

MONDAY - LEGS

Preseason: Functional Strength & Conditioning - Block 2

Week 5 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT:

	Rest:		

FINISHER CIRCUIT:

	Rest:		
			6-min AMRAP

CORE:

	Rest:		

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 6 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT:

	Rest:		

FINISHER CIRCUIT:

	Rest:		
			6-min AMRAP

CORE:

	Rest:		

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

MONDAY - LEGS (cont)

Preseason: Functional Strength & Conditioning - Block 2

Week 7 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT:

	Rest:		

FINISHER CIRCUIT:

	Rest:		
			6-min AMRAP

CORE:

	Rest:		

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 8 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT:

	Rest:		

FINISHER CIRCUIT:

	Rest:		
			6-min AMRAP

CORE:

	Rest:		

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

TUESDAY - FULL BODY PUSH

Preseason: Functional Strength & Conditioning - Block 2

Week 5 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT CIRCUIT:

Rest:		3 Rounds
Weight	Reps	

FINISHER CIRCUIT:

Rest:		6-min AMRAP
Weight	Reps	

CORE:

Rest:
6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 6 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT CIRCUIT:

Rest:		3 Rounds
Weight	Reps	

FINISHER CIRCUIT:

Rest:		6-min AMRAP
Weight	Reps	

CORE:

Rest:
6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

TUESDAY - FULL BODY PUSH (cont)

Preseason: Functional Strength & Conditioning - Block 2

Week 7 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT CIRCUIT:

Rest:		3 Rounds
Weight	Reps	

FINISHER CIRCUIT:

Rest:		6-min AMRAP
Weight	Reps	

CORE:

Rest:
6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 8 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT CIRCUIT:

Rest:		3 Rounds
Weight	Reps	

FINISHER CIRCUIT:

Rest:		6-min AMRAP
Weight	Reps	

CORE:

Rest:
6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

WEDNESDAY - ACTIVE RECOVERY

Preseason: Functional Strength & Conditioning - Block 2

Week 5 Workout

22-Minute Steady-State Jog (5-6 RPE)

Rounds

CIRCUIT

Rest:

	3

Finish the workout with a 5-10 minute Parasympathetic Breathing session.

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 6 Workout

22-Minute Steady-State Jog (5-6 RPE)

Rounds

CIRCUIT

Rest:

	3

Finish the workout with a 5-10 minute Parasympathetic Breathing session.

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

WEDNESDAY - ACTIVE RECOVERY (cont)

Preseason: Functional Strength & Conditioning - Block 2

Week 7 Workout

22-Minute Steady-State Jog (5-6 RPE)

	Rounds
CIRCUIT	3

Finish the workout with a 5-10 minute Parasympathetic Breathing session.

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 8 Workout

22-Minute Steady-State Jog (5-6 RPE)

	Rounds
CIRCUIT	3

Finish the workout with a 5-10 minute Parasympathetic Breathing session.

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

THURSDAY - FULL BODY PULL

Preseason: Functional Strength & Conditioning - Block 2

Week 5 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT CIRCUIT:

Rest:		3 Rounds

FINISHER CIRCUIT:

Rest:		6-min AMRAP

CORE:

Rest:
6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 6 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT CIRCUIT:

Rest:		3 Rounds

FINISHER CIRCUIT:

Rest:		6-min AMRAP

CORE:

Rest:
6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

THURSDAY - FULL BODY PULL (cont)

Preseason: Functional Strength & Conditioning - Block 2

Week 7 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT CIRCUIT:

Rest:		3 Rounds
Weight	Reps	

FINISHER CIRCUIT:

Rest:		6-min AMRAP
Weight	Reps	

CORE:

Rest:
6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 8 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT CIRCUIT:

Rest:		3 Rounds
Weight	Reps	

FINISHER CIRCUIT:

Rest:		6-min AMRAP
Weight	Reps	

CORE:

Rest:
6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

FRIDAY - POWER

Preseason: Functional Strength & Conditioning - Block 2

Week 5 Workout

As little rest as possible between exercises, 1-2 minutes rest between rounds.

	Weight	Rounds
CIRCUIT	<i>Rest:</i>	
		3

NOTES:

FOOD: *Breakfast*

Lunch / Snacks

Dinner

Week 7 Workout

As little rest as possible between exercises, 1-2 minutes rest between rounds.

	Weight	Rounds
CIRCUIT	<i>Rest:</i>	
		3

NOTES:

FOOD: *Breakfast*

Lunch / Snacks

Dinner

FRIDAY - POWER (cont)

Preseason: Functional Strength & Conditioning - Block 2

Week 7 Workout

As little rest as possible between exercises, 1-2 minutes rest between rounds.

	Weight	Rounds
CIRCUIT	<i>Rest:</i>	
		3

NOTES:

FOOD: *Breakfast*

Lunch / Snacks

Dinner

Week 8 Workout

As little rest as possible between exercises, 1-2 minutes rest between rounds.

	Weight	Rounds
CIRCUIT	<i>Rest:</i>	
		3

NOTES:

FOOD: *Breakfast*

Lunch / Snacks

Dinner

SATURDAY - ENDURANCE

Preseason: Functional Strength & Conditioning - Block 2

Week 5

Workout

NOTES:

FOOD:

Breakfast

In Block 2 Saturdays are Endurance Days. Follow the workout instructions on the website and use the Journal Notes to record your time or distance.

Lunch / Snacks

Dinner

Week 7

Workout

NOTES:

FOOD:

Breakfast

In Block 2 Saturdays are Endurance Days. Follow the workout instructions on the website and use the Journal Notes to record your time or distance.

Lunch / Snacks

Dinner

SATURDAY - ENDURANCE (cont)

Preseason: Functional Strength & Conditioning - Block 2

Week 7 Workout

In Block 2 Saturdays are Endurance Days. Follow the workout instructions on the website and use the Journal Notes to record your time or distance.

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 8 Workout

In Block 2 Saturdays are Endurance Days. Follow the workout instructions on the website and use the Journal Notes to record your time or distance.

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner