



SoM Road Warrior Series

Week 4: 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 / Tempo Breathing : 10 Rounds
 - a. -15 (per leg) Dumbbell Lunge Steps in Place (holding dumbbells by your side)
 - b. -10 Tempo Breaths (3s inhale, 3s exhale as rest)
 - c. *increase the weight of the dumbbells as rounds progress if possible.
3. Goblet Squats / Mountain Climbers : 5 Rounds As Fast As Possible
 - a. -20 Dumbbell Goblet Squats
 - b. -40 Mountain Climbers (20 per leg)
 - c. *Record dumbbell weight for future use

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 4 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 4 Wednesday (Day 3) Resolve Builder

1. Find a Stairwell - 5 Rounds
 - a. -Ascend 1 Story, 2 Foot Jump up each step
 - b. -Descend 1 Story, walking back down
 - c. *Speed up each round, no skipping steps
2. 20 Minute AMRAP (as many rounds as possible)
 - a. Ascend 1 Story, Skipping a stair with each step
 - b. -Run down carefully
3. Burpees / Wall Sits: 10 Rounds as fast as possible
 - a. -10 Burpees
 - b. -30s Wall Sit (no hands on 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 4 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 8 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

Week 4 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 : 4 Rounds (10-15 Reps per set)
 - 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 / Planks: 4 Rounds
 - a. -(10-15 reps) Dumbbell Shoulder Press
 - b. -15 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.

