



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2018-08-18 WORKOUT

Warmup

1. 10 x jumping jacks
2. 10 x mountain climbers
3. 10 x walk out pushups
4. 10 plank jacks

Workout

1. Partner up prior to jog.
2. Jog to purgatory hill.
 - a. Group 1
 - i. Circuit training:
 1. 25 pushups
 2. 50 sit-ups
 3. 100 lunges (50 per leg)
 - b. Group 2
 - i. Run up and down the other side of purgatory hill, run around the hill and back to the base of purgatory hill where group 1 is doing circuit training.
 - c. Wait until all group 2 is done running.
 - i. While waiting anyone that finishes early is to do squats independently.
 - d. Rotate the two groups once completed.
3. Once all completed the run and circuit training, everyone drops and holds a plank for 30 seconds, 10 second break and then another 30 second plank.
4. In one group we all run up and over purgatory hill to the soccer field.
5. Once at the soccer field everyone will repeat the 30 second, 10 second break and 30 more second plank.
6. With their same partner.
 - a. Line up on the field sideline (not end line).
 - b. Cones are set up every 15 yards or so.
 - c. First cone:
 - i. Partner 1 will run to the first cone and complete 10 burpees.
 1. After the 10th burpee, down and hold plank.
 - ii. Partner 2 on the sideline will hold a plank until partner 1 is completed with his burpees.

- iii. Partner 2 runs to the first cone when their partner starts his plank, and completes 10 burpees.
 1. After the 10th burpee, down and hold plank.
 - iv. Partner 1 will run to the second cone.
 - d. Second cone:
 - i. Partner 1 will complete 25 pushups.
 1. After the 25th pushup, down and hold a plank.
 - ii. Partner 2 will run up to the second cone and complete 25 pushups.
 1. After the 25th pushup, down and hold a plank.
 - iii. Partner 1 will run to the third cone.
 1. Partner 1 will complete 25 burpees.
 - a. After the 10th, down and hold a plank.
 2. Partner 2 will run to the third cone, complete 10 burpees.
 3. Once completed both will run to the end line together.
 - e. Partner 1 & 2 will do a wheel barrow to the second cone / half way mark on the field.
 - i. At the midway point the person doing the wheel barrow does 10 pushups while the other partner holds their feet.
 - ii. Once completed the two partners switch.
 - iii. Partner 2 now is the wheel barrow to the sideline, once there they will complete 10 pushups.
7. If any time remains:
- a. Repeat 30 / 10 / 30 planks.
 - b. Partner 1 left leg lunges to 1st cone.
 - c. Partner 1 right leg lunges to 2nd cone.
 - d. Partner 1 20 squats at 3rd cone.
 - e. Partner 1 run to sideline.
 - f. Once completed partner 2 completes the same circuit.
8. Run to the cross at 7:40 – 7:45.