

**Metcons, no equipment required**  
Metabolic conditioning workouts with nothing needed but room to move.

Walking lunge 400m	150 burpees
4 rounds of: Run 400m 50 squats	100-75-50-25 reps: situps flutterkicks (4 count) Leg levers
50 burpees jump 12" above max reach each one.	Cummulative L-hold for total of 5:00. Use bar, rings, or floor. Stop timer when you drop out of position. Record total time it takes to get 5:00.
<b>Crouching Tiger</b> 50 squats 25 pushups 50 pistols 25 fingertip pushups 50 side lunges 25 knuckle pushups 50 walking lunges 25 diamond pushups	50 flutterkicks 50 situps Run 400m 100 flutterkicks 100 situps Run 400m
20-16-12-8-4 reps of: One-arm pushups Pistols	4 rounds of: 50 pushups 50 situps 50 4ct flutterkicks
1 round Tabata sprints (hills if possible) 1 round Tabata bottom-to-bottom squats There is no rest between exercises.	As many rounds as possible in 12 minutes of: 10 pushups 15 situps 20m walking lunge
21-15-9 reps of: lunges (Each leg ½ rep) situps burpees	5 rounds of: 50 mountain climbers (4 count) 25 situps
5 rounds of: 100 jumping jacks 100 mountain climbers	<b>The Prison Workout</b> burpees: 20-19-18 ... 3-2-1 walk 25m after each set
<b>Long Cycle Burpees</b> 50 rounds of: 1 squat 1 pushup 1 situp 1 superman 1 tuck jump	5 rounds of: 30 second isometric squat hold 20 squats 30 seconds isometric leaning rest 20 pushups

**Metcons, no equipment required**  
Metabolic conditioning workouts with nothing needed but room to move.

<p>50 jumping jacks 50 pushups 50 tuck jumps 50 situps 50 mountain climbers(50 each leg) 50 squats 50 jumping jacks</p>	<p>10 rounds of: 30 seconds handstand 30 seconds isometric squat Score is cumulative time.</p>
<p><b>Playing with pushups</b> Run 100m 20 pushups 5 burpees 15 clap pushups 5 burpees 10 chest-slap pushups 5 burpees 5 fingertip pushups Run 100m 15 pushups 5 burpees 10 clap pushups 5 burpees 10 chest-slap pushups 5 burpees 5 fingertip pushups Run 100m 10 pushups 5 burpees 10 clap pushups 5 burpees 10 chest-slap pushups 5 burpees 5 fingertip pushups</p>	<p>Run 400m Burpee-Broad Jump 25m Walking Lunges 25m Burpee-Broad Jump 25m Bear Crawl 25m Burpee-Broad Jump 25m Walking Lunges 25m Burpee-Broad Jump 25m Bear Crawl 25m Run 400m</p>
<p>100 situps 100 flutterkicks (4 count) 100 leg levers</p>	<p><b>Deck of Cards (Core Variation)</b> Take a deck of cards, shuffle. Face cards are 10, Aces are 11, numbered cards as valued. Flip each card and perform the movement and the number of reps specified. Cycle whole deck. Hearts - burpees Diamonds - mountain climbers (4-ct) Spades - flutterkicks (4-ct) Clubs - situps Jokers - Run 400m</p>
<p>50 burpees 75 flutterkicks (4-count) 100 pushups 150 situps</p>	<p>5 rounds of: 10 burpees 20 box/bench jumps 30 pushups 40 squats 50 lunges</p>

## Metcons, no equipment required

Metabolic conditioning workouts with nothing needed but room to move.

4 rounds of: 50 walking lunges 50 squats Run 400m	Run 5k , but every 2:00 do 20 pushups and 20 squats.
3 rounds of: 50 pushups 50 situps 50 squats	5 rounds of: 50 walking lunges 15 handstand pushups
80 squats 10 handstand pushups 60 squats 20 handstand pushups 40 squats 30 handstand pushups 20 squats	4 rounds of: 25 lunges 50 squats
5 rounds of: 100 squats 20 lunges 35 pushups	5 rounds of: 50 squats 30 handstand pushups
2 rounds: Max pushups 2:00 Max situps 2:00 Max flutterkicks 2:00 Max squats 2:00	3 rounds of: 30yd bear crawl 30yd inch worm pushup 30yd burpee jumps

## Running workouts

### Conversions:

1 mi = 1.609 k  
 1 mi = 5280 ft  
 1 km = 0.621 mi  
 1 k = 1000m  
 100 yd = 91.44 m  
 100 m = 109.4 yd

Standard outdoor track: 400m

Standard indoor track: 200m

### Commonly competed track distances:

100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 1000m

### Common cross country distances:

5k, 6k, 8k, 10k,

### Commonly competed road race distances:

5k, 10k, 12k, 15k, 21.1k (half marathon), 42.2 (marathon)

### US military test distances:

1.5 mi – Navy, Air Force, Coast Guard  
 2 mi – Army  
 3 mi – Marine Corps

### Other running tests:

40 yd – NFL  
 12 minutes – Cooper Test for VO<sub>2</sub> Max

### Task-priority workouts:

#### **Yasso 800's**

Complete 10x800m sprints, trying to maintain the same time for each. In between each interval, jog lightly for the same amount of time it took you to run the interval.

#### **Tosh**

3 rounds of: 200m+400m+600m  
 After each interval, rest the same duration it took you to run the last interval.

10x100m with 90 second recoveries

6x400m with 120 second recoveries. Don't deviate more than 3 seconds on times.

2x1000m with 120 second recoveries.

3 rounds of: 100m+200m+400m  
 After each interval, rest the same duration it took you to run the last interval.

### Special workouts:

#### **Death by 10 meters**

Set up 2 cones 10 meters apart. Each minute complete one more trip across the cones until you cannot continue within the minute.

#### **Tabata run**

Sprint 20 seconds, rest 10 seconds, repeat for a total of 8 times. If you have a treadmill, set it to 12% incline and to 30 seconds per mile slower than your 5k pace. For variations, do 10:5x16, 30:20x8, and 40:20x6.

#### **Hill repeats**

2 x 3/4 – 1 mile hill repeats holding fastest possible pace without deviating more than 1 minute and recovering 1 min before descending hill easy. Repeat after 1 min recovery at bottom of hill. On treadmill use 7% grade, recover 2 min and repeat

Run 10k with a 1:00 negative split (second 5k 1:00 faster than the first).

Run 5k, but every 2:00 drop for 20 pushups and 20 squats.

### Time-priority workouts:

3 rounds of: (20sec on/60sec off, 20sec on/50sec off, 20sec on/40sec off, 20sec on/30sec off, 20sec on/20sec off, 20sec on/10sec off)

4 x 5:00 on, 3:00 off

#### **Two Minute Lactate Flood**

120:60 x 6 or 2 min on 1 minute off x 6

#### **One Minute Hell**

1min on, 1 min off, 1 min on, 50 sec off, 1 min on, 40 sec off, 1 min on, 30 sec off, 1 min on 20 sec off, 1 min on, 10 sec off, then go back up the ladder... 1 min on, 20 sec off, until you finish with 1 min on, 50 sec off, 1 min on.

3 rounds of: 30 sec on, 30 off, 30 sec on 25 off 30 sec on 20 off, 30 sec on, 15 off, 30 sec on, 10 off, 30 sec on, 5 off, 30 sec on, rest 2:00.

## Running workouts

### Task-priority workouts:

8 min of 100m on 30 sec, Rest 4 min then. 4 min of 100m sprints on 30sec, Rest 2 min then, 2 min of 100m sprints on 30 sec.

10 x 200m with 5 times the recovery (if it takes 40 seconds to run the 200m then you recover 3:20)

2 x 800m holding best possible pace. Not slowing more than 3 sec. 2 min recoveries + 2 x 1k holding best possible pace. Not slowing more than 4 sec. 2 min recoveries

1 mile time trial , rest 2:00 , 2x400m at time trial pace, rest 1:00 in between

4x800m with 2:00 rests

2x1000m with 2:00 rests

4x400m with 5:00 rests

8x200m with 2:00 rests

8 rounds of: 100 yard sprints. The focus is to run at maximal speed for all 8 sprints. Rest 45 seconds between sprints.

10 rounds of 50 yard sprints. The focus is to run at maximal speed for all 10 sprints. Rest 30-45 seconds between sprint. Run at 90-100% effort on all sprints

### Time-priority workouts:

3 rounds of: 1min on, 1min off, 2 min on, 2 min off, 3 min on 3min off.

8 rounds of: 80 seconds on, 40 seconds off

3 rounds of: 5 seconds on, 10 seconds off, 20 seconds on, 10 seconds off, 10 seconds on, 10 seconds off, 30 seconds on, 10 seconds off, 15 seconds on, 10 seconds off, 25 seconds on, 10 seconds off.

#### **90 Second Ladder**

90 sec on, 1 min off, 90 sec on, 45 sec off, 90 sec on, 30 sec off, 90 sec on, 15 sec off, 90 sec on, 30 sec off, 90 sec on, 45 sec off, 90 sec on.

#### **Lactate Shuttle**

5:00 on, 2:30 off, 6:00 on, 3:00 off, 7:00 on.

## Endurance challenges

Long workouts designed to test and build mental strength. Only recommended for an athlete who is looking for an endurance challenge and can handle high volume.

### Burpee Mile

Cover 1600m through burpees. Your chest must touch the ground on each burpee, and you may jump as far forward as you wish on each jump. The next burpee must be completed precisely where your feet land. I have heard it takes about 700-800 burpees and 75-100 minutes for a reasonably fit male. Some have suggested wearing gloves. Scaling to 400m or 800m can be a challenge for those not ready for the full mile.

### Triple Murph

Complete 3 Murphs in one session (1 mile, 100 pullups, 200 pushups, 300 squats, 1 mile.) First Murph is completed with weighted backpack or flak vest, partitioned 5/10/15. Second Murph is completed without partitions. Third Murph is partitioned 5/10/15.

### The 500 Challenge

500 pullups

500 pushups

500 situps

500 flutterkicks

500 squats

Complete in one session. You may break it up any way you wish.

### 1,500 Rep WOD

10 rounds of:

100 jump ropes

10 burpees

10 situps

10 pushups

10 squats

10 pullups

### The Longest Mile

400m of burpees

400m walking lunges

400m bear crawl

400m reverse straight-legged bear crawl

### Painstorm XXIV

Run 100m

50 burpees

Run 200m

100 pushups

Run 300m

150 walking lunges

Run 400m

200 squats

Run 300m

150 walking lunges

Run 200m

100 pushups

Run 100m

50 burpees

## Endurance challenges

Long workouts designed to test and build mental strength. Only recommended for an athlete who is looking for an endurance challenge and can handle high volume.

### Frenzy

10 rounds of:

Max burpees 1:00

Max pullups 1:00

Max tuck jumps 1:00

Max jumping jacks 1:00

Max distance running 2:00

### Station 4:00

There are 5 stations. At each station you will perform the movement at maximum intensity for the specified amount of time, cycling through the stations in the order given. The workout takes 4 hours to complete.

Station A: running

Station B: burpees

Station C: pullups

Station D: squat jumps

Station E: bear crawl or lunges

Round 1: 5:00 at each station, for total of 25:00.

Round 2: 12:00 at each station, for total of 1:00:00.

Round 3: 30:00 at each station, for total of 2:30:00.

Round 4: 1:00 at each station, for total of 5:00.

### Filthy Fifteen Miles

60 rounds of:

Run 400m

3 handstand pushups

2 pistols

1 muscleup

### October Breeze (8 hours to complete.)

110 minutes: March. Optionally with rucksack weighing 50#.

15 minutes: Eat, hydrate, stretch, change clothes if necessary.

60 minutes: Run at half marathon pace.

60 minutes: Complete 1000 walking lunges.

30 minutes: 5 rounds: ring dips 1:00, rest 1:00, ring pushups 1:00, rest 1:00

60 minutes: Run at half marathon pace.

15 minutes: Eat, hydrate, stretch, change clothes if necessary.

30 minutes: Complete Angie, max intensity.

15 minutes: Sprint 10x100m with 1:00 rests.

15 minutes: Complete 100 burpees.

30 minutes: 4 rounds: 50 squats, 5 muscleups. Sub 3/3 for MU if necessary.

30 minutes: 500 situps.

10 minutes: Run 1 mile allout.

## **Endurance challenges**

Long workouts designed to test and build mental strength. Only recommended for an athlete who is looking for an endurance challenge and can handle high volume.

### **Long ladder of doom**

Begin with 2 MU, then do 4 pistols + 2 MU, then 6 OAP + 4 pistols + 4 MU, continuing to the rest of the workout at 30.

- 2 muscle-up
- 4 pistols
- 6 one-armed pushups
- 8 L-pullups
- 10 toes to bar
- 12 skin the cats
- 14 ring dips
- 16 5 foot broad jumps
- 18 pushups
- 20 air squats
- 22 box jumps
- 24 lunges
- 26 double unders
- 28 burpees
- 30 jingle-jangles

### **A Frogman's Christmas**

- 100 dead hang pull-ups
- 250 push-ups
- 500 sit-ups
- run 3 miles