

ENDURANCE 020217

Warm up:

- 10 min easy movement (Airdyne, Row, jog, etc)
- Stretching
- Sprint run outs X 5 (start at an easy jog then slowly speed up to a sprint in about 100m)

Workout:

For Time:

- 800m Time Trial

* Go hard, you need to know what 100% feels like for this distance

Rest 10mins

Workout:

- 400m Repeats

Rest 3mins

X4

* Run each at your 80-85% for the day. These need to be tough.

Cool down:

- 10 minutes of easy cardio of your choice (Run, Row, Bike)

ENDURANCE 020317

Warm up:

- Easy jog 400 meters

Right into..

- High knees
- Butt kickers
- Deep lunge stretch
- Walking quad stretch
- High kicks

Workout:

45 min Constant Movement:

- 100 Cal Row
- 100 Cal Bike
- 100 Double unders/ or 300 singles
- 100 Sit ups

Repeat until 45 mins is up!

Cool Down:

10 Mins of Stretching

ENDURANCE 020417

Warm Up:

10 Mins of Stretching

Get Outdoors WOD:

- Swim 20 mins straight (record distance)
- Run 2 miles
- Bike 20 miles

*Hydrate

* Start with steady pace, we will re-test this at the end of the month

ENDURANCE 020517

Today is a rest day!

WODstar's Recovery Yoga is made for days like this.

<https://wodstar.com/register/workout-yoga-recovery-video-series/>

ENDURANCE 020617

Warm up:

- 10 min easy movement (Air Dyne, Row, jog, etc)
- Stretching
- Sprint run outs X 5 (start at an easy jog then slowly speed up to a sprint in about 100m)
- 8x 100m run @90% of sprint pace rest 90 sec

Rest 10 mins

Run:

X2

800m @75%

Rest 2:30 mins

Compare 100m and 800 m Times to last time we timed this out.

Rest 5 mins

Run 1.25 mile @ 50% of fastest mile pace

* Should feel like a pace you could run for a long time.

Cool down:

10 mins easy cardio (Row or Run)

ENDURANCE 020717

Warm up:

Easy jog 400m

then...

- High knees
- Butt kickers
- Deep lunge stretch
- Walking quad stretch
- High kicks

Add any other stretches needed

Workout:

- 800m Run with sandbag
- 100 Air Squats
- 100 Push ups
- 100 Air squats
- 800m Run w/ sand bag

Cool Down:

10 min easy blood flow cardio

ENDURANCE 020817

Rest/Recovery day

Swim

- 30-60mins

Or

Bike/Row

- EASY 30-45mins