

2019

CALENDAR YEAR

MAY

CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 30 minutes on Elliptical Test Pull ups	30 30 minutes on Elliptical Test Bench Press Sprints	01 30 minutes on the Rower Test Deadlift	02	03	04 30 minutes on the Rower Test Back Squats	05 30 minute Jog Test Front Squats
06	07 30 minute Jog Skill work: Strict Press	08 30 minutes on the Rower Skill work: Pull ups Sprints	09 30 minutes on the Rower Skill work: Power Clean	10	11	12 45 minutes on Elliptical Skill work: Thrusters
13 45 minutes on Elliptical Tempo work: Push ups	14	15 45 minutes on the Bike Tempo work: Bodyweight Squats	16 45 minutes on the Bike Temp work: Pull ups Sprints	17 45 minutes on the Bike Tempo work: Deadlift	18	19
20 45 minutes on the Rower High reps: Back squats (60%)	21 45 minutes on the Rower High reps: Front Squats (60%)	22	23 30 minute Hill Repeat Run High reps: Bench Press (60%)	24 30 minute Hill Repeat Run High reps: Seated Row (60%) Sprints	25 30 minutes on the Elliptical (High Intensity) High reps: Deadlifts (60%)	26
27	28 30 minutes on the Elliptical (High Intensity) Low reps: Back squats (90%)	29 30 minutes on the Elliptical (High Intensity) Low reps: Front squats (90%)	30	31 30 minute Rower (As fast as you can) Low reps: Bench Press (90%)	01 30 minutes on Rower (As fast as you can) Low reps: DB rows (90%) Sprints	02 30 minutes on Rower (As fast as you can) Low reps: Deadlifts (90%)
03	04	05	06	07	08	09

Work Days

Rest Days