



Phase 1- Tuesday Workouts

These are alactic-aerobic intervals designed to maximize recovery, prevent overtraining, and melt fat like clockwork. These short-burst sprint sets allow for maximum effort, power training, and fast-twitch muscle fiber development while keeping you out of the “pain zone” (burning and swelling muscles). But the repeated efforts and cumulative fatigue heavily tap into the aerobic system for recovery. These routines will leave you huffing and puffing like a nun at a strip club in the later rounds. But you should feel refreshed and energized afterwards.

I’ve provided 2 options for your to choose from based on your equipment access.

Option A involves picking a single mode of exercise for the entire session. Option B involves a minimal equipment power training circuit. Both options are great and you can even mix between them on feel.

That being said, I’ve found these sprint sessions work best on some sort of bike, particularly a total body fan bike like the Assault AirBike or Schwinn Airdyne Bike.

Why? It’s the safest, lowest-impact way to perform high-velocity sprinting and continuous work. Plus it’s easier to recover from because it has no eccentric component and thus less subsequent muscle damage.

The power training circuits are inherently more advanced because they use resistance training exercises. To do these moves quickly, you need some level of baseline strength and conditioning, even though regressions will be provided. They work much better for intermediate to advanced trainees who have that “pop” and can push the throttle!

However, make it work either way and just be sure to pick an option that allows you to go all-out without excessive pounding on your joints. Listen to your body!

And keep in mind that first and foremost this is a cardio and active recovery day. So be sure to do your recommended pre/post-workout routines to get your body ready for your next resistance training workout. If anything, do more foam rolling and mobility work today, especially for the muscle groups that are particularly sore and tight.

Option A- 15-45 Interval Sprints (Alactic-Aerobic Work)

- Pick a single mode of exercise, choosing from the following recommended options:

Main Exercise Option	Bodyweight Alternatives	Other Alternatives
<ul style="list-style-type: none">- Treadmill Sprints- Airdyne or Spin Bike- Sled Push- Indoor Rower	<ul style="list-style-type: none">- Stationary Sprints- Hill Sprints	<ul style="list-style-type: none">- Row Machine- Burpees- Box Squat Jumps- Thrusters

- Perform a 5-minute warmup on your chosen exercise mode, ramping up intensity each minute.
- Then spend 5-minutes foam rolling or mobilizing any particularly tight muscle groups before beginning your 15-45 intervals.
- 15-45 Intervals: Perform 15 seconds of maximum effort (you should nearly conk out at the 8-second mark) and rest completely for 50 seconds.
- That's 1 round. Perform 10-20 rounds based on schedule, fitness level, and recovery ability.
- Use the custom interval timer found in the video description for Tuesday Sprint Intervals.
- Follow this 15-45 minute sprints workout with 5-10 minutes of sustainable aerobic work on the same exercise mode to take advantage of the elevated fat-burning state and further accelerate recovery.
- Finish with at least 5-10 minutes of foam rolling, mobility, and recovery breathing work.

Option B- 15-45 Power Circuits (Alactic-Aerobic Work)

- Perform the 10-minute warm-up circuit to prep your body for this explosive training session.
- Each workout consists of a 5-exercise power training circuit that works your whole body. You will perform the following Power Circuit each Tuesday during Phase 1

- #1 - Stationary Run/Fast Feet
- #2 - Vertical Jumps/Ground Zero Jumps
- #3 - Speed Skaters/Skater Jumps
- #4 - Box Squat Jumps/Jumping Jack Squats
- #5 - Low Box Burpee/High Box Burpee

- Perform each move for 15 seconds of maximum effort followed by 45 seconds of complete rest. Besides super fast moves like stationary sprints or mountain climbers, you should get about 5-10 reps in every 15-second bout. Use the custom made 15-45 Sprint Interval Timer found in the video description of the instructional video.
- That's 1 round. Perform 2-4 total rounds based your individual schedule, fitness level, or recovery ability. Choose the lower end of the range if you're short on time, you're a beginner, or you're not feeling up to a full workout. Choose the higher end of that range if you've got more time, you're more advanced, or you're feeling great that day.
- Follow this 10-20 minute power circuit with 5-10 minutes of sustainable aerobic work to take advantage of the elevated fat-burning state and further accelerate recovery. Pick your cardio move of choice or perform continuous lunges or stepups for that duration.
- Finish with at least 5-10 minutes of foam rolling, mobility, and recovery breathing work.