

# WARRIOR ATHLETE

## READINESS & RESILIENCE



### Cardio Based Option

#### General Mobility

Warm-up can be done stationary in a small space if a fitness center is not available or weather does not permit.

| Exercise                      | Sets | Reps | Time | Distance | Notes           |
|-------------------------------|------|------|------|----------|-----------------|
| Cat Camel                     | 1    | 5    |      |          |                 |
| Scorpions                     | 1    | 5    |      |          | 5 on L & 5 on R |
| Arm Circles                   | 1    | 5    |      |          |                 |
| Reverse Lunge                 | 1    | 5    |      |          | 5 on L & 5 on R |
| Kneeling Hip Flexor Stretch   | 1    | 5    |      |          | 5 on L & 5 on R |
| Forward Lung                  | 1    | 5    |      |          | 5 on L & 5 on R |
| Kneeling Ankle Mobility Drill | 1    | 5    |      |          | 5 on L & 5 on R |

#### Muscle Activation and Transit Mobility

Drills are based on reps or time. For a small space they can be done stationary or moving in an area with small travel distance.

| Exercise             | Sets | Reps | Time   | Distance | Notes  |
|----------------------|------|------|--------|----------|--|
| Shoulder Taps        | 1    | 5    |        |          | 5 on L & 5 on R  |
| Bent Over IYT Series | 1    | 5    |        |          | if bent over is uncomfortable, they can be done lying prone  |
| Glute Bridges        | 1    | 10   |        |          |  |
| High Knees           | 1    |      | 30 sec |          | complete 1 round of timed drills, rest 30 seconds and complete a second round (starting with high knees down to burpees) |
| Squat Drop           | 1    |      | 30 sec |          |  |
| Butt Kickers         | 1    |      | 30 sec |          |  |
| Burpees              | 1    |      | 30 sec |          |  |

#### Aerobic Endurance Workout ( 2 Options)

There are [2] options for this program: [Option 1: Outdoors / Treadmill] OR [Option 2: Indoors No Equipment/Home]

**OPTION 1: Outdoor Aerobic Training Intervals** (Time Based Pyramid) **Type: running or walking**

| Interval  | Interval Time | RPE | Rest Time | RPE Scale       |                          |            |
|-----------|---------------|-----|-----------|-----------------|--------------------------|------------|
| Warm-up   | 3 min         | 2-4 |           |                 |                          |            |
| 2         | 1 min         | 7-9 | 2 min     | <b>Zone</b>     | <b>% of total Effort</b> | <b>RPE</b> |
| 3         | 2 min         | 5-7 | 1.5 min   | General fitness | 50-60%                   | 2-4        |
| 4         | 3 min         | 5-7 | 1.5 min   | Temperate       | 60-70%                   | 4-5        |
| Recovery  | 2 minutes     | 2-4 |           | Aerobic         | 70-80%                   | 5-7        |
| 4         | 3 min         | 5-7 | 1 min     | Anaerobic       | 80-90%                   | 7-9        |
| 3         | 2 min         | 5-7 | 1.5 min   |                 |                          |            |
| 2         | 1 min         | 8-9 | 2 min     |                 |                          |            |
| Cool Down | 3 min         | 2-4 |           |                 |                          |            |

#### OPTION 2: Indoors No Equipment/Home

| Exercise            | Round 1 | Rest   | Round 2 | Rest   | Notes  |
|---------------------|---------|--------|---------|--------|--|
| Forward Bear Crawl  | 30 sec  | 20 sec | 45 sec  | 30 sec | Complete the 1st round and take a 1-2 minute break before starting round two, you can add a 3rd round for 1 minute with a 1.5 minute rest between each exercise. |
| Squat Drops         | 30 sec  | 20 sec | 45 sec  | 30 sec |  |
| Backward Bear Crawl | 30 sec  | 20 sec | 45 sec  | 30 sec |  |
| Star Jumps          | 30 sec  | 20 sec | 45 sec  | 30 sec |  |
| Crab Walk           | 30 sec  | 20 sec | 45 sec  | 30 sec |  |
| Quick Drop          | 30 sec  | 20 sec | 45 sec  | 30 sec |  |
| High Knees          | 30 sec  | 20 sec | 45 sec  | 30 sec |  |
| Frog Thrusts        | 30 sec  | 20 sec | 45 sec  | 30 sec |  |

#### RECOVERY

Hold stretches for 30-60 seconds. Focus on breathing and relaxation.

| Exercise          | Reps | Time      |  |  |  |
|-------------------|------|-----------|--|--|--|
| Squat to Stand    | 2-3  | 30-60 sec |  |  |  |
| Sprinter Stretch  | 2-3  | 30-60 sec |  |  |  |
| Butterfly stretch | 2-3  | 30-60 sec |  |  |  |
| Elbow to instep   | 2-3  | 30-60 sec |  |  |  |
| Bretzel           | 2-3  | 30-60 sec |  |  |  |
| Cat-Camel         | 2-3  | 30-60 sec |  |  |  |
| Child's Pose      | 2-3  | 30-60 sec |  |  |  |

Programming by: The WARR Strength and Conditioning Program

**COMBAT FIT. COMBAT READY**