



## SoM Road Warrior Series

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### Week 1: Monday (Day 1) Legs and Lungs

1. Treadmill Warm up:
  - a. Warm up - 4 Rounds
    - i. -1 Minute Treadmill Walk (moderate Pace)
    - ii. -1 Minute Treadmill Sprint (increase pace each round)
2. Jumping Squats / Lunges in Place Superset 10 Rounds:
  - a. -10 Jumping Squats
  - b. -10 Lunge Steps In Place
  - c. -10 Deep breaths (3 second inhale, 3 second exhale as rest)
3. Run / Air Squat Circuit
  - a. -1 Minute Treadmill Run
  - b. -1 Minute Max Air Squats
  - c. -1 Minute Rest
    - i. \*Treadmill pace is fast but not max effort

**Record Results:** As the weeks progress we will be advancing to more challenging movements as well as increased weights / repetitions. Record everything, including time durations and rest. Even record how you felt through each workout.



## SoM 8 Weeks Basic Training Weeks 1-4

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### Week 1 Tuesday (Day 2) Swim Evolution

1. Find a Pool and follow the SoM Swim WOD for the week as closely as possible with the environment you have. As Cole always says, the greatest resource we have is resourcefulness.

**Record Results:** As the weeks progress we will be advancing to more challenging movements as well as increased distances and decreased rest intervals. Record everything, even record how you felt through the workout.



## SoM 8 Weeks Basic Training Weeks 1-4

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### Week 1 Wednesday (Day 3) Resolve Builder

1. Stretching / Meditation / Breathing Warm up
  - a. Spend 10 Minutes Taking care of your problem areas and connecting with your breath.
2. Burpees
  - a. 5 Rounds (Each as fast as possible)
    - i. -12 Burpees - Rest as much as you like between rounds but when it's go time, give it 100%
3. Sit ups / Scissor Kicks
  - a. 10 rounds as Fast as possible
    - i. -20 Sit ups
    - ii. -30 Scissor Kicks (15 per leg, head and shoulder blades off the ground)
4. Burpees (again)
  - a. 7 minute AMRAP of Burpees, As many Reps as possible.

**Record Results:** As the weeks progress we will be retesting this under the same scenarios. Record all repetitions completed for future reference.



## SoM 8 Weeks Basic Training Weeks 1-4

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### Week 1 Thursday (Day 4) Run Day

1. Warm up
  - a. 5 Rounds
  - b. -5 Inchworms (in place)
  - c. -30s Running in place w/ Butt kicks
2. Run
  - a. Every 6 Minutes for 4 Rounds
    - i. -Run 800m (1/2 Mile)
    - ii. -Rest until the next 6 minute window
    - iii. \*if you cannot run 800m in less than 4.5 minutes, change run to 600m
3. Run
  - a. 1 Mile for Time (As fast as possible)

**Record Results:** As the weeks progress we will be increasing the distance and time domain of these rucks. Record your path traveled, as well as total distance and time.



## SoM 8 Weeks Basic Training Weeks 1-4

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### Week 1 Friday (Day 5) Chest / Abs / Triceps

1. Treadmill Warm up 4 Rounds
  - a. 1 Minute Treadmill Walk (moderate pace)
  - b. 1 Minute Treadmill Sprint (increase speed each round)
2. Push ups, Dumbbell presses, Sit ups Circuit: 4 Rounds
  - a. -10 Push Ups (Tempo:3s Down, up quickly)
  - b. -(10-15 Reps) Dumbbell Shoulder Press (as heavy as possible)
  - c. -25 Sit ups (Feet Anchored, hands on shoulders)
  - d. -1 Minute Rest
3. Dumbbell Chest Press, Lateral Raise, Scissor Kicks: 4 Rounds
  - a. -(10-15 Reps) Dumbbell Chest Press (as heavy as possible)
  - b. -(10-15 Reps) Lateral Dumbbell Raise (palms face down at the top of the movement)
  - c. -30 seconds of Scissor Kicks
  - d. -1 Minute Rest
4. Dumbbell Skull Crushers
  - a. 4 sets x (10-15) reps
  - b. Rest 1 Minute or less
  - c. \*weight as heavy as possible, maintaining rest

**Record Results:** As the weeks progress we will be advancing to more challenging movements as well as increased weights / repetitions. Record everything, including time durations and rest. Even record how you felt through each workout.

