

# OPTIMAL --- READINESS

## ULTIMATE READINESS GREEN 1.10

### **Fitness Advisory and Disclaimer**

The published workouts contained in this training plan are arduous and recommended for individuals who are able-bodied and physically healthy. In any sport or fitness program, there is the inherent risk of injury both foreseeable and unforeseeable, the user acknowledges these risks by attempting the workouts contained in this program and releases Optimal Readiness LLC of liability from injuries sustained while participating in the prescribed workouts. Perform these workouts at your own risk. **Optimal Readiness LLC assumes no responsibility for any injuries that may occur while performing any portion of this training package. Consult a physician before undergoing any new physical fitness regimen.**

**PHYSICAL TRAINING SCHEDULE**

DAY 1 Strength Training Session 1	DAY 2 Cardio Training Session 1 <b>Calisthenics Development</b>	DAY 3 Strength Training Session 2
<p>Total Body Focused</p> <p>(See Below)</p>	<p>Aerobic Capacity Training <b>Cardio of Choice</b></p> <p>(See Below)</p> <p><b>MENTAL PREP</b> – Read... <b><u>ADEQUATE PREPARATION</u></b></p>	<p>Total Body Focused</p> <p>(See Below)</p>
DAY 4 Cardio Training Session 2 <b>Calisthenics Development</b>	DAY 5 Strength Training Session 3	DAY 6 Optional Cardio Training or... Make-up Day
<p>Aerobic Interval Training <b>Cardio of Choice</b></p> <p>(See Below)</p>	<p>Total Body Focused</p> <p>(See Below)</p>	<p><b>Optional</b> Aerobic Base Training <b>Cardio of Choice</b></p> <p>(1) 30:00 @ EASY to MODERATE effort</p> <p><b>Coaching Comments:</b> Don't worry about pace during these types of sessions. Go strictly off of feel @ intensity level 5-6 out of 10.</p> <p><b>Make Up Any Missed Training Days This Week!</b></p>

**CALISTHENICS DEVELOPMENT**

LEVEL 1	LEVEL 2	LEVEL 3
<p>5 Sets x 15-20 Push-ups</p> <p>5 Sets x 15-20 Atomic Sit-ups + 5 LBH Superman</p> <p>5 Sets x 8-10 Pull-ups or Chin-ups</p>	<p>5 Sets x 20-25 Push-ups</p> <p>5 Sets x 20-25 Atomic Sit-ups + 5 LBH Superman</p> <p>5 Sets x 10-12 Pull-ups or Chin-ups</p>	<p>5 Sets x 30 Push-ups</p> <p>5 Sets x 30 Atomic Sit-ups + 5 LBH Superman</p> <p>5 Sets x 14 Pull-ups or Chin-ups</p>
<p><b>Coaching Comments:</b> Knock out the prescribed exercises and their sets x reps according to preference. You may choose to do them in a circuit or straight-set fashion.</p> <p>Perform circuits/sets throughout the day or in one session, etc. The protocol of execution does not matter as long as the work gets done.</p>	<p><b>Coaching Comments:</b> Knock out the prescribed exercises and their sets x reps according to preference. You may choose to do them in a circuit or straight-set fashion.</p> <p>Perform circuits/sets throughout the day or in one session, etc. The protocol of execution does not matter as long as the work gets done.</p>	<p><b>Coaching Comments:</b> Knock out the prescribed exercises and their sets x reps according to preference. You may choose to do them in a circuit or straight-set fashion.</p> <p>Perform circuits/sets throughout the day or in one session, etc. The protocol of execution does not matter as long as the work gets done.</p>

**OPTIONAL STRENGTH TRAINING WARM-UPS**

SESSION # 1	SESSION # 2	SESSION # 3
<p>(1) 3 ROUNDS OF:            -<a href="#">Pull-ups or Chin-ups</a> *            -<a href="#">Sit-ups w/ feet unanchored</a>-5            -<a href="#">Push-ups or Triceps Push-ups</a>-5            -<a href="#">Bodyweight Goblet Squats</a>-5            Minimal rest needed between rounds</p> <p>(2) 2 ROUNDS OF:            -<a href="#">Med Ball Slams</a>-5  <a href="#">Glute Bridge Isometric Hold</a> w/ knee extension-20-30 seconds alt each leg            Minimal rest needed between rounds</p>	<p>(1) 1, 2, 3, 4, 5 reps OF:            -<a href="#">Inverted Rows</a> *            -<a href="#">Reverse Lunges</a> + Trunk Rotation each leg @ slow and controlled tempo            -<a href="#">Bar Dips</a> **            -<a href="#">Leg Levers</a> @ slow and controlled tempo            Minimal rest needed between rounds</p> <p>(2) 2 ROUNDS OF:            -<a href="#">Squat Jumps</a>-5  <a href="#">Arm Haulers</a>-30 seconds @ slow and controlled tempo            Minimal rest needed between rounds</p>	<p>(1) 5, 4, 3, 2, 1 rep OF:            -<a href="#">Push-ups or Triceps Push-ups</a>            -<a href="#">V-ups</a> or <a href="#">Modified V-ups</a>            -<a href="#">Static Side Lunges</a> alt each leg            Minimal rest needed between rounds</p> <p>(2) 3 ROUNDS OF:            -<a href="#">Pull-ups or Chin-ups</a>-3 *            -<a href="#">Med Ball Plyometric Chest Pass</a>-5            -<a href="#">Side Plank or Straight Arm Side Plank</a>-15 seconds each arm            Minimal rest needed between rounds</p>
<p><b>Coaching Comments:</b>            * Perform assisted reps if necessary.  <a href="#">Band-Assisted Pull-ups &amp; Chin-ups</a></p>	<p><b>Coaching Comments:</b>            * <a href="#">Inverted Row using a table</a>            ** Perform assisted reps if necessary.  <a href="#">Band-Assisted Bar Dips</a></p>	<p><b>Coaching Comments:</b>            * Perform assisted reps if necessary.  <a href="#">Band-Assisted Pull-ups &amp; Chin-ups</a></p>

**ADDITIONAL TRAINING RESOURCES**

<b><a href="#">NUTRITION</a></b>	<b><a href="#">LEADER BOARD</a></b>
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**DAY 1 - STRENGTH TRAINING SESSION 1**

LEVEL 1	LEVEL 2	LEVEL 3
<p><u>Warm-up and Cool Down as necessary</u></p> <p>(1) 5 ROUNDS OF:            -<u>Triceps Push-ups</u>-5 reps ET @ 3-5-second negative each rep *            -<u>2-Hand Bar Hang</u>-20 seconds            Rest as needed between rounds</p> <p>(2) 5 ROUNDS, each round @ <b>2:00</b>            Interval OF:            -<u>Bar Dips</u>-8            -<u>Chin-ups</u>-5            Rest the time remaining each round</p> <p>(3) 3 ROUNDS OF:            -<u>Bodyweight Goblet Squats</u>-12-15            -<u>Wall Sit Isometric Hold</u>-20 seconds            -<u>AB Wheel Rollouts from knees</u>-5            Rest as needed between rounds</p>	<p><u>Warm-up and Cool Down as necessary</u></p> <p>(1) 5 ROUNDS OF:            -<u>Med Ball Triceps Push-up</u> w/ feet elevated-5 reps ET @ 3-5-second negative each rep *            -<u>2-Hand Bar Hang</u>-30 seconds **            Rest as needed between rounds</p> <p>(2) 5 ROUNDS, each round @ <b>2:00</b>            Interval OF:            -<u>Bar Dips</u>-10            -<u>Chin-ups</u>-6-8            Rest the time remaining each round</p> <p>(3) 3 ROUNDS OF:            -<u>Loaded Goblet Squats</u>-15 reps @ 25lbs            -<u>Wall Sit Isometric Hold</u>-30 seconds            -<u>AB Wheel Rollouts from knees</u>-6-8            Rest as needed between rounds</p>	<p><u>Warm-up and Cool Down as necessary</u></p> <p>(1) 5 ROUNDS OF: <b>Choose A or B</b>            -A) <u>Single Arm Push-up</u>-3 reps @ hard but doable intensity level            -B) <u>Single-Arm DB Bench Press</u>-3 reps @ heavy but doable *            -<u>2-Hand Bar Hang</u>-40 seconds **            Rest as needed between rounds</p> <p>(2) 5 ROUNDS, each round @ <b>2:00</b>            Interval OF:            -<u>Bar Dips</u>-15            -<u>Chin-ups</u>-10            Rest the time remaining each round</p> <p>(3) 3 ROUNDS OF:            -<u>Loaded Goblet Squats</u>-15 reps @ 40-50lbs            -<u>Wall Sit Isometric Hold</u>-40 seconds            -<u>AB Wheel Rollouts from knees</u>-10            Rest as needed between rounds</p>
<p><b>Coaching Comments:</b>            * <b>ET</b> or Eccentric Training means to ensure a 3-second negative or lowering phase of the movement for each rep.</p>	<p><b>Coaching Comments:</b>            * <b>ET</b> or Eccentric Training means to ensure a 3 or 5-second negative or lowering phase of the movement for each rep.</p>	<p><b>Coaching Comments:</b>  <b>DB</b> – Dumbbell            * Gradually warm up to your first working set of the movement. Work up to a challenging weight that is heavy but would allow the completion of 6 reps each round.</p>

**DAY 2 - CARDIO TRAINING SESSION 1**

<b>LEVEL 1</b>	<b>LEVEL 2</b>	<b>LEVEL 3</b>
<p>(1) <u>Warm up and Cool Down as necessary</u></p> <p>(2) 6-8 SETS OF:                      -Cardio of Choice 1:45 @ MODERATE effort                      Rest 1:15 between sets                      1 Round Every 3 Minutes</p> <p><b>CALISTHENICS DEVELOPMENT</b></p>	<p>(1) <u>Warm up and Cool Down as necessary</u></p> <p>(2) 8 SETS OF:                      -Cardio of Choice 2:15 @ MODERATE effort                      Rest 45 seconds between sets                      1 Round Every 3 Minutes</p> <p><b>CALISTHENICS DEVELOPMENT</b></p>	<p>(1) <u>Warm up and Cool Down as necessary</u></p> <p>(2) 10 SETS OF:                      -Cardio of Choice 2:15 @ MODERATE effort                      Rest 45 seconds between sets                      1 Round Every 3 Minutes</p> <p><b>CALISTHENICS DEVELOPMENT</b></p>
<p><b>Coaching Comments:</b>                      Run, Row, or Bike the prescribed work intervals @ intensity level 7 out of 10.                      Your work intervals throughout this training session should NOT be too exhausting. Adjust the pace/speed/effort accordingly!</p>	<p><b>Coaching Comments:</b>                      Run, Row, or Bike the prescribed work intervals @ intensity level 7 out of 10.                      Your work intervals throughout this training session should NOT be too exhausting. Adjust the pace/speed/effort accordingly!</p>	<p><b>Coaching Comments:</b>                      Run, Row, or Bike the prescribed work intervals @ intensity level 7 out of 10.                      Your work intervals throughout this training session should NOT be too exhausting. Adjust the pace/speed/effort accordingly!</p>

**DAY 3 - STRENGTH TRAINING SESSION 2**

LEVEL 1	LEVEL 2	LEVEL 3
<p><u>Warm-up and Cool Down as necessary</u></p> <p>(1) 5 ROUNDS OF:            -<a href="#">Hanging Knee Raise</a>-5 *            -<a href="#">Side Plank or Straight Arm Side Plank</a>-15 seconds each side            Rest as needed between rounds</p> <p>(2) 5 ROUNDS, each round @ <b>2:00</b>            Interval OF:            -<a href="#">V-ups</a> or <a href="#">Modified V-ups</a>-8            -<a href="#">Burpees</a>-6            Rest the time remaining each round</p> <p>(3) 3 ROUNDS OF:            -<a href="#">Dive Bomber Push-ups</a>-7            -<a href="#">FLR Shoulder Taps</a>-30 seconds            -<a href="#">Inverted Bar</a> or <a href="#">Ring Rows</a> w/ legs straight-8-10            Rest as needed between rounds</p>	<p><u>Warm-up and Cool Down as necessary</u></p> <p>(1) 5 ROUNDS OF:            -<a href="#">Hanging Knee Raise</a> @ knees to elbows-5 *            -<a href="#">Straight Arm Side Plank</a>-20 seconds each arm            Rest as needed between rounds</p> <p>(2) 5 ROUNDS, each round @ <b>2:00</b>            Interval OF:            -<a href="#">V-ups</a>-12            -<a href="#">Burpees</a>-8            Rest the time remaining each round</p> <p>(3) 3 ROUNDS OF:            -<a href="#">Dive Bomber Push-ups</a>-7            -<a href="#">FLR Shoulder Taps</a>-30 seconds            -<a href="#">Inverted Bar</a> or <a href="#">Ring Rows</a> w/ legs straight-8-10            Rest as needed between rounds</p>	<p><u>Warm-up and Cool Down as necessary</u></p> <p>(1) 5 ROUNDS OF:            -<a href="#">Hanging Leg Raise</a> @ shins to bar-5 *            -Loaded <a href="#">Turkish Get Up</a>-2 reps each arm @ 40-50lbs            Rest as needed between rounds</p> <p>(2) 5 ROUNDS, each round @ <b>2:00</b>            Interval OF:            -<a href="#">V-ups</a>-15            -<a href="#">Burpees</a>-10            Rest the time remaining each round</p> <p>(3) 3 ROUNDS OF:            -<a href="#">Dive Bomber Push-ups</a>-10            -<a href="#">FLR Shoulder Taps</a>-40 seconds            -<a href="#">Inverted Bar</a> or <a href="#">Ring Rows</a> w/ feet elevated-10            Rest as needed between rounds</p>
<p><b>Coaching Comments:</b>            * Gradually warm up to your first working set of the movement.</p>	<p><b>Coaching Comments:</b>            * Gradually warm up to your first working set of the movement.</p>	<p><b>Coaching Comments:</b>            * Gradually warm up to your first working set of the movement.</p>

**DAY 4 - CARDIO TRAINING SESSION 2**

<b>LEVEL 1</b>	<b>LEVEL 2</b>	<b>LEVEL 3</b>
<p><b><u>DYNAMIC WARM-UP</u></b>            (1) Cardio of Choice 5-10:00 @ EASY effort + Dynamic Warm-up</p> <p>(2) 6 ROUNDS OF:            -1:15 @ slightly faster than race pace effort *            -1:45 Active Recovery @ EASY effort  <b>1 Round Every 3 Minutes</b></p> <p><b>CALISTHENICS DEVELOPMENT</b></p>	<p><b><u>DYNAMIC WARM-UP</u></b>            (1) Cardio of Choice 5-10:00 @ EASY effort + Dynamic Warm-up</p> <p>(2) 8 ROUNDS OF:            -1:15 @ slightly faster than race pace effort *            -1:45 Active Recovery @ EASY effort  <b>1 Round Every 3 Minutes</b></p> <p><b>CALISTHENICS DEVELOPMENT</b></p>	<p><b><u>DYNAMIC WARM-UP</u></b>            (1) Cardio of Choice 5-10:00 @ EASY effort + Dynamic Warm-up</p> <p>(2) 10 ROUNDS OF:            -1:15 @ slightly faster than race pace effort *            -1:45 Active Recovery @ EASY effort  <b>1 Round Every 3 Minutes</b></p> <p><b>CALISTHENICS DEVELOPMENT</b></p>
<p><b>Coaching Comments:</b>            * Perform work intervals @ a pace that equates to being 15-30 seconds faster than your previous aerobic capacity assessment.            Run, Row, or Bike. Ensure that the pace of each work interval is consistent.  <b>MODERATELY HARD should be performed @ intensity level 8 out of 10 and EASY should be performed @ intensity level 4 out of 10 for best results.</b></p>	<p><b>Coaching Comments:</b>            * Perform work intervals @ a pace that equates to being 15-30 seconds faster than your previous aerobic capacity assessment.            Run, Row, or Bike. Ensure that the pace of each work interval is consistent.  <b>MODERATELY HARD should be performed @ intensity level 8 out of 10 and EASY should be performed @ intensity level 4 out of 10 for best results.</b></p>	<p><b>Coaching Comments:</b>            * Perform work intervals @ a pace that equates to being 15-30 seconds faster than your previous aerobic capacity assessment.            Run, Row, or Bike. Ensure that the pace of each work interval is consistent.  <b>MODERATELY HARD should be performed @ intensity level 8 out of 10 and EASY should be performed @ intensity level 4 out of 10 for best results.</b></p>



**DAY 5 - STRENGTH TRAINING SESSION 3**

LEVEL 1	LEVEL 2	LEVEL 3
<p><u>Warm-up and Cool Down as necessary</u></p> <p>(1) 5 ROUNDS OF:            -<u>Chin-ups</u>-3-5            -<u>Shoulder or Pike Push-up</u> Isometric Hold @ Starting position-30 seconds *            Rest as needed between rounds</p> <p>(2) 5 ROUNDS, each round @ <b>2:00</b>            Interval OF:            -<u>Pull-ups</u>-4            -<u>Step-ups</u> @ 18-20" box-6 reps alt each leg            Rest the time remaining each round</p> <p>(3) 3 ROUNDS OF:            -<u>Toes to Sky Hip Thrusts</u>-8            -<u>Hollow Hold</u>-20 seconds            -<u>Shoulder or Pike Push-up</u>-6-8 or <u>Standing DB Shoulder Press</u>-6-8 reps @ moderately heavy            Rest as needed between rounds</p>	<p><u>Warm-up and Cool Down as necessary</u></p> <p>(1) 5 ROUNDS OF:            -<u>Chin-ups</u>-5 reps ET @ 3-second negative each rep *            -<u>Handstand</u> Isometric Hold-20 seconds w/ chest to the wall            Rest as needed between rounds</p> <p>(2) 5 ROUNDS, each round @ <b>2:00</b>            Interval OF:            -<u>Pull-ups</u>-6            -<u>Power Step-ups</u> @ 18-20" box-6 reps alt each leg            Rest the time remaining each round</p> <p>(3) 3 ROUNDS OF:            -<u>Toes to Sky Hip Thrusts</u>-10            -<u>Hollow Hold</u>-30 seconds            -<u>Shoulder or Pike Push-up</u> w/ feet elevated-8 or <u>Standing DB Shoulder Press</u>-8 reps @ moderately heavy            Rest as needed between rounds</p>	<p><u>Warm-up and Cool Down as necessary</u></p> <p>(1) 5 ROUNDS OF:            -<u>Loaded Chin-up</u>-5 reps @ heavy but doable *            -<u>Handstand</u> Isometric Hold-30 seconds w/ chest to the wall            Rest as needed between rounds</p> <p>(2) 5 ROUNDS, each round @ <b>2:00</b>            Interval OF:            -<u>Pull-ups</u>-8-10            -<u>Power Step-ups</u> @ 18-20" box-8 reps alt each leg            Rest the time remaining each round</p> <p>(3) 3 ROUNDS OF:            -<u>Toes to Sky Hip Thrusts</u>-15            -<u>Hollow Hold</u>-40 seconds            -<u>Deficit Shoulder or Pike Push-ups</u> w/ feet elevated-8-10 or <u>Standing DB Shoulder Press</u>-8-10 reps @ 40-50% of bodyweight            Rest as needed between rounds</p>
<p><b>Coaching Comments:</b>            * Elevate both feet onto a bench, box, or chair for the added challenge if necessary.</p>	<p><b>Coaching Comments:</b>            * <b>ET</b> or Eccentric Training means to ensure a 3-second negative or lowering phase of the movement for each rep.</p>	<p><b>Coaching Comments:</b>            * Gradually warm up to your first working set of the movement. Work up to a challenging weight that is heavy but would allow the completion of 6 reps each round.</p>