

Work capacity is spread throughout the day

4 WEEK SCHEDULE							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Aerobic Recovery	Strength 1	Swim 1	Run 1	Strength 2	Swim 2	Swim 3 + Run 2 + HICT + Work Capacity 3
MID	Recovery circuit	Work Capacity 1	Tempo Sprints	Work Capacity 2		Work Capacity 3	
PM		Recovery Circuit	Recovery Circuit	Recovery Circuit	Recovery Circuit	Recovery Circuit	

This phase, work on integrating your breathing into your movements, ahead of your drive to breathe. For example, as soon as you start a set of pushups, start doing deep inhales and exhales matched to the cadence of your reps. It should feel like you're breathing more than you need to. Keep tension in your abs and focus on expanding through your mid-back and the sides of your ribcage as you inhale - don't just push your belly out to breathe.

Strength Days

- 1 Soft Tissue Work
- 2 Individualized Warm Up (below)
- 3 [General Strength Warm up](#)
- 4 Hop Series (alternating between 1 and 2) - 10m each movement. If unilateral, distance = per side
MB Series (alternate between 1 and 2) - 5 reps each movement. If unilateral, reps = per side
* alternate between hop and MB series throughout the week (only do a MB or Hop series, not both)

Running Days

Individualized Warm Up

[Running Warm Up](#)

Links:

[Hop Series 1](#)

[Hop Series 2](#)

[MB Circuit 1](#)

[MB Circuit 2](#)

Individualized Warm Up

Reps

- | | | |
|---|--|-------------------------|
| 1 | Short Seated Breathing w/ balloon | 5x3-4 breaths |
| 2 | Paraspinal Release with Reach-Over | 5x5 breaths / direction |
| 3 | Pec Inhibition Breathing | 3x10 breaths |
| 4 | Lateral line breathing | 3x5 breaths per side |
| 5 | RF Inhibition Stretch | 3x30 seconds |

Do the warmup complex before each strength workout

WORKOUT 1

WEEK 1: /

WEEK 2: /

WEEK 3: /

WEEK 4: /

Alternate between A1-A4 with as little rest as necessary. Weight should be difficult, but you should not grind reps or have any technique faults. Total time for each set should be less than 4 minutes. Warm up sets not included in working sets listed below

A1 Short Seated Breathing	6x60s		10x60s		8x60s		12x60s	
A2 Barbell Hip Thrust (hips under, abs on, ribs down, no low back tension)	6x5		10x5		8x5		12x5	
A3 Band-Resisted Ring Pushup (hips tucked under, abs on, ribs down, reach shoulder blades fully forward at top)	6x5		10x5		8x5		12x5	
A4 DB Split Stance Row (hips stay square, full ROM at shoulder blades, abs on, ribs down)	6x5		10x5		8x5		12x5	

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

E1 Dumbbell Reverse Lunge off Step (abs on, don't shift into lower back, ribs down)	3x6		3x6		3x6		3x6	
E2 Half-Kneeling Palloff Iso (ribs down, sternum over belly button)	3x20 seconds per side, per leg		3x20 seconds per side, per leg		3x20 seconds per side, per leg		3x20 seconds per side, per leg	

WORKOUT 2

WEEK 1: /

WEEK 2: /

WEEK 3: /

WEEK 4: /

60s rest between sets of A, B, C and D series. Minimal rest for E series.

A Med Ball Circuit 2 (no overhead throw) RIBS DOWN	3 rounds		3 rounds		3 rounds		3 rounds	
B1 Short Seated Breathing	2x5 breaths before each set of squats		2x5 breaths before each set of squats		2x5 breaths before each set of squats		2x5 breaths before each set of squats	
B2 Anderson Front Squat (start off pins in bottom, shoulder width stance)	----		7x1,1,1,1,1		8x1,1,1,1,1		6x1,1,1,1,1	
C Inverted Rows (hips under, ribs down, abs on)	3x8-10		5x8-10		4x8-10		6x8-10	
D Landmine Split Stance press	3x8-10		5x8-10		4x8-10		6x8-10	

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

E1 Standing Wall Breathing	3x5 breaths		3x5 breaths		3x5 breaths		3x5 breaths	
E2 Landmine Rainbow	3x6		3x6		3x6		3x6	

	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	40 reps	50 reps	60 reps	20 reps
B1	Brady band series	3x5/direction	3x5/direction	3x5/direction	3x5/direction
B2	Hooklying Paraspinal Release	3x5 breaths	3x5 breaths	3x5 breaths	3x5 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. Work on fully protracting at the top of each pushup.

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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Breathe deeply and continuously during these

A1	Pushups - 5s eccentric with 5s pause and good stretch at bottom, fast up. (keep good ab tension and lumbar/pelvic position)	8 x 3	10 x 5	8 x 3	5 x 5
A2	Ring Row or Dumbbell Row - Match Pushup Reps	8 x 3	10 x 5	8 x 3	5 x 5
A3	Kneeling Rotation Breathing	5 breath/side between rounds	5 breath/side between rounds	5 breath/side between rounds	5 breath/side between rounds

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 150 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	12-15 reps	15-16 reps	12-15 reps	15-16 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. Keep your HR in or below zone 3 outside of your pickups.

A1	Run 1 - record pace	4 miles	3 miles	5 miles	4 miles
A1	Run 2 - record distance	30 minutes	40 minutes	30 minutes	45 minutes

Swimming

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

Swim 1 - no fins	2000m freestyle (8x 250m with 2-3 min rest in between) - after warm up and drills	2000m freestyle (8x 250m with 2-3 min rest in between) - after warm up and drills	2000m freestyle (8x 250m with 2-3 min rest in between) - after warm up and drills	2000m freestyle (8x 250m with 2-3 min rest in between) - after warm up and drills
Swim 2 - Use fins	60 minutes continuous @ moderate pace, technique drills allowed during this time	60 minutes continuous @ moderate pace, technique drills allowed during this time	60 minutes continuous @ moderate pace, technique drills allowed during this time	60 minutes continuous @ moderate pace, technique drills allowed during this time
Swim 3 - no fins	Total Immersion Practice - 60 minutes	Total Immersion Practice - 60 minutes	Total Immersion Practice - 60 minutes	Total Immersion Practice - 60 minutes

HICT

WEEK 1 WEEK 2 WEEK 3 WEEK 4

When performing HICT workouts the goal is to perform as many reps as possible in the allotted time without ever making the For lower body HICT (step ups) the goal is to perform 20-30 steps per minute for the entire time at an even pace. Wear your HR monitor while doing these sets. Your HR should never get above 150 and just like the upper body version, you should never approach failure. Make sure to alternate reps on each leg. To increase difficulty add a weight vest and slowly increase the intensity. Over time you should be able to do these with upwards of 60 pounds for 20 minutes.

A1	Step Ups (weight vest)	1 x 10 min	1 X 15 min	1 x 12 min	1 X 15 min
A2	Ring Push Ups	1 x 10 min	1 X 15 min	1 x 12 min	1 X 15 min
A3	Inverted Rows	1 x 10 min	1 X 15 min	1 x 12 min	1 X 15 min



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

	Recovery - Mobility	
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Alternate between recovery circuit 1, 2 and 3 (links below)

- [Circuit 1](#)
- [Circuit 2](#)
- [Circuit 3](#)