

Warm up	1	5 min. cardiovascular warm up (i.E. running, rowing, jumping jacks...)	Legende	
	2	Individual warm up if needed. Recommended after long time sitting, current injuries or mobility issues.		AMRAP
				Fields descr

Nr.	Exercise	Sets	Sessions									
			Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8	Session 9	10
A	Air Squats	Check description fields below Session	Learn technique	Perform 75 reps in total in as many (or little) sets as needed. Take breaks as needed.	Perform 100 reps in total in as many (or little) sets as needed. Take breaks as needed.	5 Sets à 20 Reps. Rest as long as needed.	3 x 30 reps. Rest 60 Seconds.	3 x 35 reps. Rest 60 Seconds.	Set 1: 30 Reps Set 2: 30 Reps Set 3: AMRAP Rest: 60 Sek.	2 x 45 Wdh. Pause zwischen den Sätzen 60 sek.	Set 1: 40 Reps Set 2: 40 Reps Set 3: AMRAP Rest: 60 Sek.	RECOVERY SESSION: Just move, sweat a little and feel good about yourself. Stretch your muscles or do foam rolling if you feel like it.  Do Firelete Performance Test Level 2. You got it? → Move on to foundation plan number 3. You missed it? → Don't worry. Repeat Session 6-10 as long as needed and focus on your weak spots.
B	Box Push up Push up		Learn technique	Perform 40 reps in total in as many (or little) sets as needed. Take breaks as needed.	Perform 50 reps in total in as many (or little) sets as needed. Take breaks as needed.	4 Sets à 15 Reps. Rest as long as needed.	3 x 20 reps. Rest as needed.	3 x 20 reps. Rest 60 Seconds.	3 x 15 Reps Increase difficulty of Push up.	1 Pyramid set. 2 Reps - rest - 4 Reps- rest 6 reps .... go as far as you can... and back!	3 x AMRAP Rest 90 Seconds in between sets.	
C	Suitcase Deadlift (2 volle Schaummittelkanister)		Learn technique	Perform 60 reps in total in as many (or little) sets as needed. Take breaks as needed.	Perform 80 reps in total in as many (or little) sets as needed. Take breaks as needed.	5 Sets à 15 Reps. Rest as long as needed.	3 x 20 reps. Rest 90 Seconds.	2 x 25 reps. Rest as needed.	Set 1: 20 Reps Set 2: 20 Reps Set 3: AMRAP Rest: 60 Sek.	2 x 35 Reps. Rest as needed.	Set 1: 30 Reps Set 2: 30 Reps Set 3: AMRAP Rest: 90Sek.	
D	Plank am Boden		Learn technique	t= 60 sek t= 60 sek	t= 80 sek t= 80 sek	t= 100 sek t= 100 sek	t= 60s variation t= 60s variation	t= 80 sec variation t= 80 sec variation	t= 100 sec variation t= 100 sec variation	t= 120sec variation t= 120sec variation	t= ALAP t= ALAP	
E	Pull up		Learn technique	10 negative Pull ups. Jump up and lower your body VERY slowly (3-5 sec.) Split in as many sets as needed.	15 negative Pull ups. Jump up and lower your body VERY slowly (3-5 sec.) Split in as many sets as needed.	Negativ Pull ups. 3 Sets of 5. Rest as long as needed.	3 x 5 Pull ups with band (make it easier)	4 x 5 Pull ups with band (make it easier)	3 x 5 Pull ups. Use only light support.	4 x 5 Pull ups. Use only light support.	10 Pull ups. Split them in as many sets as needed.	
F	Farmers Walk mit 2 Kanistern		Learn technique	3 Sets in total. Rest 60 Seconds in between. Try to increase distance from session to session.	3 Sets in total. Rest 60 Seconds in between. Try to increase distance from session to session.	3 Sets in total. Rest 60 Seconds in between. Try to increase distance from session to session.	3 Sets in total. Rest 60 Seconds in between. Try to increase distance from session to session.	3 Sets in total. Rest 60 Seconds in between. Try to increase distance from session to session.	3 Sets in total. Rest 60 Seconds in between. Try to increase distance from session to session.	3 Sets in total. Rest 60 Seconds in between. Try to increase distance from session to session.	3 Sets in total. Rest 60 Seconds in between. Try to increase distance from session to session.	

**Info & Personal Notes**

I recommend at least 3 training sessions per week for optimal results.



Warm up: Perform individual warm up (or start slowly) before running.

Info: The distance is for running. If you choose an other Endurance Method, feel free to adapt the distance to your needs.

Legende

Insert Data

Date:	Date:	Date:	Date:	Date:	Date:
Activity performed	Activity performed	Activity performed	Activity performed	Activity performed	Activity performed
Aim at a HR of	Average HR	Aim at a HR of	Average HR	Aim at a HR of	Average HR
65 %		65 %		65 %	
Duration	Duration	Duration	Duration	Duration	Duration
1h		1h		1h	
Distance traveled	Distance traveled	Distance traveled	Distance traveled	Distance traveled	Distance traveled
	5 km		6 km		8 km

Date:	Date:	Date:
Activity performed	Activity performed	Activity performed
Aim at a HR of	Average HR	Aim at a HR of
65 %		65 %
Duration	Duration	Duration
1h		1h
Distance traveled	Distance traveled	Distance traveled
	10km	

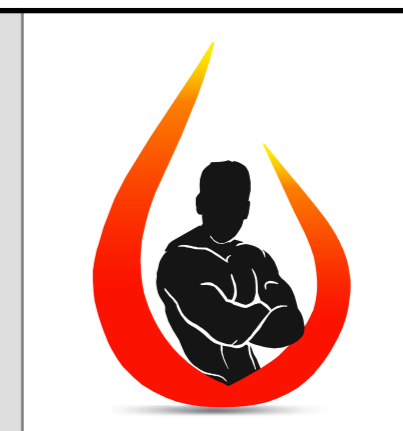
**Info and personal notes:**



Warm up	1	5 min. cardiovascular warm up (i.E. running, rowing, jumping jacks...)	<b>Legende</b>		Insert Data
	2	Individual warm up if needed. Recommended after long time sitting, current injuries or mobility issues.		Text fields	Abhaken wenn gemacht
				ALAP	As long as possible
				AMRAP	As many reps as possible
				TOT	Total reps
					Insert Exercise (i.E. running) and distance (i.e. 2 miles)

Nr.	Exercise	Sets	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8	Session 9
			A	Lunge	Check description fields below Session	Learn technique	2 x 16	2 x 20	2 x 26	2 x 30	2 x 36
B	Air Squats	2min - AMRAP	2min - AMRAP	2min - AMRAP		2min - AMRAP	2min - AMRAP	2min - AMRAP	2min - AMRAP	2min - AMRAP	2min - AMRAP
C	Thai Push up	Learn technique	Hold as long as possible. Spend 4 minutes on this exercise.	Hold as long as possible. Spend 4 minutes on this exercise.		Hold as long as possible. Spend 4 minutes on this exercise.	Hold as long as possible. Spend 4 minutes on this exercise.	Hold as long as possible. Spend 4 minutes on this exercise.	Hold as long as possible. Spend 4 minutes on this exercise.	Hold as long as possible. Spend 4 minutes on this exercise.	Hold as long as possible. Spend 4 minutes on this exercise.
D	Suitcase Deadlift (2 volle Schaummittelkanister)	40 Reps in as less sets as possible	40 Reps in as less sets as possible	40 Reps in as less sets as possible		40 Reps in as less sets as possible	40 Reps in as less sets as possible	40 Reps in as less sets as possible	40 Reps in as less sets as possible	40 Reps in as less sets as possible	40 Reps in as less sets as possible
E	Inverted Row	AMRAP 5 min	AMRAP 5 min	AMRAP 5 min		AMRAP 5 min	AMRAP 5 min	AMRAP 5 min	AMRAP 5 min	AMRAP 5 min	AMRAP 5 min
TOT =			TOT =	TOT =		TOT =	TOT =	TOT =	TOT =	TOT =	TOT =
F	Farmers Walk with 2 canister	Carry as far as possible in 5 min.	Carry as far as possible in 5 min.	Carry as far as possible in 5 min.		Carry as far as possible in 5 min.	Carry as far as possible in 5 min.	Carry as far as possible in 5 min.	Carry as far as possible in 5 min.	Carry as far as possible in 5 min.	Carry as far as possible in 5 min.
Distance =			Distance =	Distance =	Distance =	Distance =	Distance =	Distance =	Distance =	Distance =	
G	High Intensity Interval Training 15 minutes	Exercise									
		Intervall 1	2m 65% HRmax	2m 65% HRmax	2m 65% HRmax	2m 65% HRmax	2m 65% HRmax	3m 65% HRmax	3m 65% HRmax	3m 65% HRmax	3m 65% HRmax
		Intervall 2	1m 90%HRmax	1m 90%HRmax	1m 90%HRmax	1m 90%HRmax	1m 90%HRmax	2m 90%HRmax	2m 90%HRmax	2m 90%HRmax	2m 90%HRmax
		Distance									

**Info und personal notes:**



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Insert Date (over field „session“)
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As many reps as possible
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Insert exercise (i.E. running) and distance (i.E. 5 miles)
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Check box when finished
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Session 11
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