



SoM Road Warrior Series

Week 2: 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. Dumbbell Lunges / Breathing 10 Rounds:
 - a. -20 Dumbbell Lunges (in place or walking)
 - i. As heavy as possible for 10 Steps per leg
 - b. -10 Deep breaths (3 second inhale, 3 second exhale as rest)
3. Air Squat / Mountain Climbers
 - a. 10 Rounds As Fast As Possible
 - i. 20 Body weight squats
 - ii. 40 Mountain Climbers (20 per leg)

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

Week 2 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

Week 2 Wednesday (Day 3) Resolve Builder

1. Stairwell Warm up:
 - a. 5 Rounds - Starting slowly and speeding up each round
 - b. Find a Stairwell and do a 2 Footed jump up each step for 1 story of the stairwell.
 - c. Walk back down to reset the round.
2. Stairwell Runs
 - a. 20 Minutes, As many runs as possible.
 - i. Run up 1 Flight of stairs, skipping one stair with each step
 - ii. Come back down as quickly as possible to reset the round.
3. Burpees / Wall Sits
 - a. 10 rounds as fast as possible
 - i. 10 Burpees
 - ii. 30 second Wall Sit (hands off legs)

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

Week 2 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 5 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. 2 Mile for Time (As fast as possible)

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



SoM 8 Weeks Basic Training Weeks 1-4

Week 2 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. DB Benchpress / DB Chest Fly / Sit ups Circuit: 4 Rounds (10-15 reps each)
 - a. -Dumbbell Benchpress (as heavy as possible)
 - b. -Dumbbell Chest Fly (lite-moderate weight)
 - c. -25 Sit ups (feet anchored, hands on shoulders)
 - d. -1 Minute Rest
3. DB Shoulder Press / Push Ups / Plank: 4 Rounds
 - a. -(10-15 reps) Dumbbell Shoulder Press
 - b. -10 Push ups
 - c. -30s Plank
 - d. Rest as needed, complete all 4 rounds as fast as possible
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.

