



IN AID OF
CAMPAIGN
AGAINST
LIVING
MISERABLY

4 WEEK

TRAINING PROGRAM

1 BASE

2 BUILD

3 BREATHE

4 BATTLE READY

WEEK 1 BASE - SESSION 1

WARM UP

6 Minutes of:

30 seconds Row + 30 Seconds Rest

Complete 5 Minutes of:

20 Lunges

10 Deadbugs

5 Walkouts

TECHNIQUE

Mastering the Leg Drive

Complete 2 Rounds of a 300m row keeping your arms straight throughout. Concentrate on keeping your core engaged and using your legs to drive the chain. Measure your times for the 300m and try to improve it the 2nd round.

WORKOUT

Foundry Test

Designed by Jean Claude from the Foundry.

30 Minute Row for max distance*

Starting at the 2 minute mark and every 2 minutes after complete - 10 Lunges

WEEK 1 BASE - SESSION 2

WARM UP

9 Minute EMOM

- 1) Light cardio (Run, row, skip etc...)
- 2) DB Curl + Press (Light)
- 3) Hollow Hold 40 seconds

STRENGTH

Base

3 Rounds of:

- 10 Single leg RDL's
- 20 Squats
- 30 Second Hang

A) 12 Minute Clock

Build to a Heavy 8 Front or Back squat for the day.

STRENGTH CONTINUED

3 Rounds

- Max Unbroken Press Up
- 20 Single Arm DB Rows
- 1 Minute rest

5 Minutes:

to Farmers Carry between 32kg and 8kg in each hand as far as possible.

WEEK 1 BASE - SESSION 3



MINDSET CHALLENGE

10 Rounds of:

500m Row
+ 2 Minutes Rest

Your challenge is to try and maintain the same time for each row within 2 seconds!

You can set up intervals on the Rower by selecting Select Workout > New Workout > Intervals > Distance.

Good Luck!

WEEK 1 BASE - SESSION 4

WARM UP

6 Minute Clock

400m Run/Ski or Row

In remaining time complete rounds of:

10 KB Swings (Light)

10 Sit Ups

STRENGTH

Base

Tabata (20 seconds on
+ 10 seconds off x 8
rounds)

Russian Twists

A) 15 Minute Clock

Build to a Heavy 8
Romainian Deadlift.

STRENGTH CONTINUED

2 Rounds

Max Double KB Swings to
eyeline

20 Weighted Sit Ups
(Holding DB)

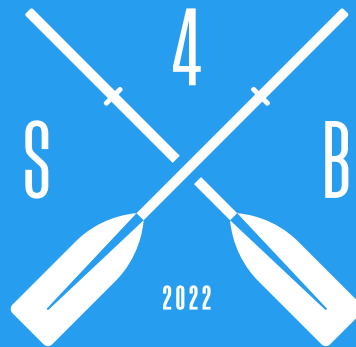
1 Minute rest

2 Sets of:

Max Hang.

Rest 2 minutes between
efforts.

WEEK 1 BASE - SESSION 5



TEAM CHALLENGE

**In pairs complete as fast
as possible:**

10,000m Row*

During the first 5,000m of the row, when you are not rowing you must hold a 5kg or 10kg plate overhead.

During the final 5,000m of the row, when you are not rowing you must hold or hug a 16kg or 24kg KB/DB.

WEEK 2 BUILD - SESSION 1

WARM UP

Tabata - 8 Rounds of 20s Work + 10s Rest

- 1) Rowing
- 2) Hollow Hold
- 3) Row (But faster)

TECHNIQUE

Mastering the Recovery

Complete an easy 5 minute row. The goal is to work on the recovery phase. Watch this video before and put it to practice:

<https://www.youtube.com/watch?v=EVW8plmgE9A>

WORKOUT

Complete 2 Rounds of:

3000m
+ 3 Minutes Rest

If you know your 2000m time add 15-20 seconds to your 500m average and hold that pace.

WEEK 2 BUILD - SESSION 2

WARM UP

9 Minute EMOM

- 1) Light cardio (Run, row, skip etc...)
- 2) DB Curl + Press (Light)
- 3) Hollow Hold 40 seconds

STRENGTH

Base

Complete for quality:

50 Weighted Box Step Ups
40 Single Leg Calf Raises
30 Suitcase Deadlifts

A) E2M for 16 minutes

Complete 4 Reps of Front Back or Back squat at the weight you hit last week for 8.

STRENGTH CONTINUED

2 Rounds

20 Arnie Shoulder press
15 Bent Over Rows
1 Minute rest

Hang Tough:

5 Minutes max Hang*

Every drop = 5 burpees
then back onto the bar

WEEK 2 BUILD - SESSION 3



MINDSET CHALLENGE

Complete as fast as possible:

1000 Calorie Row

Your challenge today isn't to get this done as fast as possible but to think as positively as possible.

IE: whilst rowing, rather than saying I have ONLY done 100 calories. Change your thoughts to well done I have already done 100 calories.

Good Luck!

WEEK 1 BUILD - SESSION 4

WARM UP

12 Minute EMOM:

- 1) Light Single Leg Deadlifts
- 2) Box Step Ups
- 3) Plank

STRENGTH

Base

Every 4 Minutes for 12 minutes:

- 10 Suitcase deadlifts (each side)
- 20 Russian Twists
- 30 Heavy KB Swings (Head height)

STRENGTH CONTINUED

A) 12 Minute Clock

Complete 3 sets of:

- 15 Heavy DB Romanian Deadlifts
- 3 High tuck jumps or Box Jumps
- Max Plank or Weighted Plank (No more than 1 minute)

WEEK 2 BUILD - SESSION 5



TEAM CHALLENGE

Tailpipe

Complete 6 Rounds of:

250m Row*

Partner Holds 2 x KB in
front Rack (24/16kg)

Can you hold one. The faster you go the more you help your teammate out! The workout finishes when you have reached 1500m. If your partner puts the KB's down the rower must stop and wait for them to pick them back up before continuing.

WEEK 3 BREATHE - SESSION 1

WARM UP

Complete an easy 10 minute run.

Ideally outdoors. Try to go off feel and look to be going comfortably faster at the end.

TECHNIQUE

Breathing - Can we learn to control our breathing and stay relaxed when rowing. During today's 2000m Intervals. Aim to match your breathing with your row strokes. Can you control it, especially as you speed up each interval.

WORKOUT

Complete 4 Rounds of:

2000m

+ 3 Minutes Rest

Stroke rate increase each round - 20, 22, 24, 26
Each round you should speed up slightly.

WEEK 3 BREATHE - SESSION 2

WARM UP

6 Minute EMOM

- 1) Light cardio (Run, row, skip etc...)
- 2) Walking Lunges
- 3) Walkouts + Press Up

STRENGTH CONDITIONING

Complete the workout as fast as possible (With good form throughout.)

Part A)

- 50 Calorie row/bike/ski
- 40 KB Swings
- 30 Heavy Goblet Squats
- 20 Goblet Lunges
- 10 Burpees
- 20 Press Ups
- 30 Sit Ups
- 400m Run
- 50 Calorie row/bike/ski

Part B)

10 Sets of:

3 Front or Back Squats*

Start light - Increase weight each set

WEEK 3 BREATHE - SESSION 3



MINDSET CHALLENGE

**Choose a distance.
Complete it.**

Take control and set yourself a distance that scares you slightly. The distance or time doesn't matter. What does matter is you try and do something that scares you, that will be a challenge and that you try your best to accomplish it.

Tag us and let us know how far you completed.

WEEK 3 BREATHE - SESSION 4

WARM UP

8 Minute Clock

400m Run/Ski or Row

In remaining time complete rounds of:

10 KB Swings (Light)

10 Sit Ups

STRENGTH CONDITIONING

Complete as fast as possible

150 KB Swings

Rest 2 Minutes

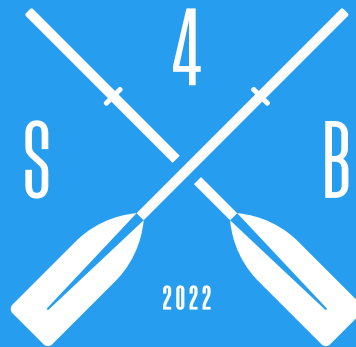
2000m Row

50 Burpees

Rest 2 Minutes

400m Farmers Carry Heavy

WEEK 3 BREATHE - SESSION 5



TEAM CHALLENGE

THE MOUNTAIN

in 40 minutes get as far up
the mountain as possible.

100m Each

200m Each

300m Each

400 -500 -600 -700.....

A fantastic you go I go workout allowing
you to get row fast because you get rest
after each interval. What distance can you
get to over 40 minutes?

WEEK 4 BATTLE READY - SESSION 1

This is a rerun of your first session 4 weeks ago. Can you match your previous score or even better it? Let us know!

TECHNIQUE

Mastering the Leg Drive

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WORKOUT

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30 Minute Row for max distance*

Starting at the 2 minute mark and every 2 minutes after complete - 10 Lunges

WEEK 4 BATTLE READY - SESSION 2

Today's session is about moving and not fatiguing the body too much.

STRENGTH

Complete every 5 minutes for 15 minutes:

10 Front or Back Squats (Medium Weight)
200m Easy Row

STRENGTH CONTINUED

3 Rounds

10 Press Ups
15 Barbell Rows
20 Sit Ups

Hang Tough:

3 Rounds of:

30s to 1 minute hang
(You choose)

WEEK 4 BATTLE READY - SESSION 3



MINDSET CHALLENGE

5000m Row

Confidence and believing in yourself is so important. But you have to earn it.

Complete 5000m at a pace that you know you can hold throughout. If you feel good go fast, if not take it easy and enjoy!



TEAM CHALLENGE

125,000M CHALLENGE

You have put the work in and now it is time to enjoy it and take on this awesome team challenge. Good luck and thank you for raising money for CALM.