

MAD DOG PT PLAN- JANUARY 2022

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Warm up: 2 Main: Back Squat- wk to hvy 5 Banded Push-ups- 3 rds to fail Accessory: 3x8-Lateral lunge w/ KB (ea. leg) -Sitting pull up 4x15 Standing band ab crunch Cool Down	Warm up: 1 COD: 5 x T drills* Main: 6x 400m run 2:00 rest Tabata 8 Rds (:20 work/:10 Rest) -Plank R -Plank -Plank L -FLR Cool Down	Warm up: 2 Main: Bench Press- wk to hvy 5 Jump Squats (wtd)- 5x5 Accessory: 100 of each -Banded Good mornings -Banded lat pull downs Cool Down	Warm up: 1 Main: Ruck 4 miles Medium pace 35lbs 4x 2:00 -SA Farmers carry (alt. /rd) :60 rest Cool Down	App Workout
Week 2	Warm up: 2 Main: Dead Lifts- wk to hvy 5 Med ball chest pass- 3 rds to fail Accessory: 3x15 - Seated band hamstring curls -Bench dips 4 rds :60 work/:30 rest -FLR wtd -MB bent leg body twist Cool Down	Warm up: 1 Main: Hill Sprints 10/8/6 2:00 rest btw sets 2 rds :30 Squat jumps :30 Pogos (speed) :30 Pogos (height) :60 Calf raises 2:00 rest EMOM 5 -Plank -Hollow hold Cool Down	Warm up: 2 Main: Floor press- Wk to hvy 5 Burpees to 6' target- 5x5 Accessory: 5rds -10 Bradford press -20 Alt Reverse Lunge (wtd) Cool Down	Warm up: 1 Main: Kit Run 3 miles 3x :45/ :15 -Shoulder taps -Leg lifts -Bird dogs Cool Down	App Workout

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Week 3	Warm up: 2 Main: Back Squat- wk to hvy 3 Press w/ bands- wk to fail Accessory: 3x15 -BB row -Scul crushers -Supermans 2x 30 Russian twists :90 FLR 30 crunches :90 FLR *all wtd Cool Down	Warm up: 1 2 rds 300yd shuttle x3 (under :80) 2 minutes rest Main: 4x 800m run 2:00 rest Tabata 8 Rds (:20 work/:10 Rest) -Plank R -Plank -Plank L -FLR Cool Down	Warm up: 2 Main: Bench Press- wk to hvy 3 Box jumps- 10x5 Accessory: 3x20 -Pistol squats to box -SA Land mine press (10 each) 4x15 BB ab roll Cool Down	Warm up: 1 Main: Ruck 4 miles slow pace 50 lbs Sled drags 90lbs -10 push -10 pull Cool Down	App Workout
Week 4	Warm up: 2 Main: Dead Lifts- wk to heavy 3 Push-up to plate- 5x5 Accessory: 3x15 -Med Ball hamstring curls -BB Curls 4x15 Bench obliques Cool Down	Warm up: 1 Jump rope: 2 rds Two feet x 50 high knees x 50 one foot x 50 scissor x 50 :60 rest Main: Tempo run 30 min :10 sprint :50 jog 100 4ct Flutter Kicks Cool Down	Warm up: 2 Main: Incline Bench- wk to hvy 5 Med Ball throws for height- 10x3 Accessory: 3x15 -KB Sumo Squat (1-3-1) -Back extensions -Banded row EMOM 5 10 Standing KB crunch R 10 Standing KB crunch L Cool Down	Warm up: 1 Main: Kit Run 2 miles 10 squats every 400m 5x :45/ :15 -Heel taps -Leg lifts -Plank with side dips Cool Down	App Workout

<p>Warm up 1:</p> <p>Walking knee hugs Lateral lunge Hurdles Walking ham/calf (front leg straight and pull toe) Walking seated Abductors (grab top of foot) Spiderman Walking quad (exaggerated lunge) Punters (kick to opposite hand)</p> <p>High knees Backwards skip hip rotations Side shuffle Carioca Lateral high knees A-skips Exaggerated carioca (high knee crossover) Backwards run (large steps back) 20-yard burst finish x2 (falling, push-up, back)</p>	<p>Warm-up 2 (choose 2-3 from each section)</p> <p>Prisoner squats 2x20 TKE 2x20 Lateral glute walk w/band 2x20 Quadruped series 1x10 ea. leg Prone scorpions 1x10 ea. leg Sissy squat w/ band 2x15 Groiners 1x10 Fire Hydrants 1x10 ea. leg</p> <p>Around the world 2x10 alt. Iso hold push up 2x :30 sec Internal/external rotation 2x15 ea. arm Scapular pull ups 2x25 Band pull-aparts 100 reps</p>	<p>Agility drills</p> <p>COD (change of direction)</p> <p>T drill: Sprint Lateral left, Lateral right, Lateral left to middle Backpedal (you are making a "T" with your movement pattern)</p> <p>Cone Drill Make a square w/ cones each side is a different movement Ex: broad jump to cone 1, lateral right to cone 2, sprint to cone 3, carioca to cone 4</p> <p>Reaction drill Short quick movement variations Ex: 2 rds 300yd shuttle x3 (under :80) 2 minutes rest</p>
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<p>Cool Down- Stretching Routine</p> <p>Hamstring stretch standing Kneeling lunge Lying quad stretch Butterfly Pigeon Extended flex Single-leg over</p> <p>*perform w/ band for further variations</p>	<p>Foam Roller Routine</p> <p>Upper/lower back R/L: lats, hips, IT bands, quad, groin, calf</p>
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	Monday	Tuesday	Wednesday	Thursday	Friday
S&R	Day 1	Day 2	Day 3	Day 4	Day 5
Auto 1	Day 2	Day 3	Day 4	Day 5	Day 1
Auto 2	Day 3	Day 4	Day 5	Day 1	Day 2
Shop/ Ops	Day 4	Day 5	Day 1	Day 2	Day 3
C&E/Miss	Day 5	Day 1	Day 2	Day 3	Day 4
GSE/ARM	Day 1	Day 2	Day 3	Day 4	Day 5

*Perform workout listed in the column for your section (ex: Auto 1 performs Day 4 workout on Wednesday)