



## Conditioning Sessions

### Phase 1 | 4 weeks - Aerobic Development

This program consists of 4 sessions per week, focused on 3 areas (1) Stamina/Aerobic Base (basically your ability to recover), (2) Muscle Endurance, and (3) Aerobic Power (how hard you can work without fatiguing). I would perform a 5-10 minute dynamic warm-up consisting of some easy bodyweight movements and dynamic stretches to get the heart rate up and joints loose.

#### **(1) Running Session (1x per week)**

5 min easy jog, some leg swings, dynamic stretches, etc

2 min hard run / 1 minute easy jog (or walk if absolutely needed) x 4-6 rounds

4-5 minute walk (bring heart rate and breathing down)

2 min hard run / 1 minute easy jog (or walk if absolutely needed) x 4-6 rounds

\*\*Note - the hard run is not a sprint, but a speed that is challenging for the 2 minutes but not so fast you can't make it. Start with 2 sets of 4 reps and build up.

#### **(2) Muscular Endurance Session (1x per week)**

This method may look surprisingly simple and easy, but don't let that fool you. When done properly, it is much more difficult than you might expect and will produce a brutal burning sensation and fatigue in the muscles being worked. It needs to be done EXACTLY as prescribed to work,

- Tempo is 2 seconds up and 2 seconds down
- You must maintain constant motion, there can be no pauses at any point
- You must not hold your breath at any point, breathing must be constant
- Sets will be 8-12 reps with no more than 40 seconds rest between sets
- Rest 3 minutes between stations
- Each set must be done to complete muscular failure!!!

Stations on the following page.



Station #1 - Pushups (2" down, 2" up x 8-12 reps x 2-4 sets, 40 sets rest btw sets)

Station #2 - Split Squat Right Leg (2" down, 2" up x 8-12 reps x 2-4 sets, 40 sets rest btw sets)

\*\*Keep back knee 1 inch off ground, do not let it touch.

Station #3 - Split Squat Left Leg (2" down, 2" up x 8-12 reps x 2-4 sets, 40 sets rest btw sets)

\*\*Keep back knee 1 inch off ground, do not let it touch.

Station #4 - Some sort of back exercise, e.g., inverted rows, assisted chin ups, band pull aparts, banded rows etc. (2" down, 2" up x 8-12 reps x 2-4 sets, 40 sets rest btw sets).

### **(3) Tempo Circuits (2x per week)**

These sessions are to develop your overall fitness with a variety of exercises. This session should feel like work but not kick your ass. You'll be sweaty but should feel recovered 10-20 minutes after. You'll do an exercise at a steady pace (not overly difficult) for 30-45 seconds, followed by 15-20 seconds rest, and repeat for 12 stations. You'll rest 3 minutes and then do 2-4 sets.

1. Skip variation/Bike/Run x 30-45 seconds
2. Full Sits Ups x 30-45 seconds
3. Skip variation/Bike/Run x 30-45 seconds
4. Pushups x 30-45 seconds
5. Skip variation/Bike/Run x 30-45 seconds
6. Mini Squat Jumps x 30-45 seconds
7. Skip variation/Bike/Run x 30-45 seconds
8. Russian Twists x 30-45 seconds
9. Skip variation/Bike/Run x 30-45 seconds
10. Shadow Box x 30-45 seconds
11. Skip variation/Bike/Run x 30-45 seconds
12. Alternating Forward Lunges x 30-45 seconds

Start with 30" on / 15" off x 2 rounds then slowly increase as you get fitter.

\*\*Note - You can substitute the skip/bike/run for a bodyweight exercise like Jumping Jacks, Mountain Climbers, Running on the spot, Pogo Hops etc.