

Phase IV: 4 Week Training Plan

Monday-Wednesday-Friday

“For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.”

KJV

| Timothy 4:8

This Phase of the Protocol is designed to prepare you for the less traditional WOD's located on **The Samson Option** 'WorkoutoftheDay'. You will decide how much work you want to do. The 'Cap' is a suggested time limit for the component so it doesn't run on forever. (This is critical for those of us who are going to do it all and likely a few more even if it takes us forever.)

The Reps and Rounds are also suggested; do what you can challenging yourself and having fun. The key word here is 'fun' albeit; too much fun might be a cue that you're not working hard enough. In my opinion, the criteria for work is when you finish with your tongue hanging out and your towel, shirt, pants, and most of the ground around you wet. (You know what they say about Opinions?)

Base: ROM: PT. (15 Minute Cap)

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|---|---|
| <input type="checkbox"/> 10 Arm Circles Each Arm | <input type="checkbox"/> 15 MedBall Dead Lift |
| <input type="checkbox"/> 10 Standing Lunges Each Leg | <input type="checkbox"/> 15 8 Count Body Builders |
| <input type="checkbox"/> 10 Shoulder Pass Through PVC | <input type="checkbox"/> 20 Split Jumps Rt/Lt 1 Rep |
| <input type="checkbox"/> 25 Sit Ups | <input type="checkbox"/> 15 Hollow Rock |
| <input type="checkbox"/> 25 Jumping Jacks | <input type="checkbox"/> 15 Incline Push Ups |
| <input type="checkbox"/> 10 Pull Ups | <input type="checkbox"/> 25 Leg Levers |
| <input type="checkbox"/> 10 Burpee Broad Jump | <input type="checkbox"/> 10 Towel Pull Ups |
| <input type="checkbox"/> 10 Side-To-Side Push Ups; 10 each. | <input type="checkbox"/> 10 Thai Planks |
| <input type="checkbox"/> 10 Hip Swivel Front | <input type="checkbox"/> 25 4 Count Mountain Climbers |
| <input type="checkbox"/> 10 Hip Swivel Side | <input type="checkbox"/> 30 1 Arm MedBall Sit Ups 15 Each |
| <input type="checkbox"/> 10 Overhead MedBall Toss | <input type="checkbox"/> 25 Side Walking Push Ups |
| <input type="checkbox"/> 50 Air Squats | <input type="checkbox"/> 10 Sandbag Get Ups |
| <input type="checkbox"/> 15 Dive Bomber Push Up | |
| <input type="checkbox"/> 5 Quad Stretch Each Leg | |

* Note: Alternate exercises for the Rx (Prescription: the prescribed reps and exercises.) each WOD. i.e. Pick several to do before beginning the Base phase. Do those for the Rx'd time and then pick favorites for the next WOD adding and alternating. Feel free to scale (add or reduce reps) loads as you grow in strength and stamina.

***Skill:** Plank Position: Up and Down positions for a Push Up. Back flat, Head up, this is Core development and a basic position for future WOD's and training protocols. (5 Minute Cap)

- Continue working on lifting a hand or foot off the ground so that you are balancing on 3 points i.e. 2 feet and 1 hand; 2 hands and 1 foot etc. Use the time to lift your right hand and left foot off the ground at the same time and then the other; left hand and right foot.
- Maintain a strict flat back etc.
- Work the 3 point plank from both the Up and Down positions; both will challenge you for this brief interval.
 - 'Down' Position is simply the lowered part of a Push Up but not touching the ground.

***Strength:** 3-5 Rounds of 25 Push Ups; work hard to complete the component in the allotted time. (15 Minute Cap)

- Vary the width of your hands and add "Samson Push Ups".
 - Samson Push Ups are so named after the biblical character Samson. Begin with a regular Push Up 'Plank' position and lower to the bottom of the push up. Explode off the ground and spread the hands and feet out to the sides and do a Push Up from that position. Explode off the ground and back to the start position for another Push Up. Repeat the motion from a regular push up to a wide push up without stopping or until you have to rest. For the balance of the reps:
 - Do some reps with the hands under the shoulders
 - Some wide outside your elbows
 - Some hands directly under your chest, thumbs touching.
- As your strength increases use DB's or Push Up Handles as supports on the ground. This allows you to go deeper at the bottom of the rep forcing the muscles into a 'stretch' creating a variation in the resistance and a greater ROM (Range of Motion).
 - If you do not have DB's or Push Up Handles get a couple of boxes or pieces of wood and use them to elevate the body off the ground.
 - 3 chairs will do the trick; 1 for the feet and 1 for each hand.
- Add "Dive Bomber" Push Ups as an alternative. These work the upper chest, shoulders, and triceps as well as challenge you in most areas of core strength.

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

- 8-10 Dumbbell In-Out Curls with shoulder press following.
 - Do the DB Curl and bring the weight up to the shoulder then press overhead.
 - 'In' Curls-Press directly up from the chest keeping the thumbs pointed out.
 - 'Out' Curls-Press the weight up from the shoulder keeping the thumbs pointed behind the head.
 - Increase weight from the last session or add reps if you don't have weights.

- 8-10 Dumbbell Squat Right Arm then Left Arm
 - Stand with the DB's at your sides, pull the weights up with a shoulder shrug and curl the weight to the shoulder while dropping to a full squat position DB's at the shoulder line. Do a full squat with the weight at the shoulder level and stand up.
 - See at <http://youtu.be/rBCkqjEDadQ>
- 10 Dumbbell Suitcase Rows each side.
 - See Barbell Suitcase Row at: <http://youtu.be/Nf1QdOmRBO4>.
 - Do the same movement with the dumbbell. If you have a bar that will work, but the DB's are better to start. Try not to rise up when you pull the weight. Pull to the belly button and not the shoulder.

***Stamina:** MedBall Toss and Burpee Jumps

- **On-The-Minute:** Do 3-5 MedBall Toss and then do 5-10 Burpee Broad Jumps.
 - R&R (Rest and Recover) for the remaining time in the minute.
 - You should have 20-30 seconds rest between rounds. Cut down on the MB Toss if you have less. Do at least 3 MB Toss's and 5 Burpee Broad Jumps or you are not working hard enough.
 - Burpee Broad Jump: Do a Burpee with a Push Up; on the 'Up' motion, instead of standing, jump as far forward as you can. Repeat for another rep.

Tuesday-Thursday-Saturday

***Endurance:** Alternate Days

Tuesday:

- Jog, Swim, Jump Rope, or Row for 30 Minutes.
 - Train in all areas by alternating the protocol.
 - Swim any stroke for 30 Minutes.
- 100 Meter Walking Lunge
- 4 Rounds of 25-50 Sit Ups

Thursday:

- 10-100 Meter Sprints with 15-20 Seconds R&R between Rounds

Alternate: Swim-

- 2/1 Swim x 10
 - Swim for 2 minutes @ race pace and then swim slowly for recovery for 1 minute. Repeat x 10
- Jog/Row 1600 (1Mile)
- 2 Rounds of 25-50 Sit Ups
- 2 Rounds of 25-50 Leg Levers

Saturday:

- 25 MedBall Toss
- Jump Rope 10 Minutes
- 10 Minute AbCore
 - 10 Minutes On-The-Minute AbCore: Work to get to your 35-50 rep goal.