



HIDDEN WARRIOR

HIDDEN WARRIOR - 8 Week Training Plan

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
MONDAY	MONDAY	MONDAY	MONDAY	MONDAY	MONDAY	MONDAY	MONDAY
15 minute warm up 2km-3km walk / light jogging 10 x Push-ups 10 x Sit-ups 10 x Burpees 10 x Burpee to Lunges 15 minute warm down and stretches	15 minute warm up 10 rounds / 1 min rest between Intervals Run 2 minutes 5 x Squats 5v Push-ups 5 x Stair Climbs 5 x Lunges (5 each leg) 5 x Plank to Push-up 15 minute warm down and stretches	15 minute warm up 10 rounds / 1 min rest between intervals Run 3 minutes 8 x Squats 8 x Push-ups 8 x Step -ups 8 x Lunges (5 each leg) 8 x Plank to Push-up 15 minute warm down and stretches	15 minute warm up 10 rounds / 1 min rest between intervals Run 4 minutes 10 x Squats 10 x Push-ups 10 x Step -ups 10 x Lunges (5 each leg) 10 x Plank to Push-up 15 minute warm down and stretches	15 minute warm up 10 rounds / 1 min rest between intervals Run 4 minutes 12 x Squats 12 x Push-ups 12 x Step -ups 12 x Lunges (5 each leg) 12 x Plank to Push-up 15 minute warm down and stretches	15 minute warm up 8 rounds / 30 sec rest between intervals Run 5 minutes 10 x Push-ups 8 x Single Leg Burpees on each leg 16 x Push-up to Burpee 12 x Step Lunges on each leg 16 x Lunge-Squat Lunge Combos 15 minute warm down and stretches	15 minute warm up 8 rounds / 30 sec rest between intervals Run 5 minutes 10 x Push-ups 10 x Single Leg Burpees on each leg 16 x Push-up to Burpee 12 x Step Lunges on each leg 16 x Lunge-Squat Lunge Combos 15 minute warm down and stretches	15 minute warm up 4 rounds / 30 sec rest between intervals Run 5 minutes 6 x Squats 6 x Push-ups 6 x Step -ups 6 x Lunges (2 each leg) 6 x Plank to Push-up 15 minute warm down and stretches
TUESDAY Muscular Strength	TUESDAY Muscular Strength	TUESDAY Muscular Strength	TUESDAY Muscular Strength	TUESDAY Muscular Strength	TUESDAY Muscular Strength	TUESDAY Muscular Strength	TUESDAY Muscular Strength
15 minute warm up 2km-5km walk / light jogging 10 x Reps 10 x Sit-ups 10 x Burpees 10 x Burpees to Lunges 15 minute warm down and stretch	15 minute warm up 4 rounds / 30 sec rest between intervals (No rest between rounds) 12 x Moderate Height Box Jump 12 x Burpee with Push-up 10 x Step-up on each leg 15 x Triceps Dip 8 x Chin up 15 x min warm down and stretch	15 minute warm up 4 rounds / 30 sec rest between intervals (No rest between rounds) 12 x Broad Jump 4 x Overhead Stone Throw 3 x Shot-put Stone Throw 6 x Push-up 8 x Weighted Explosive Step-up 6 x Jumping Pull-up & Hold 10 x Side Lunge 15 x min warm down and stretch	15 minute warm up 4 rounds / 30 sec rest between intervals (No rest between rounds) 6 x Court shuttle run with Burpee Push-up each end 5 x Step Lunge 4 x Burpee to Push-up then run 20m 1 x Commando Crawl 20m 8 x Narrow Squat with weight 12 x Tricep Dip 15 minute warm down and stretch	15 minute warm up 4 rounds / 30 sec rest between intervals (No rest between rounds) 8 x Court shuttle run with Burpee Push-up each end 8 x Step Lunge 10 x Push-up 1 x Commando Crawl 40m 10 x Narrow Squat with weight 10 x Jumping Pull-up & Hold 15 minute warm down and stretch	15 minute warm up 4 rounds / 30 sec rest between intervals (No rest between rounds) 8 x Broad Jump 6 x Overhead Stone Throw 4 x Shot-put Stone Throw 12 x Push-ups 10 x Weighted Explosive Step-up 10 x Jumping Pull-up & Hold 12 x Side Lunge 15 minute warm down and stretch	15 minute warm up 4 rounds / 30 sec rest between intervals (No rest between rounds) 12 x Broad Jump 8 x Overhead Stone Throw 6 x Shot-put Stone Throw 14 x Push-ups 12 x Weighted Explosive Step-up 12 x Jumping Pull-up & Hold 12 x Tricep Dip 15 minute warm down and stretch	15 minute warm up Light jog of 1 -2kms at an easy pace 2 rounds / 30 sec rest between intervals (No rest between rounds) 4 x Court shuttle run with Burpee Push-up each end 4 x Step Lunge 2 x Burpee to Push-up then run 20m 1 x Commando Crawl 30m 4 x Narrow Squat with weight 6 x Triceps Dips 15 minute warm down and stretch



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WEDNESDAY Endurance	WEDNESDAY Endurance	WEDNESDAY Endurance	WEDNESDAY Endurance	WEDNESDAY Endurance	WEDNESDAY Speed	WEDNESDAY Endurance	WEDNESDAY Speed
<p>15 minute warm up</p> <p>4km walk / light jogging</p> <p>10 x Push-ups</p> <p>10 x Sit-ups</p> <p>10 x Burpees</p> <p>10 x Burpee to Lunges</p> <p>15 minute warm down</p>	<p>15 minute warm up</p> <p>Light jog of 2km at an easy pace</p> <p>Run 400 metres 6 times resting in between runs for as long as it took you to run the previous 400 metres</p> <p>Exertion Level 6</p> <p>Light Jog / walk down and stretch</p>	<p>15 minute warm up</p> <p>Light jog of 2km at an easy pace</p> <p>Find a hill 50 metres long and run up and down 8 times, resting 20 seconds at the bottom each time</p> <p>Exertion Level 7</p> <p>15 minute warm down and stretch</p>	<p>15 minute warm up</p> <p>Light jog of 2km at an easy pace</p> <p>Run 400 metres 4 times resting for 30 seconds less than the time it took you to run the previous 400 metres</p> <p>Exertion Level 8</p> <p>15 minute warm down and stretch</p>	<p>15 minute warm up</p> <p>Light jog of 3km at an easy pace</p> <p>Run 600 metres 6 times resting for 30 seconds less than the time it took you to run the previous 600 metres</p> <p>Exertion Level 8</p> <p>15 minute warm down and stretch</p>	<p>15 minute warm up</p> <p>Light jog of 2km at an easy pace</p> <p>Run 200 metres 8 times resting for 30 seconds less than the time it took you to run the previous 200 metres</p> <p>Exertion Level 9</p> <p>15 minute warm down and stretch</p>	<p>15 minute warm up</p> <p>Light jog of 3km at an easy pace</p> <p>Find a hill 50 metres long and run up and down 10 times, resting 30 seconds at the bottom every other time</p> <p>Exertion Level 9</p> <p>15 minute warm down and stretch</p>	<p>15 minute warm up</p> <p>Light jog of 2km at an easy pace</p> <p>6 x run 200 metres 6 times resting for 30 seconds less than the time it took you to run the previous 6 metres</p> <p>Exertion Level 8</p> <p>15 minute warm down and stretch</p>
THURSDAY Active Recovery	THURSDAY Active Recovery	THURSDAY Active Recovery	THURSDAY Active Recovery	THURSDAY Active Recovery	THURSDAY Active Recovery	THURSDAY Active Recovery	THURSDAY Active Recovery
<p>15 minute warm up</p> <p>2km-5km walk / light jogging</p> <p>10 x Push-ups</p> <p>10 x Sit-ups</p> <p>10 x Burpees</p> <p>10 x Burpee to Lunges</p> <p>15 minute warm down</p>	<p>Ride A bike or jog/walk in a pool for 30 minutes</p> <p>Exertion Level 3</p> <p>15 minute warm down</p>	<p>Ride A bike or jog/walk in a pool for 30 minutes</p> <p>Exertion Level 3</p> <p>15 minute warm down</p>	<p>Ride A bike or jog/walk in a pool for 30 minutes</p> <p>Exertion Level 3</p> <p>15 minute warm down</p>	<p>Ride A bike or Jog/walk in a pool for 30 minutes</p> <p>Exertion Level 3</p> <p>15 minute warm down</p>	<p>Ride A bike or Jog/walk in a pool for 30 minutes</p> <p>Exertion Level 3</p> <p>15 minute warm down</p>	<p>Ride A bike or Jog/walk in a pool for 30 minutes</p> <p>Exertion Level 3</p> <p>15 minute warm down</p>	<p>Ride A bike or jog/walk in a pool for 30 minutes</p> <p>Exertion Level 3</p> <p>15 minute warm down</p>
FRIDAY Metabolic Strength	FRIDAY Metabolic Strength	FRIDAY Metabolic Strength	FRIDAY Metabolic Strength	FRIDAY Metabolic Strength	FRIDAY Metabolic Strength	FRIDAY Metabolic Strength	FRIDAY Recovery
<p>15 minute warm up</p> <p>Light jog of 1 -2kms at an easy pace</p> <p>10 x Push-ups</p> <p>10 x Sit-ups</p> <p>10 x Burpees</p> <p>10 x Burpee to Lunges</p> <p>15 minute warm down</p>	<p>15 minute warm up</p> <p>3 x 30 seconds per exercise with only 15 second rests between each:</p> <p>Fast step-ups</p> <p>Standing hand walk forward to Push-up</p> <p>Jump Lunge</p> <p>Burpee to push-up</p> <p>Squats – with or</p>	<p>15 minute warm up</p> <p>Light jog of 1 -2kms at an easy pace</p> <p>3 x 45 seconds per exercise with only 15 second rests between Each:</p> <p>Lateral Obstacle Hop</p> <p>Push-ups</p> <p>Shuttle run</p> <p>Squat to star jump</p>	<p>15 minute warm up</p> <p>Light jog of 1 -2kms at an easy pace</p> <p>4 x 60 seconds per exercise with only 20 second rests between each:</p> <p>Fast step-ups</p> <p>Standing hand walk forward to Push-up</p> <p>Jump Lunge</p>	<p>15 minute warm up</p> <p>Light jog of 1 -2kms at an easy pace</p> <p>4 x 75 seconds each with only 25 second rests between each:</p> <p>Lateral Obstacle Hop</p> <p>Push-ups</p> <p>Shuttle run</p> <p>Squat to star jump</p> <p>Thrusts</p>	<p>15 minute warm up</p> <p>Light jog of 2 -3kms at an easy pace</p> <p>6 x 60 seconds per exercise with only 20 second rests between each:</p> <p>Fast step-ups</p> <p>Standing hand walk forward to Push-up</p> <p>Jump Lunge</p>	<p>15 minute warm up</p> <p>Light jog of 2 -3kms at an easy pace</p> <p>6 x 75 seconds each with only 30 second rests between each:</p> <p>Lateral Obstacle Hop</p> <p>Push-ups</p> <p>Shuttle run</p> <p>Squat to star jump</p> <p>Thrusts</p>	<p>Rest up and get pumped to battle the Warrior Course!</p>



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	without weights Commando Crawl (on a hill) Burpee to push-up 2 minutes rest between each round 15 minute warm down	thrust Commando Crawl (on a hill) Burpee to push-up 2 minutes rest between each round 15 minute warm down	Squats – with or without weights Commando Crawl Burpee 2 minutes rest between each round 15 minute warm down	Commando Crawl (on a hill) Burpee to push-up 2 minutes rest between each round 15 minute warm down	Burpee to push-up Squats – with or without weights Commando Crawl Burpee 2 minutes rest between each round 15 minute warm down	Commando Crawl (on a hill) Burpee to push-up Jump Lunge 2 minutes rest between each round 15 minute warm down	
SATURDAY Endurance	SATURDAY Endurance	SATURDAY Endurance	SATURDAY Endurance	SATURDAY Endurance	SATURDAY Endurance	SATURDAY Endurance	SATURDAY
15 minute warm up Light jog of 1-2kms at an easy pace 10 x Push-ups 10 x Sit-ups 10 x Burpees 10 x Burpee to Lunges 15 minute warm down	Run 5k – minimum of Half distance off road- Attempt to maintain a Steady pace Don't forget to warm-up / warm down and stretch	Run 6k – minimum of half distance off road- attempt to maintain a steady pace Don't forget to warm-up / warm down and stretch	Run 6k – minimum of half distance off road- attempt to maintain a steady pace Don't forget to warm-up / down and stretch	Run 6k – minimum of half distance off road- attempt to maintain a steady pace Don't forget to warm-up / down and stretch	Run 8k – minimum of half distance off road- attempt to maintain a steady pace Don't forget to warm-up / down and stretch	Run 8k – minimum of half distance off road- attempt to maintain a steady pace Don't forget to warm-up / down and stretch	
SUNDAY Recovery	SUNDAY Recovery	SUNDAY Recovery	SUNDAY Recovery	SUNDAY Recovery	SUNDAY Recovery	SUNDAY Recovery	SUNDAY
15 minute in warm up 2km-5km walk / light jogging 10 x Push-ups 10 x Sit-ups 10 x Burpees 10 x Burpee to Lunges 15 minute in warm down	Ride a bike or jog in a pool for 30 minutes Exertion level 3 Do some dynamic stretching to keep your muscles loose. A yoga class or Pilates would be ideal.	Ride a bike or jog in a pool for 30 minutes Exertion level 3 Do some dynamic stretching to keep your muscles loose. A yoga class or Pilates would be ideal.	Ride a bike or jog in a pool for 30 minutes. Exertion level 3 Do some dynamic stretching to keep your muscles loose. A yoga class or Pilates would be ideal.	Ride a bike or jog in a pool for 30 minutes. Exertion level 3 Do some dynamic stretching to keep your muscles loose. A yoga class or Pilates would be ideal.	Ride a bike or jog in a pool for 30 minutes. Exertion level 3 Do some dynamic stretching to keep your muscles loose. A yoga class or Pilates would be ideal.	Ride a bike or jog in a pool for 30 minutes. Exertion level 3 Do some dynamic stretching to keep your muscles loose. A yoga class or Pilates would be ideal.	

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