

# PROJECT LONE WOLF

SAMPLE WEEK 1

## MONDAY 31 AUG

### INTERVAL

4 Sets

400m Run

Rest 2 Minutes

\*Look to increase pace each run.  
NOT Max Effort 400's

### 5 SETS

Min 1 - 15 Burpees  
Min 2 - Max Reps Double DB  
Thruster

Rest 1 Minute

## TUESDAY 1 SEP

### FOR TIME (15-17 MIN CAP)

5 Rounds

75 Double Unders  
15 DBL DB Power Cleans  
25 Push Ups

### 5 SETS

20 Russian Twists  
+  
30 Second Side Plank (R+L)

Rest 1 min between sets

## WEDNESDAY 2 SEP

### AMRAP

20 Mins

20 Air Squats  
20 KB Sumo DL High Pull  
20 Step Back Lunges  
20 Sit ups

### 5 SETS

10 Reps

V-up Russian Twist Combo

1 rep = 1 V-up + a Russian Twist  
each way.

\*Rest 1min between sets

## THURSDAY 3 SEP

### INTERVAL

4 Sets

2:30 Mins on 90 Seconds Off

15 KB Swings  
10 Single KB Thrusters  
ME Double Unders

@24/16 (53/35)  
@42.5/30 (95/65)

\*Score = Total number of DU  
completed

### 4 SETS

20 Split Jumps  
+  
45 Second Wall Sit

Rest 90 seconds between sets

## FRIDAY 4 SEP

### FOR TIME (16-18 MIN CAP)

5 Rounds

20 Burpees  
200m Run

### 5 SETS

30 - 60 sec Handstand hold

Rest 1 min between sets

# PROJECT LONE WOLF

SAMPLE WEEK 2

## MONDAY 7 SEP

### AMRAP

20 Min AMRAP

30 Double Unders  
8 Alternating DB Clusters  
12 Sit ups

### 4 SETS

45 Second Single Arm Farmers  
Hold (R+L)

Rest 1 Minute between sets

## TUESDAY 8 SEP

### INTERVAL

3 Sets

4 Min AMRAP

1-2-3-4-5-6 etc  
Burpees  
2-4-6-8-10-12 etc  
Squat jumps (Box jump overs if  
you have a box)

Rest 3 Mins between sets

Score Each round by total number  
of reps

Each round scored individually

### EMOM 5 MINS

15 Second L-sit Hold

\*Do 20sec Hollow holds if you  
can't hold L-sit on ground

Rest remainder of minute

## WEDNESDAY 9 SEP

### FOR TIME (18-20 MIN CAP)

Home Helen

3 Rounds

800m Run  
21 KB Swings  
21 KB Sumo DL High Pull

### 5 SETS

10-15 Hollow Rocks

\*Rest 45sec between sets

## THURSDAY 10 SEP

### AMRAP

24 Min AMRAP

50 Air Squats  
25 Push Ups  
200m DBL DB Farmers Carry  
Run 400m

### 4 SETS

6 Plank Push Ups  
+  
30 Second Plank Hold

Rest 90 Seconds between sets

## FRIDAY 11 SEP

### INTERVAL

6 Sets

2 Mins on 1 min off

200m Run  
ME Burpee Squat Julmps (Burpee  
Box Jumps if you have a box)

\*Score = Total number of Burpee  
Squat Jumps (Burpee Box Jumps)

### 5 SETS

20 Second Single Leg Wall Sit  
(R+L)

Rest 1 minute between sets