

Week 5: Recovery Week

12/10/18 Yoga, Stretching and Foam rolling: 60 minute duration

12/11/18 Strength Workout: 60 minute duration

Circuit 1 repeat 3 times:

Barbell Squats 12 reps @95 lbs.

TRX rows 10 reps

Pushups 10 reps

Circuit 2 repeat 3 times

Barbell Deadlifts 10 reps @135 lbs.

Assisted Pullups 8 reps @ 80 lbs. assist

Assisted dips 8 reps @ 80 lbs. assist

Military press 8 reps @ 65 lbs.

Core Circuit repeat 3 times

Swiss Ball sit-up's 24 reps

Side Crunches on a bench 8 reps each side

Back Extensions 10 reps

12/12/18 Aerobic/anaerobic: Cycle 55 min duration

20 minutes: 10 watt increases each 2 minutes 100 watts to 200 watts

5 minutes: 5 minutes recovery 130 watts

15 minutes: 3 minute intervals: two minutes 140 watts, 1 minute 200 watts

2 minute recovery 130 watts

12 minutes: 3 minute intervals: 1 minute 260 watts, 2 minutes 150 watts

6 min cool down

12//13/18 Anaerobic/aerobic Workout: Step mill 30 minute duration

10 minutes: 10 watt increases every 1 minutes, 100 watts to 180 watts

15 minutes: 5 intervals of 1 minute 180 watts and 2 minute 140 watts,

5 minute cool down

12/14/18 Yoga, stretching, and foam rolling: 45 minute duration

12/15/18 Rest day

12/16/18 Rest day