

ADVANCED PROGRAM TIMETABLE

Cycle 1

WEEK	MON	TUE	WED	THU	FRI	Comments
1	RUN	CIRCUIT	RUN	REST	RUN	Ease into the training
2	RUN	CIRCUIT	SPEED	WEIGHTS	RUN	Session added
3	RUN	CIRCUIT	SPEED	WEIGHTS	RUN	Strength focus
4	RUN	SPEED	WEIGHTS	SPEED	RUN	Peak training week
5	RUN	CIRCUIT	RUN	REST	RUN	Back off week

Cycle 2

6	RUN	CIRCUIT	RUN	REST	RUN	Ease into next cycle
7	RUN	CIRCUIT	SPEED	WEIGHTS	RUN	Build up
8	RUN	CIRCUIT	SPEED	WEIGHTS	RUN	Strength focus
9	RUN	SPEED	CIRCUIT	SPEED	RUN	Peak training week
10	RUN	CIRCUIT	RUN	REST	RUN	Back off week

ADVANCED PROGRAM

ADVANCED WEIGHTS WORKOUTS

<p>WEEK 1 10 Bench press 20 Pushups 50 Hand grinder (full turns) or 300m Row 10 Dips 20 Sit ups 5 x Through (fast with good form) 10 Bench Press 20 Pushups 5 x Through (fast with good form) 50 Hand grinder (full turns) or 300m Row 10 Dips 5 x Through (fast with good form)</p>	<p>WEEK 2 10 Lat pull down 20 Lying heaves 300m Row 10 Up-right row 20 Sit ups 5 x Through (fast with good form) 10 Lat pull down 20 Lying heaves 5 x Through (fast with good form) 300m Row 10 Up-right row 5 x Through (fast with good form)</p>
<p>WEEK 3 10 Front Squat (weight on the front / chest) 20 Walking lunges 1 min Spin Bike (high resistance fast) 10 Air Squats 10 Get Ups 5 x Through (fast with good form) 10 Front Squat (weight on the front / chest) 20 Walking lunges 5 x Through (fast with good form) 1 min Spin Bike (high resistance fast) 10 Air Squats 5 x Through (fast with good form)</p>	<p>NOTE: Conduct a warm up every time you workout These workouts are designed to be done on different days and in order</p>

ADVANCED CIRCUITS

<p>CIRCUIT 1 Conduct 10 Heaves + 3 Burpees Rest 30 sec – 1 min 9 Heaves, 6 Burpees Rest 30 sec – 1 min 8 Heaves, 9 Burpees Continue to 1 Heave + 30 Burpees (This is the end of the session for week 1-3 otherwise continue below)</p> <p>1 Heave, 30 Cadence Push ups Rest 30 sec – 1 min 2 Heaves, 27 Cadence Push ups Rest 30 sec – 1 min Continue to 10 Heaves + 3 Cadence Push ups.</p> <p>If you can no longer conduct any one of the exercises, regress to Jump Heaves or Push ups on knees.</p>	<p>CIRCUIT 2 1 min of Burpees 1 min of Heaves 1 min of Squats 1 min of Push ups Without rest go through all exercises again using the following times 45 sec 30 sec 15 sec Rest 3-5 min 30 sec of Burpees 30 sec of Heaves 30 sec of Squats 30 sec of Push ups x 4 in order</p>
<p>CIRCUIT 3 (TABATA = 20 sec of work, 10 sec rest (8 sets on the same exercise)) Squats Push ups Sit ups 1 min rest Lunge Jumps Lying Heaves Sit ups 1 min rest Bench Dips Get ups Rear Lunge</p>	<p>NOTE: Conduct a warm up every time you workout. These circuits are designed to be done on different days and in order.</p>

ADVANCED RUN / SPEED

<p>RUN Run for 10 min at warm-up pace then run at a steady state for 20 min (30min all up) Try to increase the time you run each scheduled "Run" until you are running for 1 hour comfortably</p>	<p>REMEMBER: Try to run outside every time you run. A treadmill will not give you the required atmosphere for a True Grit event. Cool down after your run.</p>
<p>SPEED 1 10 min warm up run 5 x (1 min hard, 1 min easy) 10 x (30 sec Hard, 30 sec easy) 10 min cool down pace</p> <p>SPEED 2 10 min warm up run 2 x (90 sec hard, 90 sec easy) 4 x (60 sec hard, 60 sec easy) 4 x (30 sec hard, 30 sec easy) 4 x (15 sec hard, 15 sec easy) 10 min medium paced run</p> <p>SPEED 3 10 min warm up run 5 x 1km interval (1:1 rest)</p>	<p>NOTE: Conduct a warm up every time you work out. These workouts are designed to be done on different days and in order.</p>