Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jun 1, 2014	Total 10' Plank for time =_____	50/40/30/20/10 of the following: situps, HRPU, air squats, modified pullups, walking lunges	Uphill Build Sprints: 20' AMRAP-- 20 strides uphill increase pace w recovery to bottom	1 mile Time Trial; 4-6 x 1/4 mile repeats; 6-10 x 30 stride sprints at max pace	75 of the following for time: jumping jacks, sandbag ground to overheads, bridge ups, swimmer burpees,	1' Max Reps: Situps = _____ Pushups = _____	45'-90' hike/ bike ride/run etc
Jun 8, 2014	Total 10' Plank for time =_____	SB Workout: OH tricep extensions, thrusters, squat thrust ground to OH, chest to bag pushup. Complete 10 reps then run 2'. Repeat for 8, 6, 4, and 2 reps	5 rounds of 1 minute of the following for max reps: situps, burpees, jump squats, sandbag push press, reverse planks (25' session)	2 x 1 mile at TT pace + 15 seconds; 2-4' recovery in b/t; 6-10 x 30 stride sprints at max pace (uphill)	10 rounds for time: 5 pullups/10 swimmer pushups/15 sandbag or front squats/ bear crawl 30 steps out/ back	1' Max Reps: Situps = _____ Pushups = _____	45'-90' hike/ bike ride/run etc
Jun 15, 2014	**HOLLY'S HOME: TRAINING WEEK!!!!!**	6 p.m. Mobility Monday with Holly	9 a.m. Fit Camp at Riverside Tennis Club	5 a.m. Run w Holly--3 mile TT 6:30 Bike Intervals ***Lake Swim??*** 6 p.m. Fit Camp @holly's		2' Max Reps: Situps = _____ Pushups = _____	45'-90' hike/ bike ride/run etc
Jun 22, 2014		50/40/30/20/10 of the following: flutter kicks, HR pushups, stationary lunges (total reps not per leg), pullups, walking lunges	Uphill Build Sprints: 5' AMRAP-- 20 strides 5' AMRAP--30 strides 5' AMRAP--45 strides Jog easy 10-15' (on trail or grass if possible	2 mile Time Trial; warm up with 10' running drills; cool down with 1 mile easy w 5 x 45 fast strides	TBD	2' Max Reps: Situps = _____ Pushups = _____	45'-90' hike/ bike ride/run etc
Jun 29, 2014		**RE-MURPH!!**	TBD	10 x 1/4 mile at 5k pace or 6 x 1/2 mile at 5k pace	TBD	**INDEPENDENCE DAY: 5K IN EASLEY + WOD/ ASSAULT ON PARIS MTN**	ULTIMATE SUCK BEAST
Jul 6, 2014	USB	**6** p.m. Mobility Monday with Holly	9 a.m. Fit Camp at Riverside Tennis Club	5 a.m. Run w Holly 6:30 Bike Intervals Lake Swim?? 6 p.m. Fit Camp @holly's			

Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul 13, 2014							
Jul 20, 2014			*(Holly GONE)*				
Jul 27, 2014							
Aug 3, 2014							*(Holly BACK)*
Aug 10, 2014	Gville TRI!						Drill Weekend
Aug 17, 2014							Mutt Strut