

377 FSS PT: Week 1

Day 1: Running: Interval training

Time: 30-45 min

Location: Hardin field, base track, Wyoming running path, or tread mill (One side of Hardin is ~0.12mi on a treadmill, or 0.5 laps on the track.)

Equipment: Good shoes, water, watch/timer, sunglasses for style points (optional)

0. Dynamic warmup: Frankensteins, high-knees, butt-kickers, side lunges, jump squats, etc.

- Run a 0.5 lap of Hardin, or 0.25mi on a treadmill at an “easy” pace
- Run the next 0.5 lap (0.25mi) at a “fast” pace

1. AMRAP (As Many Repetitions As Possible): 25 minutes

- Start at a corner. Walk the first side of Hardin (0.12mi)
- Jog the second side (0.12mi)
- Run the third side (0.12mi)
- Sprint the fourth side (0.12mi)
- Repeat.

2. Water break: 5 minutes

3. Sprints – EMOM (Every Minute On the Minute): 10 minutes

- Start at a corner, and start a timer. Sprint half of a side of Hardin (~0.6mi) and back.
 - Rest until the top of the next minute, then repeat. Try to beat your time!
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Day 2: "Push" day + Core (gym version)

Time: 45-60 minutes

Equipment: Water, watch, weight-lifting gloves (optional, not required)

0. **Dynamic warmup:** Arm swings across the body, arm circles forward, arm circles backward, do a few "explosive" pushups, etc. (If you're at the gym, either the boxing room or the area behind the turf by the kettle bells are great places to stretch)
 1. [Windshield Wipers](#) – x3 sets of 8 reps
 2. [Walking-planks](#) – x3 sets of 70%
 3. **Dumbbell chest press** – x3 sets of 8-12 reps, 1 minute rest between sets
 4. [Seated Arnold shoulder press](#) – x3 sets of 8-10 reps
 5. [Cable Triceps push-downs](#) – x3 sets of 8-12 reps, 1 minute rest between sets
 6. [Chest dips](#) – x3 sets of 70%. The Dip benches are in the room next to the squat racks
 7. [Barbell triceps pull-overs](#) – x3 sets of 8-12 reps
 8. **Cool down**
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Day 2: "Push" day + Core (home version)

Time: 30-45 minutes

0. **Dynamic warmup**
 1. [Windshield-Wipers](#) – x3 sets of 8 reps
 2. [Walking planks](#) – x3 sets of 80%
 3. **Slow, good-form pushups** – x4 sets of 20 reps, 1 minute rests
 4. [4-count small arm circles](#) – x4 sets of 20 reps
 5. [Chair/table/curb triceps dips](#) – x3 sets of 20 reps
 6. **Diamond pushups** – x3 sets of 10 reps
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Day 3: "Pull" day + Core (gym version)

Time: 45-60 minutes

Equipment: Water, watch, weight-lifting gloves (again, totally optional)

0. **Dynamic warmup:** Arm-circles, cross-body arm swings, torso rotations, scapular retractions, etc.
 1. [4-count Cross-body toe-touches](#) – x3 sets of 6 reps
 2. [Hanging knee raises](#) – x3 sets of 8-10 reps
 3. **Pull ups** -or- [Lat Pull-downs](#) – x3 sets of 70%
 4. [Cable rows](#) – x3 sets of 12-15 reps
 5. **Alternating dumbbell bicep curls** – x3 sets of 8-12 reps
 6. [Dumbbell back rows](#) – x3 sets of 8-12 reps
 7. [Hyperextensions](#) – x3 sets of 10-12 reps
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Day 3: HIIT Day

Time: 40-45 minutes

0. **Dynamic warmup:** Run/Bike/Row at an easy/moderate pace for 15 minutes
 1. **AMRAP (As Many Repetitions As Possible): 10 minutes**
 - Burpees x 10
 - 4-count mountain climbers x 10
 - (left) Side plank – 30 sec
 - (right) Side plank – 30 sec
 2. **Water break: 5 minutes**
 3. **EMOM (Every Minute On the Minute): 10 minutes**
 - Pushups x 8
 - Sit-ups x 8
 4. **Water break/rest: 3 minutes**
 5. **EMOM (Every Minute On the Minute): 10 minutes**
 - [Jump squats](#) x10
 - 4-count Russian twists x10
 6. **Cool down**
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Day 4: Leg day (gym version)

Time: 30-45 minutes

Equipment: Water, and a barbell cushion or small towel for padding if you want to do barbell squats (optional)

0. **Dynamic warmup:** jump squats, high-knees, butt-kickers, calf raises, torso rotations, etc.
 1. **Stationary bike** – 15 minutes at medium intensity
 2. [Iron Mikes \(alternating jumping lunges\)](#) – x3 sets of 12-15 reps
 3. [Goblet squats](#) -or- [Barbell back squats](#) – x3 sets of 6-10 reps
 4. [Single-leg calf raises](#) – x3 sets of 10-12 reps
 5. **Body weight squats (Air squats)** – x2 sets of 20
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Leg Day (home version)

Time: 35-40 minutes

0. **Dynamic stretch** – high-knees, Frankensteins, butt-kickers, calf raises, jump-squats, etc.
 1. **EMOM: 10 minutes**
 - [Iron Mikes \(Alternating jumping lunges\)](#) x 8
 - **Air squats** x 8
 2. **Water break: 5 minutes**
 3. [Cossack squats \(single leg side lunges\)](#) – x3 sets of 8 reps, 1 minute rests
 4. [Glute Bridges](#) – x3 sets of 10, 1 minute rests
 5. [Single leg calf raises](#) – x3 sets of 10 reps each leg, 1 minute rests
 6. **Cool down**
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