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ASTRENGTH WORKOUTS

Squat
Shoulder Press
Stiff-Legged Deadlift / RDL
Farmer's Carry 20m

Lunge
Push Press
Glute Bridge
Renegade Row

Deadlift
Bench Press
Walking Lunge
Pull-Up / DB Pullover

Front Squat
DB Crossbody Hold
Split Squat
Reverse Fly

B ENDURANCE / CARDIO *
* See varying intensity guide below

Jog / Row / Bike [30 min]
Walk (Pack-loaded if possible) [1 hr]

Jog / Row / Bike [45 min]
Walk (Pack-loaded if possible) [2 hrs]

Jog / Row / Bike [60 min]
Walk (Pack-loaded if possible) [3 hrs]

Jog / Row / Bike (75 min)
Walk (Pack-loaded if possible) [4 hrs]

CMOBILITY & CORE EXERCISES
Aim for 10 reps of each exercise,
or for static exercises a 30-45 sec hold

Spider Stretch
World's Greatest Stretch
Plank
V Sit-Up

Pigeon Stretch
Cobra Pike
Hollow Body Hold
Mountain Climber

90°-90° Hip Opener
Scapula Push-Up
Leg Raises
Arch Hold

SEPTEMBER

WEEK 1 A1 (5x5) {sets/reps guide} + B1 (60%) of maximum intensity) + C1
WEEK 2 A4 (5x5) + B2 (60%) + C2 A2 (5x5) +
WEEK 3 2 x B1 (60%, 70%) + C2 A3 (5x5) + 2
WEEK 4 x B1 (70%, 80%) + C1

OCTOBER

WEEK 5 A1 (5x5) + B1 (80%) + B2 (60%) + C3 A4
WEEK 6 (5x5) + 2 x B2 (60%, 70%) + C3 A2 (5x5)
WEEK 7 + 2 x B2 (70%, 80%) + C2 A3 (5x5) + B2
WEEK 8 (80%) + B3 (60%) + C2

NOVEMBER

WEEK 9 A1 (4x10-12) + B2 (80%) + B3 (60%) + C1
WEEK 10 A4 (4x10-12) + 2 x B3 (60, 70%) + C2
WEEK 11 A2 (4x10-12) + 2 x B3 (70%, 80%) + C3
WEEK 12 A3 (4x10-12) + B3 (80%) + B4 (60%) + C1

DECEMBER

WEEK 13 A1 (4x10-12) + B3 (80%) + B4 (60%) + C2 A4
WEEK 14 (4x10-12) + 2 x B4 (60%, 70%) + C3 A2
WEEK 15 (4x10-12) + B1 (90%) + B4 (70%) + C1 A3
WEEK 16 (4x10-12) + B2 (90%) + B4 (70%) + C2

JANUARY

WEEK 17 A1 (4x6-8) + B3 (80%) + B4 (70%) + C3
WEEK 18 A4 (4x6-8) + 2 x B4 (70%, 80%) + C1
WEEK 19 A2 (4x6-8) + 2 x B1 (90%, 90%) + B4 (60%) + C2
WEEK 20 A3 (4x6-8) + B1 (90%) + B2 (90%) + B4 (70%) + C3

FEBRUARY

WEEK 21 A1 (4x6-8) + 2 x B2 (90%, 90%) + B4 (60%) + C1
WEEK 22 A4 (4x6-8) + B2 (90%) + 2 x B3 (60%, 80%) + C2
WEEK 23 A2 (4x6-8) + B2 (90%) + B3 (80%) + B4 (70%) + C3
WEEK 24 A3 (4x6-8) + 2 x B3 (70%, 80%) + B4 (80%) + C1