

Warm up	1	5 min. cardiovascular warm up (i.E. running, rowing, jumping jacks...)	Legende	Insert Data	
	2	Individual warm up if needed. Recommended after long time sitting, current injuries or mobility issues.		Text field	Check box when finished
				ALAP	As long as possible
				AMRAP	As many reps as possible
				TOT	Total reps

Nr.	Exercise	Sets	Sessions										
			Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8	Session 9	Session 10	Session 11
A	Bulgarian Split Squat	As described in text fields below session	Learn technique	2 x 10	3 x 10	2 x 12	3 x 12	2 x 14	3 x 14	2 x 16	3 x 16	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 3. You got it? → Move on to foundation plan number 4. You missed it? → Don't worry. Repeat Session 6-10 as long as needed and focus on your weak spots.
B	Suitcase Deadlift (fill canister with sand)		Learn technique	Perform 40 reps in total in as many (or little) sets as needed. Take breaks as needed.	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.	Perform 50 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.	Perform 80 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.	Perform 80 reps in total in as many (or little) sets as needed. Take breaks as needed.		
C	Goblet Squats with 10 kg		Learn technique	Perform 50 reps in total in as many (or little) sets as needed. Take breaks as needed.	Perform 60 reps in total in as many (or little) sets as needed. Take breaks as needed.	5 x 15. Rest as needed.	4 x 20 Rest 60-90 seconds	Set 1: 20 Reps Set 2: 20 Reps Set 3: AMRAP Rest: 60 Sek.	Perform 80 Air Squats in total in as less sets as needed. Take breaks as needed.	Perform 80 Air Squats in total in as less sets as needed. Take breaks as needed.	Perform 80 Air Squats in total in as less sets as needed. Take breaks as needed.		
D	Leg Raise		Learn technique	2x max reps TOT=	2x max reps TOT=	2x max reps TOT=	2x max reps TOT=	2x max reps TOT=	2x max reps TOT=	2x max reps TOT=	2x max reps TOT=		
E	Pull up		Learn technique	5 x 1	10 x 1	5 x 2	10 x 2	5 x 3	10 x 3	5 x 4	As many sets of 5 as possible.		
S	Side Plank		Learn technique	1 x ALAP t=	1 x ALAP t=	1 x ALAP t=	1 x ALAP t=	1 x ALAP t=	1 x ALAP t=	1 x ALAP t=	1 x ALAP t=		
G	Farmers Walk wit 2 canister		Learn technique	3 Sets with a rest of 60 seconds in between. Try to increase distance in every session.	3 Sets with a rest of 60 seconds in between. Try to increase distance in every session.	3 Sets with a rest of 60 seconds in between. Try to increase distance in every session.	3 Sets with a rest of 60 seconds in between. Try to increase distance in every session.	3 Sets with a rest of 60 seconds in between. Try to increase distance in every session.	3 Sets with a rest of 60 seconds in between. Try to increase distance in every session.	3 Sets with a rest of 60 seconds in between. Try to increase distance in every session.	3 Sets with a rest of 60 seconds in between. Try to increase distance in every session.		

<p><b>Info &amp; personal notes:</b></p>          	
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Warm up: Perform individual warm up before running

Info: Run 10.000m with an average HR of 65-75%.  
Try to better your time and/or HR each session.

Legende

Insert Data

Date:	Date:	Date:	Date:	Date:	Date:
Activity performed	Activity performed	Activity performed	Activity performed	Activity performed	Activity performed
Average HR	Average HR	Average HR	Average HR	Average HR	Average HR
Duration	Duration	Duration	Duration	Duration	Duration
Distance travelled	Distance travelled	Distance travelled	Distance travelled	Distance travelled	Distance travelled
10.000 meter	10.000 meter	10.000 meter	10.000 meter	10.000 meter	10.000 meter
Date:	Date:	Date:			
Activity performed	Activity performed	Activity performed			
Average HR	Average HR	Average HR			
Duration	Duration	Duration			
Distance travelled	Distance travelled	Distance travelled			
10.000 meter	10.000 meter	10.000 meter			

**Info and personal notes:**



1	5 min. cardiovascular warm up (i.E. running, rowing, jumping jacks...)	<b>Legende</b>	Insert Date	
			Text field	Check box when finished
			ALAP	As long as possible (so lange wie möglich durchhalten)
			AMRAP	As many reps as possible (so viele Wdh. wie möglich)
			TOT	Total reps
2	Individual warm up if needed.			
	Recommended after long time sitting, current injuries or mobility issues.			

Nr.	Exercise
A	Push up
B	Pull up
C	Inverted Row (change between pronated and supinated grip)
D	One Arm Press
E	One Arm Row
F	Russian Twist
G	Farmers Walk with 2 canister

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8	Session 9
Learn technique	AMRAP in 6 min	5 x 5 (increase difficulty if needed)	AMRAP in 6 min	5 x 8 (increase difficulty if needed)	AMRAP in 6 min	5 x 12 (increase difficulty if needed)	AMRAP in 6 min	5 x 15 (increase difficulty if needed)	
Learn technique	1 x AMRAP TOT =	1 x AMRAP TOT =	1 x AMRAP TOT =	1 x AMRAP TOT =	1 x AMRAP TOT =	1 x AMRAP TOT =	1 x AMRAP TOT =	1 x AMRAP TOT =	1 x AMRAP TOT =
Learn technique	2 x 12	2 x 12	2 x 12	2 x 12	2 x 12	2 x 12	2 x 12	2 x 12	2 x 12
Learn technique	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=
Learn technique	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=	2 x maximum reps TOT=
Learn technique	3 Sets for time, little rest. Total time =	3 Sets for time, little rest. Total time =	3 Sets for time, little rest. Total time =	3 Sets for time, little rest. Total time =	3 Sets for time, little rest. Total time =	3 Sets for time, little rest. Total time =	3 Sets for time, little rest. Total time =	3 Sets for time, little rest. Total time =	3 Sets for time, little rest. Total time =
Learn technique	3 Sets with rest of 60 sec. in between. (Try to increase distance every session) Distance=	As far as possible in 5 minutes. Distance=	3 Sets with rest of 60 sec. in between. (Try to increase distance every session) Distance=	As far as possible in 5 minutes. Distance=	3 Sets with rest of 60 sec. in between. (Try to increase distance every session) Distance=	As far as possible in 5 minutes. Distance=	3 Sets with rest of 60 sec. in between. (Try to increase distance every session) Distance=	1 x maximum distance	

**Info and personal notes:**



**Firelete foundation plan level 3 (without gym) - day 4 - High intensity training © Boldlife GmbH 2018**

Warm up: Perform individual warm up.  
 Info: Between runs recover fully. Take a rest of 3-5 minutes  
 If you choose another Endurance Method, adapt distance according to your needs and fitness level.

Date:	Date:	Date:	Date:	Date:	Date:
5 x 100m Hill Sprint Give everything you got, don't stop time.	4 x 400m run Lap 1 (time): Lap 2 (time): Lap 3 (time): Lap 4 (time): Total time:	Run as far as you can in 20 Minutes. Distance:	5 x 100m Hill Sprint Give everything you got, don't stop time.	4 x 400m run Lap 1 (time): Lap 2 (time): Lap 3 (time): Lap 4 (time): Total time:	Run as far as you can in 20 Minutes. Distance:
Date:	Date:	Date:			
5 x 100m Hill Sprint Give everything you got, don't stop time.	4 x 400m run Lap 1 (time): Lap 2 (time): Lap 3 (time): Lap 4 (time): Total time:	Run as far as you can in 20 Minutes. Distance:			

**Info and personal notes:**



Date:	Date:	Date:	Date:	Date:	Date:
Activity performed	Activity performed	Activity performed	Activity performed	Activity performed	Activity performed
Intervall 1: 4 Minuten with HR≈65%	Intervall 1: 3 Minuten with HR≈65%	Intervall 1: 4 Minuten with HR≈65%	Intervall 1: 3 Minuten with HR≈65%	Intervall 1: 4 Minuten with HR≈65%	Intervall 1: 3 Minuten with HR≈65%
6x	4x	6x	4x	6x	4x
Intervall 2: 1 Minutes with HR≈90%	Intervall 2: 2 Minutes with HR≈90%	Intervall 2: 1 Minutes with HR≈90%	Intervall 2: 2 Minutes with HR≈90%	Intervall 2: 1 Minutes with HR≈90%	Intervall 2: 2 Minutes with HR≈90%
6x	4x	6x	4x	6x	4x
Distance traveled	Distance traveled	Distance traveled	Distance traveled	Distance traveled	Distance traveled
Date:	Date:	Date:	Date:	Date:	Date:
Activity performed	Activity performed	Activity performed	Activity performed	Activity performed	Activity performed
Intervall 1: 4 Minuten with HR≈65%	Intervall 1: 3 Minuten with HR≈65%	Intervall 1: 4 Minuten with HR≈65%	Intervall 1: 3 Minuten with HR≈65%	Intervall 1: 4 Minuten with HR≈65%	Intervall 1: 3 Minuten with HR≈65%
6x	4x	6x	4x	6x	4x
Intervall 2: 1 Minutes with HR≈90%	Intervall 2: 2 Minutes with HR≈90%	Intervall 2: 1 Minutes with HR≈90%	Intervall 2: 2 Minutes with HR≈90%	Intervall 2: 1 Minutes with HR≈90%	Intervall 2: 2 Minutes with HR≈90%
6x	4x	6x	4x	6x	4x
Distance traveled	Distance traveled	Distance traveled	Distance traveled	Distance traveled	Distance traveled

**Info and personal notes:**

