

# Four Week Exercise Plan

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## Week 1

### Day 1

Strength & Skill: Good Mornings – 5 x 5 reps

Conditioning: WOD 1

5 Rounds for time...

Run 400 meters

21 KB or DB Swings

12 Pull-ups

Endurance: Short Intervals (Only pick one)

Swim – 5-15 x 50 meters (1 minute rest)

Bike – 5-10 x 400 meters (1 minute rest)

Run – 6-10 x 200 meters (1 minute rest)

### Day 2

Cardio: Approximately 30-60 minutes

### Day 3

Strength & Skill: Pushups 3 x max reps (2 minute recoveries)

Conditioning: WOD 2

3 Rounds for time...

Run 800 meters

50 Sit-ups

50 Hip Extensions

Endurance: Long Intervals (Only pick one)

Swim – 3-5 x 200 meters (2 minute rest)

Bike – 3-5 x 2.5 miles (2 minute rest)

Run – 3-5 x 800 meters (2 minute rest)

### Day 4

Cardio: Approximately 30-60 minutes

### Day 5

Strength & Skill: Back Squats – 5 x 5 reps

Conditioning: WOD 3

3 Rounds for time...

Run 400 meters

21 Burpees

Row 500 meters

Endurance: Time Trials (Only pick one)

Swim – 500 – 1000 meters Time Trial

Bike – 12 – 20 mile Time Trial

## Run – 5 – 10k Time Trial

### Week 2

#### Day 1

Strength & Skill: Push Press – 5 x 5 reps

Conditioning: WOD 4

4 Rounds...

2 Minutes Max Rep – Jump Rope

1 minute Rest

1 minute Max Reps – Sit-ups

30 second rest

30 seconds Max reps – Pushups

2 minute Rest

Endurance: Short Intervals (Only pick one)

Swim – 5-15 x 50 meters (45 second rest)

Bike – 5-10 x 400 meters (45 second rest)

Run – 6 – 10 x 200 meters (45 second rest)

#### Day 2

Cardio: Approximately 30-60 minutes

#### Day 3

Strength & Skill: Sumo Deadlifts – 5 x 5 reps

Conditioning: WOD 5

As Many Rounds Possible in 20 minutes

1 Round consists of:

5 Pull-ups

10 Pushups

15 Squats

Endurance: Long Intervals (Only pick one)

Swim – 3-5 x 200 meters (1 minute rest)

Bike – 3-5 x 2.5 miles (1 minute rest)

Run – 3-5 x 800 meters (1 minute rest)

#### Day 4

Cardio: Approximately 30-60 minutes

#### Day 5

Strength & Skill: Chin-ups 3 x max reps (2 minute recovery)

Conditioning: WOD 6

5 Rounds for maximum reps

1 min Max Reps – 2DB Thrusters

Rest 30 seconds

1 min Max Reps - Box Jumps

Rest 30 seconds  
1 min Max Reps – Sumo Deadlift High Pull  
Rest 30 seconds  
1 min Max Calories – Row  
Rest 30 seconds  
Endurance: Pace (Only pick one)  
Swim – 500 - 1000 meters  
Bike – 12 – 20 miles  
Run – 5 – 10k

### Week 3

#### Day 1

Strength & Skill: Bench Press – 5 x 5 reps  
Conditioning: WOD 1  
5 Rounds for time...  
Run 400 meters  
21 KB or DB Swings  
12 Pull-ups  
Endurance: Short Intervals (Only pick one)  
Swim – 5-15 x 50 meters (30 second rest)  
Bike – 5-10 x 400 meters (30 second rest)  
Run – 6-10 x 200 meters (30 second rest)

#### Day 2

Cardio: Approximately 30-60 minutes

#### Day 3

Strength & Skill: Front Squats – 5 x 5 reps  
Conditioning: WOD 2  
3 Rounds for time...  
Run 800 meters  
50 Sit-ups  
50 Hip Extensions  
Endurance: Long Intervals (Only pick one)  
Swim – 3-5 x 250 meters (2 minute rest)  
Bike – 3-5 x 3 miles (2 minute rest)  
Run – 3 -5 x 1k (2 minute rest)

#### Day 4

Cardio: Approximately 30-60 minutes

#### Day 5

Strength & Skill: Barbell Rows – 5 x 5 reps  
Conditioning: WOD 3  
3 Rounds for time...

Run 400 meters  
21 Burpees  
Row 500 meters  
Endurance: Pace (Only pick one)  
Swim – 500-1000 meters (increase distance from week 2)  
Bike – 12-20 miles (increase the distance from week 2)  
Run – 5-10k (increase the distance from week 2)

## Week 4

### Day 1

Strength & Skill: Weighted Lunges – 5 x 5 reps each leg  
Conditioning: WOD 4

4 Rounds...  
2 Minutes Max Rep – Jump Rope  
1 minute Rest  
1 minute Max Reps – Sit-ups  
30 second rest  
30 seconds Max reps – Pushups  
2 minute Rest

Endurance: Short Intervals (Only pick one)  
Swim – 5-15 x 50 meters (15 second rest)  
Bike – 5-10 x 400 meters (15 second rest)  
Run – 6-10 x 200 meters (15 second rest)

### Day 2

Cardio: Approximately 30-60 minutes

### Day 3

Strength & Skill: Sit-up – 3 x 1 minute for max reps (1 min rest)  
Conditioning: WOD 5

As Many Rounds Possible in 20 minutes  
1 Rounds consists of:  
5 Pull-ups  
10 Pushups  
15 Squats

Endurance: Long Intervals (Only pick one)  
Swim – 3-5 x 250 meters (1 minute rest)  
Bike – 3-5 x 3 miles (1 minute rest)  
Run – 3-5 x 1k (1 minute rest)

### Day 4

Cardio: Approximately 30-60 minutes

### Day 5

Strength & Skill: Planks – 3 x max time (1 minute rest)

Conditioning: WOD 6

5 Rounds for maximum reps

1 min Max Reps – 2DB Thrusters

Rest 30 seconds

1 min Max Reps - Box Jumps

Rest 30 seconds

1 min Max Reps – Sumo Deadlift High Pull

Rest 30 seconds

1 min Max Calories – Row

Rest 30 seconds

Endurance: Time Trial (Only pick one)

Swim – 500-1000 meters (use same distance as week 3)

Bike – 12-20 miles (use same distance as week 3)

Run – 5-10k (use same distance as week 3)