

# Phase One: 4 Week Training Plan

## Monday-Wednesday-Friday

*"There is one who makes himself rich, yet [has] nothing; [And] one who makes himself poor, yet [has] great riches."*

*KJV*

*Proverbs 13:7*

**\*Base:** Range of Motion: (Warm Up) 8 Minute Cap (This means for 8 minutes or less you will do the Rx [prescription] below as many times as you can [Rounds] but not more than 8 minutes. This is warm-up and conditioning.) Rest as needed for this and the other components as needed.

- Jumping Jacks 10-25
- Jog or Row 3-5 Minutes
- MedBall Push 5-10

**\*Skill:** Plank Position: Up position for a Push Up. Work on keeping the back flat and head up. This works the Core Muscle groups of the hips, back, shoulders, hamstrings, gluteus (your bottom), and abdominals. (5 Minute Cap)

**\*Strength:** 2 Rounds of 25 Push Ups; work hard to complete the component in the allotted time. (6 Minute Cap)

**\*MetCon:** 3 Rounds For Time 20 Minute Cap.

- 8 Dumbbell Curls
- 8 MedBall Burpee
- 20 Air Squats

**\*Stamina:** Pull Up Shuttle Run / Row

- Do a Pull Up and Sprint 20 Meters, Jog back.
  - Repeat this for 10 Rounds
    - 10 Pull Ups
    - 200 Meter Sprints

## Tuesday and Thursday

**\*Endurance:**

- Jog, Jump Rope, or Row for 20 Minutes.
- 100 Meter Walking Lunge
- 3-4 Rounds of 25 Sit Ups