

Road to RX  
**'DEDICATED'**  
**WARRIOR**  
PROGRAMMING

8392 <sup>m</sup>	29 <sup>th</sup>
<b>1:37</b>	500m
2:02.1 <sup>***</sup>	500
6:32	1000
2:02.1	500m
2:02.1	500m
2:02.1	500m

# 'HARD WORK'

*Opportunity is missed by most people  
because it is dressed in overalls and  
looks like work.*

Mon

WARRIOR  
PROGRAMMING

## PM 'Power Endurance'

### A) PREP WORKOUT:

AMRAP 12  
150 Wallball  
90 Double Unders  
30 C2B Pull-ups  
\*\*scale to pull-ups if required)

### B) SKILL / GYMNASTICS:

Max Unbroken Toes to Bar OR Knee raises  
3 x 50% of reps above

\*between rounds, Complete 5 Muscle-up Transitions

\*\*so if you hit 20.. complete 3 sets of 10  
(ROUND UP odd numbers)

### C) WEIGHTLIFTING:

Squat Cleans  
3 x 5 @ 70%  
2 x 3 @ 75%  
1 x MEreps @ 80%

# 'HARD WORK'

*Opportunity is missed by most people  
because it is dressed in overalls and  
looks like work.*

Tue

WARRIOR  
PROGRAMMING

PM 'Strength'

## A) Snatch:

2 @ 80%  
10 Dips on edge of bench  
4 @ 75%  
10 Dips on edge of bench  
6 @ 70%  
10 Dips on edge of bench  
8 @ 65%  
10 Dips on edge of bench  
10 @ 60%

\*\*This is performed as a ladder..

\*\*change your own plates.

\*\*Rest as short as possible

## B) Back Squat:

2 x 5reps @ 70%  
1 x MEreps @ 75%  
2:00 rest between sets  
ME = Max effort / Unbroken Reps

## C) Work:

Row for Cals  
30 seconds on / 30 seconds off x 6  
\*complete this as hard as possible, leave nothing in the tank

# 'HARD WORK'

*Opportunity is missed by most people  
because it is dressed in overalls and  
looks like work.*

Wed

WARRIOR  
PROGRAMMING

## PM 'Burn Bridges'

### A) Push Press:

2 x 5reps @ 70%

1 x MEREps @ 75%

2:00 rest between sets

### B) BB Wave 1:

10 Thrusters, 30/20kg

1:00 Max distance Row

1:00 Double Unders or Practice

1 Round of:

5 Pike Push-ups

8 sumo-deadlift high-pulls @ 32/24kg KB

12 toes to bar

Rest 5:00, repeat x 3

### C) BB Wave 2:

10 Toes to Bar

1 Round of DT @ 40/30kg

12 Deadlift

9 Hang Cleans

6 Push Jerks

2:00 Max bar facing Burpees

Rest 5:00, repeat x 3

### D) BB Wave 3:

3 x 20 Hollow Rocks

\*rest as needed.



# 'HARD WORK'

*Opportunity is missed by most people  
because it is dressed in overalls and  
looks like work.*

Thu

WARRIOR  
PROGRAMMING

PM 'Recovery'

## RECOVERY

### Pick one of the following

- A - Complete Rest
- B - 10 Rounds of -  
6 Ring Rows + 8 Push-ups + 12 Lunges
- C - 40 Min easy Row or Ride <130bpm
- D - 30 Turkish Get-ups, 16/12kg

# 'HARD WORK'

*Opportunity is missed by most people  
because it is dressed in overalls and  
looks like work.*

Fri

WARRIOR  
PROGRAMMING

## PM 'Open Prep'

### A) Warrior pointONE:

0:00 - 4:00

2 Rounds

10 DB snatch, 15/12kg

15 Box Facing Burpees

> 8:00

2 Rounds

15 DB Snatch, 15/12kg

15 Box Overs

> 12:00

2 Rounds

20 DB Snatch, 15/12kg

15 Box Overs

>16:00

2 Rounds

25 DB Snatch, 15/12kg

15 Box overs

\*\*If you fail to get thru the work before the time caps  
thats your score.

\*\*The workout is for time

### B) 'Structural':

3 x 12 Seated Row (use bands)

3 x 16 (8/8) Single arm bench press

3 x 10 Hammer Curls

# 'HARD WORK'

*Opportunity is missed by most people  
because it is dressed in overalls and  
looks like work.*

Sat

WARRIOR  
PROGRAMMING

AM 'WALLACE

## A) Conventional Deadlift:

15 rep max (unbroken, clean grip)

\*\*As soon as you finish the last rep complete

3 x ME Pike Push-ups with 15 seconds rest between sets

## B) Wallace:

Every 6:00 x 8

200m Run

100m Farmers Carry, 2 x24/16kg

15/12 Cal Ass Bike

15 Burpees to a 6" reach