <p>Tempo run</p> <p>Sandbell/med ball carry</p> <p>Tempo run</p>	<p>15 min</p> <p>200m (.12 mile)</p> <p>repeat till failure</p> <p>400m (.25 mile)</p> <p>90 second</p> <p>800m (.5 mile)</p>	<p>Perform as a pyramid: 15 min warm-up pace run into 200, 400, 800, 400, 200, ending with 15 min cool-down pace run.</p>	<p>ATZ - aerobic training zone 75-85% max HR.</p> <p>Tempo run - 85-90% max HR.</p>
WORKOUT 2	<p>Farmers walk (wt in each hand)</p> <p>Pull-ups (slow & controlled on the way down)</p> <p>Weighted walking lunges</p> <p>Hollow hold</p>	<p>1 min</p> <p>Repeat till failure</p> <p>90 second</p> <p>1 min</p>	<p>Repeat all 6x</p>	<p>Use a weight heavy enough to be on the verge of uncomfortable for farmers walk and lunges.</p>
WORKOUT 3	<p>Stairmill/stair sprint</p> <p>Sandbell/medball front squat</p> <p>Push-up: fast down, slow up.</p> <p>RDL to shoulder press</p> <p>Lat pull downs</p> <p>Weighted backward lunge</p>	<p>[30 sec sprint x 30 sec rest] for 10 min</p> <p>Each exercise x 10 (lunges x 10 each leg)</p>	<p>Repeat all 4x</p>	<p>Pop feet off to the side of stairmill if possible. Or, pause for 30 seconds.</p> <p>RDL = Romanian deadlift</p>
WORKOUT 4	<p>Long trail run</p>	<p>Run for 45 minutes</p>	<p>Try to run without stopping, but if you need to stop, walk fast!</p>	<p>Only time spent running is counted toward 45 min.</p>



WEEK 2

	MAIN SET	TIME	SETS	NOTES
WORKOUT 1	Overhead walking lunge with plate/sandbell Narrow push-up (hands on plate/sandbell) Deadhang to pull-up Bent over barbell row Barbell push-press Deadbugs	10 each leg 20x 30 second dead hang repeat till failure 10x 10x Alt 10 each leg	Repeat all 4x	Post-workout conditioning: (30 cal row x over the-rower burpees) x 3 through.
WORKOUT 2	1. Kettlebell swing 2. Back squat 3. Body weight jump squat 1. Overhead press 2. Bench press 3. Tricep dips 1. Cable wood chopper 2. Cable rear delt fly 3. Good mornings	In each tri-set: exercise 1 = 20 reps exercise 2 = 15 reps exercise 3 = 10 reps	Each tri-set is completed 4x through.	Warm-up with a 5 min tempo run. Use a weight heavy enough to be on the verge of uncomfortable for weighted exercises.
WORKOUT 3	Tempo run 2 Push-up to pull-up Alt backward lunge to squat Toe-to-bar (keep it controlled, don't swing your body)	10 min 10x 10x (lunge R, lunge L, squat = 1) 15x	Complete as many rounds as you can in 45 minutes.	Find a park and have some fun! If monkey bars are available: 5 pullups then the length of bars instead of exercise 1.
WORKOUT 4	Long trail run	Run for 60 minutes	Try to run without stopping, but if you need to stop, walk fast!	Only time spent running is counted toward 60 min.



WEEK 3

	MAIN SET	TIME	SETS	NOTES
WORKOUT 1	Tempo pace run Weighted lunges (sandbell, rock, etc)	400m (1/4 mile) 50m	Repeat exercises 8 times, until you've run 2 miles and lunged for a 1/4 mile.	Begin and end with a 10 min ATZ run. At a typical track, 1 lap = 400 m. The rounded part = 50 m.
WORKOUT 2	Deadlift Wall-ball (20# ball or more) Single arm lat pull-down Toe-to-bar Barbell Thruster Burpee	Each exercise is performed as: 30 sec on, 15 sec rest.	Each exercise is completed 5 times before moving onto the next exercise.	Warm-up on assault air bike for 30 cal. Finish with a 15 min tempo run. Use weight that is challenging to complete a full 30 sec.
WORKOUT 3	COLD water dunk Burpees Weighted thrusters Bear crawl Farmers carry Box Jumps/jump squats Weighted russian twist	Jump in water for 15 sec, jump out and perform exercise 1 for 45 sec, jump in water for 15 sec, perform exercise 2 for 45 sec, etc...	Complete as many rounds as you can in 60 minutes.	Find the coldest water possible, this is meant to shock you, and make performing the exercises difficult.
WORKOUT 4	Long trail run	Run for 75 minutes	Try to run without stopping, but if you need to stop, walk fast!	Only time spent running is counted toward 75 min.

WEEK 4

	MAIN SET	TIME	SETS	NOTES
WORKOUT 1	KB swing to goblet squat Hammer curl Straight-arm cable pull down Cable crunches Jumping lunge Bench press Plank to side plank	20x 20x 20x 20x 20x (10 each leg) 20x 30 sec standard plank, 30 sec each side	Repeat each exercise 5 times.	Warm-up: 3x 10m sprint 10m backpedal 10m high knee 10m butt kick 10 PVC over-head squat 10 walking lunge
WORKOUT 2	Fast walk to run ATZ pace run to burpees	Tabata style, walk for 20 sec, followed by 10 sec run for a total of 5 minutes. Run for 20 minutes, every 5 minutes perform 10 burpees.	5 sets of 5 minutes with 3 min of rest between each set.	Warm-up with a 20 min ATZ pace run.
WORKOUT 3	Set a treadmill to 5% incline, run at ATZ pace.	Every 6 min, increase incline by 1%	Run for 60 min	Find a good netflix movie, show or audiobook!
WORKOUT 4	Long trail run	Run for 90 minutes	Try to run without stopping, but if you need to stop, walk fast!	Only time spent running is counted toward 90 min.