MONDAY - LEGS		Preseason: F	Functional Strength & Conditioning - Block 2
Week 5	Workout	NOTES:	FOOD: Breakfast
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds		
	5 5		
MOVEMENT:	Rest:		
			Lunch / Snacks
FINISHER CIRCUIT:	Rest:		
	6-min		
	AMRAP		Dinner
			Diffiner
CORE:	Rest:		
Week 6	Workout	NOTES:	FOOD: Breakfast
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds		
·	5 5		
MOVEMENT:	Rest:		
WOVEWELVI.	Nest.		
			Lunch / Snacks
FINISHER CIRCUIT:	Rest:		
	6-min AMRAP		
			Dinner
CORE:	Rest:		

MONDAY - LEGS (cont)		Pres	season: Functional Strength & C	Conditioning - Block 2
Week 7	Workout	NOTES:	FOOD:	Breakfast
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds			
	5 5			
MOVEMENT:	Rest:			
				Lunch / Snacks
FINISHER CIRCUIT:	Rest:			
	6-min			
	AMRAP			
				Dinner
CORE:	Rest:			
				- 16 .
Week 8	Workout	NOTES:	FOOD:	Breakfast
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds 5 5			
MOVEMENT:	Rest:			
			<u>-</u>	Lunch / Snacks
FINISHER CIRCUIT:	Rest:			
	6-min			
	AMRAP			
				Dinner
CORE:	Rest:			

TUESDAY - FULL BODY PUSH			Preseason: Functional Stren	gth & Conditioning - Block 2
Week 5	Workout	NOTES:	FOOD:	Breakfast
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds			
	5 5			
MOVEMENT CIRCUIT:	Rest:			
	3			Lunch / Snacks
	Rounds			
FINISHER CIRCUIT:	Rest:			
	6-min			
	AMRAP			877
				Dinner
CORE:	Rest:			
	6-20-10			
Week 6	Workout	NOTES:	FOOD:	Breakfast
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds			
	5 5			
MOVEMENT CIRCUIT:	Rest:			
WOVEWELVI CIRCOIT.	nest.			
	3 Rounds			Lunch / Snacks
	Roullus			
FINISHER CIRCUIT:	Rest:			
FINISHER CIRCOIT.	nest.			
	6-min			
	AMRAP			Dinner
	2 /			
CORE:	Rest:			
	6-20-10			

TUESDAY - FULL BODY PUSH (cont)			Preseason: Functional Strength & Conditioning - Block 2		
Week 7	Workout	NOTES:	FOOD:	Breakfast	
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds 5 5				
MOVEMENT CIRCUIT:	Rest:			Lunch / Snacks	
FINISHER CIRCUIT:	Rest: 6-min AMRAP				
CORE:	Rest: 6-20-10			Dinner	
Week 8	Workout	NOTES:	FOOD:	Breakfast	
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds				
MOVEMENT CIRCUIT:	Rest:			Lunch / Snacks	
	Rounds			Earthy Shacks	
FINISHER CIRCUIT:	Rest: 6-min AMRAP				
	AWWA			Dinner	
CORE:	Rest: 6-20-10				

	Breakfast
Week 5 Workout NOTES: FOOD:	ыгеикјиѕі
22-Minute Steady-State Jog (5-6 RPE)	
Rounds	
CIRCUIT Rest:	
<u>Lun</u>	ch / Snacks
3	
	Dinner
Finish the workout with a 5-10 minute Parasympathetic	Dillilei
Breathing session.	
Week 6 Workout NOTES: FOOD:	Breakfast
22-Minute Steady-State Jog (5-6 RPE)	
Rounds	
CIRCUIT Rest:	
	ch / Snacks
3	
Finish the workout with a 5-10 minute Parasympathetic	Dinner
Breathing session.	

WEDNESDAY - ACTIVE RECOVERY (cont)		Preseason: Functional S	Preseason: Functional Strength & Conditioning - Block		
Week 7	Workout	NOTES:	FOOD:	Breakfast	
22-Minute Steady-State Jo	og (5-6 RPE)				
	Rounds				
CIRCUIT	Rest:	_			
				Lunch / Snacks	
	3				
]	L	Dinner	
Finish the workout with a 5-10	0 minute Parasympathetic				
Breathing session.					
Week 8	Workout	NOTES:	FOOD:	Breakfast	
22-Minute Steady-State Jo	og (5-6 RPE)				
	Rounds				
CIRCUIT	Rest:				
		1		Lunch / Snacks	
	3				
]			
Stately Alexander of Activities 5 46	Ouries to Demonstration		-	Dinner	
Finish the workout with a 5-10 Breathing session.	J minute Parasympathetic				

THURSDAY - FULL BODY PULL			Preseason: Functional Strength	& Conditioning - Block 2
Week 5	Workout	NOTES:	FOOD:	Breakfast
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds			
	5 5			
MOVEMENT CIRCUIT:	Rest:			
	3			
	Rounds			Lunch / Snacks
FINISHER CIRCUIT:	Rest:			
	Casia			
	6-min AMRAP			
				Dinner
CORE:	Rest:			
	6-20-10			
	0-20-10			
Week 6	Workout	NOTES:	FOOD:	Breakfast
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds			
	5 5			
MOVEMENT CIRCUIT:	Rest:			
	3 Rounds			Lunch / Snacks
FINISHER CIRCUIT:	Rest:			
	6-min AMRAP			
	, , , , , , ,			Dinner
CORE:	Rest:			
	6-20-10			

THURSDAY - FULL BODY PULL (cont)			Preseason: Fu	unctional Strength 8	Conditioning - Block
Week 7	Workout	NOTES:		FOOD:	Breakfas
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds 5 5				
MOVEMENT CIRCUIT:	Rest:				Lunch/ Snack
	Rounds				Lunch / Shack
FINISHER CIRCUIT:	Rest:				
	AMRAP				Dinne
CORE:	Rest: 6-20-10				
Week 8	Workout	NOTES:		FOOD:	Breakfas
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds 5 5				
MOVEMENT CIRCUIT:	Rest:				
	3 Rounds				Lunch / Snack
FINISHER CIRCUIT:	Rest:				
	6-min AMRAP				Dinne
-					Dilline
CORE:	Rest: 6-20-10				

FRIDAY - POWER				Preseason: F	unctional Strength	& Conditioning - Block 2
Week 5	W	orkout	NOTES:		FOOD:	Breakfast
As little rest as possible between exercise rounds.	es, 1-2 minute	es rest between				
	Weight	Rounds				
CIRCUIT	Rest:					
		-				Lunch / Snacks
		1				
		3				
		-				Dinner
	_!	<u> </u>				
Week 7	W	orkout	NOTES:		FOOD:	Breakfast
As little rest as possible between exercise rounds.	es, 1-2 minute	es rest between				
	Weight	Rounds				
CIRCUIT	Rest:	,				
		-				Lunch / Snacks
]				
		3				
]				
		-				Dinner
	ļ					

FRIDAY - POWER (cont)				Preseason: Fun	Preseason: Functional Strength & Conditioning - Block 2		
Week 7	W	orkout	NOTES:		FOOD:	Breakfast	
As little rest as possible between exercises rounds.	s, 1-2 minute	s rest between					
	Weight	Rounds					
CIRCUIT	Rest:						
						Lunch / Snacks	
		3					
						Dinner	
	<u>.</u>	<u> </u>					
Week 8	W	orkout	NOTES:		FOOD:	Breakfast	
As little rest as possible between exercises rounds.	s, 1-2 minute	s rest between					
	Weight	Rounds					
CIRCUIT	Rest:						
						Lunch / Snacks	
		3					
						Dinner	
	·	<u> </u>					

SATURDAY - ENDURANCE			Preseason: Fur	nctional Strength &	& Conditioning - Block 2
Week 5	Workout	NOTES:		FOOD:	Breakfast
In Block 2 Saturdays are End workout instructions on the Notes to record your time or	website and use the Journal				
,					Lunch / Snacks
					Dinner
Week 7	Workout	NOTES:		FOOD:	Breakfast
Week 7	Workout	110123.		1665.	
In Disch 2 Catandana and Food					
	website and use the Journal				
Notes to record your time or	r distance.				Lunch / Snacks
					Dinner

SATURDAY - ENDURANCE (cont)			Preseason: Fur	nctional Strength 8	& Conditioning - Block 2
Week 7	Workout	NOTES:		FOOD:	Breakfast
	e website and use the Journal				
Notes to record your time of	or distance.				Lunch / Snacks
					Dinner
					Diffice
Week 8	Workout	NOTES:		FOOD:	Breakfast
In Block 2 Saturdays are End workout instructions on the Notes to record your time of	e website and use the Journal				
,					Lunch / Snacks
					Dinner
					Diffici