

NAME			

WEEK 9 DAY 1 LEVEL 2

RECOVERY

DATE

TARGET RPE GREEN

WORKOUT GOALS	WORKOUT NOTES

DYNAM	IC WA	RM-UP					
CIRC	UIT	EXERCISE		REPS	TIME	HR	WEIGHT
		Jog/bike/row			5 min	Middle blue	
		Arm bar progression	2-3	6-8			
		Lateral split squat with cross connect	2-3	10-12			

CONDITIONING

CIR	CUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS2	Primary conditioning exercise	Top of blue		20-25 min				
		Green endurance intervals	Primary conditioning exercise	Green				6-8		60-90s

STRENGTH

CIRC	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Push/Press	Incline DB press	2-3	10-12			
А	2	Repetition	Pull	Bent-over 1-arm dumbbell row	2-3	10-12			60s
В	1	Repetition	Push/Press	Feet-elevated explosive push ups	2-3	AMRAP			-
В	2	Repetition	Pull ups	Pull ups - weighted if possible	2-3	8-10			60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	90:90 Box breathing

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NAME	DATE

WEEK 9 DAY 2 LEVEL 2

RECOVERY

TARGET RPE RED

WORKOUT GOALS	WORKOUT NOTES

NAMIC WARM-UP									
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT			
	High CNS jumps								

CONDITIONING

CIRC	UIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Red max intervals	Primary conditioning exercise	Top of red		75-90s	1	3-4		4-5 min

STRENGTH

CIRC	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition method	Lunge	Walking lunges	2-3	12-15			-
А	2	Repetition method	Hinge	Dumbbell single-leg RDL	2-3	8-10			-
А	3	Repetition method	Core	Cable exercise or trunk rotation	2-3	10-12			60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Arm bar progression

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NAME	DATE
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WEEK 9 DAY 3 LEVEL 2

RECOVERY	TARGET RPE
	BLUE

WORKOUT GOALS	WORKOUT NOTES	

NAMIC WARM-UP								
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT		
	Movement prep or upper body med ball series							

CONDITIONING

CIRC	UIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Tempo intervals	Run/bike/row/other					12-15		

STRENGTH

CIRC	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
		Repetition	Hinge	Trap bar deadlift	2-3	2-3	85-90%		2-3 min
А	1	Repetition	Pull	Pull ups or lat pulldowns	2-3				-
А	2	Repetition	Core	Feet-elevated side plank (up to 3 min)	2-3				60s
		Repetition	Push/Press	Push ups	1	AMRAP			

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	90:90 Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)



NAME			

WEEK 9 DAY 4 LEVEL 2

RECOVERY

DATE

TARGET RPE GREEN

WORKOUT GOALS	NORKOUT NOTES	

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Arm bar progression	2-3	6-8			
	Lateral split squat with cross connect	2-3	10-12			

CONDITIONING

CIRC	UIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS2	Primary conditioning exercise	Top of blue		20-25 min				
		Green endurance intervals	Primary conditioning exercise	Green				4-5		60-90s

STRENGTH

CIR	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
А	1	Repetition	Core	Cable exercise or trunk rotation	2-3	12-15			-
А	2	Repetition	Core	Feet-elevated front plank (up to 3 min)	2-3				60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	90:90 position box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

WORKOUT REVIEW



NAME	DATE

WEEK 9 DAY 5 LEVEL 2

RECOVERY	TARGET RPE
	RED

WORKOUT GOALS	WORKOUT NOTES	

NAMIC WARM-UP							
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT	
	High CNS jumps						

CONDITIONING

CIRC	CIRCUIT METHOD EXERCISE		HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST	
		Red threshold	Primary conditioning exercise	Bottom of red		3-4 min		2-3		3-4 min

STRENGTH

CIRC	UIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Push/Press	Standing overhead dumbbell press	2-3	10-12			-
Α	2	Repetition	Pull	Bent-over 1-arm dumbbell row	2-3	10-12			60s
В	1	Repetition	Push/Press	Feet-elevated explosive push ups	2-3	AMRAP			-
В	2	Repetition	Pull ups	Pull ups - weighted if possible	2-3	8-10			60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Arm bar progression

WORKOUT REVIEW	



NAME		DATE
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WEEK 9 DAY 6 LEVEL 2

RECOVERY	TARGET RPE
	BLUE

WORKOUT GOALS	WORKOUT NOTES	

DYNAMIC WA	DYNAMIC WARM-UP						
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT	
	Movement prep or upper body med ball series						

CONDITIONING

CIRC	CUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS1	Run/bike/row/other			20-25 min				

STRENGTH

CIR	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
		Repetition	Hinge	Trap bar deadlift	2-3	2-3	85-90%		2-3 min
А	1	Repetition	Pull	Pull ups or lat pulldowns	1-2				-
А	2	Repetition	Core	Feet-elevated side plank (up to 3 min)	1-2				-
А	3	Repetition	Push/Press	Push ups	1-2	AMRAP			60s

COOLDOWN

EXERCISE #2	EXERCISE #1
e/walk Bear breathing	2-3 minute slow jog/bike/walk
/walk Bear breathing	2-3 minute slow jog/bike/walk

WORKOUT REVIEW	



NAME		

WEEK 10 DAY 1 LEVEL 2

DATE

RECOVERY

TARGET RPE GREEN

WORKOUT GOALS	WORKOUT NOTES

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Arm bar progression	2-3	6-8			
	Lateral split squat with cross connect	2-3	10-12			

CONDITIONING

CIRC	UIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS2	Primary conditioning exercise	Top of blue		25-30 min				
		Green endurance intervals	Primary conditioning exercise	Green				6-8		50-60s

STRENGTH

CIRC	CUIT	METHOD	MOVEMENT	EXERCISE		REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Push/Press	Incline DB press	2-3	10-12			
А	2	Repetition	Pull	Bent-over 1-arm dumbbell row	2-3	10-12			45s
В	1	Repetition	Push/Press	Feet-elevated explosive push ups	2-3	AMRAP			-
В	2	Repetition	Pull ups	Pull ups - weighted if possible	2-3	8-10			45s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	90:90 position box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

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NAME			

WEEK 10 DAY 2 LEVEL 2

DATE

RECOVERY TARGET RPE

WORKOUT GOALS	WORKOUT NOTES

DYNAMI	C WARM-UP						
CIRCU	шт	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	High CNS jumps						

CONDITIONING

CIRC	CIRCUIT METHOD EXERCISE		HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST	
		Red max intervals	Primary conditioning exercise	Top of red		90-120s	1	3-4		4-5 min

STRENGTH

CIRC	CIRCUIT METH		MOVEMENT	EMENT EXERCISE		REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition method	Lunge	Walking lunges	2-3	12-15			-
Α	2	Repetition method	Hinge	Dumbbell single-leg RDL	2-3	10-12			-
А	3	Repetition method	Core	Cable exercise or trunk rotation	2-3	10-12			45s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Arm bar progression

WORKOUT REVIEW



NAME	DATE
NAME	DAIL

WEEK 10 DAY 3 LEVEL 2

RECOVERY

TARGET RPE BLUE

WORKOUT GOALS	WORKOUT NOTES	

CIRCUIT EXERCISE SETS REPS TIME HR WEIGHT Movement prep or upper body med ball series

CONDITIONING

CIRC	UIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Tempo intervals	Run/bike/row/other					12-15		

STRENGTH

CIR	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
		Repetition	Hinge	Trap bar deadlift	2-3	2-3	85-90%		2-3 min
Α	1	Repetition	Pull	Pull ups or lat pulldowns	2-3				-
А	2	Repetition	Core	Feet-elevated side plank (up to 3 min)	2-3				60s
		Repetition	Push/Press	Push ups	1	AMRAP			

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	90:90 position box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

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NAME			
NAME			

DATE

WEEK 10 DAY 4 LEVEL 2

RECOVERY

TARGET RPE GREEN

WORKOUT GOALS	WORKOUT NOTES

NAMIC WA	NAMIC WARM-UP										
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT					
	Jog/bike/row			5 min	Middle blue						
	Arm bar progression	2-3	6-8								
	Lateral split squat with cross connect	2-3	10-12								

CONDITIONING

CIRC	CIRCUIT METHOD EXERCISE		HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST	
		SS2	Primary conditioning exercise	Top of blue		25-30 min				
		Green endurance intervals	Primary conditioning exercise	Green				5-6		60-90s

STRENGTH

CIR	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Core	Cable exercise or trunk rotation	2-3	12-15			-
А	2	Repetition	Core	Feet-elevated front plank (up to 3 min)	2-3				60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	90:90 position box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

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NAME			

WEEK 10 DAY 5 LEVEL 2

RECOVERY

DATE

TARGET RPE RED

WORKOUT GOALS	WORKOUT NOTES

YNAMIC WARM-UP									
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT			
	High CNS jumps								

CONDITIONING

CIRC	UIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Red threshold	Primary conditioning exercise	Bottom of red		3-4 min		3-4		3-4 min

STRENGTH

CID	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
CIR	LUII	METHOD	MUVEMENT	EXERCISE	3E13	KEPS	WEIGHT	TEMPU	KESI
Α	1	Repetition	Push/Press	Standing overhead dumbbell press	2-3	10-12			-
А	2	Repetition	Pull	Bent-over 1-arm dumbbell row	2-3	10-12			50s
В	1	Repetition	Push/Press	Feet-elevated explosive push ups	2-3	AMRAP			-
В	2	Repetition	Pull ups	Pull ups - weighted if possible	2-3	8-10			50s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Arm bar progression

WORKOUT REVIEW	



NAME	DATE

WEEK 10 DAY 6 LEVEL 2

RECOVERY	TARGET RPE
	BLUE

WORKOUT GOALS	WORKOUT NOTES

NAMIC WA	RM-UP					
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Movement prep or upper body med ball series					

CONDITIONING

CIRC	CUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS1	Run/bike/row/other			20-25 min				

STRENGTH

CIR	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
		Repetition	Hinge	Trap bar deadlift	2-3	2-3	85-90%		2-3 min
А	1	Repetition	Pull	Pull ups or lat pulldowns	1-2				-
А	2	Repetition	Core	Feet-elevated side plank (up to 3 min)	1-2				-
Α	3	Repetition	Push/Press	Push ups	1-2	AMRAP			60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Bear breathing

WORKOUT REVIEW		



NAME			

WEEK 11 DAY 1 LEVEL 2

RECOVERY

DATE

TARGET RPE GREEN

WORKOUT GOALS	WORKOUT NOTES

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Arm bar progression	2-3	6-8			
	Pullover with hamstrings progression	2-3	4-6			

CONDITIONING

CIR	CUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS2	Primary conditioning exercise	Top of blue		35-40 min				

STRENGTH

CIRC	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Push/Press	Incline DB press	2-3	10-12			-
А	2	Repetition	Push/Press	Feet-elevated explosive push ups	2-3	AMRAP			-
В	1	Repetition	Pull	Bent-over 1-arm dumbbell row	2-3	10-12			-
В	2	Repetition	Pull ups	Pull ups	2-3	AMRAP			

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	PVC pipe mobility

WORKOUT REVIEW



NAME			

WEEK 11 DAY 2 LEVEL 2

DATE

RECOVERY TARGET RPE

WORKOUT GOALS	WORKOUT NOTES

DYNAMIC WARM-UP									
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT			
	Mini band activation or High CNS jumps								

CONDITIONING

CIRCUIT		METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Red max intervals	Primary conditioning exercise	Top of red		90-120s	1	3-4		4-5 min

STRENGTH

CIRC	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition method	Lunge	Box jumps or broad jumps	2-3	6-8			-
А	2	Repetition method	Hinge	Barbell RDL	2-3	8-10			60s
		Repetition method	Core	Cable exercise or med ball throws	2-3	10-12			45s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Exercise ball hip extension stretch

WORKOUT REV	/IEW
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NAME	DATE

WEEK 11 DAY 3 LEVEL 2

RECOVERY

TARGET RPE BLUE

WORKOUT GOALS	WORKOUT NOTES

YNAMIC W	NAMIC WARM-UP								
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT			
	PVC pipe mobility								

CONDITIONING

CIRC	CIRCUIT METHOD EXERCISE		HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST	
		SS1	Run/bike/row/other			15-20 min				

STRENGTH

CIRC	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
		Repetition	Hinge	Trap bar deadlift	2-3	2-3	85-90%		2-3 min
А	1	Repetition	Pull	Pull ups or lat pulldowns	2-3				-
А	2	Repetition	Core	90:90 trunk rotation	2-3				60s
		Repetition	Push/Press	Push ups	1	AMRAP			

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	90:90 position box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

WORKOUT DEVIEW	
WORKOUT REVIEW	



NAME	MF			

WEEK 11 DAY 4 LEVEL 2

RECOVERY

DATE

TARGET RPE GREEN

WORKOUT GOALS	WORKOUT NOTES

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Arm bar progression	2-3	6-8			
	Pullover with hamstrings progression	2-3	4-6			

CONDITIONING

CIRCUIT METHOD		METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS2 Primary conditioning exercise		Top of blue		35-40 min				

STRENGTH

CIRCUIT		METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Core	Banded superman		12-15			
Α	2	Repetition	Core	Feet-elevated front plank (up to 3 min)					-
А	3	Repetition	Core	Top-foot elevated side plank (up to 2 min)	2				60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	PVC pipe mobility

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NAME			

LEVEL 2

DATE

TARGET RPE RED

WORKOUT GOALS	WORKOUT NOTES

DAY 5

WEEK 11

/NAMIC WARM-UP										
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT				
	Mini band activation or High CNS jumps									

CONDITIONING

CIRCUIT		METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Red max intervals	Primary conditioning exercise	Top of red		90-120s	1	2-3		4-5 min

STRENGTH

CIRC	UIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Squat	Box jumps	2-3	6-8			-
А	2	Repetition	Push/Press	Feet-elevated explosive push ups	2-3	AMRAP			60s
В	1	Repetition	Lunge	Backwards walking DB lunge	2-3	12-14			-
В	2	Repetition	Pull ups	Pull ups	2-3	AMRAP			60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Exercise ball hip extension stretch

WORKOUT REV	/IEW
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NAME			

WEEK 12 DAY 1 LEVEL 2

RECOVERY

DATE

TARGET RPE GREEN

WORKOUT GOALS	WORKOUT NOTES

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Arm bar progression	2-3	6-8			
	Pullover with hamstrings progression	2-3	4-6			

CONDITIONING

CIRCUIT METHOD		METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS2	Primary conditioning exercise	Top of blue		40-45 min				

STRENGTH

CIRC	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Push/Press	Incline DB press	2-3	10-12			-
А	2	Repetition	Push/Press	Feet-elevated explosive push ups	2-3	AMRAP			-
В	1	Repetition	Pull	Bent-over 1-arm dumbbell row	2-3	10-12			-
В	2	Repetition	Pull ups	Pull ups	2-3	AMRAP			

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	PVC pipe mobility

WORKOUT REVIEW	



NAME			

DATE

WEEK 12 DAY 2 LEVEL 2

RECOVERY

TARGET RPE RED

WORKOUT GOALS	WORKOUT NOTES

DYNAM	DYNAMIC WARM-UP								
CIRCUIT		EXERCISE	SETS	REPS	TIME	HR	WEIGHT		
		Mini band activation or High CNS jumps							

CONDITIONING

CIRCU	IT METHOD	METHOD EXERCISE		RPE	TIME	SETS	REPS	WEIGHT	REST
	Red threshold	Primary conditioning exercise	Bottom of red		3-4 min	1	2		2-3 min
	Red max intervals	Primary conditioning exercise	Top of red		90-120s	1	2-3		4-5 min

STRENGTH

CIR	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition method	Lunge	Box jumps or broad jumps	2-3	6-8			-
А	2	Repetition method	Hinge	Barbell RDL	2-3	8-10			60s
		Repetition method	Core	Cable exercise or med ball throws	2-3	10-12			45s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Exercise ball hip extension stretch



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NAME	DATE

WEEK 12 DAY 3 LEVEL 2

RECOVERY TARGET RPE
BLUE

WORKOUT GOALS	WORKOUT NOTES					
VNAMIC WARM-IID						

DYNAN	DYNAMIC WARM-UP								
CIRCUIT		EXERCISE	SETS	REPS	TIME	HR	WEIGHT		
		PVC pipe mobility							
		Ground force activation							

CONDITIONING

CIRC	CUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS1	Run/bike/row/other			20-25 min				

STRENGTH

CIR	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	90:90 position box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

WORKOUT REVIEW		



NAME			

WEEK 12 DAY 4 LEVEL 2

DATE

RECOVERY TARGET RPE

GREEN

WORKOUT GOALS	ORKOUT NO	OTES	

DYNAMIC WARM-UP CIRCUIT EXERCISE SETS REPS TIME HR WEIGHT Jog/bike/row 5 min Middle blue Arm bar progression 2-3 6-8 Pullover with hamstrings progression 2-3 4-6

CONDITIONING

CIRCI	UIT METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Tempo intervals	Primary conditioning exercise					8-10		60s
	SS2	Primary conditioning exercise	Top of blue		30-40 min				

STRENGTH

CIRC	UIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Core	Banded superman	2	12-15			
Α	2	Repetition	Core	Feet-elevated front plank (up to 3 min)	2				-
А	3	Repetition	Core	Top-foot elevated side plank (up to 2 min)	2				60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	PVC pipe mobility

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NAME			

DATE

WEEK 12 DAY 5 LEVEL 2

RECOVERY

TARGET RPE RED

WORKOUT GOALS	WORKOUT NOTES

YNAMIC WARM-UP										
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT				
	Mini band activation or High CNS jumps									

CONDITIONING

CIRCU	IT METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Red threshold	Primary conditioning exercise	Bottom of red		3-4 min	1	2		2-3 min
	Red max intervals	Primary conditioning exercise	Top of red		90-120s	1	2		4-5 min

STRENGTH

CIRC	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Squat	Box jumps	2-3	6-8			-
А	2	Repetition	Push/Press	Feet-elevated explosive push ups	2-3	AMRAP			60s
В	1	Repetition	Lunge	Backwards walking DB lunge	2-3	12-14			-
В	2	Repetition	Pull ups	Pull ups	2-3	AMRAP			60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Exercise ball hip extension stretch