



Warm Ups

Before each workout, a warm up is always recommended.

Warm Up – One

Complete a run for 60 seconds

10 Leg Swings – each leg

10 90/90 Hip Rotations - each side

10 Walk Outs

10 Shoulder Rotations

10 Worlds Greatest Stretch – each side



Workout 1

3 rounds, 12 minutes each

Round One

16 Thrusters

12 Push Ups

8 Burpees

4 Cossack Squats (each side)

Run 200m

Round Two

Ascending Ladder of:
2, 4, 6, 8, 10, 12 Reps >

Ball Slams

V-Ups

20m Shuttle Run

Spiderman Push Ups

Round Three

20 Renegade Rows (each side)

18 Mountain Climbers (each side)

16 Weighted Lunges (each side)

14 Oblique Twists (each side)

120 Skips / Toe Taps

Run 100m



Workout 2

Round One

16 Kettlebell Swings

14 Seated Overhead Press

12 Push Up Release

10 Alt V-Ups (e/s)

8 Weighted Split Squats (e/s)

Round Two

20 Renegade Row

30 Switches

40 Walking Lunges

50 Mountain Climbers

Round Three

20 Wall Ball

15 Ring Rows

10 Burpees



Workout 3

As many rounds possible in 24 minutes of:

18 Upright Row

15 Sit Ups w/ DB

12 Weighted Reverse Lunge (e/s)

9 Push Up Release

6 Burpees

Run 200m

100 Skips

60 second, 45 second & 30 second rounds of:

Plank

Wall Sit

One arm DB snatch

20m Shuttle Run



Workout 4

30 seconds on 10 seconds rest doing each exercise twice before moving on.

Two rounds of:

Alt V-Ups
Windmill Plank
Sumo Squats
20m Shuttle run
G2O (Ground to Overhead)
Crunches
Burpees
Reverse Lunge
Standing Broad Jump
Weighted Step Ups

Then 21, 18, 15, 12 & 9 reps of:

Kettlebell Swings
Push Press
Alt V Ups
Goblet Squats
Wall Ball

Plus 10 walk outs in between rounds



Workout 5

30 seconds on 10 seconds rest doing each exercise twice before moving on.

Side to side shuffle

Crunches

Burpees

Seated leg raise

Hostages

Single leg reverse bridge

Reverse Plank

Tricep Dips

Standing Broad Jump

20m Shuttle run

Slaloms

Bear Crawls

Gorilla Push Ups

Push Ups Release

Sumo Squats

Side Plank

Ice Skaters



Workout 6

Four Rounds - varying seconds on and off

Round One

30 seconds on x 2

Sit Thrusts

Crunches

Hostages

Bear Hold

Round Two

40 seconds on x 2

Floor Press

Squats

Bent Over Row

Alt Reverse Lunge

Round Three

30 seconds on x 2

DB Snatch

DB Dish Hold

DB Curl to press

Plank w/ ankle tap

Round Four

40 seconds on x 2

Sit Thrust w/ push up

Leg raises

Drop Squats

Scissors



Workout 7

Four Rounds x 8 minutes each

Round One

60 Mountain Climbers
50 Squats
40 Crunches
30 Walking Lunges
20 Shuttles
10 Push Up Release

Round Three

4 Burpees
8 Romanian Deadlifts (e/s)
12 Gorilla Push Ups
16 Side Lunge w/ High Knee
20 Overhead Press

Round Two

22 Reverse Lunges
18 Oblique Twists
14 Tricep Dips
10 Single leg glute bridge (e/s)

Round Four

18 Cossack Squats
15 Bicycle Crunches (e/s)
12 Weighted Step Ups (e/s)
9 Walkouts
6 Get Ups



Workout 8

20 sec on 10 sec rest doing each exercise twice before moving on.

- Squats
- Push Ups
- Sit Ups
- Burpees
- 20m Shuttle Run

This session is an ideal short burst session for busy days on the run