



BEAR FIGHT

9-Week Iron Team Endurance Competition Prep Plan

Advanced training plan designed for Tactical Athletes preparing for the Iron Team Endurance Competition. Athletes will train strength, speed, power, anaerobic capacity, and aerobic endurance. This plan is to be completed in the 9 weeks leading up to the event.

5-6 days/week

O2X Human Performance

provides world-class Human Performance training and education to first responders, military personnel, elite organizations, and other tactical athletes

Brute Force Sandbags

believes in functional strength and blending traditional fitness with unconventional training methods, and has created a variety of gear and training with an emphasis on unstable, shifting load.

To purchase the Brute Force sandbags utilized in this program and the 2018 ITEC

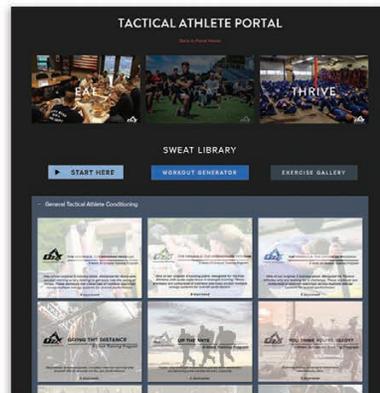
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BEFORE BEGINNING YOUR WORKOUT

PREPARE

(complete each exercise for the provided time/distance)

1. Run/Bike/Row (5 mins)
2. Forearm Plank (20 secs)
3. Straight Arm Side Plank (20 secs)
4. Hip Bridge (20 secs)
5. Mini Band Walk (Lateral) (10 yards/2 sets)
6. Mini Band Walk (For/Back) (10 yards/2 sets)
7. Walking Knee Grab (10 yards)
8. Walking Heel Grab (10 yards)
9. Traveling Butt Kicks (10 yards)
10. High Knees (10 yards)
11. Lateral Lunge (Right/Left) (10 yards)
12. Push Up w/ Inchworm (10 yards)

RECOVER

(complete each exercise for 20-30 seconds)

1. Quad Foam Roll
2. IT Foam Roll
3. Glute Foam Roll
4. Back Foam Roll
5. Shoulder Foam Roll
6. Forward Fold
7. Downward Dog
8. Hip Stretch
9. Quad Stretch
10. Knee to Chest Stretch
11. Hamstring Stretch
12. Spinal Twist Stretch
13. Prone Glute Stretch
14. Bent Arm Chest Stretch
15. Tricep Stretch



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WEEK 1

Day	1	2	3	4	5	6	7
<p>Notes:</p> <p>*Loading should be challenging, but all reps/sets should be able to be completed</p> <p>**Description: Speed and Power; perform x 5 reps Sandbag Power Clean with goal of 1 clean rep per second, on 5th rep transition bag to shoulders (back loaded) and immediately (superset) perform x 5 reps of Sandbag Squat Jump with goal of 1 quality per second. If unable to perform 1 perfect rep per second, decrease load.</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength 3x8* Deadlift; 60-90 sec rest b/t sets 3x8* Overhead Press; 60-90 sec rest b/t sets</p> <p>Conditioning 5 Rounds For Time 10 Burpees 10 Sandbag Cleans 10 Squats with bag</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power 5x4* Clean; 90 sec – 2 min rest b/t sets</p> <p>Conditioning 4x400m Interval Runs; 1:1 work:rest ratio</p> <p>2x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rest</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength 5x5 Front Squat; 2 min rest b/t sets</p> <p>5x5 Weighted Pullups; 2 min rest b/t sets</p> <p>Conditioning AMRAP 18 minutes 50 Mountain Climbers 25m Walking Lunge with bag 100 Single Unders 25m Walking Lunge with bag</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power** 4 Rounds: Sandbag Power Clean x 5 Sandbag Squat Jump x 5 Recover :40 sec</p> <p>Conditioning 8x30sec Sprints; 1:1 work:rest – stairs or sand</p> <p>2x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Conditioning 30+ min Run, Bike, or Row – conversational pace</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rest</p> <p>Step 3 - Recover (10-15m)</p>



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9-Week Iron Team Endurance Competition Prep Plan

WEEK 2

Day	1	2	3	4	5	6	7
<p>Notes:</p> <p>*Loading should be challenging, but all reps/sets should be able to be completed</p> <p>**Description: Sandbag Toss for Max Height. Keg Toss simulation; grab sandbag by end cap grips and perform Keg Toss swing releasing bag overhead with goal of bag reaching maximum height x 4 reps. Rest :60 secs and perform the same, but release overhead and behind with sandbag traveling maximum distance x 4 reps.</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength</p> <p>5x5* Deadlift; 90 sec-2min rest b/t sets</p> <p>5x5* Overhead Press; 90 sec – 2 min rest b/t sets</p> <p>Conditioning</p> <p>For time</p> <p>100 Jumping Jacks</p> <p>80 Step ups</p> <p>60 Lateral over the bag hops</p> <p>40 Bear Hug Bag Squats</p> <p>20 Burpees</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power</p> <p>5x4* Clean; 90 sec – 2 min rest b/t sets</p> <p>Conditioning</p> <p>4x400m Interval Runs; 1:1 work:rest ratio</p> <p>2x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rest</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength</p> <p>3x8* Front Squat; 60 – 90 sec rest b/t sets</p> <p>3x8* Weighted Pullups; 60-90 sec rest b/t sets</p> <p>Conditioning</p> <p>4 Rounds</p> <p>25 Floor Press</p> <p>25 Sit Ups</p> <p>25 Plank Drag Across</p> <p>25 Sit Ups</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power**</p> <p>4 Rounds</p> <p>Sandbag Toss for Height x 4</p> <p>Sandbag Toss for Distance x 4</p> <p>Recover :40 sec</p> <p>Conditioning</p> <p>8x30sec Sprints; 1:1 work:rest – stairs or sand</p> <p>2x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Conditioning</p> <p>30+ min Run, Bike, or Row – conversational pace</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rest</p> <p>Step 3 - Recover (10-15m)</p>



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9-Week Iron Team Endurance Competition Prep Plan

WEEK 3

Day	1	2	3	4	5	6	7
<p>Notes:</p> <p>*Loading should be challenging, but all reps/sets should be able to be completed</p> <p>**Description: Place sandbag on ground vertically and lay down on top prone (like laying on a surfboard). Elevated on top of sandbag, perform x 5 reps Hand Release Pushups. Move immediately into Sandbag Squat Cleans x 5 reps. Recover :40 secs.</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength 3x8* Deadlift; 60-90 sec rest b/t sets 3x8* Overhead Press; 60-90 sec rest b/t sets</p> <p>Conditioning 1 Mile Sandbag Carry</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power 5x4* Clean; 90 sec – 2 min rest b/t sets</p> <p>Conditioning 5x400m Interval Runs; 1:1 work:rest ratio</p> <p>2x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rest</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength 5x5 Front Squat; 90 sec-2 min rest b/t sets</p> <p>5x5 Weighted Pullups; 90 sec-2 min rest b/t sets</p> <p>Conditioning AMRAP 22 minutes 6 Sandbag Thrusters 9 Burpees 12 Sandbag Hang Cleans 15 Air Squats</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power** 4 Rounds Sandbag Hand Release Pushups x 5 Sandbag Squat Clean x 5 Recover :40 sec</p> <p>Conditioning 10x30sec sprints; 1:1 work:rest – stairs or sand</p> <p>2x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Conditioning 30+ min Run, Bike, or Row – conversational pace</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rest</p>
	Step 3 - Recover (10-15m)	Step 3 - Recover (10-15m)	Step 3 - Recover (10-15m)	Step 3 - Recover (10-15m)	Step 3 - Recover (10-15m)	Step 3 - Recover (10-15m)	Step 3 - Recover (10-15m)



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9-Week Iron Team Endurance Competition Prep Plan

WEEK 4

Day	1	2	3	4	5	6	7
<p>Notes:</p> <p>*Loading should be challenging, but all reps/sets should be able to be completed</p> <p>**Description: With bag on ground lying vertically, straddle bag with sumo stance, load bag across shoulder, then slam (think Wrestling Body Slam) bag back to ground. Reload opposite shoulder and continue for 6 reps (3 each shoulder). Rest :30 secs. Back load sandbag (across shoulders like a barbell) and perform x 6 split squats each leg (12 total reps). Explode and get as vertical as possible, absorb landing and exploding into next jump Rest :60 secs.</p>	<p><i>Step 1 - Prepare (8-10m)</i></p> <p><i>Step 2 - Sweat:</i></p> <p>Strength 5x5* Deadlift; 90 sec-2 min rest b/t sets 5x5* Overhead Press; 90 sec – 2 min rest b/t sets</p> <p>Conditioning 10 Rounds 25m Single Arm Sandbag Drag Right 10 Overhead Press 25m Single Arm Sandbag Drag Left 10 Deadlift</p> <p><i>Step 3 - Recover (10-15m)</i></p>	<p><i>Step 1 - Prepare (8-10m)</i></p> <p><i>Step 2 - Sweat:</i></p> <p>Power 5x4* Clean; 90 sec – 2 min rest b/t sets</p> <p>Conditioning 5x400m Interval Runs; 1:1 work:rest ratio</p> <p>2x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p> <p><i>Step 3 - Recover (10-15m)</i></p>	<p><i>Step 1 - Prepare (8-10m)</i></p> <p><i>Step 2 - Sweat:</i></p> <p>Rest</p> <p><i>Step 3 - Recover (10-15m)</i></p>	<p><i>Step 1 - Prepare (8-10m)</i></p> <p><i>Step 2 - Sweat:</i></p> <p>Strength 3x8* Front Squat; 60 – 90 sec rest b/t sets 3x8* Weighted Pullups; 60-90 sec rest b/t sets</p> <p>Conditioning 27-21-15-9 Over Head Squat Ground to over shoulder Hang Cleans 10 Burpees between each round</p> <p><i>Step 3 - Recover (10-15m)</i></p>	<p><i>Step 1 - Prepare (8-10m)</i></p> <p><i>Step 2 - Sweat:</i></p> <p>Power** 4 Rounds Ground to Shoulder + Slam x 6 Recover :30 sec Jumping Split Squats x 6 each leg Recover :60 sec</p> <p>Conditioning 10x30sec Sprints; 1:1 work:rest – stairs or sand</p> <p>3x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p> <p><i>Step 3 - Recover (10-15m)</i></p>	<p><i>Step 1 - Prepare (8-10m)</i></p> <p><i>Step 2 - Sweat:</i></p> <p>Conditioning 40+ min Run, Bike, or Row – conversational pace</p> <p><i>Step 3 - Recover (10-15m)</i></p>	<p><i>Step 1 - Prepare (8-10m)</i></p> <p><i>Step 2 - Sweat:</i></p> <p>Rest</p> <p><i>Step 3 - Recover (10-15m)</i></p>



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WEEK 5

Day	1	2	3	4	5	6	7
<p>Notes:</p> <p>*Loading should be challenging, but all reps/sets should be able to be completed</p> <p>**Description: Speed and Power; perform x 5 reps Sandbag Power Clean with goal of 1 clean rep per second, on 8th rep transition bag to shoulders (back loaded) and immediately (superset) perform x 8 reps of Sandbag Squat Jump with goal of 1 quality per second. If unable to perform 1 perfect rep per second, decrease load.</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength 5x5* Deadlift; 90 sec – 2min rest b/t sets 5x5* Overhead Press; 90 sec – 2 min rest b/t sets 5x5* Front Squat; 90 sec – 2 min rest b/t sets</p> <p>Conditioning 5 Rounds 1 min Shoulder to Shoulder 1 min Box Jump 1 min Sit ups 1 min Alternating Lunge with Bag 1 min Rest</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power 6x3* Clean; 90 sec – 2 min rest b/t sets</p> <p>Conditioning 2x800m Interval Runs; 2x400m Interval Runs; 1:1 work:rest ratio</p> <p>3x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Conditioning AMRAP 22 minutes 6 Sandbag Thrusters 9 Burpees 12 Sandbag Hang Cleans 15 Air Squats</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength 4x3* Deadlift; 90 sec – 2 min rest b/t sets 4x3* Overhead Press; 90 sec – 2 min rest b/t sets 4x3* Front Squat; 90 sec – 2 min rest b/t sets</p> <p>Conditioning 50 Brute Force Burpees for time</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power** 5 Rounds Sandbag Power Clean x 8 Sandbag Squat Jump x 8 Recover :40 sec</p> <p>Conditioning 12x30sec Sprints; 1:1 work:rest – stairs or sand</p> <p>3x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Conditioning 45+ min Run, Bike, or Row – conversational pace</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rest</p> <p>Step 3 - Recover (10-15m)</p>



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WEEK 6

Day	1	2	3	4	5	6	7
<p>Notes:</p> <p>*Loading should be challenging, but all reps/sets should be able to be completed</p> <p>**Description: Sandbag Toss for Max Height. Keg Toss simulation; grab sandbag by end cap grips and perform Keg Toss swing releasing bag overhead with goal of bag reaching maximum height x 6 reps. Rest :60 secs and perform the same, but release overhead and behind with sandbag traveling maximum distance x 6 reps.</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength 4x3* Deadlift; 2 min rest b/t sets 4x3* Overhead Press; 2 min rest b/t sets 4x3* Front Squat; 2 min rest b/t sets</p> <p>Conditioning AMRAP 25 minutes 20 Deadlifts 15 Front Squats 10 Push Press</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power 6x3* Clean; 90 sec – 2 min rest b/t sets</p> <p>Conditioning 3x800m Interval Runs; 2x400m Interval Runs; 1:1 work:rest ratio</p> <p>3x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Conditioning 6 Rounds 10 Sandbag Thrusters 15 Situps 20 Mountain Climbers</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength 5x5* Deadlift; 90 sec – 2 min rest b/t sets 5x5* Overhead Press; 90 sec – 2 min rest b/t sets 5x5* Front Squat; 90 sec – 2 min rest b/t sets</p> <p>Conditioning 250m Alternating Lunges, Sandbag in back rack</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power** 5 Rounds Sandbag Toss for Height x 6 Recover :40 sec Sandbag Toss for Distance x 6 Recover :40 sec</p> <p>Conditioning 13x30sec Sprints; 1:1 work:rest – stairs or sand</p> <p>3x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Conditioning 45+ min min Run, Bike, or Row – conversational pace</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rest</p>
	Step 3 - Recover (10-15m)	Step 3 - Recover (10-15m)	Step 3 - Recover (10-15m)	Step 3 - Recover (10-15m)	Step 3 - Recover (10-15m)	Step 3 - Recover (10-15m)	Step 3 - Recover (10-15m)



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9-Week Iron Team Endurance Competition Prep Plan

WEEK 7

Day	1	2	3	4	5	6	7
<p>Notes:</p> <p>*Loading should be challenging, but all reps/sets should be able to be completed</p> <p>**Description: Place sandbag on ground vertically and lay down on top prone (like laying on a surfboard). Elevated on top of sandbag, perform x 8 reps Hand Release Pushups. Move immediately into Sandbag Squat Cleans x 8 reps. Recover :40 secs.</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength</p> <p>3x8* Deadlift; 1 min rest b/t sets</p> <p>3x8* Overhead Press; 90 sec – 1 min rest b/t sets</p> <p>3x8* Front Squat; 90 sec – 1 min rest b/t sets</p> <p>Conditioning</p> <p>For Time</p> <p>20 Double Unders</p> <p>5 Sandbag Clean and Press</p> <p>40 Double Unders</p> <p>10 Sandbag Clean and Press</p> <p>60 Double Unders</p> <p>15 Sandbag Clean and Press</p> <p>40 Double Unders</p> <p>10 Sandbag Clean and Press</p> <p>20 Double Unders</p> <p>5 Sandbag Clean and Press</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power</p> <p>8x2* Clean; 90 sec – 2 min rest b/t sets</p> <p>Conditioning</p> <p>4x800m Interval Runs; 1:1 work:rest ratio</p> <p>4x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Conditioning</p> <p>Deck of Death</p> <p>Hearts=Burpees</p> <p>Diamonds=Sandbag Press</p> <p>Spades= Sit Ups</p> <p>Clubs= Sandbag Back Squat</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength</p> <p>5x2* Deadlift; 90 sec-2min rest b/t sets</p> <p>5x2* Overhead Press; 90 sec – 2 min rest b/t sets</p> <p>5x2* Front Squat; 90 sec – 2 min rest b/t sets</p> <p>Conditioning</p> <p>AMRAP 16 minutes</p> <p>4 Sandbag Bear Complex</p> <p>8 Sandbag Ground to Shoulder</p> <p>12 Sandbag Push Ups</p> <p>16 Sandbag Squats</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power**</p> <p>5 Rounds</p> <p>Sandbag Hand Release Pushups x 8</p> <p>Sandbag Squat Clean x 8</p> <p>Recover :40 sec</p> <p>Conditioning</p> <p>15x30sec Sprints; 1:1 work:rest – stairs or sand</p> <p>4x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Conditioning</p> <p>60+ min Run, Bike, or Row – conversational pace</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rest</p> <p>Step 3 - Recover (10-15m)</p>



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9-Week Iron Team Endurance Competition Prep Plan

WEEK 8

Day	1	2	3	4	5	6	7
<p>Notes:</p> <p>*Loading should be challenging, but all reps/sets should be able to be completed</p> <p>**Description: With bag on ground lying vertically, straddle bag with sumo stance, load bag across shoulder, then slam (think Wrestling Body Slam) bag back to ground. Reload opposite shoulder and continue x 8 reps (4 each shoulder). Rest :30 secs. Back load sandbag (across shoulders like a barbell) and perform x 8 split squats each leg (16 total reps). Explode and get as vertical as possible, absorb landing and exploding into next jump. Rest :60 secs.</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength</p> <p>5x2* Deadlift; 2 min rest b/t sets</p> <p>5x2* Overhead Press; 90 sec – 2 min rest b/t sets</p> <p>5x2* Front Squat; 90 sec – 2 min rest b/t sets</p> <p>Conditioning</p> <p>6 Rounds For Time</p> <p>10 Pull Ups</p> <p>50m Sandbag Bear Crawl</p> <p>10 Sit Ups</p> <p>50m Sandbag Bear Crawl</p> <p>10 Air Squats</p> <p>50m Sandbag Bear Crawl</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power</p> <p>8x2* Clean; 90 sec – 2 min rest b/t sets</p> <p>Conditioning</p> <p>3x800m Interval Runs;</p> <p>2x400m Interval Runs; 1:1 work:rest ratio</p> <p>4x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Conditioning</p> <p>5 Rounds For Time</p> <p>15 Burpees</p> <p>15 Sandbag Thrusters</p> <p>15 Push Ups</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength</p> <p>3x8* Deadlift; 1 min rest b/t sets</p> <p>3x8* Overhead Press; 1 min rest b/t sets</p> <p>3x8* Front Squat; 1 min rest b/t sets</p> <p>Conditioning</p> <p>100 Mountain Climbers</p> <p>80 Hang Power Cleans</p> <p>60 Sandbag Back Squats</p> <p>40 Push Up Drags</p> <p>20 Brute Force Burpees</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Power**</p> <p>5 Rounds</p> <p>Ground to Shoulder + Slam x 8</p> <p>Recover :30 sec</p> <p>Jumping Split Squats x 8 each leg</p> <p>Recover :60 sec</p> <p>Conditioning</p> <p>12x30sec sprints; 1:1 work:rest – stairs or sand</p> <p>4x max effort sets of Pullups, Pushups, Sit Ups; 1 min rest b/t efforts</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Conditioning</p> <p>40+ min Run, Bike, or Row – conversational pace</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rest</p> <p>Step 3 - Recover (10-15m)</p>



BEAR FIGHT

9-Week Iron Team Endurance Competition Prep Plan

WEEK 9

Day	1	2	3	4	5	6	7
<p>Notes:</p> <p>*Loading should be relatively light. Appx 60% of 1RM (6 Rate of Perceived Exertion - RPE)</p> <p>**Loading should be relatively light. Appx 80% of 1RM (8 RPE)</p> <p>***Description: Taper MetCon: Perform each exercise in sequence, stay tight, controlled, and focused, using moderate resistance. Maintain competitive edge, but stay short of failure and do not overload. Exertion should not reach more than a 6. This workout is optional. Listen to your body. Recovery is part of the training process.</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength</p> <p>3x8* Deadlift; 1 min rest between sets 3x8* Overhead Press; 1 min rest b/t sets 3x8* Front Squat; 1 min rest b/t sets</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>3 Rounds*** Sandbag Row x 10 Sandbag Squat Clean x 10 Sandbag Over the Shoulder (alternate shoulders) x10 Sandbag Push Up to Pull Through (1:2 = 1 Push Up, Pull Left, Pull Right = 1 rep) x 10 Sandbag Overhead Situps x 10 100 yard Run (80% speed) Recover 2 mins (or amount of time to slowly walk back)</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rest</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Strength</p> <p>3x2** Deadlift; 2 min rest b/t sets 3x2** Overhead Press; 2 min rest b/t sets 3x2** Front squat; 2 min rest b/t sets</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Conditioning</p> <p>30 min Run, Bike, or Row – conversational pace</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rest</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rest</p> <p>Step 3 - Recover (10-15m)</p>