Program Overview
Day to Day Overview
What is RPE/RIR
Deload Week
Work to Rest Raitios

Field Warm Up	
Exercises	Reps/Distance
Left Foot Lead Shuffle	x:20
Right Foot Lead Shuffle	x:20
Frw/Bkw Line Hops	x:20
Lateral Line Hops	x:20
Worlds Greatest Stretch	x5 ea
Frankensteins	x20 yards
Walking SL RDL	x20 yards
High Knees	x20 yards
Butt Kicks	x20 yards
Carioca	2x20 yards
A Skips	x20 yards
Bkw C Skips	x20 yards
Prime Times	x20 yards
Build ups 100 sprints	x75%,x85%,x90%

Lifting Warm Up	
Exercises	Reps/Distance
Reach and Rolls	x5
Overhead Sweep	x5
Clam Shells	x10
Bent Leg Body Twist	x3
Reach and Rolls	x5
Overhead Sweep	x5
Clam Shells	x10
Bent Leg Body Twist	x3
Glute March	x5 ea
I,Y,T	x10 ea
Serratus Punch	x10
Push Up	x10
Worlds Greatest Stretch	x5
Lunges	x5 ea
Calf Raises	x10

Field Warm Up		
Day 1 Conditioning	**Week 1**	
Exercise	**Rep**	**Times**
800 meter repeats	x2	
Work to Rest	1:3	
Lifting Warm Up		
Day 2 Lift	**Week 1**	
Exercises	**Sets/ Reps**	**Weight**
Trapbar Deadlift	5x5	
	RPE 6	
Weighted Push Up	5x8	
	RPE 6	
DB/KB Row	3x10	
	RPE 6	
DB/KB Frw/Lunge	3x10	
	RPE 6	
2 Rounds Sprint, Drag, Carry	x@45lb	
Plank	2x1:30	
Field Warm Up		
Day 3 Conditioning (video)	**Week 1**	
Exercise	**Time**	**Distance**
Run	20:00	
Lifting Warm Up		
Day 4 Lift	**Week 1**	
Exercises	**Sets/ Reps**	**Weight**
Back or Front or Goblet Squat	5x5	
	RPE 6	
Barbell Overhead Press	5x5	
	RPE 6	
Pull or Chin Up	3x4-10	
	RPE 6	
DB/KB Bkw Lunge	3x10	
	RPE 6	
Hand Release Push Up	2x1:00	
Plank	2x1:30	

Lifting Warm Up		
Day 5 Lift	**Week 1**	
Exercises	**Sets/ Reps**	**Weight**
Standing Power Throw	2x4	
Box Jump	2x4	
Wall Balls	x8	
KB Swings	x8	
No Push Up Burpee	x8	
Row 200	x1	
	10 min AMRAP***	
***AMRAP: As many rounds as possile		

Field Warm Up		
Day 1 Conditioning	**Week 2**	
Exercise	**Rep**	**Times**
800 meter repeats	x3	
Work to Rest	1:3	
Lifting Warm Up		
Day 2 Lift	**Week 2**	
Exercises	**Sets/ Reps**	**Weight**
Trapbar Deadlift	5x3	
	RPE 7	
Weighted Push Up	5x6	
	RPE 7	
DB/KB Row	3x8	
	RPE 7	
DB/KB Frw/Lunge	3x8	
	RPE 7	
2 Rounds Sprint, Drag, Carry	x@70lb	
Plank	2x2:00	
FIeld Warm Up		
Day 3 Conditioning (video)	**Week 2**	
Exercise	**Time**	**Distance**
Run	30:00	
Field Warm Up		
Day 4 Lift	**Week 2**	
Exercises	**Sets/ Reps**	**Weight**
Back or Front or Goblet Squat	5x3	
	RPE 7	
Barbell Overhead Press	5x3	
	RPE 7	
Pull or Chin Up	3x5-10	
	RPE 7	
DB/KB Bkw Lunge	3x8	
	RPE 7	
Hand Release Push Up	2x1:30	
Plank	2x2:00	
Field Warm Up		

Day 5 Lift	Week 2	
Exercises	**Sets/ Reps**	**Weight**
Standing Power Throw	2x5	
Box Jump	2x5	
Wall Balls	x10	
KB Swings	x10	
No Push Up Burpee	x10	
Row 200	x1	
	12 min. AMRAP	
***AMRAP: As many rounds as possile		

Field Warm Up		
Day 1 Conditioning	**Week 3**	
Exercise	**Rep**	**Times**
800 meter repeats	x4	
Work to Rest	1:2	

Lifting Warm Up		
Day 2 Lift	**Week 3**	
Exercises	**Sets/ Reps**	**Weight**
Trapbar Deadlift	x5,3,1+	
	RPE 8	
Weighted Push Up	x5,3,1+	
	RPE 8	
DB/KB Row	3x6	
	RPE 8	
DB/KB Frw/Lunge	3x6	
	RPE 8	
2 Rounds Sprint, Drag, Carry	x@90lb	
Plank	2x2:30	

Conditioning Warm Up		
Day 3 Conditioning	**Week 3**	
Exercise	**Time**	**Distance**
Run	40:00	

Lifting Warm Up		
Day 4 Lift	**Week 3**	
Exercises	**Sets/ Reps**	**Weight**
Back or Front or Goblet Squat	x5,3,1+	
	RPE 8	
Barbell Overhead Press	x5,3,1+	
	RPE 8	
Pull or Chin Up	3x6-10	
	RPE 8	
DB/KB Bkw Lunge	3x6	
	RPE 8	
Hand Release Push Up	1x2:00	
Plank	1xMax Time	

Lifting Warm Up

Day 5 Lift	Week 3	
Exercises	Sets/ Reps	Weight
Standing Power Throw	2x6	
Box Jump	2x6	
Wall Balls	x12	
KB Swings	x12	
No Push Up Burpee	x12	
Row 200	x12	
	15 min. AMRAP	
***AMRAP: As many rounds as possile		

Conditioning Warm Up		
Day 1 Conditioning	Week 4	
Exercise	Rep	Times
800 meter repeats	x4	
Work to Rest	1:2	

Lifting Warm Up		
Day 2 Lift	Week 4	
Exercises	Sets/ Reps	Weight
Trapbar Deadlift	3x5	
	RPE 7	
Weighted Push Up	3x5	
	RPE 7	
DB/KB Row	2x6	
	RPE 7	
DB/KB Frw/Lunge	2x6	
	RPE 7	
1 Rounds Sprint, Drag, Carry	x@90lb	
Plank	1xMax Time	

Conditioning Warm Up		
Day 3 Conditioning	Week 4	
Exercise	Time	Distance
Run	2 mile Test	

Lifting Warm Up		
Day 4 Lift	Week 4	
Exercises	Sets/ Reps	Weight
Back or Front or Goblet Squat	3x5	
	RPE 7	
Barbell Overhead Press	3x5	
	RPE 7	
Pull or Chin Up	3x6-10	
	RPE 6	
DB/KB Bkw Lunge	3x6	
	RPE 6	
Hand Release Push Up	1x2:00	
Plank	1xMax Time	

Lifting Warm Up

Day 5 Lift	Week 4	
Exercises	Sets/ Reps	Weight
Standing Power Throw	2x6	
Box Jump	2x6	
Wall Balls	x12	
KB Swings	x12	
No Push Up Burpee	x12	
Row 200	x12	
	15 min. AMRAP	
***AMRAP: As many rounds as possile		

Conditioning Warm Up		
Day 1 Conditioning	**Week 5**	
Exercise	**Rep**	**Times**
1 Mile Repeats	x2	
Work to Rest	1:2	

Lifting Warm Up		
Day 2 Lift	**Week 5**	
Exercises	**Sets/ Reps**	**Weight**
Trapbar Deadlift	5x5	
	RPE 6	
Bench Press	5x5	
	RPE 6	
1-Arm DB/KB Row	3x10	
	RPE 6	
DB/KB Walking Lunge	3x10	
	RPE 6	
3 Rounds Sprint, Drag, Carry	x@90lb	
Plank	2x2:00	

Conditioning Warm Up		
Day 3 Conditioning	**Week 5**	
Exercise	**Time**	**Distance**
Run	20:00	
***Beat your total distance from week 1		

Lifting Warm Up		
Day 4 Lift	**Week 5**	
Exercises	**Sets/ Reps**	**Weight**
Back or Front or Goblet Squat	5x5	
	RPE 6	
Barbell Overhead Press	5x5	
	RPE 6	
Pull or Chin Up	3x5-10	
	RPE 6	
Barbell Hip Thrust	3x10	
	RPE 6	
Hand Release Push Up	2x1:00	
Plank	2x2:00	

Lifting Warm Up

Day 5 Lift	Week 5	
Exercises	Sets/ Reps	Weight
Standing Power Throw	2x5	
Box Jump	2x4	
Med Ball Slams	x10	
KB Swings	x10	
Burpee	x8	
Row 200	x1	
	12 min AMRAP	
***AMRAP: As many rounds as possile		

Conditioning Warm Up		
Day 1 Conditioning	**Week 6**	
Exercise	**Rep**	**Times**
1 Mile Repeats	x2	
Work to Rest	1:1	

Lifting Warm Up		
Day 2 Lift	**Week 6**	
Exercises	**Sets/ Reps**	**Weight**
Trapbar Deadlift	5x3	
	RPE 8	
Bench Press	5x3	
	RPE 8	
1-Arm DB/KB Row	3x8	
	RPE 8	
DB/KB Walking Lunge	3x8	
	RPE 8	
3 Rounds Sprint, Drag, Carry	x@90lb	
Plank	2x2:30	

Conditioning Warm Up		
Day 3 Conditioning	**Week 6**	
Exercise	**Time**	**Distance**
Run	25:00	
***Beat your total distance from week 2		

Lifting Warm Up		
Day 4 Lift	**Week 6**	
Exercises	**Sets/ Reps**	**Weight**
Back or Front or Goblet Squat	5x3	
	RPE 8	
Barbell Overhead Press	5x3	
	RPE 8	
Pull or Chin Up	3x6-10	
	RPE 8	
Barbell Hip Thrust	3x8	
	RPE 8	
Hand Release Push Up	2x1:30	
Plank	2x2:30	

Lifting Warm Up

Day 5 Lift	Week 6	
Exercises	Sets/ Reps	Weight
Standing Power Throw	2x6	
Box Jump	2x5	
Med Ball Slams	x12	
KB Swings	x12	
Burpee	x10	
Row 200	x1	
	15 min AMRAP	
***AMRAP: As many rounds as possile		

Conditioning Warm Up		
Day 1 Conditioning	Week 7	
Exercise	Rep	Times
1 Mile Repeats	x3	
Work to Rest	1:1	

Lifting Warm Up		
Day 2 Lift	Week 7	
Exercises	Sets/ Reps	Weight
Trapbar Deadlift	x5,3,1+	
	RPE 8	
Bench Press	x5,3,1+	
	RPE 8	
1-Arm DB/KB Row	3x6	
	RPE 8	
DB/KB Walking Lunge	3x6	
	RPE 8	
3 Rounds Sprint, Drag, Carry	x@90lb	
Plank	2x3:00	

Conditioning Warm Up		
Day 3 Conditioning	Week 7	
Exercise	Time	Distance
Run	30:00	
***Beat your total distance from week 3		

Lifting Warm Up		
Day 4 Lift	Week 7	
Exercises	Sets/ Reps	Weight
Back or Front or Goblet Squat	x5,3,1+	
	RPE 8	
Barbell Overhead Press	x5,3,1+	
	RPE 8	
Pull or Chin Up	3x7-10	
	RPE 8	
Barbell Hip Thrust	3x6	
	RPE 8	
Hand Release Push Up	2x2:00	
Plank	2x3:00	

Lifting Warm Up

Day 5 Lift	Week 7	
Exercises	Sets/ Reps	Weight
Standing Power Throw	2x8	
Box Jump	2x6	
Med Ball Slams	x15	
KB Swings	x15	
Burpee	x12	
Row 200	x1	
	18 min AMRAP	
***AMRAP: As many rounds as possile		

Conditioning Warm Up		
Day 1 Conditioning	Week 8	
Exercise	Rep	Times
1 Mile	x1	

Lifting Warm Up		
Day 2 Lift	Week 8	
Exercises	Sets/ Reps	Weight
Trapbar Deadlift	2x5	
	RPE 7	
Bench Press	2x5	
	RPE 7	
1-Arm DB/KB Row	2x6	
	RPE 7	
DB/KB Walking Lunge	2x6	
	RPE 7	
3 Rounds Sprint, Drag, Carry	Test	
Plank	Test	

Conditioning Warm Up		
Day 3 Conditioning	Week 6	
Exercise	Time	Distance
2 Mile Test		

Lifting Warm Up		
Day 4 Lift	Week 6	
Exercises	Sets/ Reps	Weight
Back or Front or Goblet Squat	2x5	
	RPE 7	
Barbell Overhead Press	2x5	
	RPE 7	
Pull or Chin Up	2x6	
	RPE 7	
Barbell Hip Thrust	2x6	
	RPE 7	
Hand Release Push Up	Test	
Plank	Test	

Lifting Warm Up

Day 5 Lift	Week 6	
Exercises	Sets/ Reps	Weight
Standing Power Throw	1x6	
Box Jump	1x6	
Med Ball Slams	x12	
KB Swings	x12	
Burpee	x12	
Row 200	x1	
	10 min AMRAP	
***AMRAP: As many rounds as possile		

