



## SoM Road Warrior Series

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### Week 8: 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. DB Lunges : 10 Rounds
  - a. -20 Alternating 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 / 40 Mountain Climbers: 5 Rounds
  - 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

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### Week 8 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 8 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

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### Week 8 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 8 Rounds
    - i. -Run 400m (1/4 Mile)
    - ii. -Rest until the next 4 minute window
    - iii. \*if you cannot run 800m 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

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### Week 8 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 Bench press / DB Chest Fly / Sit ups : 4 Rounds
  - 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. -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.

