



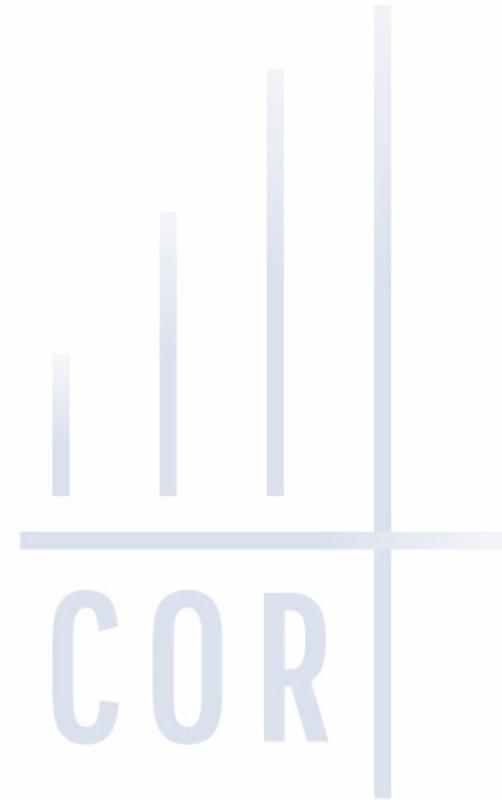
## Warm Up: Interval or Shoulder Day!

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

## Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves

## "The Stretch"



## Run or Row:

### Speed Intervals(Choose One)

- 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



### T Seated Shoulder Press:

1. Find 1RM(If applicable)
2. 4-5x8-12 @ 60-50%
  - w/ 1:30 TOR

### T S/A Db High Row:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

### T Db Seated Arnold Press:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

### T Db Seated Lateral Raise:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

### T Db Bench Lying Flys:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

### T Ball Tosses:

Counts as 5 Sets

- 100 Reps AFAP



October 22nd

Audio

