



SoM Road Warrior Series

Week 7: 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 Goblet Squats / Goblet Lunges : 10 Rounds
 - a. -10 Jumping Goblet Squats
 - b. -10 Goblet Lunge Steps In Place (per leg)
 - c. -10 Deep breaths (3 second inhale, 3 second exhale as rest)
3. Treadmill Sprints / Air Squats: 5 Rounds
 - 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

Week 7 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 7 Wednesday (Day 3) Resolve Builder

1. Burpees- 5 Rounds
 - a. -12 Burpees
 - b. Each round is done as fast as possible
2. Sit ups / Scissor Kicks: As Fast As possible
 - a. -20 Sit ups
 - b. -30 Scissor Kicks (15 per leg, head and shoulder blades off the ground)
3. Burpees
 - a. 10 Minute AMRAP - Burpees
 - b. As Many Reps 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

Week 7 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 3 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 2 minutes, change rounds to every 4 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 7 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 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. -60s 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.

