



Warm Up: **Cardio Day!**

- 40 MB Monster Walks(ttl)
- 30 External Steps(ttl)
- 30 Dorsiflex Heel Steps(ttl)
- 10 Walking Cradles(ea)
- 20 A Skips(ea)
- 10 B Skips(ea)
- 10 C Skips(ea)

Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves

“The Stretch”



TEMOM: 10 Mins

Even - Choose One

- 8-10 T to B
- 10-20 K to B
- 10-25 Leg Raises

Odd

- 10-25 Sit Ups

Into → 5 Min Running Warm Up



Intervals: Mental Notes

- 800m Run @ Pace
- 2:00 TOR
- 400m Run @ Pace
- 1:00 TOR
- 200m Run @ Pace
- 1:00 TOR
- 4x100m Sprints
- 1:30 TOR



Ladder: R-O-T

UB2 Every Round

- 2 Dbl Db OH March(ttl)
- 2 Burpees
- 2 Ball Cleans
- 2 Cals Biked



