

Metro Dash Training 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Metabolic Condition: 5 rounds: 15 Push Ups 15 Sit Ups 15 Squats</p>	<p>Metabolic Condition: 3 rounds: 400m Run 20 Deadlifts (135/95) 20 Push Press (135/95) (one bar for both)</p>	<p>Tabata: 20 sec work 10 sec rest Double Unders, Sit Ups, Handstand Hold, Double Unders</p>	<p>Rest or Active Recovery</p>	<p>Work Capacity: 5 Rounds each for time: 100ft Farmer Carry 100ft sled drag 200ft Sprint Rest 2 Min</p>	<p>Metabolic Condition: 21-15-9: Burpees Sit Ups 400m Run</p>	<p>Metabolic Condition: 10,9,8...2,1 of: KB Deadlift High Pull KB Swing KB Front Squat (53#/35#)</p>
<p>Rest or Active Recovery</p>	<p>Find something heavy and pick up as many times as possible</p> <p>Ab Circuit:(30 sec each) Plank, Side Plank, Flutter Kicks</p>	<p>Metabolic Condition: 50-40-30-20-10 Double Unders Sit Ups</p>	<p>Metabolic Condition: 50 Burpees for time *Must touch something 12" above standing reach each time</p>	<p>Rest or Active Recovery</p>	<p>Metabolic Endurance: 3 Rounds for Time: 30 KB Swing 25 Wall Ball 20 Pull Ups</p>	<p>Speed Work: 4 Round for Time: 400m Run 50 Squats</p>
<p>Metabolic Condition: 5 Rounds for time: 10 Deadlifts 20 Box Jumps</p>	<p>Rest or Active Recovery</p>	<p>Metabolic Condition: 800 m Sprint followed by Cumulative 5min Handstand Hold</p>	<p>Metabolic Condition: 10-20-30 reps of: Squat Pull Ups Squat Push Ups</p>	<p>Tabata: Squats Mountain Climbers Wall Ball KB Swing</p>	<p>Rest or Active Recovery</p>	<p>Conditioning: Run 1 mile Row 2000m Run 1 mile</p>
<p>Metabolic Condition: EMOTM for 10 min: 5 Deadlifts 7 Push Ups 9 Jump Squats</p>	<p>Find something heavy again and throw it 400m then run 400m</p> <p>Blast those abs, your choice 3x20</p>	<p>Rest or Active Recovery</p>	<p>Metabolic Condition: 8 Rounds each for time: 200m weighted Run *Rest is 1:1</p>	<p>Metabolic Condition: 10 Rounds: 10 Box Jumps 10 Pull Ups</p>	<p>Metabolic Condition: 4 Rounds: 50 Squats 100ft Farmer Carry 50 Flutter Kicks 100ft Waiter Walk</p>	<p>Rest or Active Recovery</p>
<p>Metabolic Condition: 10-20-30 of: KB Swing Burpees Push Up</p>	<p>Metabolic Condition: Tabata: Burpees Double Unders *2 full sets of each back to back</p>	<p>Metabolic Condition: 3 Rounds of: 20 Sit Ups 15 Wall Ball 10 Burpees</p>	<p>Rest or Active Recovery</p>	<p>Metabolic Condition: With a continuously running clock do 1 burpee first minute, 2 second minute, so on until you cannot complete round in that minute</p>	<p>Metabolic Condition: 7 rounds for time: 25 Squats 20 Jump squats 15 Lunges</p>	<p>Metabolic Condition: 5 Rounds: 20 KB Swing 20 Pull Ups</p>

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Rest or Active Recovery	Nice easy run stretch your legs out about a 5K Tighten that midline 5x15 abs	Metabolic Condition: 21-15-9 Deadlifts KB Swings	Muscular Endurance: 2 rounds: Max pushups 2:00 Max situps 2:00 Max flutterkicks 2:00 Max squats 2:00	Rest or Active Recovery	Metabolic Condition: 5 rounds: 20 Push Ups 20 Sit Ups 20 squats	Metabolic Condition: 15-12-9-6-3 of Push Press(135/95) KB Swing (53/35) Jump Squats
Metabolic Condition: 3 Rounds for time: 5 Wall Walks 15 Push Ups 20 Sit Ups	Rest or Active Recovery	Metabolic Condition: AMRAP in 20 minutes 5 KB Swings 10 KBSDHP 20 Double Unders	Muscular Endurance: 100 Pull Ups	Metabolic Condition: 4x400m *Rest is 1:1	Rest or Active Recovery	Work Capacity: 5 Rounds for time: 100ft Farmer Carry 100ft sled drag 200ft Sprint
Muscular Endurance: 100 Push Ups 200 Sit Ups 300 Squats	Metabolic Condition: 3 rounds for time: 10 KB Swings(70/53) 10 Burpees 50ft Bear Crawl	Rest or Active Recovery	Find something heavy and pick up as many times as possible (get more reps) Ab Circuit:(30 sec each) Plank, Side Plank, Flutter Kicks	Metabolic Condition: 50-40-30-20-10 Double Unders Sit Ups *Improve time from last try	Last Workout before the big Metro Dash, use what you've learned and get a final WOD in!!	Rest or Active Recovery

***EMTOM**= Every Minute on the Minute

***Tabata** = For twenty seconds do as many reps of the assigned exercise as you can - then rest 10 seconds. Repeat this seven more times for a total of 8 intervals, 4 minutes total exercise. The score is the least number of reps for any of the eight intervals. Rest 1 minute, move to next movement.

***Waiter's Walk** = Hold a weight (dumbell, kettlebell, etc.) overhead and walk for distance. Awesome stabilizer work.

***Farmer Carry** = Pick up two heavy dumbbells and walk for distance. Thick handled grips add misery.

***SDHP** = Sumo Deadlift High Pull

***Burpee** = To perform a burpee with a pushup, you will begin in a squat position with hands on the floor in front of you (1). Kick your feet back, while simultaneously lowering yourself into the bottom portion of a pushup. Your arms will not be extended. (2). Immediately return your feet to the squat position, while simultaneously pushing "up" with your arms. You will perform a pushup as you return your feet to the squat position (3). Leap up as high as possible from the squat position (4). Repeat, moving as fast as possible.

<http://www.youtube.com/watch?v=7MGljX4bbps&noredirect=1>

As with any training programs please consult a physician to see if you are physically able to perform exercise. Also, any exercise programs should be tailored to the individual, so if you have any questions about the program please contact trainer@metrodash.com