



**HYBRIDATHLETE**

**HYBRID HOW TO:**

**BE A**

**HYBRID ATHLETE**



# HYBRIDATHLETE

## Do Work:

Consider the current status of our collective health. Pretty dreadful, huh?

As a nation we are bored and lazy, opting for the path of least resistance whenever possible.

We have become so far removed from the things that should characterize human existence that many of us are not be able to accomplish a task unless there is an iPhone app that navigates us through the process. No longer is survival or setting foot outside of our comfort zone a consideration. Instead, comfort and conformity are valued above all else. We have compromised our primal need to exercise or challenge our physical and mental capabilities.

Advocating a way of life that restores the basic need for exercise, sleep, real food and provocative thought Hybrid Athlete encourages everyone to **Endure Overcome and Dominate**.

Excuse alert! Did you say “athlete?” I am not an athlete, guess this is not for me. Whoa, whoa, whoa. Not so fast. Keep reading.

Instead of choosing flight over fight at the first possible opportunity, hear me out. When I say “athlete”, I am not using this word as a qualifier or limiter. Because both life and sport are competition based, a Hybrid Athlete is anyone preparing to confront unavoidable adversity emblematic of the struggle.

Being a part of our community is not based on the amount of weight you can lift or how fast you can run. Instead, focus is placed on the desire to improve and the willingness to overcome excuses and self-doubt. When you are willing and able to do this, you will find that physical performance is not the focus. Instead, when you **Do Work** you will realize that you are capable of Dominating any opponent or obstacle you encounter.

## We don't workout, we Train.

The difference between working out and training is a difference in means and ends, those undertaken and achieved. Do you do cardio on an elliptical while watching television or perform bench press and biceps curls, and then wonder why you have not lost a pound or made a noticeable change in your physique. Not only is this type of mindless exercise boring, it is ineffective. It is unlikely that you will realize any of the aesthetic outcomes you desire and there is no chance of toppling the mental barriers that hinder your success.

Like the word “hybrid” indicates, our training is fueled by multiple sources. Functional exercise that relates to how the body moves and stresses placed upon it during normal activity and sport are at the foundation of our programs. Our training combines facets of Olympic weight lifting, kettlebell training, bodyweight movements, plyometric exercise, and flexibility to create an individual that is capable of accomplishing any task, anywhere, any time. Training sessions are programmed with specific goals in mind with the intention of improving Strength, Work Capacity, Stamina, and/or Durability.

Working out tends to exist as a means of justifying improper nutritional choices, and a lifestyle that is primarily sedentary. You go to the gym and hate it. You wonder around not sure of what you are supposed to do or how you are supposed to be doing it. Fact of the matter is, the majority of people “exercising” don't know what to do or how to do it, they are just picking things up and putting them down. Because they are in a gym, it is considered working out.

On the other hand, Hybrid training is an evolutionary process. Fitness does not mean you have to be elite or hardcore. While it is something you must work for, it is not out of reach. The Hybrid Experts embody this fact. We are not here to preach to you about what we know. Quite the opposite, we are seeking to share our knowledge and experiences with you as a means of motivation toward your own definition of fitness. It is our mission to create recreational and competitive athletes out of exercisers. Employing training methods that are fun, diverse and accessible we inspire continual improvement and growth, not stagnate and discouraging workouts. Sure, the training is physical but the benefits are far reaching.



## Hybrid Training Essentials:

### Bodyweight Exercise

Essential to the development of functional movement patterns, relative strength, mobility, and total body conditioning that allows the body to move more efficiently.

#### Focus

Squat, lunge, push-up, pull-up, dips.

### Olympic Weight Training

These barbell exercises recruit large muscle groups, the posterior chain, and the core to move heavy weights great distances resulting in coordinated, full body strength, and higher caloric expenditure.

#### Focus

Proper form, body position, and exercise progressions.  
Squat, Front Squat, Deadlift, Push Press, Power Clean.

#### Safety

Our programming is based on movements that are fluid, functional, and occur around the midline of the body. This training protocol reduces the risk of injury, promotes core strength, and encourages participation across broad populations and demographics.



## Hybrid Training Essentials:

### Body Position

- Feet shoulder width apart, chest up, shoulders back and down, core tight, weight back in the heels, neck neutral.
- Maintain positive arch in the back

### Form Development

- Using a medicine ball, PVC pipe or broomstick
- Taking the weight from the floor to a deadlift or clean is described here:

#### Hip Drive/Open and Closed Hip

Power is created by the large muscles of the lower body including the quads, glutes, hamstrings, and core. Utilizing the lower body and core allows an individual to move more weight and activate larger muscles, resulting in increased muscular development and caloric output.

#### Exercise Progression

- o Deadlift
- o Front Squat
- o Power Shrug
- o Hang/Power Clean
- o Full-Squat Clean

### Kettlebell Training

Includes elements of strength training, cardiovascular conditioning, core strengthening, and dynamic flexibility into one workout. Improvements in core strength and explosive hip drive will translate directly to improvements in an athlete's ability to train harder, longer.

#### Focus

Safety, body position, hip drive (see Olympic Weight Training). Swing, Thruster, Deadlift-High Pull, Weighted Sit-up.



## Hybrid Training Essentials:

### Cardiovascular Conditioning

Any type of physical activity that requires the heart and lungs to work overtime in order to meet the body's increased demand for oxygen. Cardio increases the breathing rate, raises heart rate, and helps to improve lung function.

#### Focus

Steady State Cardio, Interval Training, Hill Sprints, Track Workouts, Tabata Intervals, Weighted or Resisted Runs.

### Plyometric /Jump training

Implemented to improve execution of dynamic, athletic movements. Additionally, this type of training will play a role in protecting the knees and strengthening the glutes, hips, core, and low back.

#### Focus

Jumping, hopping, or bounding for distance or height, performing lateral movements, unilateral exercises, box jumps, step-ups, jump squats/lunges, medicine ball slams, burpees, jump rope, medicine ball tosses, agility ladder.

### Flexibility and Mobility

Integrate movement-based, full body methods to addresses all the elements that limit movement. Correct and prevent tight muscles, soft tissue restriction, motor recruitment and control problems, motion dysfunction, and limited range of motion.

#### Focus

Self Massage and Foam Rolling, Flex Bands, dynamic warm-ups, active stretching, unilateral strengthening.



## Performance and Training Targets:

Our workouts are programmed with specific goals in mind. We train to increase Strength, Work Capacity, Stamina, and/or Durability. We work the entire body, focusing on the posterior chain and core to improve functional fitness levels. At times, efforts are all out against the clock while other workouts feature gym based stamina, challenging endurance over an extended period of time. Whatever the method, load, or exercise we train with safety in mind to help our members create a solid foundation of strength, balance, stability, and improved movement patterns.

### Strength

Work up to a heavy load that is hard, but do-able. We are concerned with the quality of each repetition and proper execution more than the amount of weight lifted. Weight will come in time. Sessions are not designed to be taken to failure. Increase weight over the course of each round. Find a load that enables you to complete the designated rounds and reps.

- Compound, functional movements that improve baseline strength levels, weight-to-strength ratio, and the ability to transfer force from the ground to the fingertips

### Work Capacity

Intense efforts that are meant to resemble the demands of athletics and adventure. Push your limits and intensity without compromising form or failing to complete specified time, rounds, or repetitions.

- Ramp-up exercise intensity and promote biomechanical efficiency through efforts that feature running, climbing, jumping, and landing.



## Performance and Training Targets:

### Race Ready Stamina

Sessions are, by design, longer than most. Training in this manner will challenge muscular and cardiovascular endurance. Work at an intense, but conversational pace with focus on continuous movement, at a moderate intensity, over an extended time frame.

- Train under a weight-bearing load, over an extended period of time, building elements of fitness within the gym that transfer to results and competition outside of it

### Cardiovascular Endurance

Build the legs, train the lungs, and prepare the mind to sustain a maximum effort over a prolonged distance or time interval. Run specific sessions that feature hills, intervals, tempo, and distance protocols will make you race ready.

- Prevent fatigue, breakdown in form, and lapses in judgment or concentration resulting from insufficient cardiovascular conditioning

A Hybrid Athlete can train anywhere and should train in varied environments. A pricey gym membership and fancy equipment are not prerequisites to improving your current fitness level or achieving peak performance. Functional, total body workouts require little more than a kettlebell, a jump rope and your own bodyweight. Taking these factors into consideration, the How to be a Hybrid Athlete Manual leads you through workouts that require minimal space and equipment allowing you to train anywhere, anytime.



# HYBRIDATHLETE

## This program is ideal for anyone who:

- Is tired of doing the same old workout at their local fitness center and getting no results.
- Does not have the time or expendable income to spend at the gym.
- Travels frequently and is seeking a workout routine that can be performed in a hotel fitness center or their room.

## Goals:

- Provide a comprehensive and progressive workout that can be done anywhere, anytime with minimal space and equipment requirements.
- Develop a foundation of functional movement patterns, relative strength, mobility, and total body conditioning that allows the body to move more efficiently.
- Gradually increase duration and intensity of training sessions to promote constant improvement.
- Increase your body's work capacity and durability allowing for more intense training sessions, quicker recovery, injury prevention and improved performance in other forms of exercise.

## Program Explanation:

This 6 week training program is designed to be completed in sequential order, as it is progressive. Each workout will build on the exercises and movement patterns previously introduced.

Each week you will perform 4 training sessions. It is recommended that you follow a Monday/Tuesday, Thursday/Friday split; taking time to rest on Wednesday, Saturday and Sunday. Your individual schedule may alter this design. Each session will include a specific dynamic warm-up that is to be completed before the training session. Additionally, be sure to allow yourself 10-15 minutes at the conclusion of each exercise to properly cool-down and stretch. The cool-down should include walking or jogging and static stretching. Cooling down in this manner will allow the heart rate to return to a normal level and reduce lactic acid and delayed onset muscle soreness.

Sessions will feature workouts that are to be completed for a specified number of rounds (sets) and reps, for time, as many rounds as possible, or as fast as possible.

## Exercise Questions:

Go to [www.thehybridathlete.com](http://www.thehybridathlete.com) and select the exercise videos tab for exercise instructions and demos. Still stuck? Contact us at [info@hybridathlete.org](mailto:info@hybridathlete.org)



## Examples

<b>Rounds and Reps</b>	3 rounds of 15 reps will have you completing the designated exercises for 15 repetitions, and then repeating that circuit 3 times. You are to complete these exercises quickly, only resting as needed. Keep moving to maintain an elevated heart rate and increase calorie burn.
<b>For Time</b>	Here you will complete the assigned exercises, rounds, and reps continuously for the designated time.
<b>As Fast As Possible (AFAP)</b>	Here you will complete the assigned exercises, rounds, and reps as fast as possible using proper form.
<b>As Many Rounds as Possible (AMRAP)</b>	You are to complete the assigned exercises and repetitions for as many rounds as possible in the specified time.
<b>TABATA</b>	20 seconds of work, followed 10 seconds of rest for the specified number of rounds.

## Exercise Abbreviations

<b>KB</b>	Kettlebell	<b>BB</b>	Barbell	<b>M</b>	Meter
<b>BW</b>	Body Weight	<b>DB</b>	Dumbbell	<b>GHD</b>	Glute-Ham Developer
<b>OH</b>	Overhead	<b>MI</b>	Mile	<b>Iso</b>	Isometric (Hold position)



## WEEK ONE:

### SESSION 1

#### WARM UP

3 rounds, 60 seconds each  
Steam Engine  
Jumping jack  
Arm circles (forward /backward, large/small)  
Trunk rotation (right and left)

#### TRAINING

5 rounds  
10x Push-up  
Jump Rope @ 1 minute  
25x Bodyweight (BW) Squat  
Jump Rope @ 1 minute

5 rounds  
5x Windmill (each arm)  
10x Superman  
3-way plank hold @ 30 sec. each position



## WEEK ONE:

### SESSION 2

#### WARM UP

2 rounds, 30 seconds each  
Trunk Rotation (right and left)  
Mountain Climber  
Body Weight Squat  
Alternate Lunge

#### TRAINING

25, 20, 15, 10, of each (25 FS, 25 PP, 25 HP,  
20 FS, 20 PP, etc.)  
KB Front Squat  
KB Push Press  
KB High-Pull

5 Rounds, AFAP  
20x Kettlebell Swing  
20x KB Deadlift-High Pull  
20X KB Thruster  
Rest @ 30 sec max.

5 rounds  
10x Weighted Sit-up



## WEEK ONE:

### SESSION 3

#### WARM UP

3 rounds  
Jump Rope @ 60 seconds  
Stream Engine @ 30 seconds  
Windmill @ 30 seconds

#### TRAINING

4 Rounds  
10x Alternate Lunge (each leg)  
15x KB Thruster  
10x Push-up  
15x KB Thruster  
20x 2 Count Flutter Kick

4 Rounds

12x Push Press  
6x Weighted Sit-up  
12x Kettlebell Swing  
6x Weighted Sit-up

3 Rounds

10x Superman  
3-way plank hold @ 30 sec. each position



## WEEK ONE:

### SESSION 4

#### WARM UP

4 Rounds  
5x Multi-direction leg swing  
5x Alternate Lunge (each leg)  
5x Lateral Lunge (each leg)

10 minutes of Easy Jog and Dynamic Movements: High-knees, Butt-kicks, Bounding, Reverse Run, etc.

#### TRAINING

Run Long

At least 30 minutes, use a walk, jog technique if needed (jog until you need a break, then walk as needed, repeat for 30 minutes)

Look to build up your mileage over time; do not push too far too fast.

If you can go 30 minutes try a 5K  
If you can, do a 10K  
If you have done a 10K, try 10 miles

Cool down @ 10 min



## WEEK TWO:

### SESSION 5

#### WARM UP

3 rounds @ 30 seconds each  
Mountain climb  
Alternate Lunge  
Trunk rotation  
BW Squat

#### TRAINING

4 rounds  
5x Push-up  
12x KB Swing  
5x Wide Grip Push-up  
12x KB Swing R Arm  
5x Close Grip Push-up  
12x KB Swing L Arm  
Rest @ 30 sec.

4 Rounds  
12x KB Push Press  
6x Lateral Lunge (each leg)  
12x KB Thruster  
6x Lateral Lunge (each leg)  
12x KB High-Pull

3 Rounds  
10x KB In and Out  
10x 2 Count Flutter Kick



## WEEK TWO:

### SESSION 6

#### WARM UP

3 rounds @ 30 seconds each  
4 Square  
BW Squat  
Jumping Jack  
Trunk Rotation (right and left)

#### TRAINING

4 Rounds, AFAP  
20x BW Squat  
10x Jump squat  
10x Lunge (each leg)  
5x Jump lunge (each leg)

4 Rounds  
20x Plank Walk-out + Push-up  
Jump Rope @ 2 minutes

6 rounds  
Plank hold @ 60 sec.  
Plank walk-up @ 30 sec.  
Rest @ 30 sec.

Jump Rope Skill Development @ 5 Minutes  
Try single leg jumps, double jumps, and crossing the rope over



## WEEK TWO:

### SESSION 7

#### WARM UP

4 Rounds  
Arm Circles @ 30 seconds  
5x Push-up  
10x BW Squat  
15x In and Out

#### TRAINING

8 Rounds  
KB Swing @ 60 sec  
KB Thruster R Arm @ 30 sec  
KB Thruster L Arm @ 30 sec  
KB Swing R Arm @ 30 sec  
KB Swing L Arm @ 30 sec  
KB Thruster @ 60 sec

4 Rounds  
10x Weighted Sit-up  
10x KB Twist (each side)



## WEEK TWO:

### SESSION 8

#### WARM UP

4 Rounds  
5x BW Squat  
5x Push-up  
5x Multi-direction Leg Swing  
5x Tip-over (each leg)  
5x Alternate Lunge (each leg)

Easy Jog and Dynamic Movements: High-knees, Butt-kicks, Bounding, Reverse Run, etc.

#### TRAINING

10-12x 400m run @ max effort

Rest time is equal to time taken to complete 400m or less

10 minute cool down



## WEEK THREE:

### SESSION 9

#### WARM UP

2 rounds  
Side Plank R @ 30 sec.  
10x Push-up  
Side Plank L @ 30 sec.

#### TRAINING

10 rounds, 10 reps AFAP  
KB Deadlift-High Pull  
KB Push Press  
KB Half-moon (each direction)  
KB Front Squat  
Kettlebell Twist (each direction)  
KB Push Press R arm  
KB Push Press L arm

4 Rounds  
Figure 8 Pass Through w/ KB @ 30 seconds  
10x Weighted Sit-up



## WEEK THREE:

### SESSION 10

#### WARM UP

4 Rounds  
5x Push-up  
5x Lunge (each leg)  
10x 2 Count Flutter Kick

10 minutes Easy Jog and Dynamic Movements:  
High-knees, Butt-kicks, Bounding, Reverse  
Run, etc.

#### TRAINING

10-12x Hill Sprints  
Find a steep hill that takes 60-90 seconds to  
climb  
Run @ Max Effort  
Walk/easy jog to start  
Repeat

Cool down @ 10 minutes



## WEEK THREE:

### SESSION 11

#### WARM UP

4 Rounds  
Walking Lunge @ 25 ft.  
10x Jumping Jack  
Arm Circles @ 30 seconds  
Mountain Climb @ 30 seconds

#### TRAINING

10, 9, 8...1 AFAP  
Push-up  
Jump squat  
(10 push-ups, 10 jump squats, 9 push-ups, 9 jump squats, decrease by 1 until 1 rep each)

4 Rounds  
5x Knee-to-Elbow Push-up  
5x Jump Lunge (each leg)  
5x Staggered Hand Push-up (each hand forward)  
5x Reverse Lunge (each leg)

5 Rounds  
8x Bird Dog (each side)  
10x Superman  
15x Straight Leg Raise



## WEEK THREE:

### SESSION 12

#### WARM UP

4 Rounds  
5x Multi-direction leg swing  
5x Tip-Over (each leg)  
5x BW Squat

10 minutes of Easy Jog and Dynamic Movements: High-knees, Butt-kicks, Bounding, Reverse Run, etc.

#### TRAINING

Run Long

At least 45 minutes, use a walk, jog technique if needed (jog until you need a break, then walk as needed, repeat for 30 minutes)

Look to build up your mileage over time; do not push too far too fast.

If you can go 30 minutes try a 5K  
If you can, do a 10K  
If you have done a 10K, try 10 miles

Cool down @ 10 min



## WEEK FOUR:

### SESSION 13

#### WARM UP

12x 4 Square  
12x Windmill  
12x BW Squat  
4x Trunk Rotation

#### TRAINING

4 rounds  
6x Double Squat Jump  
Weighted Squat Hold @ 60 sec.  
6x Jump Squat  
Figure 8 Pass-through w/ KB @ 60 sec.  
6x KB Front Squat  
Weighted Squat Hold @ 60 sec.

5 Rounds  
12x KB Swing  
6x Half-moon (each direction)  
12x KB Deadlift-High Pull  
6x Lateral Lunge + Plank walk-out  
(Lunge right, lunge left, walk out/push-up/  
walk back = 1 rep)

2 Rounds  
2 Count Flutter Kick @ 30 seconds  
Plank Hold R Side @ 30 seconds  
Plank Hold @ 30 seconds  
Plank Hold L Side @ 30 seconds



## WEEK FOUR:

### SESSION 14

#### WARM UP

3 rounds  
10x 4 Square  
12x BW Squat  
12x Jumping Jack  
10x sit up

#### TRAINING

3 rounds, AFAP  
20x KB Deadlift  
10x KB High Pull  
20x KB Front Squat  
10x KB Push Press

6 rounds  
5x Half-moon (each direction)  
10x Plank Row R arm  
5x Floor-to-shelf (each direction)  
10x Plank Row L Arm

3 rounds  
15x Weighted Sit-up  
Iso Squat Hold @ 60 sec.



## WEEK FOUR:

### SESSION 15

#### WARM UP

3 rounds  
5x Push-up  
10x Steam Engine (each side)  
15x BW Squat  
20x Jumping Jack

#### TRAINING

6 Rounds  
10x Split Squat R Leg  
15x Jump Squat  
10x Split Squat L Leg  
15x Jump Squat

4 rounds  
5x Push-up  
Jump Rope @ 60 seconds  
5x Incline Push-up  
Jump Rope @ 60 seconds  
5x Decline Push-up  
Jump Rope @ 60 seconds  
Rest @ 30 sec.

2 Rounds  
5x Windmill (each arm)  
5x Plank Walk-up  
10x In and Out



## WEEK FOUR:

### SESSION 16

#### WARM UP

4 Rounds  
5x Tip Over (each Leg)  
10x BW Squat  
5x Lateral Lunge (each leg)

10 minutes of Easy Jog and Dynamic Movements: High-knees, Butt-kicks, Bounding, Reverse Run, etc.

#### TRAINING

3-5 mile up-tempo run

During run include mixed intervals: sustain max effort for 2 minutes, recover up to 5 minutes  
Repeat over course of 3-5 miles

Cool down @ 10 minutes



## WEEK FIVE:

### SESSION 17

#### WARM UP

Warm-up:  
3 rounds  
Jump Rope @ 60 seconds  
10x BW squat  
10x 2 Count Flutter Kick

#### TRAINING

3 rounds  
3x Knee-to-elbow push-up (each side)  
12x BW Squat

3 rounds  
6x Close grip push-up  
6x Alternate lunge (each side)

3 rounds  
6x Wide grip push-up  
12x Jump squat

3 rounds  
6x Hand release push-up  
6x Lateral lunge (each side)

3 rounds  
6x Staggered hand push-up (switch lead hand each rep)  
6x Jump lunge (each side)

3 rounds  
20x In and out  
10x Bird Dog (each side)



## WEEK FIVE:

### SESSION 18

#### WARM UP

2 Rounds  
5x Multi-direction leg swing  
5x Tip-over (each leg)  
5x Alternate Lunge (each leg)

#### TRAINING

Easy Jog @ 10 minutes, then Dynamic Movements: High-knees, Butt-kicks, Bounding, Reverse Run, etc.

8-10x Hill Run  
Find a steep hill that takes 3-5 minutes to climb  
Run @ Max Effort  
Jog to Start  
Repeat

Cool down @ 10 minutes



## WEEK FIVE:

### SESSION 19

#### WARM UP

3 rounds  
10x KB Front Squat  
5x Lunge (each leg)  
5x Weighted Sit-up  
10x BW Squat

#### TRAINING

6 Rounds, 60 seconds each  
KB Thruster + Knee Drive  
Weighted Sit-up R Arm  
KB Gun Slinger  
Weighted Sit-up L Arm  
Rest @ 30 sec

5 Rounds  
10x KB Twist (each direction)  
10x KB Half-moon (each direction)



## WEEK FIVE:

### SESSION 20

#### WARM UP

4 Rounds  
5x BW Squat  
5x Multi-direction leg swing  
5x Lateral Lunge (each leg)

10 minutes of Easy Jog and Dynamic Movements: High-knees, Butt-kicks, Bounding, Reverse Run, etc.

#### TRAINING

Run Long

At least 60 minutes

If you had been using a walk/jog technique try to run as far as you can without stopping while maintaining a steady, constant pace.

You should have a solid cardiovascular foundation at this point. Try and go further than your previous run.

At this point the long run should be over 5 miles.

Cool down @ 10 min



## WEEK SIX:

### SESSION 21

#### WARM UP

4 rounds  
5x Lunge (each leg)  
10x BW Squat  
5x Push-up

#### TRAINING

TABATA: 6 rounds: 2 min on, 30 sec rest  
OH KB Swing (2 min)  
Rest @ 30 seconds  
KB Thruster (2 min)  
Rest at 30 seconds

5 rounds  
10x Weighted Sit up  
5x KB Twist (each direction)  
10x In and Out  
5x Floor-to-Shelf (each direction)



## WEEK SIX:

### SESSION 22

#### WARM UP

Jump Rope @ 5 minutes  
(Try single leg jumps, double jumps, and crossing the rope over)

Then, 10 minutes of Easy Jog and Dynamic Movements: High-knees, Butt-kicks, Bounding, Reverse Run, etc.

#### TRAINING

Run @ 5 minutes  
25x KB Swing  
Run @ 5 minutes  
25x Jump Squats  
Run @ 5 @ minutes  
25x KB Thruster  
Run @ 5 minutes  
25x Push-up

If possible repeat up to 3 times

Cool-down @ 10 minutes



## WEEK SIX:

### SESSION 23

#### WARM UP

3 Rounds  
4 Square @ 30 seconds  
Mountain climb @ 30 seconds  
10x KB Swing  
5x Weighted Sit-up

#### TRAINING

3 rounds  
5x Dive-bomber  
10x Jump Squat  
25x KB Deadlift-High Pull

3 rounds  
5x HR Push-up  
10x Jump Lunge (each leg)  
15x OH KB Swing

5 rounds  
6x Weighted Sit-up R Arm  
6x KB Half-moon (each direction)  
6x Weighted Sit-up L Arm  
6x Plank Walk-up



## WEEK SIX:

### SESSION 24

#### WARM UP

4 Rounds  
5x Alternate Lunge (each leg)  
5x Lateral Lunge (each leg)  
10x 2 Count Flutter Kick

10 minutes of Easy Jog and Dynamic Movements: High-knees, Butt-kicks, Bounding, Reverse Run, etc.

#### TRAINING

Run Long

Over 60 minutes

If you had been using a walk/jog technique try to run as far as you can without stopping while maintaining a steady, constant pace.

You should have a solid cardiovascular foundation at this point. Try and go further than your previous run.

If you are an experienced runner or conditioned athlete you should be over the 10 mile mark on the long run.

Cool down @ 10 min