

Cardio						Cardio					
Week	Day 1	Day 2	Day 3	Day 4	Day 5	Week	Day 1	Day 2	Day 3	Day 4	Day 5
	Rounds	Tabata	For Time	AMRAP	AMRAP		Rounds	Tabata	For Time	AMRAP	AMRAP
1	6 Rds 5 Burpees 10 Box Jumps 200m Run	20 min Tabata 20 sec Run 10 sec Walk	1600m Run 40 Walking Lunges	4 min of Burpees 4 min of Jump Rope 4 min of Step Ups 4 min of Jump Rope	16 min AMRAP 20 Walking Lunges 10 Step-Ups 15 Squat Jumps	8	4 Rds 250m Row 15 Squat Jumps 10 Burpees 10 Step-Ups	20 min Tabata Burpee Box Jumps	800m Run-Fast 800m Run-Easy 400m Run-Fast 400m Run-Easy 200m Run-Fast 200m Run-Easy	6 min Jump Rope 5 min Row 4 min Step-Ups 3 min Walking Lunges 2 min Box Jumps 1 min Burpees	16 min AMRAP 200m Run 15 Burpees 10 Step-Ups
2	4 Rds 400m Run 100 Jump Rope	20 min Tabata Row	1600m (1 mile) Run 2 min Rest 1600m (1 mile) Run	8 min of Step Ups 8 min of Jump Rope	18 min AMRAP 250m Row 50 Jump Rope	9	5 Rds 300m Row 30 Jump Rope 10 Burpees 15 Walking Lunges	20 min Tabata Alternate between Row Jump Rope	6 Rds 400m Run-Fast 1 min Rest	8 min Run 6 min Jump Rope 4 min Burpees	20 min AMRAP 300m Row 12 Burpees 40 Jump Rope
3	4 Rds 400m Run 500m Row	20 min Tabata Burpee	4 Rds 400m Run-Fast 200m Run-Easy	10 min of Jump Rope 10 min of Row	20 min AMRAP 200m Run 10 Box Jumps 15 Burpees	10	3 Rds 400m Run 20 Walking Lunges 12 Box Jumps 15 Squat Jumps	20 min Tabata Alternate between Run Walking Lunges	6 Rds 200m Run-Fast 20 Walking Lunges	1 min Burpees 2 min Box Jumps 3 min Walking Lunges 4 min Step-Ups 5 min Row 6 min Jump Rope	18 min AMRAP 200m Run 10 Box Jumps 15 Squat Jumps
4	8 Rds 5 Burpees 250m Row	20 min Tabata Jump Rope	5K (3.1 miles) Run	8 min of Running 8 min of Walking Lunges	18 min AMRAP 250m Row 30 Jump Rope 10 Burpees	11	4 Rds 12 Step-Ups 15 Squat Jumps 12 Walking Lunges 10 Box Jumps	20 min Tabata Alternate between Row Burpees	8 Rds 200m Run-Fast 200m Run-Easy	6 min Row 4 min Walking Lunges 6 min Row	16 min AMRAP 15 Squat Jumps 20 Walking Lunges 12 Step-Ups
5	5 Rds 250m Row 40 Jump Rope 15 Squat Jumps	20 min Tabata Box Jumps	200m Run-Fast 200m Run-Easy 400m Run-Fast 400m Run-Easy 800m Run-Fast 800m Run-Easy	4 min of Burpees 4 min of Row 4 min of Burpees 4 min of Row	20 min AMRAP 400m Run 30 Jump Rope 12 Walking Lunges	12	5 Rds 200m Run 20 Jump Rope 12 Step-Ups 10 Burpees	20 min Tabata Alternate between Jump Squats Step Ups Jump Rope	200m Run-Fast 400m Run-Easy 600m Run-Fast 800m Run-Easy 600m Run-Fast 400m Run-Easy 200m Run-Fast	8 min Jump Rope 6 min Step Ups 4 min Row	18 min AMRAP 250m Row 15 Walking Lunges 10 Squat Jumps
6	6 Rds 12 Walking Lunges 10 Step-Ups 30 Jump Rope	20 min Tabata Alternate between Walking Lunges Squat Jumps	10 Rds 200m Run-Fast 30 seconds Rest	8 min of Step Ups 8 min of Jump Rope	16 min AMRAP 12 Box Jumps 15 Squat Jumps 10 Burpees	13	3 Rds 250m Row 200m Run 12 Burpees 20 Jump Rope 10 Box Jumps 12 Walking Lunges	21 min Tabata Alternate between Row Burpees Jump Rope Box Jumps Walking Lunges Step-Ups Squat Jumps	200m Run-Fast 200m Run-Easy 400m Run-Fast 400m Run-Easy 200m Run-Fast 200m Run-Easy 400m Run-Fast 400m Run-Easy	3 min Row 3 min Burpees 3 min Jump Rope 3 min Box Jumps 3 min Walking Lunges 3 min Step-Ups 3 min Squat Jumps	20 min AMRAP 200m Run 250m Row 10 Burpees 40 Jump Rope 12 Box Jumps 16 Walking Lunges 12 Step-Ups 15 Squat Jumps
7	8 Rds 200m Run 8 Box Jumps 6 Burpees	20 min Tabata Alternate between Step Ups Jump Rope	6 Rds 200m Run-Fast 6 Burpees	4 min Jump Squats 4 min Step Ups 4 min Jump Squats 4 min Step Ups	18 min AMRAP 250m Row 12 Box Jumps 20 Walking Lunges						

Substitutions: 100m Run = 125m Row = 250m Bike = 50 Jump Rope (singles) = 25 Double Unders = 5 Burpees = 5 Box Jumps = 7.5 Step ups = 7.5 Squat Jumps = 7.5 Broad Jumps = 125m Ski Erg