

Pre-Academy Prep Week 1

Monday

Warmup

3 sets
100 m jog
5/side [90/90 Hip Switch \(Improve Hip Health & Mobility\) \(youtube.com\)](#)
10 [Glute Bridges \(youtube.com\)](#)

Strength

3 sets
10 Air Squats
[The Air Squat \(youtube.com\)](#)
Rest 1 min between sets

Stamina

3 sets
:10 second run
:50 second walk
:10 second run
:50 second walk
:10 second run
:50 second walk
1 min walk

Stretch

10 yds. each
[5EW Exercises: Ostrich Walk \(youtube.com\)](#)
[Inchworm \(youtube.com\)](#)
[Horse Walk | TTT Exercise Index \(youtube.com\)](#)
[Lizard Walking \(youtube.com\)](#)

Tuesday

Warmup

3 sets
20 [How to do Mountain Climbers by Wodstar \(youtube.com\)](#)
2/side [Increase Shoulder Mobility with Shoulder CARs \(youtube.com\)](#)
10 [Wall Slides \(youtube.com\)](#)

Strength

3 sets
10 PVC or Broomstick Press
[The Shoulder Press \(youtube.com\)](#)
Rest 1 min between sets

Stamina

5 minute Every Minute on the Minute (EMOM)
5 [The Burpee \(youtube.com\)](#)
Explanation:
5-8 Burpees (YAY BURPEES!) on the minute mark and then rest until the next minute. Then 5-8 more BURPEES until the next minute. ETC. until completion.

Stretch

1 minute each
[Stretching Exercises - the tricep stretch \(youtube.com\)](#)
[Chest and Biceps Stretch \(youtube.com\)](#)

Wednesday

Warmup

[Warm-up With Chris Hinshaw \(youtube.com\)](#)

Strength

3 sets
10 PVC or Broomstick
[Hip Hinge Progressions \(youtube.com\)](#)
Rest 1 min between sets

Stamina

Start slow on these and work up.
4 sets
[How to Properly Run the Pro Agility \(5-10-5\) \(youtube.com\)](#)
Rest 1 min between sets

4 sets

[Agility T Test \(youtube.com\)](#)
Rest 1 min between sets

Stretch

5 min walk

Thursday

Warmup

3 sets
20 [How to do Mountain Climbers by Wodstar \(youtube.com\)](#)
2/side [Increase Shoulder Mobility with Shoulder CARs \(youtube.com\)](#)
10 [Wall Slides \(youtube.com\)](#)

Strength

3 sets
5-10 [HR Push up \(youtube.com\)](#)
Rest 1 min between sets

Accessory

Accumulate 1 minute
[The Front Leaning Rest \(youtube.com\)](#)

20 Minute Walk/Jog
Every 4 minutes
10 second run. (Easy to Moderate)

Stretch

1 minute each
[Stretching Exercises - the tricep stretch \(youtube.com\)](#)
[Chest and Biceps Stretch \(youtube.com\)](#)
[Calf \(gastrocnemius\) stretch \(youtube.com\)](#)

Friday

20-30 minutes
Walk outside

Pre-Academy Prep Week 2

Monday

Warmup

3 sets
100 m jog
5/side [90/90 Hip Switch \(Improve Hip Health & Mobility\) \(youtube.com\)](#)
10 [Glute Bridges \(youtube.com\)](#)

Strength

4 sets
10 Air Squats
[The Air Squat \(youtube.com\)](#)
Rest 1 min between sets

Stamina

3 sets
:15 second run
:45 second walk
:15 second run
:45 second walk
:15 second run
:45 second walk
1 min walk

Stretch

10 yds. each
[5EW Exercises: Ostrich Walk \(youtube.com\)](#)
[Inchworm \(youtube.com\)](#)
[Horse Walk | TTT Exercise Index \(youtube.com\)](#)
[Lizard Walking \(youtube.com\)](#)

Tuesday

Warmup

3 sets
20 [How to do Mountain Climbers by Wodstar \(youtube.com\)](#)
2/side [Increase Shoulder Mobility with Shoulder CARs \(youtube.com\)](#)
10 [Wall Slides \(youtube.com\)](#)

Strength

4 sets
10 PVC or Broomstick Press
[The Shoulder Press \(youtube.com\)](#)
Rest 1 min between sets

Stamina

6 minute Every Minute on the Minute (EMOM)
5-8 [The Burpee \(youtube.com\)](#)
Explanation:
5-8 Burpees (YAY BURPEES!) on the minute mark and then rest until the next minute. Then 5-8 more BURPEES until the next minute. ETC. until completion.

Stretch

1 minute each
[Stretching Exercises - the tricep stretch \(youtube.com\)](#)
[Chest and Biceps Stretch \(youtube.com\)](#)

Wednesday

Warmup

[Warm-up With Chris Hinshaw \(youtube.com\)](#)

Strength

4 sets
10 PVC or Broomstick
[Hip Hinge Progressions \(youtube.com\)](#)
Rest 1 min between sets

Stamina

4 sets
[How to Properly Run the Pro Agility \(5-10-5\) \(youtube.com\)](#)
Rest 1 min between sets

Stamina

4 sets
[Agility T Test \(youtube.com\)](#)
Rest 1 min between sets

Stretch

5 min walk

Thursday

Warmup

3 sets
20 [How to do Mountain Climbers by Wodstar \(youtube.com\)](#)
2/side [Increase Shoulder Mobility with Shoulder CARs \(youtube.com\)](#)
10 [Wall Slides \(youtube.com\)](#)

Strength

4 sets
5-10 [HR Push up \(youtube.com\)](#)
Rest 1 min between sets

Accessory

Accumulate 1:30 minute
[The Front Leaning Rest \(youtube.com\)](#)

20 Minute Walk/Jog
Every 4 minutes
15 second run. (Easy to Moderate)

Stretch

1 minute each
[Stretching Exercises - the tricep stretch \(youtube.com\)](#)
[Chest and Biceps Stretch \(youtube.com\)](#)
[Calf \(gastrocnemius\) stretch \(youtube.com\)](#)

Friday

20-30 minutes
Walk outside

Pre-Academy Prep Week 3

Monday

Warmup

3 sets
100 m jog
5/side [90/90 Hip Switch \(Improve Hip Health & Mobility\) \(youtube.com\)](#)
10 [Glute Bridges \(youtube.com\)](#)

Strength

5 sets
10 Air Squats
[The Air Squat \(youtube.com\)](#)
Rest 1 min between sets

Stamina

3 sets
:20 second run
:40 second walk
:20 second run
:40 second walk
:20 second run
:40 second walk
1 min walk

Stretch

10 yds. each
[5EW Exercises: Ostrich Walk \(youtube.com\)](#)
[Inchworm \(youtube.com\)](#)
[Horse Walk | TTT Exercise Index \(youtube.com\)](#)
[Lizard Walking \(youtube.com\)](#)

Tuesday

Warmup

3 sets
20 [How to do Mountain Climbers by Wodstar \(youtube.com\)](#)
2/side [Increase Shoulder Mobility with Shoulder CARs \(youtube.com\)](#)
10 [Wall Slides \(youtube.com\)](#)

Strength

5 sets
10 PVC or Broomstick Press
[The Shoulder Press \(youtube.com\)](#)
Rest 1 min between sets

Stamina

7 minute Every Minute on the Minute (EMOM)
5-8 [The Burpee \(youtube.com\)](#)
Explanation:
5-8 Burpees (YAY BURPEES!) on the minute mark and then rest until the next minute. Then 5-8 more BURPEES until the next minute. ETC. until completion.

Stretch

1 minute each
[Stretching Exercises - the tricep stretch \(youtube.com\)](#)
[Chest and Biceps Stretch \(youtube.com\)](#)

Wednesday

Warmup

[Warm-up With Chris Hinshaw \(youtube.com\)](#)
10 yds. each

Strength

5 sets
10 PVC or Broomstick
[Hip Hinge Progressions \(youtube.com\)](#)
Rest 1 min between sets

Stamina

4 sets
[How to Properly Run the Pro Agility \(5-10-5\) \(youtube.com\)](#)
Rest 1 min between sets
4 sets
[Agility T Test \(youtube.com\)](#)
Rest 1 min between sets

Stretch

5 min walk

Thursday

Warmup

3 sets
20 [How to do Mountain Climbers by Wodstar \(youtube.com\)](#)
2/side [Increase Shoulder Mobility with Shoulder CARs \(youtube.com\)](#)
10 [Wall Slides \(youtube.com\)](#)

Strength

5 sets
5-10 [HR Push up \(youtube.com\)](#)
Rest 1 min between sets

Accessory

Accumulate 1:45 minute
[The Front Leaning Rest \(youtube.com\)](#)

20 Minute Walk/Jog
Every 4 minutes
20 second run. (Easy to Moderate)

Stretch

1 minute each
[Stretching Exercises - the tricep stretch \(youtube.com\)](#)
[Chest and Biceps Stretch \(youtube.com\)](#)
[Calf \(gastrocnemius\) stretch \(youtube.com\)](#)

Friday

20-30 minutes
Walk outside

Pre-Academy Prep Week 4

Monday

Warmup

3 sets
100 m jog
5/side [90/90 Hip Switch \(Improve Hip Health & Mobility\) \(youtube.com\)](#)
10 [Glute Bridges \(youtube.com\)](#)

Strength

7 sets
10 Air Squats
[The Air Squat \(youtube.com\)](#)
Rest 1 min between sets

Stamina

3 sets
:30 second run
:30 second walk
:30 second run
:30 second walk
:30 second run
:30 second walk
1 min walk

Stretch

10 yds. each
[5EW Exercises: Ostrich Walk \(youtube.com\)](#)
[Inchworm \(youtube.com\)](#)
[Horse Walk | TTT Exercise Index \(youtube.com\)](#)
[Lizard Walking \(youtube.com\)](#)

Tuesday

Warmup

3 sets
20 [How to do Mountain Climbers by Wodstar \(youtube.com\)](#)
2/side [Increase Shoulder Mobility with Shoulder CARs \(youtube.com\)](#)
10 [Wall Slides \(youtube.com\)](#)

Strength

7 sets
10 PVC or Broomstick Press
[The Shoulder Press \(youtube.com\)](#)
Rest 1 min between sets

Stamina

10 minute Every Minute on the Minute (EMOM)
5-8 [The Burpee \(youtube.com\)](#)
Explanation:
5-8 Burpees (YAY BURPEES!) on the minute mark and then rest until the next minute. Then 5-8 more BURPEES until the next minute. ETC. until completion.

Stretch

1 minute each
[Stretching Exercises - the tricep stretch \(youtube.com\)](#)
[Chest and Biceps Stretch \(youtube.com\)](#)

Wednesday

Warmup

[Warm-up With Chris Hinshaw \(youtube.com\)](#)

Strength

7 sets
10 PVC or Broomstick
[Hip Hinge Progressions \(youtube.com\)](#)
Rest 1 min between sets

Stamina

4 sets
[How to Properly Run the Pro Agility \(5-10-5\) \(youtube.com\)](#)
Rest 1 min between sets

Stamina

4 sets
[Agility T Test \(youtube.com\)](#)
Rest 1 min between sets

Stretch

5 min walk

Thursday

Warmup

3 sets
20 [How to do Mountain Climbers by Wodstar \(youtube.com\)](#)
2/side [Increase Shoulder Mobility with Shoulder CARs \(youtube.com\)](#)
10 [Wall Slides \(youtube.com\)](#)

Strength

7 sets
5-10 [HR Push up \(youtube.com\)](#)
Rest 1 min between sets

Accessory

Accumulate 2 minute
[The Front Leaning Rest \(youtube.com\)](#)

20 Minute Walk/Jog
Every 4 minutes
30 second run. (Easy to Moderate)

Stretch

1 minute each
[Stretching Exercises - the tricep stretch \(youtube.com\)](#)
[Chest and Biceps Stretch \(youtube.com\)](#)
[Calf \(gastrocnemius\) stretch \(youtube.com\)](#)

Friday

20-30 minutes
Walk outside