


Warm up		Legende	Target repetition	
1	5 minutes cardiovascular warm up (i.E. running, rowing, jumping jacks...)		Weight / intensity	
2	Individual Warm up recommended especially after long time sitting, a current injury or mobility issues.		Actual performed repetition	
3	Focus on warming up the ankles, knees and hips.		BW	Bodyweight
			TOT	Total reps
		t	time	



Nr.	Exercise	Sets	Break	Session 1	Session 2	Session 3	4 (Deload)	Session 5	Session 6	Session 7	8 (Deload)
A	Bulgarian Split Squat	1	120 - 180 sek	Warm up sets							
		2		15 @8	12 @8	8 @8	8 @7	15 @8	12 @8	8 @8	8 @7
		3		15 @8	12 @8	8 @8	8 @7	15 @8	12 @8	8 @8	8 @7
		X		15+ @10	12+ @10	8+ @10	8 @7	15+ @10	12+ @10	8+ @10	8 @7
B	Leg Raise (alternativ Knee Raise)	1	60 sek	max BW	max BW	max BW	max BW	max BW	max BW	max BW	max BW
		2		max BW	max BW	max BW	max BW	max BW	max BW	max BW	max BW
		3		max BW	max BW	max BW	max BW	max BW	max BW	max BW	max BW
C	Lunge	1	120 sek	40 @8	40 @8	40 @8	40 @8	40 @8	40 @8	40 @8	40 @8
		2		40 @8	40 @8	40 @8	40 @8	40 @8	40 @8	40 @8	40 @8
D	Plank Sideplank r/l Russian Twist	1	60 sek	t=	t=	t=	t=	t=	t=	t=	t=
		2		t=	t=	t=	t=	t=	t=	t=	t=
		3		TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=
E	Goblet Squats	Tabata**		25%*	25%*	25%*	25%*	25%*	25%*	25%*	25%*
		TOT=		TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=
F	Kettlebell Swings	Tabata**		25%*	25%*	25%*	25%*	25%*	25%*	25%*	25%*
		TOT=		TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=

Challenge to complete Firelete Level 4.
If you can not do it, it's not drama. Repeat the training plan and try again when you feel ready.

Info & persönliche Notizen:

- * Percentage refers to your own body weight.
- * ** 8 sets with 20 seconds load and 10 sec. Pause. 4 minutes in total. Times must be kept exactly!
- * *** If a reference exercise other than running is used, the corresponding values can be found in the Firelete performance table

Firelete foundation plan level 4 (without gym) - day 2 (Longterm endurance) © Boldlife GmbH 2018

Warm up: Perform an individual warm up Legende Insert Data

Date:		Date:		Date:		Date:		Date:		Date:	
Activity performed:		Activity performed:		Activity performed:		Activity performed:		Activity performed:		Activity performed:	
Target HR	Average HR	Target HR	Average HR	Target HR	Average HR	Target HR	Average HR	Target HR	Average HR	Target HR	Average HR
65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax	
Target Duration	Actual Duration	Target Duration	Actual Duration	Target Duration	Actual Duration	Target Duration	Actual Duration	Target Duration	Actual Duration	Target Duration	Actual Duration
1h		1h		1h		1h		1h		1h	
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:	
Target HR	Average HR	Target HR	Average HR	Target HR	Average HR	Target HR	Average HR	Target HR	Average HR	Target HR	Average HR
65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax	
Target Duration	Actual Duration	Target Duration	Actual Duration	Target Duration	Actual Duration	Target Duration	Actual Duration	Target Duration	Actual Duration	Target Duration	Actual Duration
1h		1h		1h		1h		1h		1h	
Distance traveled		Distance traveled		Distance traveled		Distance traveled		Distance traveled		Distance traveled	

Warm up		Legende	Target repetition
1	5 minutes cardiovascular warm up (i.E. running, rowing, jumping jacks...)		Weight / intensity
2	Individual Warm up recommended especially after long time sitting, a current injury or mobility issues.		Actual performed repetition
3	Focus on warming up the shoulders and elbows and spine.		BW Bodyweight TOT Total reps t time



Nr.	Exercise	Sets	Break	Session 1	Session 2	Session 3	4 (Deload)	Session 5	Session 6	Session 7	8 (Deload)
				Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets
A	Dips	1	120 - 180 sek	15 @8	12 @8	8 @8	8 @7	15 @8	12 @8	8 @8	8 @7
		2		15 @8	12 @8	8 @8	8 @7	15 @8	12 @8	8 @8	8 @7
		3		15+ @10	12+ @10	8+ @10	8 @7	15+ @10	12+ @10	8+ @10	8 @7
		X									
B	Pull up	1	120 - 180 sek	max BW	max BW	max BW	max BW	max BW	max BW	max BW	max BW
		2		max BW	max BW	max BW	max BW	max BW	max BW	max BW	
		3		max BW	max BW	max BW	max BW	max BW	max BW	max BW	
C	Push up	1	120 sek	max BW	max BW	max BW	max BW	max BW	max BW	max BW	max BW
		2		max BW	max BW	max BW	max BW	max BW	max BW	max BW	
		3		max BW	max BW	max BW	max BW	max BW	max BW	max BW	
D	One Arm Row	1	120 sek	15 @8	15 @8	15 @8	15 @8	15 @8	15 @8	15 @8	15 @8
		2		15 @8	15 @8	15 @8	15 @8	15 @8	15 @8	15 @8	
		3		15 @8	15 @8	15 @8	15 @8	15 @8	15 @8	15 @8	
E	Sledge Hammer (alt. Jumping Jacks)	Tabata**	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	
F	Battleropes (alt. Skippings)	Tabata**	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	

Info and personal notes:


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Firelete foundation plan level 4 (without gym) - day 4 (Longtermendurance) © Boldlife GmbH 2018

Warm up: Perform individual warm up Legende Insert Data

Date:		Date:		Date:		Date:		Date:		Date:	
Activity performed		Activity performed		Activity performed		Activity performed		Activity performed		Activity performed	
Target HR	Average HR	Target HR	Average HR	Target HR	Average HR	Target HR	Average HR	Target HR	Average HR	Target HR	Average HR
80 % HRmax		80 % HRmax		80 % HRmax		80 % HRmax		80 % HRmax		80 % HRmax	
Target duration	Actual duration	Target duration	Actual duration	Target duration	Actual duration	Target duration	Actual duration	Target duration	Actual duration	Target duration	Actual duration
40m		40m		40m		40m		40m		40m	
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	
Target HR	Average HR	Target HR	Average HR	Target HR	Average HR	Target HR	Average HR	Target HR	Average HR	Target HR	Average HR
80 % HRmax		80 % HRmax		80 % HRmax		80 % HRmax		80 % HRmax		80 % HRmax	
Target duration	Actual duration	Target duration	Actual duration	Target duration	Actual duration	Target duration	Actual duration	Target duration	Actual duration	Target duration	Actual duration
40m		40m		40m		40m		40m		40m	
Distance traveled		Distance traveled		Distance traveled		Distance traveled		Distance traveled		Distance traveled	

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		t	time	



Nr.	Exercise	Sets	Break	Session 1	Session 2	Session 3	4 (Deload)	Session 5	Session 6	Session 7	8 (Deload)
				Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets
A	Suitcase Deadlift (Kanister sind mit Sand o.ä. gefüllt)	1 2 3 X	120 - 180 sek	100 repetition in as little sets as possible	100 repetition in as little sets as possible	100 repetition in as little sets as possible	100 repetition in as little sets as possible	100 repetition in as little sets as possible	100 repetition in as little sets as possible	100 repetition in as little sets as possible	100 repetition in as little sets as possible
B	Pull up	1	120 sek	max BW	max BW	max BW	max BW	max BW	max BW	max BW	max BW
C	Dips	1	120 - 180 sek	max BW	max BW	max BW	max BW	max BW	max BW	max BW	max BW
		2		max BW	max BW	max BW	max BW	max BW	max BW	max BW	
		3		max BW	max BW	max BW	max BW	max BW	max BW	max BW	
D	Inverted Row	1	60-90 sek	15	15	15	15	15	15	15	15
		2		15	15	15	15	15	15	15	
		3		15	15	15	15	15	15	15	
E	Side Raise	1	60-90 sek	15	15	15	15	15	15	15	15
		2		15	15	15	15	15	15	15	
		3		15	15	15	15	15	15	15	
F	Farmers Walk* auf 100 meter	1	60 Sek.	4 Sets with 60 sec. break in between. Distance=	4 Sets with 60 sec. break in between. Distance=	4 Sets with 60 sec. break in between. Distance=	4 Sets with 60 sec. break in between. Distance=	4 Sets with 60 sec. break in between. Distance=	4 Sets with 60 sec. break in between. Distance=	4 Sets with 60 sec. break in between. Distance=	4 Sets with 60 sec. break in between. Distance=
		2									
		3									
		4									
G	Bear Crawl	Tabata**		Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished

Info and personal notes:

Percentage refers to your own body weight.

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