



Warm Up: Interval Day!

- 40 MB Monster Walks(ttl)
- 30 External Steps(ttl)
- 30 Dorsiflex Heel Steps(ttl)
- 10 Walking Cradles(ea)
- 20 A Skips(ea)
- 20 B Skips(ea)
- 10 C Skips(ea)

Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves

“The Stretch”



Run or Row:

Speed Intervals

- 8-24x200m w/ :30 TOR
- 4-12x400m w/ 1:00 TOR
- 2-6x800m w/ 2:00 TOR
- 2-3x1600m w/ 4:00 TOR

Endurance/Volume Intervals

- 8-24x1:00 @ 70%+ w/ :30 AR
- 4-12x2:00 @ 60%+ w/ 1:00 AR
- 2-6x4:00 @ 60%+ w/ 1:30 AR
- 2-3x8:00 @ 60%+ w/ 2:00 AR



AMRAP: R-O-T

One leg at a time

- 3-5 Three Point Touch
- 4-8 Db RDL
- 3-5 Pistol Squat(Bench)
- 20 Lateral Hops/6 Low B/Bosu
- 3-5 Burpee Variation



