















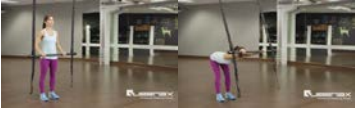





















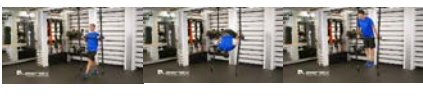





**Week 1 Goal: Introduce obstacle course movement variation and challenge through use of apps and optionals**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Hip Hinge		12 total	Waist	Maintain lumbar curve through motion
		Hanging Scapular Depression		15 total	Overhead	Move scapula with control
		Assisted Squat		15 total	Waist	Change your foot position with each rep
		Mountain Climber		10 per side	Knee	Avoid hyperextending spine
		Ys		12 total	Thigh	Maintain lumbar curve during flexion and extension of hips
Workout - repeat 2 rounds, allow for 2 minutes of recovery between rounds	Wall Bar	Climbing		40s/20s		Maintain scapula engagement
	Up Strength	Row		40s/20s		Keep core and glutes activated during pull motion
	Plyo Platform	Step ups		40s/20s		Maintain tall posture
	Superfunctional	Hanging Crunch		40s/20s	Overhead	Maintain scapula retraction
	4D Pro	Runner		40s/20s		Maintain tension in belt
	UFO	Plank on Elbows or Hands		40s/20s		Avoid hyperextending spine
	Mobile Parallels	Lateral Sway		40s/20s		Allow weight to shift left and right during sway
Cool Down	Superfunctional	Side Reach		30 sec per side	Hip	Apply pressure on training bar as reach
		Glute Stretch		30 sec per side	Hip	Minimize pelvis rotation during stretch
		Hamstrings		30 sec per side	Ankle	Minimize pelvis rotation during stretch
		Lying Quadriceps		30 sec per side	Strap only	Avoid hyperextending spine

**Week 2 Goal: Increase strength and work capacity through progressive exercise selection and work volume**





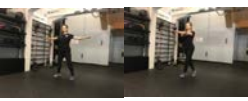








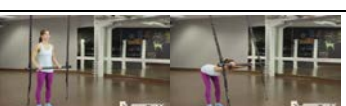


Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Hip Hinge		12 total	Waist	Maintain lumbar curve through motion
		Hanging Scapular Depression		15 total	Overhead	Move scapula with control
		Assisted Squat		15 total	Waist	Change your foot position with each rep
		Mountain Climber		10 per side	Knee	Avoid hyperextending spine
		Ys		12 total	Thigh	Maintain lumbar curve during flexion and extension of hips
Workout - repeat 2 rounds, allowing for 1-2 minutes of recovery between rounds	Mobile Parallels	Drop Jumps		60s/30s		Land softly with proper squat mechanics
	Superfunctional	Single Side Pull up - legs down		60s/30s	Waist	Keep chest high through movement
	Plyo Platform	Multiplanar Step ups		60s/30s		Maintain tall posture
	Superfunctional	Hanging Swing		60s/30s	Overhead	Maintain scapular retraction
	4D Pro	Sprinter		60s/30s		Drive knee to chest while leaning forward into belt
	UFO	Roll out		60s/30s		Avoid hyperextending spine
	Monkey Bars	Forward Pass		60s/30s		Maintain scapular retraction
Cool Down	Superfunctional	Side Reach		30 sec per side	Hip	Apply pressure on training bar as reach
		Glute Stretch		30 sec per side	Hip	Minimize pelvis rotation during stretch
		Hamstrings		30 sec per side	Ankle	Minimize pelvis rotation during stretch
		Lying Quadriceps		30 sec per side	Strap only	Avoid hyperextending spine

**Week 3 Goal: Continued progression of obstacle course movement patterns and cardiovascular capacity**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Bridge with feet on bar		10 per side	Ankle	Avoid hyperextending spine
		Row		15 total	Thigh	Maintain glute and core activation during movement
		Angled Plank with Cross Body Knee Drive		15 total	Hip	Avoid hyperextending spine
		Suspended Squat		15	Ankle	Maintain thoracic spine extension
		Split Jacks		10 per side		
Workout - repeat 2 rounds, allowing for 2-3 minutes of recovery between rounds	Superfunctional	Jump Assisted Pull ups		60s/20s	Overhead	Lower body slowly to ground after pull up
	Plyo Platform	Box Jumps		60s/20s		Land softly through knees and hips
	Up Strength	Single Ladder Climb		60s/20s		Maintain core engagement
	Superfunctional	Reverse Flip Circle		60s/20s	Chest	Position hands wide on bar
	Superfunctional	Overhead Lunge		60s/20s	Waist	Maintain tension on bar during movement
	UFO	Circular Roll out on Knees		60s/20s		Avoid hyperextending spine
	Monkey Bars	Lateral Pass		60s/20s		Maintain scapula retraction
Cool Down	Superfunctional	Half Kneeling Chest Opener		30 sec per side	Bar only	Maintain tall posture during stretch
		Hip Hinge		30 sec per side	Hip	Maintain lumbar extension during movement
		Lateral Reach with Step		30 sec per side	Hip	Maintain pressure on bar as step
		Glute Stretch with Rotation		30 sec per side	Hip	Rotate torso to the left and right with straight arms



**Week 4 Goal: Achieve optimal strength and conditioning for obstacle course racing**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Bridge with feet on bar		10 per side	Ankle	Avoid hyperextending spine
		Row		15 total	Thigh	Maintain glute and core activation during movement
		Angled Plank with Cross Body Knee Drive		15 total	Hip	Avoid hyperextending spine
		Overhead Lunge		10 per side	Waist	Maintain pressure on bar as step
		Split Jacks		10 per side		
Workout - repeat 2 rounds, allowing for 2-3 minutes of recovery between rounds	Superfunctional	Metabolic Jumping Pull ups		90s/30s	Overhead	Fully extend arms at the end of each pull up
	Plyo Platform	Multiplanar Box Jumps		90s/30s		Land softly through knees and hips
	Up Strength	Double Ladder Climb		90s/30s		Maintain core and glute activation
	Superfunctional	L Sit		90s/30s	Overhead	Maintain scapula retraction
	Superfunctional	Up-Down Mountain Climbers		90s/30s	Ankle	Maintain pressure on bar as travel forward and backward
	UFO	Circular Roll out on Feet		90s/30s		Avoid hyperextending spine
	Monkey Bars	Lache Monkeys		90s/30s		Maintain scapula control
Cool Down	Superfunctional	Half Kneeling Chest Opener		30 sec per side	Bar only	Maintain tall posture during stretch
		Hip Hinge		30 sec per side	Hip	Maintain lumbar extension during movement
		Lateral Reach with Step		30 sec per side	Hip	Maintain pressure on bar as step
		Glute Stretch with Rotation		30 sec per side	Hip	Rotate torso to the left and right with straight arms