


Choose only one training block for your session.

Equipment: Bodyweight

Conditioning
Full Body



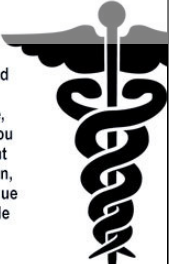
CONDITIONING

Conditioning is the maximum sustainable power output throughout the duration of the event.

Improve your aerobic and anaerobic capacity, strength, muscle endurance, and flexibility.

Monitor heart rate (HR), heart rate recovery (HR), rating of perceived exertion (RPE)


Before You Begin



Always review exercise with your doctor to ensure that it isn't contraindicated by any medications or medical issues you may have. If you haven't trained for a while, start out slow and go easy. If at any time you feel you are exercising beyond your current fitness abilities, or you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately. You are responsible for exercising within your limits.

BEFORE YOU BEGIN

You are responsible for exercising within your limits.



Warm Up

- A warm up will prepare you for exercise by increasing blood flow to the muscles as well as help increasing joint range of motion
- Perform a 5 minute warm up, starting at a slow pace and gradually increasing it as you proceed.

Conditioning - Cardiac Output
Full Body

Cardiac Output

30 Minutes/RPE 5-6

JOG,ROW,TREADMILL,JUMP ROPE
HR 120-150

RECORD: TIME,DISTANCE/REPS,AVG HR,HIGH HR
PROGRESS: SPEED WITH SAME HR

Keep HR 120-150bpm
30 Min
Nonstop

Conditioning - Tempo Intervals
Full Body

Tempo Intervals

12 Minutes/RPE 5-6

JOG,ROW,TREADMILL,JUMP ROPE
70% MAX INTENSITY, 10SEC/60SECx10

RECORD: TIME,DISTANCE/REPS,AVG HR,HIGH HR
PROGRESS: HR RECOVERY BETWEEN REPS

70% of max intensity
10 sec work
1 min active rest
Repeat 10 reps

ACTIVE REST: Stretch target muscles, drink water, practice form without intensity, walk/step

Conditioning - High Resistance Intervals
Full Body

High Resistance Intervals

12-15 Minutes/RPE 6-7

MAX INCLINE SPRINT, MAX ROW
MAX INTENSITY, 5SEC/HRR<140x10

RECORD: TIME,DISTANCE/REPS,AVG HR,HIGH HR
PROGRESS: DISTANCE, HR RECOVERY

Each rep is at maximal intensity
5 sec work followed by rest until HR is 130-140bpm
Repeat 12 reps

Conditioning - High Intensity Continuous Training
Full Body

High Intensity Continuous

5-20 Minutes/RPE 7-8

STEP UPS, INCLINE LUNGES
MAX RESISTANCE, LOW SPEED

RECORD: TIME,DISTANCE/REPS,AVG HR,HIGH HR
PROGRESS: DURATION, SPEED AT GIVEN HR

Use close to maximum resistance
Low speed
5-20 min total time
Nonstop

Conditioning - Alactic Intervals
Full Body

Alactic Intervals

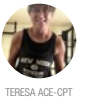
13 Minutes/RPE 7-8

SPRINT, JUMP SQUATS, PLYO PUSH-UPS
MAX EFFORT, 5SEC/60SECx12

RECORD: TIME,DISTANCE/REPS,AVG HR,HIGH HR
PROGRESS: DISTANCE/REPS

5 sec work max intensity
Drop HR as quickly as possible
Active rest 1 min
Repeat 10 reps

ACTIVE REST: Stretch target muscles, drink water, practice form without intensity, walk/step



Conditioning - Lactic Intervals

Full Body Conditioning Block

Lactic Intervals

14 Minutes/RPE 8-9

SPRINT, ROW

MAX EFFORT, 40SEC/60SEC HRR/180MINx3

RECORD: TIME, DISTANCE/REPS, AVG HR, HIGH HR

PROGRESS: DISTANCE, 1MIN HRR, CONSISTENT DISTANCE

40 sec work max intensity
Drop HR as quickly as possible for 1 min HRR
Active rest 3 min
Repeat 3 reps

ACTIVE REST: Stretch target muscles, drink water,
practice form without intensity, walk/step

Conditioning - Record

RECORD

BLOCK TOTAL TIME

DISTANCE/REPS

AVG HR
HIGH HR

Notes:

Cool Down

- A cool down allows time for your heart rate and core temperature to begin to drop back to normal levels.
- Perform a 5 minute cool down at a slow pace, using controlled breathing.