

# MUD STUD

**6-WEEK TRAINING GUIDE**  
**FOR OBSTACLE RACES AND MUD RUNS**



PUBLISHED BY

**CRITICAL BENCH**.com  
OUTLIERC.DELIVER.COM

BY BRIAN KLEPACKI, MS, CSCS, CISSN, FMS

## LEGAL STUFF

© 2015 & Beyond, Critical Bench, Inc.  
All Rights Reserved. International Copyright  
[www.CriticalBench.com](http://www.CriticalBench.com)

This publication is fully copyrighted and does not come with giveaway or resale rights. You may not sell or redistribute this report. It is reserved solely for paying customers of CriticalBench.com. Copyright and illegal distribution violations will be prosecuted. This document has been watermarked with a digital GPS identification tag.



## NOTICE

The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

# MUD STUD

## **6-Week Training Guide for Obstacle Races and Mud Runs**

**By Head Strength Coach and Owner of Optimax Performance Training  
Brian Klepacki, MS, CSCS, CISSN, FMS**

## Mud Runs

Mud Runs and Adventure races have become the next fitness epidemic in the United States and for a good reason. But if you think you are 'fit' enough to tackle one of these races, think again. **These races are not for your average weekend gym rat.** These are serious and will separate the men from the boys (or women from the girls ☺). So even before we get into the gnarly 6 week program that I mapped out for you, let's look at the history of these so-called mud/obstacle runs and adventure racing.

While they could be called the grandfather all of obstacle races, adventure races are some of the most **intense**, physically **challenging** endurance events in the world. Most of these events will require the use of various modes of transportation such as horseback, kayak, bike, arms, legs, etc. In other words, you use whatever means necessary to get you from point A to point B in the fastest amount of time.



The term “**Adventure Race**” was coined by journalist Martin Dugard when describing the passion and challenges conquered by athletes in events such as the Eco-Challenge. The Eco-Challenge, created by Mark Burnett of the TV



show Survivor, was the world's first adventure race and is considered by many to have put the sport on the map for all athletes looking for something extreme and adventurous to compete in.

Over the course of a decade in the 1990s and early 2000s, the Eco-Challenge was reformatted in an attempt to make events more difficult and more exciting. In this process was the addition of the entirely self-encompassing sport of adventure racing through a mix of multiple different disciplines.

Today, you will find all different races throughout the year in all states and in remote countries around the world. Races like a local charity 5k obstacle course, The Tough Mudder, a 10-12 mile team-oriented obstacle course, to the 4 Deserts Race, a 7 day, 250km foot race across the most extreme terrains on the planet.

Whatever types of race interest you, there are requirements: **physical fitness and mental toughness**. No matter the distance or degree of difficulty presented, you will need to follow a training program that will enable you to not only finish the race but to also look darn good in the photographs dominating the course.



There's a strong possibility that if you are reading this, you're already interested in adventure racing. **And that's great!** Adventure racing is an experience that you'll never forget and I

guarantee that once you do your first race you will be hooked! I don't know about you but I am a competitor. I love to compete. Even if the race isn't timed or there is no winner, I will still set my watch and run down anyone in front of me just because that's what I'm driven to do. I know that's the athlete in me but it's also a **primal instinct of our human design**. We hate losing and rightfully so.

Whatever your situation is you will still want to performance at your absolute best. Or maybe you're a veteran racer and you've hit a plateau and just can't figure out a way to get stronger and faster. Or maybe you just completed a race but had to bail out half way through because you're training sucked. Regardless of how fit you think you are you will have something to gain from this program.

*'And remember, everyone responds differently to exercise but the main focus is following a set program to achieve your goals. Without goals you are running around in the dark wasting time. Modifications can be done to this program to accommodate your needs. Again, this program is a template for you to use in preparation for an adventure / obstacle race and in no way are we guaranteeing a first place finish or for you to walk away from your training / race without an injury. Adventure race training places great risks of injury on the body simply because that's what these races are intended for: to push your body and your mind to the extreme and then cover it in dirt and blood. Mother Nature is not forgiving.'*



### Selecting Your Race:

Like I mentioned above, there are thousands of races to choose from but obviously you would want to start local. Do a quick internet search for ‘**adventure race in (your city or state)**’, ‘**mud run**’, or ‘**obstacle course**’ and go from there and select a race that appeals to you and go from there. Depending on where you live, I’m sure there is a least one race within a 1-2 hour drive from you and there’s a good chance it’s a sprint race.

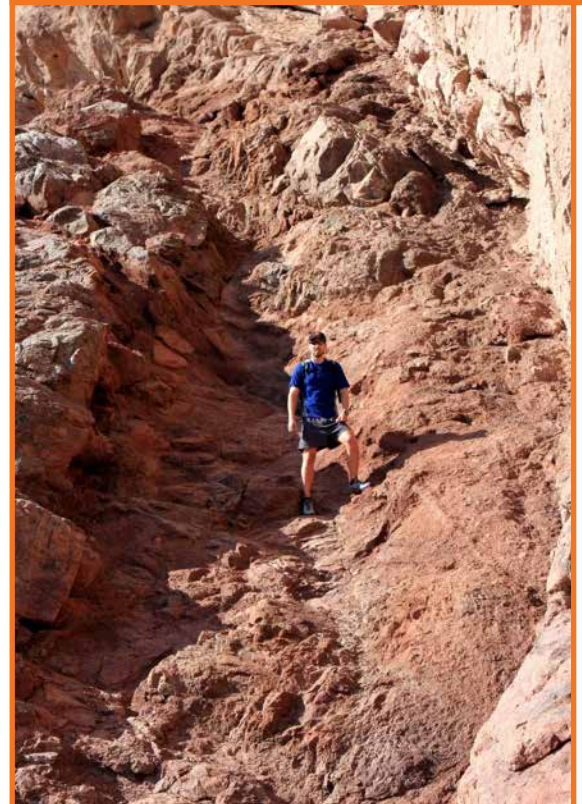
A **Sprint Race** lasts anywhere from 30 minutes to 2 hours. These races are by far the most popular type of adventure race and also the most **beginner oriented**. The typical distance for a sprint will be between 3 – 6 miles on foot. Now throughout the course you will be faced with numerous obstacles, some man-made: running through tires, cargo nets, slip and slides, rope swings, vertical climbing walls, etc.



and some will be natural: swimming, mud pits, rocky terrain, rock climbing, etc. Because the races are shorter, teams are closer together and there is a ton of **camaraderie** and **interaction** with other racers during the race, I recommend this race to all first-timers to get a feel for the sport.

Many racers, after doing a few sprint races, long for an even greater challenge. The next stage of racing would be a **Middle-Distance Race** that would last anywhere from 2-6 hours. There are some important differences to know between a 3-mile race and a 13-mile race. Though the disciplines will be similar, the race itself will be much longer (7 – 15 miles) and much more challenging due to the number of obstacles. The longer the race, the more obstacles you will have to battle and you might even have to use items or objects to finish the race: log carry, team canoes, zip-lines, and maybe even your own bicycle. These races will require your training to be geared more towards **endurance** simply because you are covering a greater distance. Now within this endurance event, strength is required so neglecting to do any type of strength training will limit you big time on the course.

The third type of race would be an **Advanced** or **Extreme Adventure Race**. This type of race isn't for beginners or even those who classify themselves as fit. These advanced races **will**



**not be for everyone.** These races will be at a minimum of 13 miles of running and that's on the very low end. Some advanced racers would laugh at the 13 miles just because there are adventure races out there that cover 100+ miles of insane terrain.

Now in order to accomplish a race of this magnitude, man-made obstacles are very few. **This is a no-brainer.** Could you imagine a 50 mile race having 500 obstacles?! As fun as that would be, it's nearly impossible for someone to finish that, let alone create that type of race. These extreme races will require you to run, bike, climb/trek, swim and paddle.

Since the more advanced races demand a much more personalized and thought out program, the two types of racing that we will focusing on in this program are the **Sprint** and **Middle-Distance** events. These races don't necessary require you to go out and train 20-30 hours a week in preparation for your race. In reality, your week will look something like this if you stick to this program: **2-3 sessions per metabolic conditioning (a.k.a metcon); 2-3 strength / power sessions; and 1-2 endurance-based sessions.**

Having this format will allow you to successfully train all the systems of your body to properly prepare you for your race. Here are two sample weeks that would be for A) first-timer with little exercise background training for a 3 mile mud run and B) very active individual preparing for a 7-mile obstacle course with extensive exercise background:

	A) Novice	B) Advanced
<b>Monday:</b>	Strength	Strength Endurance
<b>Tuesday:</b>	Metcon	Metcon
<b>Wednesday:</b>	Endurance	Strength Endurance
<b>Thursday:</b>	REST	Metcon
<b>Friday:</b>	Strength	Strength Endurance
<b>Saturday:</b>	Metcon + Endurance	Metcon
<b>Sunday:</b>	REST	REST

*As you can see that the work load is much greater in column B simply because that individual is coming from a much different background and the race that this athlete is training for is more than double the distance and obstacles. Again, this is a template that you can use to incorporate into your workout in order to fit your needs. The main focus is hitting all of the energy systems in the body but allowing the body to properly recover. Notice that each day there is a different focus for the novice athlete but for the advanced athlete you will see 2 sessions brought together. (i.e. strength in the morning, endurance or cardio in the evening). This is because **strength can't make you an endurance athlete and cardio can't make you a strength athlete.***

**“The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.” — Confucius**

In this 6-week program I can guarantee TWO things will happen. First, you will thoroughly enjoy the mixture of complex and supplemental movements to attack every system and every muscle in your body. Second, **YOU WILL GET STRONGER AND FASTER!** This plan is based on big, functional movements that are not boring and definitely not found in most corporate settings.

This program is based on the principle of total-body training. Each strength session is varied of 5 exercises and each exercise is done 4-5 sets. The Rep Ranges will vary from session to session AND from exercise to exercise. Please pay close attention to this throughout the entire program. Things like tempo and rest will also be addressed in the notes section of each workout.

The resistance you start with for each exercise should be based on past experience with that particular movement or give each exercise a brief testing period to properly assess your individual ability. **Resistance will and should increase over the 6-week period.** We encourage you to add weight each week as long as you are able to achieve the minimum rep standard in each exercise on the first TWO sets.



For example, if the rep range is 4-6 and you get 4 on the first set and 3 on the second, you should decrease the load slightly. If you can get at least 4 reps on the first 2 sets, stay with that load and try to increase it the following week.

From the template above, let's begin with the **BEGINNER'S** program. *And just to clarify, this program is intended for those who currently exercise but do not consider themselves as advanced.* There are 5 workouts each week with 2

designated REST days. Monday and Friday are considered STRENGTH days. I don't mean that on those days you will be doing squats or bench press or abs the whole time.

In fact, I don't have you do a single abdominal specific exercise. With this program, you will not need it, trust me! The exercises on Monday and Friday can be considered your foundation of the entire program. They create the pillar of a strong, powerful body ready to conquer the demands of the METCON sessions.

Your METCON sessions are Tuesday and Saturday and these days are your 'RACE DAY' sessions. What I mean by 'RACE DAY' is that the METCON workouts will be an example of the type of stimulus you'll be facing on the day of your race. These sessions provide you with supplemental strength/endurance work that is both fun and rewarding.

Now for Saturday in particular, this day you will be combining a standard METCON session AND an ENDURANCE session. The format on Saturday **will completely exhaust you** and provide your body the obstacles it needs along with other total body movements in order to fully replicate your race. Set aside at least 90 minutes for your Saturday sessions.

That leaves us with your REST DAY(s). The REST days are Wednesday (for beginners only) and Sunday: take these days as a chance to recover your body and prepare it for the next week of intense training. Don't sit on your couch and drink beer. Go for a walk. Foam Roll and stretch. Just stay moving and your body will thank you. So let's get started and create the body you need to dominate your race!



# WORKOUT OVERVIEW

## STRENGTH #1

EXERCISES	SETS	REPS	WEIGHT
<a href="#">Deadlifts</a>	5	4-6	
NOTE*: Use Olympic Barbell, standard foot position preferred, offset grip preferred			
<a href="#">Goblet Squats</a>	4	4-6	
NOTE*: Keep elbows up, db/kb pressed into upper chest, elbow to knee preferred			
<a href="#">Wide Pull ups</a>	5	6-8	
NOTE*: Can use pull down machine, wider than normal grip			
<a href="#">Incline Chest Press</a>	5	4-6	
NOTE*: Use adjustable bench, 45-60 degree angle			
<a href="#">Bent Over Back Rows</a>	4	6-8	
NOTE*: Use Olympic Barbell, overhand grip preferred, pull to umbilical area			

*REST: Maximum Rest Period should never exceed 3 minutes between sets.*

## STRENGTH #2

EXERCISES	SETS	REPS	WEIGHT
<a href="#">Barbell Back Squats</a>	5	4-6	
NOTE*: Use Olympic Barbell, slightly wider foot position preferred			
<a href="#">Flat Bench Chest Press</a>	5	4-6	
NOTE*: Lower barbell to chest even with nipple line, keep elbows tucked in			
<a href="#">Weighted Bulgarian Squats</a> (Elevated Split Rear Lunge)	4	6-8	
NOTE*: Hold dumbbell close to chest under chin, avoid crashing rear knee into floor, don't fall forward			
<a href="#">Military Overhead Press</a>	5	4-6	
NOTE*: Use Olympic Barbell, standard foot position preferred, grip bar around shoulder width or slightly wider			
<a href="#">Single Leg Deadlifts</a>	4	10	
NOTE*: Use dumbbells, keep a constant slightly bent knee			

### STRENGTH #2 CONT.

EXERCISES	SETS	REPS	WEIGHT
<a href="#">Dumbbell Pullovers on Bench</a>	4	10	

NOTE\*: Head near top of bench, lower dumbbell back to floor, with hips remaining on bench

REST: Maximum Rest Period should never exceed 3 minutes between sets.

### FOR ADVANCED ATHLETES ONLY:

### STRENGTH #3

EXERCISES	SETS	REPS	WEIGHT
<a href="#">Two-Arm Dumbbell Front Squat</a>	4	10	
NOTE*: Keep elbows up, dumbbells pressed into anterior deltoids, elbow to knee preferred			
<a href="#">Supine Exercise Ball Hamstring Curls</a>	4	10	
NOTE*: In supine position on floor, feet on center of exercise ball with elevated hips, pull ball to butt			
<a href="#">Weighted Dips</a>	4	10	
NOTE*: Use weight belt or hold weight at your feet, use plate/dumbbell/kettlebell etc...			
<a href="#">Standing Cable Pectoral Fly</a>	4	10	
NOTE*: Pulley should be adjusted to middle setting to provide maximum ROM			
<a href="#">Dumbbell Bench Skull Crushers</a>	3	10	
NOTE*: Elbows point towards ceiling, dumbbells to ears for maximum ROM			
<a href="#">Incline Strict Dumbbell Curl</a>	3	10	
NOTE*: Bench adjusted to 45-60 degree angle, supinating grip preferred			

REST: Maximum Rest Period should never exceed 2 minutes between sets.

For the METCON and ENDURANCE sessions below, you will see acronyms for a certain method of a workout. Here is your reference guide to these words:

- **AMRAP**: 'As Many Rounds As Possible' within a given amount of time without stopping.
- **EMOM**: 'Every Minute on the Minute' within a given amount of sets; complete

the # of reps prescribed within 1 minute and then rest until the next minute begins then repeat.

- **TABATA:** Interval style of a Work:Rest circuit. (I.e. 20 seconds on / 10 seconds off)
- **OUT & BACK:** Run out to a certain distance (or time) and then run back the same route faster than the first half).
- **FARTLEK:** Randomized periods of fast running (or rowing) intermixed with periods of slower running/rowing, (light pole to light pole or length of song)
- **RPE:** 'Rating of Perceived Exertion' 1-10 scale of difficulty; 1 easy / 10 hardest.



### METCON #1

AMRAP - 10 MINUTES

EXERCISES	REPS	WEIGHT
<a href="#">Burpees - NO push up</a>	5	
NOTE*: Always assume normal squat stance when jumping		
<a href="#">Medicine Ball Overhead Slams</a>	10	
NOTE*: Fully extend ball overhead, travel down with ball to finish movement		
<a href="#">Jumping Jacks</a>	15	

TABATA - 30 ON : 15 OFF - 4 ROUNDS

EXERCISES	REPS	WEIGHT
<a href="#">Squat Jumps</a>		
NOTE*: Always assume normal squat stance when jumping		
<a href="#">Push Ups</a>		
<a href="#">Elbow Plank</a>		
NOTE*: Elbows directly under shoulders, back flat, hips slightly elevated		

REST: Maximum Rest Period should never exceed 4 minutes between sets.

### METCON #2

EMOM - 10 MINUTES

EXERCISES	REPS	WEIGHT
<a href="#">Pull Ups</a>	5	
<a href="#">Kettlebell Hip Swings</a>	10	
NOTE*: Drive momentum from hips, do not bring kb above shoulder height		

5 Rounds - NO REST

EXERCISES	REPS	WEIGHT
<a href="#">Push Ups</a>	10	
<a href="#">Alternating Jump Lunges</a>	10	
<a href="#">Alternating Prone Shoulder Taps</a>	10 (p/s)	
<a href="#">Straight Leg Sit Ups</a>	10	

Run 200M (.125 miles) OR Row 250M

REST: Maximum Rest Period should never exceed 3 minutes between sets.

### FOR ADVANCED ATHLETES ONLY:

#### METCON #3

DYNAMIC WARMUP - 5 ROUNDS

#### EXERCISES

100 YARD RUN (Increasing from 50-90% effort each round)

[15 Jumping Jacks](#)

[10 Body Weight Squats](#)

#### EXERCISES

Distance

WEIGHT

[Farmer's Carry](#) (Range: 50ft - 200ft)

NOTE\*: Select two identical weights, walk tall with semi-relaxed shoulders

PYRAMID - 2 ROUNDS - 2ND ROUND REVERSED (MTC:50, SQJ:40, DPP:30,ETC)

#### EXERCISES

REPS

WEIGHT

[Burpees with Push Up](#)

10

[Renegade Rows](#)

20

NOTE\*: Neutral grip, wider than normal stance with feet, do not rock hips side to side

[Dumbbell Push Press](#)

30

NOTE\*: Neutral grip, quarter squat to fast press overhead

[Squat Jumps](#)

40

[Mountain Climbers](#)

50

REST for PYRAMID: 1:1 work to rest OR 4 minutes maximum

5 Rounds - NO REST

#### EXERCISES

REPS

WEIGHT

Run 400M (.25 miles) OR Row 500M

[Medicine Ball to Wall](#)

25

[Skip Rope](#)

100

OBJECT OF CHOICE

VARIED

NOTE\*: Choose 1 and set OWN resistance & reps : Tire Flips / Sand Bag Throw / Battle Rope Slams / Sled Push

[Elbows to Hands Plank](#)

50

NOTE\*: Alternating each rep, i.e. (R up L up R down L down, L up R up L down R down), wide base

These 3 METCON sessions that you just viewed might be too challenging for you or maybe they are too easy! Whatever side of the line you are on, these sessions have PLENTY of room for modification so be creative as possible BUT abide by this template (ie. instead of 5 rounds, start with 3).

Instead of 100 jump ropes try 150. Can't run 400m? Run 200 and walk 200. Your knees hurt on squat jumps? Do a body weight squat.) Everything can be modified to your current level. The idea is to challenge the physical aspect but also the mental component as well. The beauty of METCON training is there are a million different circuits that can be used to get the same effect. Here are three additional videos that might give you a little better idea of what a METCON could look like:

The last section of workouts is the ENDURANCE section. These 3 workouts are geared for everyone. Obviously the more conditioned you are in 'endurance' activity these general numerical guidelines might seem low. Use this as a template for your endurance training. All of the numbers given in this section are simply a guideline or a reference point on where to begin and have been laid out in a format that utilizes various forms or training (interval, fartlek, etc).

Feel free to modify this section to your current level of fitness but make sure to keep the layout of the sessions the same. There is a science behind the varying intensities and program design to optimize your training for your maximum performance on race day.

### ENDURANCE #1

EXERCISES	RPE	TIME	DISTANCE**
Warm Up	2-4	5	
NOTE*: Any form of cardio equipment			
Tempo Run *Race Pace	6-8	30	3 - 5 miles
NOTE**: Can choose between time OR distance			
Cool Down Run	2	5	
NOTE*: Can walk as cool down			

### ENDURANCE #2

EXERCISES	RPE	TIME	DISTANCE**
Warm Up	2-4	10	
NOTE*: Any form of cardio equipment			
Interval Run	9-10		.25 miles x 8 rounds
NOTE**: RUN .25m, REST 1:1 or 1:2 work/rest max			
Cool Down Run	2	10	
NOTE*: Can walk as cool down			

### FOR ADVANCED ATHLETES ONLY:

### ENDURANCE #3

EXERCISES	RPE	TIME	DISTANCE**
Warm Up	2-4	5	
NOTE*: Any form of cardio equipment			
Base Run	5	40	4 - 6 miles
NOTE**: Can choose between time OR distance			
Intermittent Fartlek Run	6 - 8		Varying
NOTE*: Sporadic bouts of higher RPE running. Vary the fartlek throughout entire base run			
Cool Down Run	2	5	
NOTE*: Can walk as cool down			

There you have it; an intense 6-week program that will not only prepare you for your adventure obstacle race but you will get shredded in the process. Your body weight will drop and your muscular and cardiovascular strength will skyrocket. Just remember that you've got what it takes, but it will take everything you've got!

<b>WEEK ONE - NOVICE</b>					
<b>MONDAY - STRENGTH</b>					
<b>EXERCISES</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	<b>SET 4</b>	<b>SET 5</b>
Deadlifts (4-6 REPS)					
Goblet Squats (4-6 REPS)					
Wide Pull ups (6-8 REPS)					
Incline Chest Press (4-6 REPS)					
Bent Over Back Rows (6-8 REPS)					
<b>TUESDAY - METCON</b>					
AMRAP - 10 MINUTES					
<b>EXERCISES</b>				<b>REPS</b>	<b>WEIGHT</b>
Burpees - NO push up				5	
Medicine Ball Overhead Slams				10	
Jumping Jacks				15	
<b>TABATA - 30 ON : 15 OFF - 4 ROUNDS</b>					
Squat Jumps					
Push Ups					
Elbow Plank					

### WEDNESDAY - ENDURANCE

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Tempo Run *Race Pace (30 MIN or 3 - MILES)	6-8		
Cool Down Run (5 MIN)	2		

### THURSDAY - REST

### FRIDAY - STRENGTH

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Back Squats (4-6 REPS)					
Flat Bench Chest Press (4-6 REPS)					
Weighted Bulgarian Squats (6-8 REPS)					
Military Overhead Press (4-6 REPS)					
Single Leg Deadlifts (10 REPS)					
Dumbbell Pullovers on Bench (10 REPS)					

### SATURDAY - METCON & ENDURANCE

#### EMOM - 10 MINUTES

EXERCISES	REPS
Pull Ups	5
Kettlebell Hip Swings	10

#### 5 Rounds - NO REST

EXERCISES	REPS
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 (p/s)
Straight Leg Sit Ups	10
Run 200M (.125 miles) OR Row 250M	

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

### SUNDAY - REST

### WEEK TWO - NOVICE

#### MONDAY - STRENGTH

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Deadlifts (4-6 REPS)					
Goblet Squats (4-6 REPS)					
Wide Pull ups (6-8 REPS)					
Incline Chest Press (4-6 REPS)					
Bent Over Back Rows (6-8 REPS)					
Kettlebell Hip Swings					

5 Rounds - NO REST

EXERCISES	REPS
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 (p/s)
Straight Leg Sit Ups	10
Run 200M (.125 miles) OR Row 250M	

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

#### TUESDAY - METCON

AMRAP - 10 MINUTES

EXERCISES	REPS	WEIGHT
Burpees - NO push up	5	
Medicine Ball Overhead Slams	10	
Jumping Jacks	15	

TABATA - 30 ON : 15 OFF - 4 ROUNDS

Squat Jumps
Push Ups
Elbow Plank

### WEDNESDAY - ENDURANCE

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Tempo Run *Race Pace (30 MIN or 3 - 5 MILES)	6-8		
Cool Down Run (5 MIN)	2		

### THURSDAY - REST

### FRIDAY - STRENGTH

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Back Squats (4-6 REPS)					
Flat Bench Chest Press (4-6 REPS)					
Weighted Bulgarian Squats (6-8 REPS)					
Military Overhead Press (4-6 REPS)					
Single Leg Deadlifts (10 REPS)					
Dumbbell Pullovers on Bench (10 REPS)					

### SATURDAY - METCON & ENDURANCE

#### EMOM - 10 MINUTES

EXERCISES	REPS
Pull Ups	5
Kettlebell Hip Swings	10

#### 5 Rounds - NO REST

EXERCISES	REPS
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 (p/s)
Straight Leg Sit Ups	10
Run 200M (.125 miles) OR Row 250M	

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

### SUNDAY - REST

### WEEK THREE - NOVICE

#### MONDAY - STRENGTH

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Deadlifts (4-6 REPS)					
Goblet Squats (4-6 REPS)					
Wide Pull ups (6-8 REPS)					
Incline Chest Press (4-6 REPS)					
Bent Over Back Rows (6-8 REPS)					
Kettlebell Hip Swings					

5 Rounds - NO REST

EXERCISES	REPS
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 (p/s)
Straight Leg Sit Ups	10
Run 200M (.125 miles) OR Row 250M	

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

#### TUESDAY - METCON

AMRAP - 10 MINUTES

EXERCISES	REPS	WEIGHT
Burpees - NO push up	5	
Medicine Ball Overhead Slams	10	
Jumping Jacks	15	
<b>TABATA - 30 ON : 15 OFF - 4 ROUNDS</b>		
Squat Jumps		
Push Ups		
Elbow Plank		

### WEDNESDAY - ENDURANCE

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Tempo Run *Race Pace (30 MIN or for 3 – 5 MILES)	6-8		
Cool Down Run (5 MIN)	2		

### THURSDAY - REST

### FRIDAY - STRENGTH

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Back Squats (4-6 REPS)					
Flat Bench Chest Press (4-6 REPS)					
Weighted Bulgarian Squats (6-8 REPS)					
Military Overhead Press (4-6 REPS)					
Single Leg Deadlifts (10 REPS)					
Dumbbell Pullovers on Bench (10 REPS)					

### SATURDAY - METCON & ENDURANCE

#### EMOM - 10 MINUTES

EXERCISES	REPS
Pull Ups	5
Kettlebell Hip Swings	10

#### 5 Rounds - NO REST

EXERCISES	REPS
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 (p/s)
Straight Leg Sit Ups	10
Run 200M (.125 miles) OR Row 250M	

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

### SUNDAY - REST

### WEEK FOUR - NOVICE

#### MONDAY - STRENGTH

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Deadlifts (4-6 REPS)					
Goblet Squats (4-6 REPS)					
Wide Pull ups (6-8 REPS)					
Incline Chest Press (4-6 REPS)					
Bent Over Back Rows (6-8 REPS)					

5 Rounds - NO REST

EXERCISES	REPS
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 (p/s)
Straight Leg Sit Ups	10
Run 200M (.125 miles) OR Row 250M	

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

#### TUESDAY - METCON

AMRAP - 10 MINUTES

EXERCISES	REPS	WEIGHT
Burpees - NO push up	5	
Medicine Ball Overhead Slams	10	
Jumping Jacks	15	

TABATA - 30 ON : 15 OFF - 4 ROUNDS

Squat Jumps
Push Ups
Elbow Plank

### WEDNESDAY - ENDURANCE

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Tempo Run *Race Pace (30 MIN or for 3 – 5 MILES)	6-8		
Cool Down Run (5 MIN)	2		

### THURSDAY - REST

### FRIDAY - STRENGTH

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Back Squats (4-6 REPS)					
Flat Bench Chest Press (4-6 REPS)					
Weighted Bulgarian Squats (6-8 REPS)					
Military Overhead Press (4-6 REPS)					
Single Leg Deadlifts (10 REPS)					
Dumbbell Pullovers on Bench (10 REPS)					

### SATURDAY - METCON & ENDURANCE

#### EMOM - 10 MINUTES

EXERCISES	REPS
Pull Ups	5
Kettlebell Hip Swings	10

#### 5 Rounds - NO REST

EXERCISES	REPS
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 (p/s)
Straight Leg Sit Ups	10
Run 200M (.125 miles) OR Row 250M	

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

### SUNDAY - REST

### WEEK FIVE - NOVICE

#### MONDAY - STRENGTH

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Deadlifts (4-6 REPS)					
Goblet Squats (4-6 REPS)					
Wide Pull ups (6-8 REPS)					
Incline Chest Press (4-6 REPS)					
Bent Over Back Rows (6-8 REPS)					

EXERCISES	REPS
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 (p/s)
Straight Leg Sit Ups	10
Run 200M (.125 miles) OR Row 250M	

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

#### TUESDAY - METCON

AMRAP - 10 MINUTES

EXERCISES	REPS	WEIGHT
Burpees - NO push up	5	
Medicine Ball Overhead Slams	10	
Jumping Jacks	15	

TABATA - 30 ON : 15 OFF - 4 ROUNDS

Squat Jumps
Push Ups
Elbow Plank

### WEDNESDAY - ENDURANCE

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Tempo Run *Race Pace (30 MIN or for 3 – 5 MILES)	6-8		
Cool Down Run (5 MIN)	2		

### THURSDAY - REST

### FRIDAY - STRENGTH

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Back Squats (4-6 REPS)					
Flat Bench Chest Press (4-6 REPS)					
Weighted Bulgarian Squats (6-8 REPS)					
Military Overhead Press (4-6 REPS)					
Single Leg Deadlifts (10 REPS)					
Dumbbell Pullovers on Bench (10 REPS)					

### SATURDAY - METCON & ENDURANCE

#### EMOM - 10 MINUTES

EXERCISES	REPS
Pull Ups	5
Kettlebell Hip Swings	10

#### 5 Rounds - NO REST

EXERCISES	REPS
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 (p/s)
Straight Leg Sit Ups	10
Run 200M (.125 miles) OR Row 250M	

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

### SUNDAY - REST

### WEEK SIX- RACE WEEK - NOVICE

#### MONDAY - STRENGTH

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Deadlifts (4-6 REPS)					
Goblet Squats (4-6 REPS)					
Wide Pull ups (6-8 REPS)					
Incline Chest Press (4-6 REPS)					
Bent Over Back Rows (6-8 REPS)					

EXERCISES	REPS
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 (p/s)
Straight Leg Sit Ups	10
Run 200M (.125 miles) OR Row 250M	

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

#### TUESDAY - METCON

AMRAP - 10 MINUTES

EXERCISES	REPS	WEIGHT
Burpees - NO push up	5	
Medicine Ball Overhead Slams	10	
Jumping Jacks	15	

TABATA - 30 ON : 15 OFF - 4 ROUNDS

Squat Jumps
Push Ups
Elbow Plank

### WEDNESDAY - ENDURANCE

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Tempo Run *Race Pace (30 MIN or for 3 – 5 MILES)	6-8		
Cool Down Run (5 MIN)	2		

### THURSDAY – MODIFIED STRENGTH

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Back Squats (4-6 REPS)					
Flat Bench Chest Press (4-6 REPS)					
Weighted Bulgarian Squats (6-8 REPS)					
Military Overhead Press (4-6 REPS)					
Single Leg Deadlifts (10 REPS)					
Dumbbell Pullovers on Bench (10 REPS)					

**FRIDAY - ACTIVE RECOVERY (STRETCH, WALK, FOAM ROLL, ETC.)**

**SATURDAY – RACE OR ACTIVE RECOVERY**

**SUNDAY – RACE OR RELAX AND CELEBRATE!!!**

*Since WEEK SIX is 'RACE WEEK' the format is slightly different taking into consideration adequate rest and recovery. As you can see Monday – Thursday is the bulk of your training while keeping Friday – Sunday scheduled for rest and your race. For Thursday's Modified Strength workout, you will do 3 sets as compared to 5 sets during the prior weeks. Also this week is NOT a week to test out heavier weight. Choose a weight that you will find comfortable for the rep range. You are NOT going after strength gains on Thursday since you will be racing soon thereafter.*

### WEEK ONE - ADVANCED

#### MONDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Deadlifts (4-6 REPS)					
Goblet Squats (4-6 REPS)					
Wide Pull ups (6-8 REPS)					
Incline Chest Press (4-6 REPS)					
Bent Over Back Rows (6-8 REPS)					

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Tempo Run *Race Pace (30 MIN OR 3-5mi)	6-8		
Cool Down Run (5 MIN)	2		

#### TUESDAY - METCON

AMRAP - 10 MINUTES

EXERCISES	REPS	WEIGHT
Burpees - NO push up	5	
Medicine Ball Overhead Slams	10	
Jumping Jacks	15	

TABATA - 30 ON : 15 OFF - 6 ROUNDS

Squat Jumps
Push Ups
Elbow Plank

### WEDNESDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Back Squats (4-6 REPS)					
Flat Bench Chest Press (4-6 REPS)					
Weighted Bulgarian Squats (6-8 REPS)					
Military Overhead Press (4-6 REPS)					
Single Leg Deadlifts (10 REPS)					
Dumbbell Pullovers on Bench (10 REPS)					

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

### THURSDAY - METCON

EXERCISES	REPS
EMOM - 10 MINUTES	
Pull Ups	5
Kettlebell Hip Swings	10
5 ROUNDS - NO REST	
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 PER SIDE
Straight Leg Sit Ups	10
RUN 200M (.125 MILES) OR ROW 250M	

### FRIDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4
Two-Arm Dumbbell Front Squat (10 REPS)				
Supine Exercise Ball Hamstring Curls (10 REPS)				
Weighted Dips (10 REPS)				
Standing Cable Pectoral Fly (10 REPS)				
Dumbbell Bench Skull Crushers (10 REPS)				
Incline Strict Dumbbell Curl (10 REPS)				

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Base Run (40 MINS OR 4 - 6 MILES)	5		
Intermittant Fartlek Run (VARIES)	6 - 8		
Cool Down Run (5 MIN)	2		

### SATURDAY - METCON

#### DYNAMIC WARMUP - 5 ROUNDS 50% -90% BUILDING EFFORT

100 YARD RUN

15 Jumping Jacks

10 Body Weight Squats

EXERCISES	DISTANCE	WEIGHT
Farmer's Carry (Range: 50ft - 200ft)		

#### PYRAMID - 2 ROUNDS - 2ND ROUND REPS ARE REVERSED

EXERCISES	REPS	WEIGHT
Burpees with Push Up	10	
Renegade Rows	20	
Dumbbell Push Press	30	
Squat Jumps	40	
Mountain Climbers	50	

### SATURDAY - METCON CONT.

#### 5 ROUNDS - NO REST

EXERCISES	REPS	WEIGHT
Run 400M (.25 miles) OR Row 500M		
Medicine Ball to Wall	25	
Skip Rope	100	
OBJECT OF CHOICE - VARIED		
<i>NOTE*: Choose 1 and set OWN resistance &amp; reps : Tire Flips / Sand Bag Throw / Battle Rope Slams / Sled Push/ ETC.</i>		
Elbows to Hands Plank	50	

### SUNDAY - REST



### WEEK TWO - ADVANCED

#### MONDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Deadlifts (4-6 REPS)					
Goblet Squats (4-6 REPS)					
Wide Pull ups (6-8 REPS)					
Incline Chest Press (4-6 REPS)					
Bent Over Back Rows (6-8 REPS)					

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Tempo Run *Race Pace (30 MIN OR 3-5mi)	6-8		
Cool Down Run (5 MIN)	2		

#### TUESDAY - METCON

AMRAP - 10 MINUTES

EXERCISES	REPS	WEIGHT
Burpees - NO push up	5	
Medicine Ball Overhead Slams	10	
Jumping Jacks	15	

TABATA - 30 ON : 15 OFF - 6 ROUNDS

Squat Jumps
Push Ups
Elbow Plank

### WEDNESDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Back Squats (4-6 REPS)					
Flat Bench Chest Press (4-6 REPS)					
Weighted Bulgarian Squats (6-8 REPS)					
Military Overhead Press (4-6 REPS)					
Single Leg Deadlifts (10 REPS)					
Dumbbell Pullovers on Bench (10 REPS)					

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

### THURSDAY - METCON

EXERCISES	REPS
EMOM - 10 MINUTES	
Pull Ups	5
Kettlebell Hip Swings	10
5 ROUNDS - NO REST	
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 PER SIDE
Straight Leg Sit Ups	10
RUN 200M (.125 MILES) OR ROW 250M	

### FRIDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4
Two-Arm Dumbbell Front Squat (10 REPS)				
Supine Exercise Ball Hamstring Curls (10 REPS)				
Weighted Dips (10 REPS)				
Standing Cable Pectoral Fly (10 REPS)				
Dumbbell Bench Skull Crushers (10 REPS)				
Incline Strict Dumbbell Curl (10 REPS)				

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Base Run (40 MINS OR 4 - 6 MILES)	5		
Intermittant Fartlek Run (VARIES)	6 - 8		
Cool Down Run (5 MIN)	2		

### SATURDAY - METCON

#### DYNAMIC WARMUP - 5 ROUNDS 50% -90% BUILDING EFFORT

100 YARD RUN

15 Jumping Jacks

10 Body Weight Squats

EXERCISES	DISTANCE	WEIGHT
Farmer's Carry (Range: 50ft - 200ft)		

#### PYRAMID - 2 ROUNDS - 2ND ROUND REPS ARE REVERSED

EXERCISES	REPS	WEIGHT
Burpees with Push Up	10	
Renegade Rows	20	
Dumbbell Push Press	30	
Squat Jumps	40	
Mountain Climbers	50	

### SATURDAY - METCON CONT.

#### 5 ROUNDS - NO REST

EXERCISES	REPS	WEIGHT
Run 400M (.25 miles) OR Row 500M		
Medicine Ball to Wall	25	
Skip Rope	100	
OBJECT OF CHOICE - VARIED		
<i>NOTE*: Choose 1 and set OWN resistance &amp; reps : Tire Flips / Sand Bag Throw / Battle Rope Slams / Sled Push/ ETC.</i>		
Elbows to Hands Plank	50	

### SUNDAY - REST

### WEEK THREE - ADVANCED

#### MONDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Deadlifts (4-6 REPS)					
Goblet Squats (4-6 REPS)					
Wide Pull ups (6-8 REPS)					
Incline Chest Press (4-6 REPS)					
Bent Over Back Rows (6-8 REPS)					

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Tempo Run *Race Pace (30 MIN OR 3-5mi)	6-8		
Cool Down Run (5 MIN)	2		

#### TUESDAY - METCON

AMRAP - 10 MINUTES

EXERCISES	REPS	WEIGHT
Burpees - NO push up	5	
Medicine Ball Overhead Slams	10	
Jumping Jacks	15	

TABATA - 30 ON : 15 OFF - 6 ROUNDS

Squat Jumps
Push Ups
Elbow Plank

### WEDNESDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Back Squats (4-6 REPS)					
Flat Bench Chest Press (4-6 REPS)					
Weighted Bulgarian Squats (6-8 REPS)					
Military Overhead Press (4-6 REPS)					
Single Leg Deadlifts (10 REPS)					
Dumbbell Pullovers on Bench (10 REPS)					

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

### THURSDAY - METCON

EXERCISES	REPS
EMOM - 10 MINUTES	
Pull Ups	5
Kettlebell Hip Swings	10
5 ROUNDS - NO REST	
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 PER SIDE
Straight Leg Sit Ups	10
RUN 200M (.125 MILES) OR ROW 250M	

### FRIDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4
Two-Arm Dumbbell Front Squat (10 REPS)				
Supine Exercise Ball Hamstring Curls (10 REPS)				
Weighted Dips (10 REPS)				
Standing Cable Pectoral Fly (10 REPS)				
Dumbbell Bench Skull Crushers (10 REPS)				
Incline Strict Dumbbell Curl (10 REPS)				

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Base Run (40 MINS OR 4 - 6 MILES)	5		
Intermittant Fartlek Run (VARIES)	6 - 8		
Cool Down Run (5 MIN)	2		

### SATURDAY - METCON

#### DYNAMIC WARMUP - 5 ROUNDS 50% -90% BUILDING EFFORT

100 YARD RUN

15 Jumping Jacks

10 Body Weight Squats

EXERCISES	DISTANCE	WEIGHT
Farmer's Carry (Range: 50ft - 200ft)		

#### PYRAMID - 2 ROUNDS - 2ND ROUND REPS ARE REVERSED

EXERCISES	REPS	WEIGHT
Burpees with Push Up	10	
Renegade Rows	20	
Dumbbell Push Press	30	
Squat Jumps	40	
Mountain Climbers	50	

### SATURDAY - METCON CONT.

#### 5 ROUNDS - NO REST

EXERCISES	REPS	WEIGHT
Run 400M (.25 miles) OR Row 500M		
Medicine Ball to Wall	25	
Skip Rope	100	
OBJECT OF CHOICE - VARIED		
<i>NOTE*: Choose 1 and set OWN resistance &amp; reps : Tire Flips / Sand Bag Throw / Battle Rope Slams / Sled Push/ ETC.</i>		
Elbows to Hands Plank	50	

### SUNDAY - REST

### WEEK FOUR - ADVANCED

#### MONDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Deadlifts (4-6 REPS)					
Goblet Squats (4-6 REPS)					
Wide Pull ups (6-8 REPS)					
Incline Chest Press (4-6 REPS)					
Bent Over Back Rows (6-8 REPS)					

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Tempo Run *Race Pace (30 MIN OR 3-5mi)	6-8		
Cool Down Run (5 MIN)	2		

#### TUESDAY - METCON

AMRAP - 10 MINUTES

EXERCISES	REPS	WEIGHT
Burpees - NO push up	5	
Medicine Ball Overhead Slams	10	
Jumping Jacks	15	

TABATA - 30 ON : 15 OFF - 6 ROUNDS

Squat Jumps
Push Ups
Elbow Plank

### WEDNESDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Back Squats (4-6 REPS)					
Flat Bench Chest Press (4-6 REPS)					
Weighted Bulgarian Squats (6-8 REPS)					
Military Overhead Press (4-6 REPS)					
Single Leg Deadlifts (10 REPS)					
Dumbbell Pullovers on Bench (10 REPS)					

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

### THURSDAY - METCON

EXERCISES	REPS
EMOM - 10 MINUTES	
Pull Ups	5
Kettlebell Hip Swings	10
5 ROUNDS - NO REST	
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 PER SIDE
Straight Leg Sit Ups	10
RUN 200M (.125 MILES) OR ROW 250M	

### FRIDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4
Two-Arm Dumbbell Front Squat (10 REPS)				
Supine Exercise Ball Hamstring Curls (10 REPS)				
Weighted Dips (10 REPS)				
Standing Cable Pectoral Fly (10 REPS)				
Dumbbell Bench Skull Crushers (10 REPS)				
Incline Strict Dumbbell Curl (10 REPS)				

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Base Run (40 MINS OR 4 - 6 MILES)	5		
Intermittant Fartlek Run (VARIES)	6 - 8		
Cool Down Run (5 MIN)	2		

### SATURDAY - METCON

#### DYNAMIC WARMUP - 5 ROUNDS 50% -90% BUILDING EFFORT

100 YARD RUN

15 Jumping Jacks

10 Body Weight Squats

EXERCISES	DISTANCE	WEIGHT
Farmer's Carry (Range: 50ft - 200ft)		

#### PYRAMID - 2 ROUNDS - 2ND ROUND REPS ARE REVERSED

EXERCISES	REPS	WEIGHT
Burpees with Push Up	10	
Renegade Rows	20	
Dumbbell Push Press	30	
Squat Jumps	40	
Mountain Climbers	50	

### SATURDAY - METCON CONT.

#### 5 ROUNDS - NO REST

EXERCISES	REPS	WEIGHT
Run 400M (.25 miles) OR Row 500M		
Medicine Ball to Wall	25	
Skip Rope	100	
OBJECT OF CHOICE - VARIED		
<i>NOTE*: Choose 1 and set OWN resistance &amp; reps : Tire Flips / Sand Bag Throw / Battle Rope Slams / Sled Push/ ETC.</i>		
Elbows to Hands Plank	50	

### SUNDAY - REST

### WEEK FIVE - ADVANCED

#### MONDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Deadlifts (4-6 REPS)					
Goblet Squats (4-6 REPS)					
Wide Pull ups (6-8 REPS)					
Incline Chest Press (4-6 REPS)					
Bent Over Back Rows (6-8 REPS)					

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Tempo Run *Race Pace (30 MIN OR 3-5mi)	6-8		
Cool Down Run (5 MIN)	2		

#### TUESDAY - METCON

AMRAP - 10 MINUTES

EXERCISES	REPS	WEIGHT
Burpees - NO push up	5	
Medicine Ball Overhead Slams	10	
Jumping Jacks	15	

TABATA - 30 ON : 15 OFF - 6 ROUNDS

Squat Jumps
Push Ups
Elbow Plank

### WEDNESDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Back Squats (4-6 REPS)					
Flat Bench Chest Press (4-6 REPS)					
Weighted Bulgarian Squats (6-8 REPS)					
Military Overhead Press (4-6 REPS)					
Single Leg Deadlifts (10 REPS)					
Dumbbell Pullovers on Bench (10 REPS)					

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

### THURSDAY - METCON

EXERCISES	REPS
EMOM - 10 MINUTES	
Pull Ups	5
Kettlebell Hip Swings	10
5 ROUNDS - NO REST	
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 PER SIDE
Straight Leg Sit Ups	10
RUN 200M (.125 MILES) OR ROW 250M	

### FRIDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4
Two-Arm Dumbbell Front Squat (10 REPS)				
Supine Exercise Ball Hamstring Curls (10 REPS)				
Weighted Dips (10 REPS)				
Standing Cable Pectoral Fly (10 REPS)				
Dumbbell Bench Skull Crushers (10 REPS)				
Incline Strict Dumbbell Curl (10 REPS)				

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Base Run (40 MINS OR 4 - 6 MILES)	5		
Intermittant Fartlek Run (VARIES)	6 - 8		
Cool Down Run (5 MIN)	2		

### SATURDAY - METCON

#### DYNAMIC WARMUP - 5 ROUNDS 50% -90% BUILDING EFFORT

100 YARD RUN

15 Jumping Jacks

10 Body Weight Squats

EXERCISES	DISTANCE	WEIGHT
Farmer's Carry (Range: 50ft - 200ft)		

#### PYRAMID - 2 ROUNDS - 2ND ROUND REPS ARE REVERSED

EXERCISES	REPS	WEIGHT
Burpees with Push Up	10	
Renegade Rows	20	
Dumbbell Push Press	30	
Squat Jumps	40	
Mountain Climbers	50	

### SATURDAY - METCON CONT.

#### 5 ROUNDS - NO REST

EXERCISES	REPS	WEIGHT
Run 400M (.25 miles) OR Row 500M		
Medicine Ball to Wall	25	
Skip Rope	100	
OBJECT OF CHOICE - VARIED		
<i>NOTE*: Choose 1 and set OWN resistance &amp; reps : Tire Flips / Sand Bag Throw / Battle Rope Slams / Sled Push/ ETC.</i>		
Elbows to Hands Plank	50	

### SUNDAY - REST

### WEEK SIX – RACE WEEK - ADVANCED

#### MONDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Deadlifts (4-6 REPS)					
Goblet Squats (4-6 REPS)					
Wide Pull ups (6-8 REPS)					
Incline Chest Press (4-6 REPS)					
Bent Over Back Rows (6-8 REPS)					

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (5 MIN)	2-4		
Tempo Run *Race Pace (30 MIN OR 3-5mi)	6-8		
Cool Down Run (5 MIN)	2		

#### TUESDAY - METCON

AMRAP - 10 MINUTES

EXERCISES	REPS	WEIGHT
Burpees - NO push up	5	
Medicine Ball Overhead Slams	10	
Jumping Jacks	15	

TABATA - 30 ON : 15 OFF - 6 ROUNDS

Squat Jumps
Push Ups
Elbow Plank

### WEDNESDAY - STRENGTH & ENDURANCE

EXERCISES	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Back Squats (4-6 REPS)					
Flat Bench Chest Press (4-6 REPS)					
Weighted Bulgarian Squats (6-8 REPS)					
Military Overhead Press (4-6 REPS)					
Single Leg Deadlifts (10 REPS)					
Dumbbell Pullovers on Bench (10 REPS)					

EXERCISES	RPE	TIME	DISTANCE**
Warm Up (10 MIN)	2-4		
Interval Run (.25 miles x 8 rounds)	9-10		
Cool Down Run (10 MIN)	2		

### THURSDAY - METCON

EXERCISES	REPS
EMOM - 10 MINUTES	
Pull Ups	5
Kettlebell Hip Swings	10
5 ROUNDS - NO REST	
Push Ups	10
Alternating Jump Lunges	10
Alternating Prone Shoulder Taps	10 PER SIDE
Straight Leg Sit Ups	10
RUN 200M (.125 MILES) OR ROW 250M	

**FRIDAY - ACTIVE RECOVERY (STRETCH, WALK, FOAM ROLL, ETC.)**

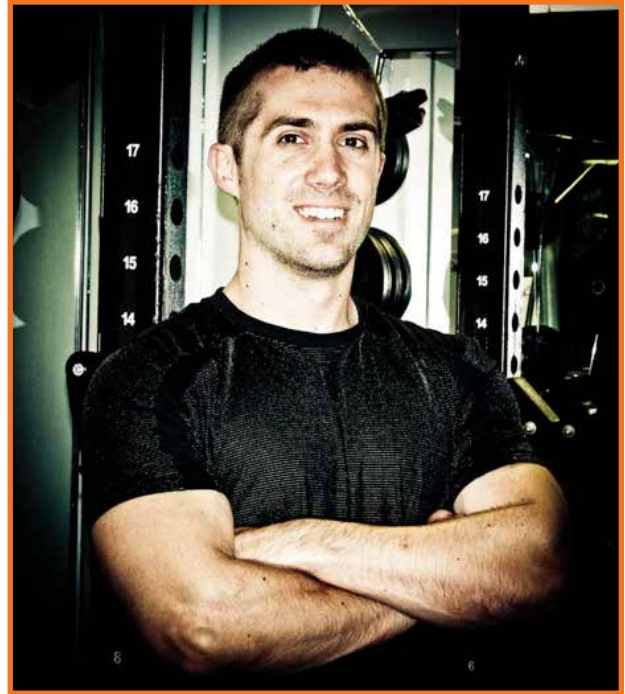
**SATURDAY – RACE OR ACTIVE RECOVERY**

**SUNDAY – RACE OR RELAX AND CELEBRATE!!!**

*Since WEEK SIX is 'RACE WEEK' the format is slightly different taking into consideration adequate rest and recovery. As you can see Monday – Thursday is the bulk of your training while keeping Friday – Sunday scheduled for rest and your race. For Thursday's Modified Strength workout, you will do 3 sets as compared to 5 sets during the prior weeks. Also this week is NOT a week to test out heavier weight. Choose a weight that you will find comfortable for the rep range. You are NOT going after strength gains on Thursday since you will be racing soon thereafter.*

## About the Author

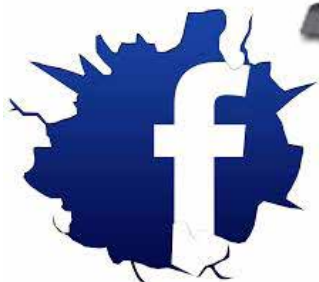
Brian Klepacki has over 14 years of experience and education in the fitness and athletic world. He holds a Master's Degree in Exercise Science and holds numerous highly recognized certifications that set his expertise and training above most others. Brian has learned that in order for you to achieve your max performance, a multitude of training regimes must be implemented to stimulate all systems of the body. As a competitive triathlete and a Strength & Conditioning Specialist, Brian knows how crucial it is to sort through fact and fiction when it comes to athletic training and human performance. His philosophy is simple, **PURPOSE OVER PREFERENCE.** He is not about those big box cookie cutter programs and he doesn't prescribe a random workout that has no purpose. His logic is specific. His training has a purpose. Brian currently lives in Pinellas County, Florida with his wife and son. He is the Head Strength Coach and Owner of Optimax Performance Training. <http://www.optimaxperformance.com>





# “Got Questions???”

Check out our Live Q and A session on Facebook...  
Live Strength and Power Half Hour Mon-Fri **12-12:30pm EST**  
**NOW with Coach Brian**



[www.facebook.com/criticalbench](http://www.facebook.com/criticalbench)

## For More Strength & Health Tips

**Subscribe**



**To The Critical Bench**  
**You Tube Channel** **FREE**

[www.youtube.com/criticalbench](http://www.youtube.com/criticalbench)