

Week 8: Endurance and Power Training

12/26/18 Endurance and Power Workout: 70 minute duration

Kettlebell Circuit 1: repeat 3 times

Squats 12 reps 12 kg

One leg pistol squats 8 reps each leg 12 kg

Deadlifts 12 reps 12 kg

One leg RDL's 8 reps each leg 12 kg

Lunges 4 reps each leg, forward, backward, lateral each side (16 total reps) 12 kg

Swings 12 reps 12 kg

Circuit 2: repeat 3 times

Assisted pullups 10 reps 80 lbs. assist

Assisted dips 10 reps 80 lbs. assist

Pushups 10 reps

Incline rows 10 reps 90 lbs.

Military press 10 reps 45 lbs.

Sled push 20 meters 180 lbs.

12/27/18 Anaerobic/aerobic Workout: Step mill 40 minute duration

10 minutes: 10 watt increases every 1 minutes, 110 watts to 200 watts

21 minutes: 3 intervals of 1 minute 240 watts and 2 minute 140 watts,

9 minute: constant pace at 160 watts

Core Circuit repeat 3 times, 10 minute duration:

Bicycles: 15 each side

Sit-ups with overhead weights: 15 reps, 10 lbs.

Battle ropes: 15 each arm

12/28/18 Aerobic/anaerobic: Cycle 60 minute duration

15 minutes: warm up 100 watts to 200 watts

5 minutes: recovery 150 watts

15 minutes: 3 minute intervals: 1 min 210 watts, 2 min 150 watts

5 minutes: recovery 150 watts

15 minutes: 3 minute intervals: 1 min standing 310 watts, 2 min 150 watts

5 minutes cool down

15 minute recovery between Aerobic and strength workouts

Endurance and Power Workout: 60 minute duration

Circuit 1 repeat 3 times

30 squats: 3 sets 10 reps 95 lbs.

30 incline bench press: 3 sets 10 reps, 95 lbs.

10 box jumps: 3 sets, 10 reps, 20 inch box

Circuit 2: repeat 3 times

30 deadlifts: 3 sets, 10 reps 115 lbs.

30 barbell bent-over rows: 3 sets 10 reps 80 lbs.

30 med ball slams: 3 sets 10 reps 25 lbs.

Circuit 3: repeat 3 times

60 lunges: 3 sets, 10 reps each leg, 65 lbs.

30 assisted pullups: 3 sets, 10 reps, 70 lbs. assist

60 lateral skater jumps: 3 sets, 10 reps each leg

12/29/18 Yoga, stretching, and foam rolling: 45 minute duration

12/30/18 Rest day