



GYM



TRAINING

**NO EQUIPMENT
PROGRAM**

PROGRAM OVERVIEW

Click [here](#) to view the program overview.

DAY 1

[Warm up](#)

Then

Intensity Runs – 100m x 10 (run 100m every minute on the minute... run fast)

Then

3 rounds

MAX Pull Ups + 20 x Push Ups

DAY 2

[Warm up](#)

Then

Sprints – 4 x 40m flying starts with 2 mins rest (jog into the sprint)

Then

3 x 60m lying starts (start on your belly)

DAY 3

Easy 45mins Run/Walk/Swim

DAY 4

[Warm up](#)

Then

150 Burpees for time

*Every 3 mins complete 100m run (50m out 50m back)

DAY 5

REST DAY

DAY 6

[Warm up](#)

Then

20 min AMRAP

10 x Push Ups

5 x Knee to Feet (10 jump squats if you can't knee to feet)

5 x Burpee

200m run

DAY 7

Easy 50 min Run/Walk/Swim

DAY 8

[Warm up](#)

Then

3 rounds

1600m Run (you need to run flat out)

3 min rest between sets

DAY 9

[Warm up](#)

Then

"Prison Burpees"

20-1 ladder with 20m walk/jog after each set

DAY 10

[Warm up](#)

Then

10-1 Pull Up ladder (Pull ups go down by 1)

3-30 Push Up ladder (Push ups go up by 3)

* Start with 10 Pull Ups and 3 Push Ups then 9 Pull Ups and 6 Push Ups etc.

DAY 11

[Warm up](#)

Then

Intensity Runs – 100m x 10 (run 100m every minute on the minute... run fast)

Then

3 rounds

MAX Pull Ups + 20 x Push Ups

DAY 12

REST DAY

DAY 13

[Warm up](#)

Then

20 min AMRAP

30m Walking Lunge

15 x Push Up

5 x Standing Long Jump

DAY 14

[Warm up](#)

Then

3 rounds

1600m Run (you need to run flat out)

3 min rest between sets

DAY 15

[Warm up](#)

Then

30 min AMRAP

15 x Decline Push Up

15 x Air Squat

10 x Incline Push Up

10 x Air Squat

DAY 16

[Warm up](#)

Then

MAS Session

120% MAS 15/15 x 20

DAY 17

[Warm up](#)

30 min easy run (65-70% MHR)

DAY 18

[Warm up](#)

Then

10-1 Pull Up ladder (Pull ups go down by 1)

3-30 Push Up ladder (Push ups go up by 3)

* Start with 10 Pull Ups and 3 Push Ups then 9 Pull Ups and 6 Push Ups etc

DAY 19

REST DAY

DAY 20

[Warm up](#)

Then

400m Lunge Walk

*Every 5 lunges 5 x Push Up

DAY 21

[Warm up](#)

Then

45 - 60 min Active Recovery Walk

DAY 22

[Warm up](#)

Then

MAS Session

120% MAS 15/15 x 20

DAY 23

[Warm up](#)

Then

"Prison Burpees"

20-1 ladder with 20m walk/jog after each set

DAY 24

[Warm up](#)

Then

20 min AMRAP

30m Walking Lunge

15 x Push Up

5 x Standing Long Jump

DAY 25

Active Recovery Day

45 mins Walk / Easy Jog

DAY 26

REST Day

DAY 27

[Warm up](#)

Then

Intensity Runs – 100m x 15 (run 100m every minute on the minute...
run fast)

Then

3 rounds

MAX Pull Ups + 20 x Push Ups (rest 90 seconds each set)

DAY 28

[Warm up](#)

Then

MAS Session

120% MAS 15/15 x 20

DAY 29

[Warm up](#)

Then

150 Burpees for time

*Every 3 mins complete 100m run (50m out 50m back)

DAY 30

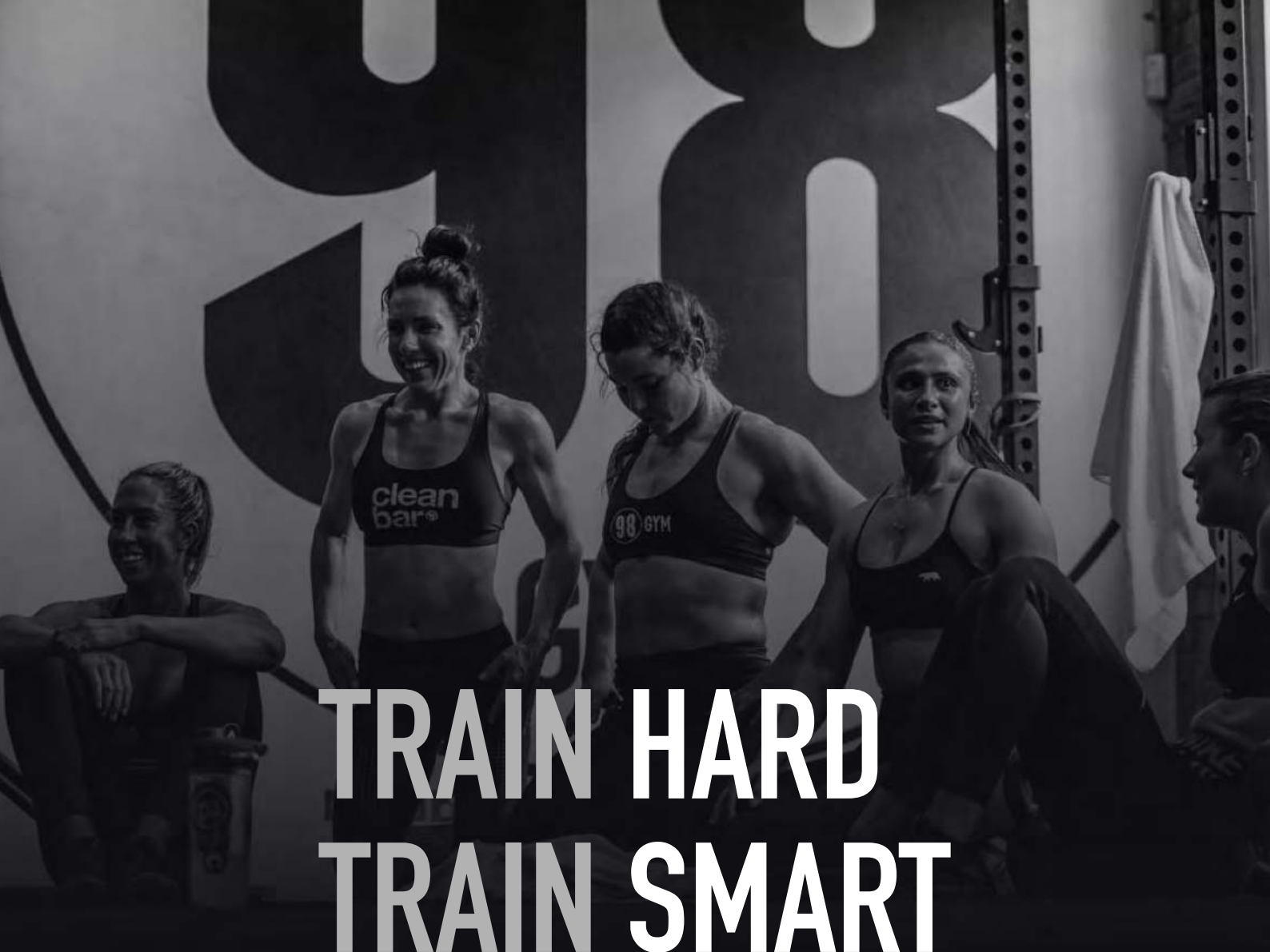
[Warm up](#)

Then

10-1 Pull Up ladder (Pull ups go down by 1)

3-30 Push Up ladder (Push ups go up by 3)

* Start with 10 Pull Ups and 3 Push Ups then 9 Pull Ups and 6 Push Ups etc



TRAIN HARD TRAIN SMART

