

BUILDING THE ELITE

4 WEEK SCHEDULE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Impact Aerobic Recovery + Recovery/Mobility Work	Strength 1 + Work Capacity 1	Run 1 + Mobility/Recovery Work	Ruck 1 + Work Capacity 2	Strength 2	Tempo Sprints + Mobility/Recovery Work	Run 2 + Ruck 2 + Work Capacity 3

Saturday = Always done all at once, as little rest as possible between each element

Every other day = AM/PM split

Sunday - Go play outside. Go for a long, easy mountain bike ride or any other outdoor recreation. Stay at HR below 140.

Warm Up Complex

[Inchworms](#)

[Spidermans](#)

[Child's pose breathing w/ rotation](#)

[Roll over shoulder to v sit](#)

[Bear crawl forward, back, lateral](#)

[Retro SLRDL with Reach](#)

[Lateral Lunge Windmill](#)

[Hip Rotation to Cossack Squat](#)

[Band Pull-Apart](#)

[Banded No Money](#)

[Bounding Circuit 1](#)

[MB Series 1](#)

* alternate between hop and MB series throughout the week

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WORKOUT 1		WEEK 1: /	WEEK 2: /	WEEK 3: /	WEEK 4: /
<p>HCT - High-Intensity Continuous Training: This is self-paced and your results will come from how much high-quality work you can get in while staying under the HR constraints. Each week, for one straight block of 8-12 minutes you will do as many sets as possible of either 3 or 5 reps, while keeping your HR below 150 the entire time. Expect to require more rest and get fewer total sets on the weeks with 5-rep sets. Work continuously and only rest as little as needed to maintain good movement on each set. If movement quality begins to fade and you lose speed, range of motion or technique stop the set and rest longer. All reps must be good quality. Count your total sets and work to beat that number the next time the workout is repeated. Do sets of three on weeks 1 and 3, and sets of five on weeks 2 and 4.</p>					
A	Lateral Heiden - 90s rest between sets	3x3			
B	KB Squat with KB Racked on one side (switch sides each set)	8 minutes			
C	Band Resisted Pushup	8 minutes			
D	KB Split Stance Row (switch sides every set)	8 minutes			
<p>Move quickly between exercises Total time for each set should be less than 5 minutes. Warm up sets not included in working sets listed below</p>					
E	KB Cross Over Reverse Lunge	3x6			
E2	Kneeling Palloff Iso	3x20 seconds per side			
WORKOUT 2		WEEK 1: /	WEEK 2: /	WEEK 3: /	WEEK 4: /
A	Bounding Circuit 1	3x3			
B	Single-Arm Racked KB Reverse Lunge (switch sides every set)	8 minutes			
C	KB Split Stance Row (switch sides every set)	8 minutes			
D	Standing Split Stance KB Press	8 minutes			
<p>Move quickly between exercises Total time for each set should be less than 5 minutes. Warm up sets not included in working sets listed below</p>					
E	Front Foot Elevated Split Squat with Rotation	3x3 breathe per side			
E2	Trunk Lift Breathing (both sides)	3x3 breathe per side			

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	Work Capacity 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4
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Perform pullups throughout the day broken up into sets of 3 never grinding out reps. Make every rep fast, crisp and with a good chest-to-bar lockout.

A1	Pullups	30 reps	35 reps	40 reps	20 reps
B1	Brady band series	2x5/direction	2x5/direction	2x5/direction	1x5/direction
B2	Hooklying Paraspinal Release	2x5 breaths	2x5 breaths	2x5 breaths	1x5 breaths

Never go to failure, always keep 1-2 reps in the tank, break up sets by at least a few minutes

	Work Capacity 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4
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Perform pushups throughout the day broken up into sets of 5-8 never grinding out reps. Make every rep fast and crisp, with your abs on and hips tucked slightly under. Precede each set of pushups with 3-5 breaths of left crawl breathing.

A1	Left Crawl Breathing	prior to each set of pushups	prior to each set of pushups	prior to each set of pushups	prior to each set of pushups
A2	Pushups	80 reps	90 reps	100 reps	50 reps
B1	Turkish Get-Up	5x5/side	5x5/side	5x5/side	2x5/side
B2	Short Seated Breathing	5x5 breaths	5x5 breaths	5x5 breaths	2x5 breaths

	Work Capacity 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4
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Mix these ab movements in throughout the day

A1	Kneeling Rotation	10 x 3 breaths/side	10 x 3 breaths/side	10 x 3 breaths/side	10 x 3 breaths/side
A2	Long Lever side plank	10 x 20s/side	10 x 20s/side	10 x 20s/side	10 x 20s/side
B1	Waiter walk	3x30s/arm	3x30s/arm	3x30s/arm	2x30s/arm
B2	Trunk Lift (left side only)	3x5 breaths	3x5 breaths	3x5 breaths	2x5 breaths

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Tempo Sprints

WEEK 1: / WEEK 2: / WEEK 3: / WEEK 4: /

Wear a heart rate monitor. After a good warm-up, perform 10 second sprints around 70-80% intensity and then recover to a heart rate below 130 bpm before repeating. Do some of your stretches or other mobility work as active rest. Do not stand in place. While running focus on landing with your feet underneath you and driving through with hip extension. If you start to feel any kind of tweakiness in your hip flexors, hamstrings, or groin area shut it down for the day.

A1	Sprints	12-14 reps	14-16 reps	16-18 reps	12-14 reps
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Fartlek Run

WEEK 1: / WEEK 2: / WEEK 3: / WEEK 4: /

Wear a heart rate monitor and after a good 5-10 minute warm up at an easy pace perform 10-30 second "sprints" around 70-80% of max intensity and then back off for 3-5 minutes allowing your heart rate to drop in the aerobic zone (max speed with a comfortable breath in through the nose and out through the mouth). Trail running is very good for this type of varied pace as it will happen naturally. While running focus on landing with your feet underneath you and driving through with hip extension. If you start to feel any kind of tweakiness in your hip flexors, hamstrings, or groin area shut it down for the day. Your HR should drop below 145ish before performing another "sprint".

A1	Run 1 - record pace	3 mies	3 5 mies	4 mies	3 mies
A1	Run 2 - record distance	30 minutes	35 minutes	40 minutes	30 minutes

Ruck

WEEK 1: / WEEK 2: / WEEK 3: / WEEK 4: /

Using a 30 - 50 pound ruck move on varied terrain (if possilbe) for the allotted time. Keep heart rate in the 130-155 zone. Do not do ruck while running. Record distance covered in allotted time.

A1	Ruck 1	60 minutes	90 minutes	75 minutes	90 minutes
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Recovery - Aerobic Work

Perform 30 minutes of low to no-impact aerobic work (uphill walking, biking, swimming, etc)

Recovery - Mobility

[Follow this series of movements for 1-3 rounds, spending a minute or two on each drill.](#)

Learning this the first time around will feel time-consuming, but once you've gotten some practice in it will flow easily.