

	MON	TUES	WED	THUR	FRI	SAT	SUN
6:00 am	Dynamic warm up GMB Pull-up warm up Pull-ups 45 minutes	Dynamic warmup or 30-50 squats 5k run Medium-high effort 30-35 minutes	Dynamic warm up GMB Pull-up warm up Pull-ups 45 minutes	50 squats & 5 min jog Intervals Max effort sprints 25 minutes	Dynamic warm up GMB Pull-up warm up Pull-ups 45 minutes	Long run or walk Easy effort 60-75 minutes	Rest or yoga
4:30 pm	20 minute movement	20 minute movement	20 minute movement	20 minute movement	20 minute movement		

- Intervals**
1. 10 x 100m, 1:30 res
 2. 10 x 30 secs on, 1:30
 3. 8 x 200m sprint, 2 min
 4. Climb The Ladder

- Climb The Ladder**
- 30m sprint, 70m wall
 - 40m sprint, 60m wall
 - 50m sprint, 50m wall
 - 60m sprint, 40m wall
 - 70m sprint, 30m wall
 - 80m sprint, 20m wall
 - 90m sprint, 10m wall
 - 80m sprint, 20m wall
 - 70m sprint, 30m wall
 - 60m sprint, 40m wall
 - 50m sprint, 50m wall
 - 40m sprint, 60m wall
 - 30m sprint, 70m wall

- Dynamic warm up**
1. Cat cow
 2. Wrist mob
 3. Scapula push ups
 4. Downdog to updog
 5. Eric Cressey's
 6. Toe stretch to squat
 7. Shin box
 8. Ido Portal squat routine
 9. Cossack squats + hip mob

- Pull-up warm up**
1. YTW
 2. Y to Ws
 3. Band press
 4. Band pull
 5. Passive hangs
 6. Scapula pull-ups
 7. Dynamic hanging

- 20 minute movement**
1. Walk
 2. Dynamic warm up
 3. Prehab workout
 4. Glutes workout
 5. Pilates

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30 slow
mins rest

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