



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>WARM UP</b></p> <p>4 Rounds 200 m Run 30 Sec. Rest</p> <p>—</p> <p><b>WORKOUT</b></p> <p>FOR TIME 5000 m Run*</p> <p>* every 3 Min. perform 10 Burpees</p> <p>—</p> <p><b>CORE</b></p> <p>25 Situps 25 Superman 25 Flutter Kicks</p>	<p><b>WARM UP</b></p> <p>3 Rounds 10 Squats 10 Buttlifts</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 12-15 Back Squats 2 Min. Rest</p> <p>b) 5 Rounds 12-15 Bench Press 2 Min. Rest</p> <p>c) 5 Rounds max reps Pull Ups 2 Min. Rest</p> <p>—</p> <p>10 Min. Foam Roller</p>	<p><b>WARM UP</b></p> <p>1000 m Row 10 Inch Worm</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 500 m Row 30 Sec. Rest</p> <p>2 Min. Rest</p> <p>b) 4 Rounds 25 Wallballs 1 Min. Rest</p> <p>c) 4 Rounds 1 Min. Farmers Carry 1 Min. Rest</p>	<p><b>WARM UP</b></p> <p>500 m Row 3 Rounds 10 Good Mornings</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 12-15 Deadlifts 2 Min. Rest</p> <p>b) 5 Rounds 12-15 Shoulder Press 2 Min. Rest</p> <p>c) 5 Rounds 12-15 Plyo Push Ups 2 Min. Rest</p> <p>—</p> <p>10 Min. Foam Roller</p>	<p><b>WARM UP</b></p> <p>3 Min. Easy Jog</p> <p>—</p> <p><b>WORKOUT</b></p> <p><b>"GEORGE"</b> FOR TIME 1000 m Run, then</p> <p>5 Rounds 20 Squats 20 Burpees 20 Sit Ups 20 Push Ups, then</p> <p>1000 m Run</p> <p>—</p> <p><b>CORE</b></p> <p>3 Rounds 45 Sec. Plank hold 30 Sec. Rest</p>

During week 1-7 you can select weekdays as you like as long as you follow the sessions in order. For week 8 you should stick to our recommendation.



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>WARM UP</b></p> <p>5 Min. Run 1 Min. Rest 5 Min. Row or Run 1 Min. Rest 5 Min. Ski Erg or Run</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 10 Rounds 45 Sec. Sprint 30 Sec. Rest</p> <p>b) FOR TIME 5 Rounds 10 Mountain Climber (total) 10 Lunges (total) 10 Sit Ups</p>	<p><b>WARM UP</b></p> <p>400 m Run 10 Squats 10 Push Ups 10 Inch Worm</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 25 m Sled Push AHAP* 3-5 Min. Rest</p> <p>b) 5 Rounds 25 m Sled Pull 3-5 Min. Rest</p> <p>—</p> <p>10 Min. Foam Roller</p>	<p><b>WARM UP</b></p> <p>25 Jumping Jacks 20 Situps 15 Squats 10 Burpees</p> <p>—</p> <p><b>WORKOUT</b></p> <p><b>"STING"</b> COUNTDOWN 50-40-30-20-10 Row for cal Burpees Lunges (total)</p> <p>—</p> <p><b>CORE</b></p> <p>5 Rounds 45-60 Sec. Plank 30 Sec. Rest</p>	<p><b>WARM UP</b></p> <p>10 Min. Easy Run 3 Rounds 10 Step Ups on box</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 4 Rounds 10 Front Rack Lunges with Barbell AHAP* 3-5 Min. Rest</p> <p>b) 4 Rounds 10 Hamstring Curls 90 Sec. Rest</p> <p>c) 4 Rounds 10 Abductor Machine 90 Sec. Rest</p> <p>d) 4 Rounds 10 Adductor Machine 90 Sec. Rest</p> <p>—</p> <p>10 Min. Foam Roller</p>	<p><b>WARM UP</b></p> <p>3 Min. Run</p> <p>—</p> <p><b>WORKOUT</b></p> <p>FOR TIME 5 Rounds 1 Min. Row/Ski Erg for Calories 1 Min. 25 m Shuttle Run 1 Min. Burpees 1 Min. Sit Ups 1 Min. Rest</p> <p>—</p> <p><b>CORE</b></p> <p>5 Rounds 15 V-Ups 15 Superman</p>

\* As Heavy As Possible

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# WEEK 03



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>WARM UP</b></p> <p>2 Rounds 200 m Run 10 Squats 5 Burpees 10 Situps 5 Burpees</p> <p>—</p> <p><b>WORKOUT</b></p> <p><b>“ZEPPELIN”</b> FOR TIME 1500 m Run, then</p> <p>100 Wall Balls 80 Lunges (total) 60 Burpees 40 Sit Ups 20 Push Ups, then</p> <p>1500 m Run</p> <p>—</p> <p><b>CORE</b></p> <p>3 Rounds 1 Min. Stability Ball Bridges 30 Sec. Rest</p>	<p><b>WARM UP</b></p> <p>3 Rounds 10 Squats 10 Buttlifts</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 10-12 Back Squats* 2 Min. Rest</p> <p>b) 5 Rounds 10-12 Bench Press* 2 Min. Rest</p> <p>c) 6 Rounds Max Reps Pull Ups 2 Min. Rest</p> <p><small>*go heavier than week 1</small></p> <p>—</p> <p>10 Min. Foam Roller</p>	<p><b>WARM UP</b></p> <p>500 m Row 10 Inch Worm 2 Rounds 5 Push Ups 5 Squats 10 Sit Ups</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 4 Rounds 50 m Sled Push 1 Min. Rest</p> <p>3-5 Min. Rest</p> <p>4 Rounds 50 m Sled Pull 1 Min. Rest</p> <p>b) 2000 m Row/Ski Erg</p> <p>c) 4 Rounds 1 Min. Farmers Carry 1 Min. Rest</p>	<p><b>WARM UP</b></p> <p>500 m Row 3 Rounds 10 Good Mornings</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 10-12 Deadlifts* 2 Min. Rest</p> <p>b) 5 Rounds 10-12 Shoulder Press* 2 Min. Rest</p> <p>c) 6 Rounds 10-12 Plyo Push Ups 2 Min. Rest</p> <p><small>*go heavier than week 1</small></p> <p>—</p> <p>10 Min. Foam Roller</p>	<p><b>WARM UP</b></p> <p>4 Rounds 150 m Run 20 Sec. Rest in between</p> <p>2 Rounds 250 m Run 30 Sec. Rest in between</p> <p>—</p> <p><b>WORKOUT</b></p> <p><b>“JAGGER”</b> a) 20 Min. AMRAP** 400 m Run 15 Burpees 20 Weighted Lunges (total) <small>@ 2x KB/DB</small></p> <p>5 Min. Rest</p> <p>b) 20 Min. AMRAP** 400 m Row 15 Wallballs 200 m Farmers carry</p> <p>—</p> <p><b>CORE</b></p> <p>5 Rounds 30 Sec. Toe Touches 30 Sec. Flutter Kicks 30 Sec. Russian Twist 30 Sec. Side Plank right 30 Sec. Side Plank left</p> <p>1 Min. Rest Between Rounds</p>

\*\* As many Reps as possible

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<p><b>WARM UP</b></p> <p>4 Rounds 250 m Run 20 Sec. Rest</p> <p>2 Rounds 400 m Run 30 Sec. Rest</p> <p>—</p> <p><b>WORKOUT</b></p> <p>FOR TIME 4 Rounds 20 Box jumps 20 Lunges (total) 20 Row for Calories 20 Sit Ups 20 Wall Balls</p> <p>—</p> <p><b>CORE</b></p> <p>50 Spider Plank Crunch</p>	<p><b>WARM UP</b></p> <p>500 m Ski Erg / Row</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 1 Min. Farmers Carry 1 Min. Rest</p> <p>b) 5 Rounds 1 Min. max Goblet Squats 1 Min. Rest</p> <p>c) 5 Rounds 1 Min. Max Bench Press 1 Min. Rest</p> <p>—</p> <p>10 Min. Foam Roller</p>	<p><b>WARM UP</b></p> <p>2 Min. Jump Rope 25 m High Knees 25 m Buttkicks 25 m Lunges 25 m Side Lunges</p> <p>—</p> <p><b>WORKOUT</b></p> <p>5 Rounds 1 Min. Wall Balls 30 Sec. Rest 1 Min. Burpee Broad Jump 30 Sec. Rest 1 Min. Row for Calories 30 Sec. Rest 1 Min. 10 m Shuttle Run 30 Sec. Rest</p> <p>—</p> <p><b>CORE</b></p> <p>4 Rounds 15 Hanging Knee Raises 20 Situps 15 Hyperextensions</p>	<p><b>WARM UP</b></p> <p>400 Easy Run 10 m Inch Worm 20 Russian Twist 25 m Easy Sled Push 25 m Easy Sled Pull</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 50 m Sled Push AHAP* 3-5 Min. Rest</p> <p>b) 5 Rounds 50 m Sled Push AHAP* 3-5 Min. Rest</p> <p>—</p> <p>10 Min. Foam Roller</p>	<p><b>WARM UP</b></p> <p>50 Jumping Jacks 10 Tuck Jumps 20 Lunges</p> <p>—</p> <p><b>WORKOUT</b></p> <p><b>"MITCHELL"</b> FOR TIME 800 m Run 100 Squats 800 m Run 100 Sit Ups 800m Run 100 Lunges (total)</p> <p>—</p> <p><b>CORE</b></p> <p>3 Rounds 10 Bird Dogs r/l 30 Sec. Plank 30 Sec. Side Plank r 30 Sec. Plank l 10 Glute Bridges</p>

\* As Heavy As Possible

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DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>WARM UP</b></p> <p>4 Rounds 200 m Run 30 Sec. Rest</p> <p>—</p> <p><b>WORKOUT</b></p> <p>FOR TIME 8000 m Run*</p> <p>*every 3 Min. perform 5 Burpees and 10 Squats</p> <p>—</p> <p><b>CORE</b></p> <p>1 Round 50 Situps 50 Supermen 1 Min. Plank hold</p>	<p><b>WARM UP</b></p> <p>3 Rounds 10 Squats 10 Buttlifts</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 8-10 Back Squats* 2 Min. Rest</p> <p>b) 5 Rounds 8-10 Bench Press* 2 Min. Rest</p> <p>c) 7 Rounds Max Reps Pull Ups 2 Min. Rest</p> <p>*go heavier than week 3</p> <p>—</p> <p>10 Min. Foam Roller</p>	<p><b>WARM UP</b></p> <p>25 m Lunges 25 m Side Lunges 25 m Broad Jumps 25 m Inch Worm</p> <p>—</p> <p><b>WORKOUT</b></p> <p><b>"STARR"</b> FOR TIME 1600 m Run 30 Mountain Climber 1200 m Ski Erg 30 Weighted Lunges (total) @ 2 x KB 800 m Run 30 Goblet Squats @ KB 600 m Ski Erg 30 Wall Balls</p>	<p><b>WARM UP</b></p> <p>500 m Row 3 Rounds 10 Good Mornings</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 8-10 Deadlifts* 2 Min. Rest</p> <p>b) 5 Rounds 8-10 Shoulder Press* 2 Min. Rest</p> <p>c) 7 Rounds 8-10 Plyo Push Ups 2 Min. Rest</p> <p>*go heavier than week 3</p> <p>—</p> <p>10 Min. Foam Roller</p>	<p><b>WARM UP</b></p> <p>50 Jumping Jacks 10 Tuck Jumps 20 Lunges</p> <p>—</p> <p><b>WORKOUT</b></p> <p>FOR TIME 7 Rounds 500 m SkiErg @ 75% 3 Min. Rest</p> <p>—</p> <p><b>CORE</b></p> <p>3 Rounds 10 Bird Dogs r/l 30 Sec. Plank 30 Sec. Side Plank r 30 Sec. Side Plank l 10 Glute Bridges</p>

During week 1-7 you can select weekdays as you like as long as you follow the sessions in order. For week 8 you should stick to our recommendation.



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>WARM UP</b></p> <p>4 Rounds 150 m Run 20 Sec. Rest</p> <p>2 Rounds 250 m Run 30 Sec. Rest</p> <p>—</p> <p><b>WORKOUT</b></p> <p>FOR TIME 2000 m Run, then</p> <p>80-60-40 Sandbag Lunges (total) Single Leg Deadlift (total) Mountain Climbers, then</p> <p>2000 m Ski Erg</p> <p>—</p> <p><b>CORE</b></p> <p>3 Rounds 30 Sec. Plank 30 Sec. Side Plank r 30 Sec. Side Plank l</p>	<p><b>WARM UP</b></p> <p>10 Min. easy Run 3 Rounds 10 Stepups on box 5 Burpees</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 8 Front Rack Lunges with Barbell AHAP* 3-5 Min. Rest</p> <p>b) 5 Rounds 10 Hamstring Curls 90 Sec. Rest</p> <p>c) 5 Rounds 10 Abductor Maschine 90 Sec. Rest</p> <p>d) 5 Rounds 10 Adductor Maschine 90 Sec. Rest</p> <p>—</p> <p>10 Min. Foam Roller</p>	<p><b>WARM UP</b></p> <p>1500 m Row @ 60%</p> <p>—</p> <p><b>WORKOUT</b></p> <p>FOR TIME 150 Wall Balls 4 Min. Rest, then</p> <p>100 Burpees</p> <p>—</p> <p><b>CORE</b></p> <p>5 Rounds 15 Hanging Knee Raises 20 Sit Ups 15 Hyperextensions</p>	<p><b>ACTIVE RECOVERY</b></p> <p>60 Min. Bike Ride</p>	<p><b>WARM UP</b></p> <p>5 Min. Easy Jog 10 Burpees 10 Box Jumps 10 V-Ups</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 10 Bench Press 10 Deadlift 10 Back Squats 2 Min. Rest</p> <p>b) FOR TIME 3 Rounds 500 m Ski Erg or Row 50 Weighted Step over Box 50 Push Ups</p>

\* As Heavy As Possible

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DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>WARM UP</b></p> <p>25 m Bear Crawl 25 m Crab Walk 25 m Inch Worm</p> <p>—</p> <p><b>WORKOUT</b></p> <p>FOR TIME 5 Rounds 1000 m Run 5 Min. Ski Erg for Calories 5 Min. Row for Calories 3 Min. Rest</p> <p>—</p> <p><b>CORE</b></p> <p>50 V-Ups 50 Supermen</p>	<p><b>WARM UP</b></p> <p>3 Rounds 10 Squats 10 Buttlifts</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 6-8 Back Squats* 2 Min. Rest</p> <p>b) 5 Rounds 6-8 Bench Press* 2 Min. Rest</p> <p>c) 5 Rounds Max Reps Weighted Pull Ups 2 Min. Rest</p> <p><small>*go heavier than week 5</small></p>	<p><b>WARM UP</b></p> <p>2 Min. Jump Rope 25 m High Knees 25 m Buttkicks 25 m Lunges 25 m Side Lunges</p> <p>—</p> <p><b>WORKOUT</b></p> <p>FOR TIME 4 Rounds 400 m Row 25 m Sled Push 25 m Sled Pull</p>	<p><b>WARM UP</b></p> <p>500m Row 3 Rounds 10 Good Mornings 10 Sit Ups</p> <p>—</p> <p><b>WORKOUT</b></p> <p>a) 5 Rounds 8-10 Deadlifts* 2 Min. Rest</p> <p>b) 5 Rounds 8-10 Shoulder Press* 2 Min. Rest</p> <p>c) 7 Rounds 8-10 Plyo Push Ups 2 Min. Rest</p> <p><small>*go heavier than week 5</small></p> <p>—</p> <p>10 Min. Foam Roller</p>	<p><b>ACTIVE RECOVERY</b></p> <p>30 Min. Swimming or 60 Min. Bike Ride</p>

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DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
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**WARM UP**

5 Min. Jump Rope

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**WORKOUT**

a) 10 Min. AMRAP\*\*  
10 Burpees  
10 Goblet Squats  
5 Min. Rest

b) 10 Min. AMRAP\*\*  
10 Box Jumps  
10 Push Ups  
5 Min. Rest

c) 10 Min. AMRAP\*\*  
10 Lunges  
10 Wallballs

—

**CORE**

3 Rounds  
20 Russian Twist  
30 Sec. Rest

**WARM UP**

400 m Easy Run  
10 m Inch Worm  
20 Russian Twist  
25 m Easy Sled Push  
25 m Easy Sled Pull

—

**WORKOUT**

a) 5 Rounds  
50 m Sled Push AHAP\*  
3-5 Min. Rest

b) 5 Rounds  
50 m Sled Pull AHAP\*  
3-5 Min. Rest

—

10 Min. Foam Roller

**WARM UP**

25 m High Knees  
25 m Butt-kicks  
25 m Lunges  
25 m Side Lunges

—

**WORKOUT**

30 Min. AMRAP\*\*  
15 Deadlift  
1000 m Row  
15 Back Squats  
1000 m Run

**ACTIVE RECOVERY**

20 Min. Easy Row  
20 Min. Mobility / Stretching

**TOTAL REST**

\* As Heavy As Possible / \*\* As many Reps as possible

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