

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<p>Workout: Warm up with 10 minute Run Then: “Fire Fight” Do the exercises in the order shown. Complete all the sets of exercise 1, resting, as needed, followed by all the sets of exercise 2 and exercise 3. Then, move on to exercise 4. For this exercise, perform as many reps as you can in 30 seconds, followed by 30 seconds of rest. That’s 1 round. Do a total of 4 rounds. On your last round, rest for 2 minutes instead of 30 seconds. Use that same procedure for exercise 6 and exercise 8.</p> <ol style="list-style-type: none"> 1. Wall Squat: 2 Sets, 5 Reps 2. Air Squat: 3 Sets, 20 Reps 3. Jump Squat: 3 Sets, 5 Reps 4. Burpee: 4 Sets of 30 Seconds Each (Rest for 30 Seconds between Sets) 5. Rest: 2 Minutes 6. Split Jump: 4 Sets of 30 Seconds Each (Rest for 30 Seconds between Sets) 7. Rest: 2 Minutes 8. Frog Hop: 4 Sets of 30 Seconds Each (Rest for 30 Seconds between Sets) <p>Then: Cool Down with 10 minute Run</p>	<p>Workout: 60 minute Run @ 75-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a good sweat. You could do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability— ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing.</p>	<p>Workout: “The Gauntlet” Start with a 10-minute warmup run. From there, do the exercises in the order shown below. Do exercises 5A and 5B, 7A and 7B, and 9A and 9B as mini circuits. Do 4 rounds of each. For example, when you get to exercise 5A, do pushups for 30 seconds, and then immediately move on to exercise 5B, in which you hold the bottom position of a pushup for 30 seconds. Without resting, repeat, for a total of 4 rounds. After the fourth round, rest for 2 minutes and then proceed to the next pair of exercises. Use this same procedure for exercises 7A and 7B, and exercises 9A and 9B. Finish with a 20-minute run.</p> <ol style="list-style-type: none"> 1. Warmup Run: 10 Minutes 2. Wall Squat: 2 Sets, 5 Reps 3. Air Squat: 3 Sets, 20 Reps 4. Jump Squat: 3 Sets, 5 Reps 5A. Pushup: 30 Seconds 5B. Pushup Position Plank: 30 Seconds 6. Rest: 2 Minutes 7A. Air Squat: 30 Seconds 7B. Air Squat Hold: 30 Seconds 8. Rest: 2 Minutes 9A. V-Sit: 30 Seconds 9B. V-Sit Hold: 30 Seconds 10. Cooldown Run: 20 Minutes 	<p>Workout: 10 minute Run to Warm-up Then: “30/30 Intervals”: Run as hard as you can for 30 seconds. Then rest for 30 seconds. That’s 1 round. Do 6 total rounds, and then rest for 4 minutes straight. That’s 1 block. Do 3 total blocks. Then: 10 minute Run to Cool Down</p>	<p>Workout: “Tabata Two”: Warm up by doing bodyweight movements of your choice for about 10 minutes. Choose exercises such as squats, sit-ups, and pushups. Then, move on to the Tabatas. Do 5 exercises in Tabata format: 20 seconds of hard work followed by 10 seconds of rest, repeated 8 times total. After you finish a given Tabata exercise (4 total minutes), rest for 1 minute, and then move on to the next Tabata exercise. Once you’ve completed all 5 Tabatas, do a Cool Down run for 10 minutes.</p> <ol style="list-style-type: none"> 1. Warmup: 10 Minutes 2. Air Squat: 20 Seconds of Work and 10 Seconds of Rest for 8 Rounds 3. Rest: 1 Minute 4. Pushup: 20 Seconds of Work and 10 Seconds of Rest for 8 Rounds 5. Rest: 1 Minute 6. Leg Raise: 20 Seconds of Work and 10 Seconds of Rest for 8 Rounds 7. Rest: 1 Minute 8. V-Sit Kickout: 20 Seconds of Work and 10 Seconds of Rest for 8 Rounds 9. Rest: 1 Minute 10. Burpee: 20 Seconds of Work and 10 Seconds of Rest for 8 Rounds 11. Cooldown Run: 10 Minutes 	<p>Workout: 90-120 minute Run, Swim, Bike, Hike, Etc @ 70-80% MHR *This would be an optimal day to do something outside.</p>	<p>Rest</p>
A	B	C	D	E	F	G

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY EIGHT	DAY NINE	DAY TEN	DAY ELEVEN	DAY TWELVE	DAY THIRTEEN	DAY FOURTEEN
<p>Workout: “Hell Style”: Warm up with body-weight movements of your choice, such as squats, situps, and pushups. Then, move on to the Tabatas, done “hell style.” Do 5 exercises in Tabata hell-style format: 20 seconds of hard work, followed by 10 seconds holding the “resting” position of the given exercise, repeated 8 times total. So, for example, in exercise 2A, you do 20 seconds of air squats. Then, in 2B, you hold the “down” position of a squat (knees bent 90 degrees) for 10 seconds. That’s 1 round. Do 8 rounds. Rest for 1 minute (real rest) between each hell-style Tabata.</p> <p>1. Warmup: 10 Minutes 2A. Air Squat: 20 Seconds 2B. Air Squat Hold: 10 Seconds 3. Rest: 1 Minute 4A. Pushup: 20 Seconds 4B. Pushup Position Plank: 10 Seconds 5. Rest: 1 Minute 6A. Leg Raise: 20 Seconds 6B. Leg Raise Hold: 10 Seconds 7. Rest: 1 Minute 8A. V-Sit Kickout: 20 Seconds 8B. V-Sit Hold: 10 Seconds 9. Rest: 1 Minute 10A. Burpee: 20 Seconds 10B. Pushup Position Plank or Air Squat Hold: 10 Seconds 11. Cool Down Run: 10 Minutes</p>	<p>Workout: 60 minute Run @ 75-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a good sweat. You could do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability—ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing.</p>	<p>Workout: “Jenny’s Math”: Do the exercises in the order shown. Start with a warmup (exercises 1 and 2), resting, as needed. Then, move on to exercises 3A and 3B. Do 20 split jumps followed immediately by 50 meters of the bear crawl. That’s 1 round. Do a total of 5 rounds, rest for 2 minutes after, and then move on to exercises 5A and 5B. Follow the same procedure for exercises 5A and 5B, but only do 4 rounds. Rest. For exercises 7A and 7B, do 3 rounds. Finish with the Cool Down run.</p> <p>1. Air Squat: 3 Sets, 20 Reps 2. Jump Squat: 3 Sets, 5 Reps 3A. Split Jump: 20 Reps 3B. Bear Crawl: 50 Meters 4. Rest: 2 Minutes 5A. Frog Hop: 20 Reps 5B. Bear Crawl: 40 Meters 6. Rest: 2 Minutes 7A. Burpee: 20 Reps 7B. Bear Crawl: 30 Meters 8. Cooldown Run: 10 Minutes</p>	<p>Workout: “30/30 Runs”: This workout is simple and incredibly effective at boosting your speed and performance. I love the format because you can do it anywhere: I’ve done it on a track, around my neighborhood, or in cities where I’ve traveled for work. The latter is actually my favorite method. There’s no better way to see a new city than by running through it. Directions: Warm up with a slow, 10-minute run. Then, begin the workout: Run fast (but don’t sprint) for 30 seconds. Then, run slow for 30 seconds. Repeat that pattern for anywhere from 30 minutes—if you’re new to running—to up to 60 minutes, if you’re an experienced runner. Finish with 10 minutes of slow running or walking. 1. Warmup Run: 10 Minutes 2A. Fast Run: 30 Seconds 2B. Slow Run: 30 Seconds 3. Cool Down Run: 10 Minutes</p>	<p>Workout: “Death By Push-Up”: Most people look at the “Death By” workouts and say that they don’t allow for enough reps. Here’s a stat to counter that argument: 465. That’s how many pushups you’d do if you got to minute 30 of this workout. When’s the last time you did 465 pushups in half an hour? Probably never. Directions: Start a timer, and do 1 pushup during minute one. Do 2 pushups during minute two, 3 pushups during minute three, and so on, until you’re all out of pushups.</p>	<p>Workout: 90-120 minute Run, Swim, Bike, Hike, Etc @ 70-80% MHR *This would be an optimal day to do something outside.</p>	<p>Rest</p>
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DAY FIFTEEN	DAY SIXTEEN	DAY SEVENTEEN	DAY EIGHTEEN	DAY NINETEEN	DAY TWENTY	DAY TWENTY-ONE
Workout: “It’s Harder That Way”: You know what’s harder than running? Running up a hill. Know what’s harder than running up a hill? Jumping up a hill. The upshot is that you’ll build more power in your lower body, and your heart rate will go through the roof, helping improve your endurance. <u>Directions:</u> Start with a warmup comprised of body-weight exercises of your choice. Then do frog hops up a hill or a flight of stairs for 30 seconds. Rest for 30 seconds. That’s 1 round. Do a total of 6 rounds, and then rest for 3 minutes. That’s 1 block. Complete a total of 3 blocks. Now move on to exercise 4. Do 10 seconds of pushups, and then rest for 20 seconds. That’s 1 round. Do a total of 15 rounds. Finally, finish with the Cool Down run. 1. Body-Weight Warmup: 5 Minutes 2. Frog Hop Uphill: 30 Seconds of Work Followed by 30 Seconds of Rest for 6 Rounds 3. Rest: 3 Minutes 4. Pushup: 10 Seconds of Work Followed by 20 Seconds of Rest for 15 Rounds 5. Cool Down Run: 5 Minutes	Workout: 60 minute Run @ 75-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a good sweat. You could do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability — ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing.	Workout: “Death By Air Squat”: This is probably the most deceptive workout I’ve ever done. I mean, how hard is it to do one squat in 1 minute or even 10 squats in a minute? Soon enough, though, you’re at minute 20, 30, or 40, and the sheer volume of reps absolutely overwhelms you. I’ve seen people make it to round 45, which is 1,035 total squats. May God have mercy on your sore legs. <u>Directions:</u> Start a timer, and do 1 air squat during minute one. Do 2 air squats during minute two, 3 air squats during minute three, and so on, until you’re all out of air squats.	Workout: “Speed Trials”: Have an hour and want to boost your fitness across the board without going to a gym? Do this workout. It’s 100-percent running based, but it’s not as boring as simply going out for a slow jog for 60 minutes. Switching up speeds not only keeps the workout fresh and motivating but also trains your body to deal with different endurance paces, which boosts your lung power and overall fitness. <u>Directions:</u> Warm up with an easy 10-minute run. Then rest by walking for 3 minutes. Next, do fast intervals: Run fast for 10 seconds at the top of every minute for 10 minutes. Walk for 3 minutes. Do sprint intervals: Sprint for 20 seconds every 2 minutes for 10 minutes. Walk for 3 minutes. Do medium intervals: Run at a medium speed for 1 minute every 3 minutes for 15 minutes. Then, do a 10-minute Cool Down run.	Workout: “Prison Burpees”: Imagine that you’re in a prison cell, confined by four walls. You have a bed, a sink, a toilet, and no more. When your cell door opens, and it’s time to go to the yard, where your safety depends on your fitness. This is the workout you’d do. It’s not for the faint of heart, but it has an incredible ability to give you strength, speed, and insane endurance. Do it in 15 minutes or less, and you may be able to claim the title of “the hardest man in the yard.” <u>Directions:</u> Stand in one corner of a room. It could be in the gym, your living room, garage, or wherever. Do 20 burpees. Now run to another corner of the room, and do 19 burpees. Run to another corner, and do 18. Repeat the pattern until you reach 1 burpee. Rest, as needed, throughout.	Workout: 90-120 minute Run, Swim, Bike, Hike, Etc @ 70-80% MHR *This would be an optimal day to do something outside.	Rest
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DAY TWENTY-TWO	DAY TWENTY-THREE	DAY TWENTY-FOUR	DAY TWENTY-FIVE	DAY TWENTY-SIX	DAY TWENTY-SEVEN	DAY TWENTY-EIGHT
<p>Workout: "200 in 20": This workout tasks you with doing 200 total reps, and trains your entire body in just 20 minutes. It's short, simple, and brutal, just the way I like my workouts. It's easy to remember, too, so many of my athletes keep it in their heads as an option for when they find 20 minutes to train. Don't cheat your form, but try to finish as fast as you possibly can. <u>Directions:</u> Do 10 pushups, 10 situps, and 10 air squats. That's 1 round. Complete a total of 20 rounds. Try to finish in less than 20 minutes.</p> <p>Note: For Women do 5x Push-up instead of 10.</p>	<p>Workout: 60 minute Run @ 75-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a good sweat. You could do it "Fartlek" Style. Fartlek is Swedish for "speed play." It's an unstructured interval run, where you go from easy to moderate to hard efforts at random. It's also fun to do with friends by playing games like follow the leader. There's a huge mental benefit from this training due to its unpredictability— ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing.</p>	<p>Workout: "28 Minutes": This workout takes exactly 28 minutes. There's no warm-up or cool down just effort. Are you ready? Do the exercises in the order shown below. Perform each exercise for 30 seconds, followed by 30 seconds of rest. That's 1 round. Complete a total of 4 rounds of the prescribed exercise, rest for 2 minutes, and then move on to the next exercise. So, you do 4 rounds of the frog hop, rest for 2 minutes, followed by 4 rounds of the split jump. Repeat the pattern until you finish the last round of squats.</p> <ol style="list-style-type: none"> 1. Frog Hop: 30 Seconds of Work Followed by 30 Seconds of Rest for 4 Rounds 2. Rest: 2 Minutes 3. Split Jump: 30 Seconds of Work Followed by 30 Seconds of Rest for 4 Rounds 4. Rest: 2 Minutes 5. Burpee: 30 Seconds of Work Followed by 30 Seconds of Rest for 4 Rounds 6. Rest: 2 Minutes 7. Pushup: 30 Seconds of Work Followed by 30 Seconds of Rest for 4 Rounds 8. Rest: 2 Minutes 9. Air Squat: 30 Seconds of Work Followed by 30 Seconds of Air Squat Hold 	<p>Workout: "Death By 10m": Running is a natural human movement. We're bipedal creatures, and we're built to move on our feet for extended periods of time. There's nothing better than running for developing your overall cardiovascular function. <u>Directions:</u> Start a timer, and run 10 meters during minute one. Run 20 meters during minute two, run 30 meters during minute three, and so on, until you can't complete all your meters. Not sure how long 10 meters is? Just take 10 giant steps, and you'll be close enough. Note: This workout is meant to be done as a shuttle run. Measure off 10 meters and run back and forth to complete your desired distance. Pro tip: Go easy during your first handful of sprints, or you'll blow up early.</p>	<p>Workout: "Death By Burpee": This workout is particularly great at forcing you to face what I call the "moment," that special point in a workout where you cave in to your mental demons and quit, or overcome, continue pushing, and finish mentally and physically stronger. <u>Directions:</u> Start a timer, and do 1 burpee during minute one. Do 2 burpees during minute two, 3 burpees during minute three, and so on, until you're all out of burpees</p>	<p>Workout: 90-120 minute Run, Swim, Bike, Hike, Etc @ 70-80% MHR *This would be an optimal day to do something outside.</p>	Rest
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