



## SoM Road Warrior Series

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### Week 3: 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 10 Rounds:
  - a. -10 Jumping Goblet Squats
    - i. "Jumping" just hard enough that the heels come off the ground.
  - b. -10 Goblet Lunge Steps In Place (per leg)
  - c. -10 Deep breaths (3 second inhale, 3 second exhale as rest)
3. Air Squat / Treadmill
  - a. -1 Minute Treadmill Run
  - b. -1 Minute Max Air Squats
  - c. -1 Minute Rest
  - d. \*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 3 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 3 Wednesday (Day 3) Resolve Builder

1. Burpees - 5 Rounds
  - a. -12 Burpees
  - b. Each round is done as fast as possible
  - c. Rest as much as you like but when it's go time, give it 100%
2. Sit ups / Scissor Kicks - 10 Rounds As Fast as possible
  - a. -20 Sit ups
  - b. -30 Scissor Kicks (15 per leg, head and shoulder blades off the ground)
  - c. Rest as needed during, but complete 10 rounds as quickly as possible. Record time for future reference.
3. Burpees
  - a. 10 Minute AMRAP - Burpees
  - b. Complete as many burpees as Possible in 10 Minutes

**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 3 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 4 Minutes for 6 Rounds
    - i. Run 400m (1/4 Mile)
    - ii. -Rest until the next 4 minute window
    - iii. \*if you cannot run 400m in less than 3 minutes, change rounds to every 5 Minutes
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 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 3 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 Shoulder Press / Push Ups / Sit ups : 4 Rounds
  - a. -(10-15 Reps) Dumbbell Shoulder Press (as heavy as possible)
  - b. -Max Unbroken Push Ups (Tempo:3s Down, up quickly)
  - c. -25 Sit ups (Feet Anchored, hands on shoulders)
  - d. -1 Minute Rest
3. DB Chest Press / DB Lateral Raises / 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. -45s seconds of Scissor Kicks
  - d. -90s 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.

