

Sample Exercises to Supplement Wolf Workouts

With additional time training from home, go ahead and repeat the current 2 week prep phase. Keep the warm ups, stretching, core, and running the same. If you were able to build up to ~3 miles running then deload back to a more comfortable volume (around 2 miles) and then ramp back up to >3 miles. No matter where you are running wise it is in all of our best interests to increase our CV/CR capacity (get in better shape), so be honest with yourself and do not get lazy. Always try to improve on something each workout. Whether that's intensity, focus, posture, technique, form, etc.; there is always something to improve upon. Athletes can interchange Strength / Conditioning exercises in the current 2-week prep phase with the exercises below. Some exercises require a little creativity. Let me (Coach Ben) know if you have questions. Work hard as always and stay committed to the goal. Enjoy.

Week A

Day 1 - Upper Strength

1. Push Up With Sit Thru 4x12
2. Back Extensions 4x20
3. Burpee 4x20
4. Push Up Position Plank Isometric Hold 4x 60sec
5. V- Ups 4x20

Day 2 - Lower Strength

1. Air Squats 4 x 20
2. 1 Legged Step Up Jumps 5x5 -- use a step or box if possible, otherwise do on flat ground (No Step Up)
3. Single Leg RDL's 4x10 ea side -- can use chair or something to assist
4. Mtn Climbers 4x40
5. Russian Twists 4x40

Day 3 - Hybrid

1. Thruster 4x12 w/ some form of weight pushing overhead
2. Leg Circles 4x10 ea direction, big slow circles, don't let feet touch the ground during set
3. Front Foot Elevated Split Squat - 4x10 ea side -- elevate front foot about 6 in or so, push of front leg only
4. Hi Knees in place 4x20, quick bound and rebound of balls of feet/ toes, keep glutes and low abs firing the whole time
5. Goblet Backwards lunge with twist 4x10 ea side

Day 4 - Speed and Conditioning

8 rounds

Each round: 40m Sprint then,

1. 40 Air Squats
2. 3 Squat Jumps for height
3. 30 Air Squats
4. 5 Squat Jumps for height
5. 20 Air Squats
6. 7 Squat Jumps for height
7. 10 Air Squats
8. 9 Squat Jumps for height

Week B

Day 1 - Upper Strength

1. Push Ups -- 4x25
2. YTAs 4x10 -- use some form of weight around 5-15lbs doing 10 reps in all directions
3. Wood Chop 4x10 -- like a landmine but without a barbell, twisting motion through trunk, holding some form of light resistance
4. Pull Ups/ Row 4x10 -- can use strapping, bed sheets to wrap around something
5. Hollow Body Hold / Dead Bug 4 x 60 sec -- Push low back into floor

Day 2 - Lower Strength

1. Goblet Squats -- 4x10 holding some form of weight above head
2. 1 Legged Step Up Jumps 5x5 -- use a step or box if possible, otherwise do on flat ground (No Step Up)
3. Hip Hinge Swings (KB Swing) 4x10 -- use a milk jug or a shopping bag filled with stuff
4. Squat Bottom Position Hold 4x2min -- work up to 2 min at a time sitting in a deep squat position, brace entire time
5. Russian Twists 4x40

Day 3 - Hybrid

1. Cossack Squats 4x8 ea side -- Squat laterally
2. Jumping Lunges with weight -- hold weight at chest height
3. Ice Skaters 4x20
4. Back foot Elevated Split Squat -- keep weight over front leg
5. Lying Back Extensions 4x25

Day 4 - Speed and Conditioning

8 rounds for a total of 3200m or about 2 miles

1. 300m Run
2. 100m Jog

Week C

Day 1 - Upper Strength

1. Push Up eccentric 5 sec, pause at bottom 2 sec then press up fast 4x10
2. Upright Row 4x20 -- use shopping bag full of stuff
3. Hammer Curls 4x30 -- Use milk jugs
4. Standing Chest Fly with Iso Hold 4x20 -- continuously contract muscles involved in normal flye movement, hold 5 sec at end of rep
5. Plank to Push Up Position 4x20

Day 2 - Lower Strength

1. Backwards Lunge to High knee 4x10 ea side
2. Lateral Walks 4x10 ea side -- slow, control, maintain same hip level
3. Lateral Slides 4x10 ea side -- stay low, try to move quick with no wasted steps
4. Split Jumps 4x5
5. Calf Raises 4x30 -- do on a step or another elevated surface

Day 3 - Hybrid

1. RDL's / Straight leg Pull 4x20 -- Use a shopping bag filled with stuff, slow and controlled. Do not let shopping bag touch ground during set
2. Superman to Hollow Hold Roll 4x10 ea way
3. 2-foot Hops 4x20 -- do in a square pattern: forward, right, back, left, repeat . 5 cycles is one set. Go for quickness and keep feet together. Aim for a small square.
4. Elevated Leg Raises 4x20 -- normal leg raises to about 70 degrees, do on end of bed or couch if possible, otherwise do on ground
5. Couch Dips 4x30 -- like bench dips, but on your couch

Day 4 - Speed and Conditioning

8 rounds

100m Sprint then,

1. 10 Air Squats
2. 10 Burpees
3. 10 Squat Jumps
4. 10 Lunges
5. 10 Push w/ Sit Thru
6. 10 Tuck Jumps
7. 10 Lateral Lunges
8. 10 Full Body Sit Ups