



more than a place

# DUDLEY 2020 WORKOUTS OF THE DAY

## WEEK 6

### **DAY 1**

#### **CUBS & PLEBES**

1 Mile run/walk

Upon return begin a session of...

Every Minute on the Minute (EMOM) for 10 minutes

40 line hops

8 sit ups

Then stretch all body parts for 10 minutes

#### **JUNIORS & SENIORS**

2 mile run

Upon return begin a session of...

Every Minute on the Minute (EMOM) for 12 minutes

40 line hops

10 sit ups

Then stretch all body parts for 10 minutes

#### **LEADERSHIP**

2 mile run

Upon return begin a session of...

Every Minute on the Minute (EMOM) for as long as possible

5 Burpees

10 sit ups

If you make it to the 11<sup>th</sup> minute, add 1 rep to each exercise (6 burpees, 11 sit ups)

If you make it to the 12<sup>th</sup> minute, add another rep to each exercise (7 burpees, 12 sit ups)

until you can not complete the prescribed number of reps in the minute.

Then stretch all body parts for 10 minutes

## **DAY 2**

### **CUBS & PLEBES**

Start a running clock

On minute one execute one Sit up, on Minute two execute two Sit ups, on minute three execute three sit ups and continue in this manner until you are unable to complete the prescribed number of sit ups in the minute. The last successful minute will be your score. When you are unable to complete the Sit ups in the minute switch to Body squats on the next minute and execute the number of reps that corresponds to that minute. For example, if you fail to complete the number of sit ups on minute sixteen then you immediately switch to body squats and execute sixteen squats. Continue in that manner until you are unable to complete the prescribed number of squats in the minute.

Take a ten minute walk and stretch for ten minutes

### **JUNIORS & SENIORS**

Start a running clock

On minute one execute one Sit up, on Minute two execute two Sit ups, on minute three execute three sit ups and continue in this manner until you are unable to complete the prescribed number of sit ups in the minute. The last successful minute will be your score. When you are unable to complete the Sit ups in the minute switch to Body squats on the next minute and execute the number of reps that corresponds to that minute. For example, if you fail to complete the number of sit ups on minute sixteen then you immediately switch to body squats and execute sixteen squats. Continue in that manner until you are unable to complete the prescribed number of squats in the minute.

Take a ten minute run and stretch for ten minutes

### **LEADERSHIP**

Start a running clock

On minute one execute one Sit up, on Minute two execute two Sit ups, on minute three execute three sit ups and continue in this manner until you are unable to complete the prescribed number of sit ups in the minute. The last successful minute will be your score. When you are unable to complete the Sit ups in the minute switch to Body squats on the next minute and execute the number of reps that corresponds to that minute. For example, if you fail to complete the number of sit ups on minute sixteen then you immediately switch to body squats and execute sixteen squats. Continue in that manner until you are unable to complete the prescribed number of squats in the minute.

Take a twenty minute run and stretch for ten minutes

### **DAY 3**

#### **CUBS & PLEBES**

As Many Rounds As Possible (AMRAP) 3 minutes X 2

80 Jump rope

20 lunges

This is one round so in 3 minutes complete as many rounds as you can.

Following the 3 minute AMRAP take a 1 minute rest then complete another 3 minute AMRAP.

Then take a 15 minute walk and stretch.

#### **JUNIORS & SENIORS**

As Many Rounds As Possible (AMRAP) 3 minutes X 3

80 Jump rope

20 Jumping lunges

This is one round so in 3 minutes complete as many rounds as you can.

Following the 3 minute AMRAP take a 1 minute rest then complete 2 more 3 minute AMRAPs with 1 minute rests in between.

Then take a 15 minute run and stretch.

#### **LEADERSHIP**

As Many Rounds As Possible (AMRAP) 3 minutes X 5

40 Double unders or 80 single unders Jump rope

20 jumping lunges

This is one round, so in 3 minutes complete as many rounds as you can.

Following the 3 minute AMRAP take a 1 minute rest then complete 4 more AMRAPs with 1 minute rests in between.

Run 2 miles and stretch for 10 minutes.

#### **DAY 4**

CUBS & PLEBES

10-9-8-7-6-5-4-3-2-1

Push-ups

Sit ups

JUNIORS & SENIORS

For time...

10-9-8-7-6-5-4-3-2-1

Push-ups

Sit ups

Squats

LEADERSHIP

For time...

10-9-8-7-6-5-4-3-2-1

Push-ups

Sit ups

Lunges

200m run after each round

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#### **DAY 5**

CUBS & PLEBES

Every Minute on the Minute (E.M.O.M.) 10 minutes

10 squats

Stretch the remainder of the minute

Then 20 minute walk

JUNIORS & SENIORS

EMOM 12

10 squats

Push up plank the remainder of the minute

LEADERSHIP

EMOM 15

10 squats

Remainder of minute do push ups