Have your clients choose a self-improvement goal that will make a meaningful difference to them and a loved one - to tackle along with this training program. They should dedicate time during each recovery day toward that goal.

**WEEK 1**

**DAY 1: STRENGTH**
- 5 Minute StairMaster Warm Up
- Hold each movement for 30 seconds, taking 10 seconds to transition between positions.
  Repeat 5 sets: Left - High Lunge Right - High Lunge High Push Up Hollow Hold
- 15 Minute StairMaster Workout

**DAY 2: WORK CAPACITY**
- 5 Minute StairMaster Warm Up
- For 10 minutes, every minute on the minute - do 2 Burpees.
- 15 Minute StairMaster Workout

**DAY 3: ATHLETICISM**
- 5 Minute StairMaster Warm Up
- Repeat 5 sets:
  5 Push ups
  10 yard bear crawl
  5 squats
  10 yard walking lunge
  30 seconds rest
- 15 Minute StairMaster Workout

**DAY 4: ENDURANCE**
- New York Sprint StairMaster Program (flat course)

**NUTRITION**
- Start each day with a glass of water - with a squeeze of fresh lemon juice whenever possible.

**WEEK 2**

**DAY 1: STRENGTH**
- 5 Minute StairMaster Warm Up
- Hold each movement for 30 seconds, taking 10 seconds to transition between positions.
  Repeat 7 sets:
  Left - High Lunge Right - High Lunge High Push Up Hollow Hold
- 15 Minute StairMaster Workout

**DAY 2: WORK CAPACITY**
- 5 Minute StairMaster Warm Up
- For 10 minutes, every minute on the minute - do 4 Burpees.
- 15 Minute StairMaster Workout

**DAY 3: ATHLETICISM**
- 5 Minute StairMaster Warm Up
- Repeat 7 sets:
  5 Push ups
  10 yard bear crawl
  5 squats
  10 yard walking lunge
  30 seconds rest
- 15 Minute StairMaster Workout

**DAY 4: ENDURANCE**
- New York Sprint StairMaster Program (flat course)

**NUTRITION**
- In addition to last week’s nutrition task - remove sugar, candy & sweets from your diet Monday through Friday.

**WEEK 3**

**DAY 1: STRENGTH**
- 5 Minute StairMaster Warm Up
- Hold each movement for 60 seconds, taking 20 seconds to transition between positions.
  Repeat 5 sets:
  Left - High Lunge Right - High Lunge High Push Up Hollow Hold
- 15 Minute StairMaster Workout

**DAY 2: WORK CAPACITY**
- 5 Minute StairMaster Warm Up
- For 10 minutes, every minute on the minute - do 6 Burpees.
- 15 Minute StairMaster Workout

**DAY 3: ATHLETICISM**
- 5 Minute StairMaster Warm Up
- Repeat 7 sets:
  7 Push ups
  15 yard bear crawl
  7 squats
  15 yard walking lunge
  30 seconds rest
- 15 Minute StairMaster Workout

**DAY 4: ENDURANCE**
- Georgia Sprint StairMaster Program (flat course)

**NUTRITION**
- In addition to last week’s nutrition task - add a “palm-sized” portion of protein to at least two meals every day.
WEEK 4

NUTRITION
IN ADDITION TO LAST WEEK’S NUTRITION TASK - EAT AT LEAST ONE MORE FRUIT OR VEGETABLE THAN YOU NORMALLY WOULD EACH DAY.

DAY 1: STRENGTH
• 5 Minute StairMaster Warm Up
• Hold each movement for 60 seconds, taking 20 seconds to transition between positions. Repeat 7 sets:
  - Left - High Lunge
  - Right - High Lunge
  - High Push Up
  - Hollow Hold
• 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY
• 5 Minute StairMaster Warm Up
• For 10 minutes, every minute on the minute - do 8 Burpees.
• 15 Minute StairMaster Workout

DAY 3: ATHLETICISM
• 5 Minute StairMaster Warm Up
• Repeat 7 sets:
  - 7 Push ups
  - 15 yard bear crawl
  - 7 squats
  - 15 yard walking lunges
  - 30 seconds rest
• 15 Minute StairMaster Workout

DAY 4: ENDURANCE

WEEK 5

NUTRITION
IN ADDITION TO LAST WEEK’S NUTRITION TASK - DRINK HALF YOUR BODY WEIGHT IN OUNCES OF WATER EACH DAY.
FOR EXAMPLE - IF YOU WEIGH 170 POUNDS, DRINK 85 OUNCES OF WATER.

DAY 1: STRENGTH
• 5 Minute StairMaster Warm Up
• Hold each movement for 60 seconds (or 30 seconds per side) Take 30 seconds to transition between positions. Repeat 5 sets:
  - Left - High Lunge
  - Right - High Lunge
  - High Push Up
  - Hollow Hold
(Sub: Bear Crawl for 10 reps after hold, 10 steps per side)
• 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY
• 5 Minute StairMaster Warm Up
• Perform 10-8-6-4-2 reps of each movement:
  - Burpees
  - Reverse Lunges
  - Body Rows
  - Squats
• 15 Minute StairMaster Workout (5 Minutes with Sand Bag)

DAY 3: ATHLETICISM
• 5 Minute StairMaster Warm Up
• Repeat 5 sets:
  - 10 Assisted Pull ups
  - 20 yard walking lunge
  - 30 seconds Hollow hold
• Repeat 3 sets:
  - 5 Minutes StairMaster Workout
  - 20 yard Bear Crawl

DAY 4: ENDURANCE

WEEK 6

NUTRITION
IN ADDITION TO LAST WEEK’S NUTRITION TASK - REMOVE ALCOHOL FROM YOUR DIET (EXCEPT 1-2 GLASSES OF WINE PER WEEK).

DAY 1: STRENGTH
• 5 Minute StairMaster Warm Up
• Hold each movement for 60 seconds (or 30 seconds per side) then do 10 reps (or per side). Take 30 seconds to transition between positions. Repeat 7 sets:
  - Left - High Lunge
  - Right - High Lunge
  - High Push Up
  - Hollow Hold
(Sub: Bear Crawl for 10 reps after hold, 10 steps per side)
• 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY
• 10 Minute StairMaster Warm Up
• Perform 10-9-8-7-6 reps of each movement:
  - Burpees
  - Reverse Lunges
  - Body Rows
  - Squats
• 15 Minute StairMaster Workout with Sand Bag

DAY 3: ATHLETICISM
• 5 Minute StairMaster Warm Up
• Repeat 7 sets:
  - 10 Assisted Pull ups
  - 20 yard walking lunge
  - 30 seconds Hollow hold
• Repeat 3 sets:
  - 5 Minutes StairMaster Workout
  - 20 yard Bear Crawl

DAY 4: ENDURANCE
## WEEK 7

### NUTRITION

_IN ADDITION TO LAST WEEK’S NUTRITION TASK - REPLACE REFINED FLOURS, PASTAS AND CEREALS WITH FRUITS AND VEGETABLES LIKE AVOCADO AND SWEET POTATO AT LEAST ONCE A WEEK._

### DAY 1: STRENGTH
- 5 Minute StairMaster Warm Up
- Hold each movement for 60 seconds (or 30 seconds per side) then do 15 reps (or per side). Take 20 seconds to transition between positions.
- Repeat 5 sets:
  - Left - High Lunge
  - Right - High Lunge
  - High Push Up
  - Hollow Hold
- (Sub: Bear Crawl for 15 reps after hold, 10 steps per side)
- 15 Minute StairMaster Workout

### DAY 2: WORK CAPACITY
- 15 Minute StairMaster Warm Up
- Perform 10-9-8-7-6-5-4-3-2-1 reps of each movement:
  - Burpees
  - Reverse Lunges
  - Body Rows
  - Squats
- 15 Minute StairMaster Workout
  (10 Minutes with Sand Bag)

### DAY 3: ATHLETICISM
- 5 Minute StairMaster Warm Up
- Repeat 5 sets:
  - 10 Assisted Pull ups
  - 30 yard walking lunge
  - 2 x 30 seconds Hollow hold
  (rest 10 seconds between reps)
- Repeat 3 sets:
  - 3 Minutes StairMaster Workout
  - 30 yard Bear Crawl

### DAY 4: ENDURANCE
- Utah Super StairMaster Program (hilly course)

### WEEK 8

### NUTRITION

_IN ADDITION TO LAST WEEK’S NUTRITION TASK - EAT TWO CUPS OF GREENS PER WEEKEND DAY._

### DAY 1: STRENGTH
- 5 Minute StairMaster Warm Up
- Hold each movement for 60 seconds (or 30 seconds per side) then do 15 reps (or per side). Take 20 seconds to transition between positions.
- Repeat 7 sets:
  - Left - High Lunge
  - Right - High Lunge
  - High Push Up
  - Hollow Hold
- (Sub: Bear Crawl for 15 reps after hold, 15 steps per side)
- 15 Minute StairMaster Workout

### DAY 2: WORK CAPACITY
- 10 Minute StairMaster Warm Up
- Perform 10-9-8-7-6-5-4-3-2-1 reps of each movement:
  - Burpees
  - Reverse Lunges
  - Body Rows
  - Squats
- 15 Minute StairMaster Workout
  with Sand Bag

### DAY 3: ATHLETICISM
- 5 Minute StairMaster Warm Up
- Repeat 7 sets:
  - 10 Assisted Pull ups
  - 30 yard walking lunge
  - 2 x 30 seconds Hollow hold
  (rest 10 seconds between reps)
- Repeat 3 sets:
  - 3 Minutes StairMaster Workout
  - 30 yard Bear Crawl

### DAY 4: ENDURANCE
- Utah Super StairMaster Program (hilly course)

### WEEK 9

### NUTRITION

_IN ADDITION TO LAST WEEK’S NUTRITION TASK - DO 25 SQUATS BEFORE AND AFTER EACH TIME YOU HAVE SUGAR OR WINE._

### DAY 1: STRENGTH
- 5 Minute StairMaster Warm Up
- Perform 5 sets:
  - 10 Sand Bag Cleans
    (alternating shoulders)
  - 10 Assisted Pull Ups
  - 20 Push Ups
- 30 Seconds ON / 30 Seconds OFF Hollow Holds for 5 Minutes
- 15 Minute StairMaster Workout

### DAY 2: WORK CAPACITY
- 5 Minute StairMaster Warm Up
- For 15 Minutes - Alternating every minute on the minute - Do 5 Burpees or 10 yard Sand Bag Walking Lunge
- 15 Minute StairMaster Workout

### DAY 3: ATHLETICISM
- 5 Minute StairMaster Warm Up
- 10 Minute Rope Climb technique practice
- Repeat 3 sets:
  - 30 Second “Dead Hang” from rope
  - 10 Burpees
  - 60 seconds rest
- Repeat 5 sets:
  - 3 Minutes StairMaster Workout
  - 30 yard Bucket (or Dumbbell) Carry
  - 5 Burpees

### DAY 4: ENDURANCE
- Texas Beast StairMaster Program (flat course)
WEEK 10

DAY 1: STRENGTH
- 5 Minute StairMaster Warm Up
- Perform 7 sets:
  - 10 Sand Bag Cleans
  - 10 Assisted Pull Ups
  - 20 Push Ups
  - 30 Seconds ON / 30 Seconds OFF Hollow Holds for 5 Minutes
- 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY
- 5 Minute StairMaster Warm Up
- For 20 Minutes - Alternating every minute on the minute - Do 7 Burpees or 15 yard Sand Bag Walking Lunge
- 15 Minute StairMaster Workout with Sand Bag

DAY 3: ATHLETICISM
- 5 Minute StairMaster Warm Up
- Texas Beast StairMaster Program (flat course)

DAY 4: ENDURANCE
- 5 Minute StairMaster Warm Up
- Vermont Beast StairMaster Program (hilly course)

NUTRITION
IN ADDITION TO LAST WEEK’S NUTRITION TASK - EXPERIMENT WITH A POTENTIAL RACE DAY FUELING OPTION DURING YOUR ENDURANCE WORKOUT.

WEEK 11

DAY 1: STRENGTH
- 5 Minute StairMaster Warm Up
- Perform 7 sets:
  - 15 Sand Bag Cleans
  - 15 Assisted Pull Ups
  - 30 Push Ups
  - 30 Seconds ON / 30 Seconds OFF Hollow Holds for 5 Minutes
- 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY
- 5 Minute StairMaster Warm Up
- For 20 Minutes - Alternating every minute on the minute - Do 9 Burpees or 15 yard Sand Bag Walking Lunge
- 15 Minute StairMaster Workout with Sand Bag

DAY 3: ATHLETICISM
- 5 Minute StairMaster Warm Up
- Texas Beast StairMaster Program (flat course)

DAY 4: ENDURANCE
- 5 Minute StairMaster Warm Up
- Vermont Beast StairMaster Program (hilly course)

NUTRITION
IN ADDITION TO LAST WEEK’S NUTRITION TASK - EXPERIMENT WITH ANOTHER POTENTIAL RACE DAY FUELING OPTION DURING YOUR ENDURANCE WORKOUT.

WEEK 12

DAY 1: STRENGTH
- 5 Minute StairMaster Warm Up
- Perform 7 sets:
  - 15 Sand Bag Cleans
  - 15 Assisted Pull Ups
  - 30 Push Ups
  - 30 Seconds ON / 30 Seconds OFF Hollow Holds for 5 Minutes
- 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY
- 5 Minute StairMaster Warm Up
- For 20 Minutes - Alternating every minute on the minute - Do 9 Burpees or 15 yard Sand Bag Walking Lunge
- 15 Minute StairMaster Workout with Sand Bag

DAY 3: ATHLETICISM
- 5 Minute StairMaster Warm Up
- Texas Beast StairMaster Program (flat course)

DAY 4: ENDURANCE
- Run your Spartan Race and continue your Spartan Training!

NUTRITION
PULL TOGETHER EVERYTHING THAT YOU HAVE LEARNED AND EAT LIKE A PRO. CELEBRATE ACHIEVING YOUR IMPROVEMENT GOAL.