

## **Pre-Qualification Workout:** **Racing the Stopwatch**

Weeks 1 through 4

### **Monday:** Deck of Cards Workout

- In this exercise you will assign an exercise to each suit and face card. The number will reflect your reps. *Time should be kept to under an hour.*
  - Examples: Hearts= Pull-ups  
Spades= Push-ups  
Clubs=Mt. Climbers  
Diamonds=Ups and Downs  
Aces=Jump Rope or Sprints  
Kings= Tire Hammer (8 lb sledge)  
Queens=Jumping Jacks  
Jacks=Arms Circles (at least 60 secs)

### **Tuesday:** Track Day

- 400 meter sprints into 400 meter jogs
  - The goal is to run 3200 meters or 2 miles

### **Wednesday:** Rest Day

### **Thursday:** Qualification Practical's and Run

- Complete these at least 3 times for maximum points possible.
  - Examples: Hose Hoist  
Pike-pole Pull Down  
Stairwell Run  
Pull-ups  
Dummy Drag
- End workout with 1.5 mile run for best time.

### **Friday:** Gym Day

- Focus on Biceps, Triceps, LATS (complete maximum amount of pull-ups during work-out).

### **Saturday:** Rest/Metcon

- Cycling, jogging, stretching, yoga, hiking with moderate weight pack, etc.

### **Sunday:** Gym Day

- Focus on Chest, Back, Shoulders, and Air Squats. Avoid getting too bulky. Moderate weight is the goal.

- ❖ After first four weeks and leading up to qualifications continue regimen with increased reps, weight, and intensity according to body make and ability.