



**Club One Fifty Fitness**

# **OCR Obstacle Course Racing Programme**

**8 Weeks**

**Jan-2016**

**\* \* \* \* \* CLUB ONE FIFTY 8 WEEKS OBSTACLE COURSE RACING PROGRAMME \* \* \* \* \***

Week 1 – Mon – Day 1	Tue – Day 2 (2)	Wed – Day 3 (3)	Thu – Day 4 (4)	Sat – Day 5 (5) Friday Rest (!)	Sun – Day 6 (6)
<p><b>COF PFT</b> ROM Drills</p> <p>Pushups: max in 2 min (SEALs min 42; avg 100 – 120; best 150)</p> <p>Result:</p> <p>Squats: max in 2 min</p> <p>Result:</p> <p>Bicycles: max in 2 min</p> <p>Result:</p> <p>Pullups: max (no time limit), (8; 20 – 30; 42)</p> <p>Result:</p> <p>2.5 km run: (11:30; 8:30 – 10:00; 7:45)</p> <p>Result:</p>	<p><b>Lower Body PT</b> ROM Drills Jog: 800 m</p> <p><u>AMRAP 30 min</u></p> <p>Iron Mikes, 8</p> <p>Heel Raises (each leg), 10</p> <p>Knee Taps, 20</p> <p>Back Squats, 50 – 70 kg, 8</p> <p>Side Lunges, 10</p>	<p><b>Core PT</b> ROM Drills Jog: 800 m</p> <p><u>Down Ladder</u> <i>1<sup>st</sup> set to max, then decrease by <b>X</b> reps until reaching bottom</i></p> <p>Bicycles, <b>X</b> = 10</p> <p>Supermans, 10</p> <p>V-Ups, 3</p> <p>Arm Haulers, 5</p> <p><u>Bonus: OCR Specials</u></p> <p>One Arm Dead Hang</p> <p>Static Hold Pullups</p> <p>Rope Climbing</p>	<p><b>Running</b> ROM Drills</p> <p><u>Interval Hill Workout 4.0 km</u></p> <p>Jog: 1.0 km in 5 min</p> <p>15 sets of: Walk: 100 m Sprint: 100 m</p> <p>Elevation: Indoor &gt; 3, outdoor medium hill</p>	<p><b>Upper Body PT</b> ROM Drills</p> <p><u>Pyramid</u> <i>To level 10 or max and down to 1</i></p> <p>Pullups, level x 1</p> <p>Pushups x 2</p> <p>Let Me Ins x 2</p> <p>Dips x 1</p>	<p><b>Running</b> ROM Drills</p> <p><u>Track Workout 4.2 km</u></p> <p>Jog: 1.0 km in 5 min</p> <p>4 sets of: Sprint: 200 m Jog: 400 m in 2 min</p> <p>2 sets of: Sprint: 200 m Jog: 200 m in 1 min</p> <p><u>Bonus: OCR Specials</u></p> <p>One Arm Dead Hang</p> <p>Static Hold Pullups</p> <p>Rope Climbing</p>

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Week 2 – Mon – Day 1 (7)	Tue – Day 2 (8)	Wed – Day 3 (9)	Thu – Day 4 (10)	Sat – Day 5 (11) Friday Rest (!)	Sun – Day 6 (12)
<p><b>Full Body PT</b> ROM Drills Jog: 800 m</p> <p><u>Tabatas</u> <i>8 rounds, 20 sec action, 10 sec rest, 1 min rest between exercises</i></p> <p>8-count Bodybuilders</p> <p>Jumping Jacks</p> <p>Bear Crawl</p> <p>Mountain Climbers</p>	<p><b>Running</b> ROM Drills</p> <p><u>Interval Hill Workout 4.0 km</u></p> <p>Jog: 1.0 km in 5 min</p> <p>15 sets of: Walk: 100 m Sprint: 100 m</p> <p>Elevation: Indoor &gt; 3, outdoor medium hill</p>	<p><b>Upper Body PT</b> ROM Drills Jog: 800 m</p> <p><u>2 Supersets</u></p> <p>Let Me Ins, 20</p> <p>Pushup Mix (normal, wide, close, clap, spiderman, rotational), 30</p> <p>Let Me Ups, 10</p> <p>Dive Bombers, 10</p> <p>Pullup Mix (normal, wide, narrow, Chinup), 10</p> <p>Cable Cross, 10 – 15 kg, 15</p> <p>Rest 3 min between sets</p>	<p><b>Lower Body PT</b> ROM Drills Jog: 800 m</p> <p><u>3 Supersets</u></p> <p>Overhead Squats, 15 kg, 8</p> <p>Box Jumps, 15</p> <p>Stationary Lunges, 40</p> <p>Knee Taps, 40</p> <p>Heel raises, 25</p> <p>Jumpovers, 30</p> <p>Rest 3 min between sets</p> <p><u>Bonus: OCR Specials</u></p> <p>One Arm Dead Hang</p> <p>Static Hold Pullups</p> <p>Rope Climbing</p>	<p><b>Core PT</b> ROM Drills Jog: 800 m</p> <p><u>Tabatas</u> <i>8 rounds, 20 sec action, 10 sec rest, 1 min rest between exercises</i></p> <p>Russian Twists</p> <p>Arm Haulers</p> <p>Bicycles</p> <p>Supermans</p> <p>Flutter Kicks</p>	<p><b>Running</b> ROM Drills</p> <p><u>Run-Bike-Run</u></p> <p>Run: 2 km</p> <p>Bike: 4 km</p> <p>Run: 2 km</p>

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<b>MAX</b> Week 3 – Mon – Day 1 (13)	Tue – Day 2 (14)	Wed – Day 3 (15)	Thu – Day 4 (16)	Sat – Day 5 (17) Friday Rest (!)	Sun – Day 6 (18)
<p><b>Full Body Max</b> ROM Drills Jog: 800 m</p> <p><u>2 Max Supersets</u></p> <p>Pullups, max Russian Twists, 1:00 Squats, 1:00</p> <p>Pushups, 1:00 Supermans, 1:00 Lunges, 2:00</p> <p>Chinups, max Bicycles, 1:00 Heel raises (each leg), 1:00</p> <p>Let Me Ups, max Arm Haulers, 1:00 Iron Mikes, 1:00</p> <p>Let Me Ins, 1:00 Dips, max Jumpovers 1:00 Flutter Kicks, 1:00</p> <p>Rest 3 min between sets</p>	<p><b>Max Running</b> ROM Drills</p> <p><u>Timed Run 5 km</u></p>	<p><b>Full Body Max</b> ROM Drills Jog: 800 m</p> <p><u>2 Max Supersets</u></p> <p>Pullups, max Russian Twists, 1:00 Squats, 1:00</p> <p>Pushups, 1:00 Supermans, 1:00 Lunges, 2:00</p> <p>Let Me Ins, 1:00 Bicycles, 1:00 Heel raises (each leg), 1:00</p> <p>Let Me Ups, max Arm Haulers, 1:00 Iron Mikes, 1:00</p> <p>Cable Cross, 1:00 Dips, max Jumpovers 1:00 Flutter Kicks, 1:00</p> <p>Rest 3 min between sets</p>	<p><b>Max Running</b> ROM Drills</p> <p><u>Bike 15 km</u></p>	<p><b>Full Body Max</b> ROM Drills Jog: 800 m</p> <p><u>Min Supersets</u></p> <p>Pullups, 100 in <b>minimum number of sets:</b></p> <p>Bicycles, 200:</p> <p>Iron Mikes, 200:</p> <p>Pushups, 100:</p> <p>Supermans (both sides = 1 rep), 100:</p> <p>Calf, 100:</p>	<p><b>Rest</b></p>

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Week 4 – Mon – Day 1 (19)	Tue – Day 2 (20)	Wed – Day 3 (21)	Thu – Day 4 (22)	Sat – Day 5 (23) Friday Rest (!)	Sun – Day 6 (24)
<p><b>Running</b> ROM Drills</p> <p><u>Track Workout 4.2 km</u></p> <p>Jog: 1.0 km in 5 min</p> <p>4 sets of: Sprint: 200 m Jog: 400 m in 2 min</p> <p>2 sets of: Sprint: 200 m Jog: 200 m in 1 min</p>	<p><b>Upper Body PT</b> ROM Drills Jog: 800 m</p> <p><u>AMRAP 20 min</u></p> <p>Let Me Ins, 10</p> <p>Military Press, 5</p> <p>Pullup Mix (normal, wide, narrow, Chinup), 5</p> <p>Let Me Ups, 5</p> <p>Arm Rotation, horizontal/vertical, 40</p> <p>[AMRAP ends here]</p> <p><u>Barbell Complex, 25 kg</u></p>	<p><b>Lower Body PT</b> ROM Drills Jog: 800 m</p> <p><u>Tabatas</u> <i>8 rounds, 20 sec action, 10 sec rest, 1 min rest between exercises</i></p> <p>Side Lunges w 2 sec pause at bottom</p> <p>Iron Mikes</p> <p>Box Jumps</p> <p>Bulgarian Split Squat w 2 sec pause at bottom</p> <p>Side Jumps</p> <p><u>Bonus: OCR Specials</u></p> <p>One Arm Dead Hang</p> <p>Static Hold Pullups</p> <p>Rope Climbing</p>	<p><b>Full Body PT</b> ROM Drills Jog: 800 m</p> <p><u>AMRAP 30 min</u></p> <p>8-count Bodybuilders, 5</p> <p>Jumping Jacks, 20</p> <p>Mountain Climbers, 20</p> <p>Toyotas or Burpees, 10</p>	<p><b>Running</b> ROM Drills</p> <p><u>Run-Bike-Run</u></p> <p>Run: 2 km</p> <p>Bike: 4 km</p> <p>Run: 2 km</p> <p><u>Bonus: OCR Specials</u></p> <p>One Arm Dead Hang</p> <p>Static Hold Pullups</p> <p>Rope Climbing</p>	<p><b>Core PT</b> ROM Drills Jog: 800 m</p> <p><u>3 Supersets</u></p> <p>Supermans, 20</p> <p>Bicycles, 40</p> <p>Arm Haulers, 30</p> <p>V-Ups, 15</p> <p>Swimmer (flutters), 20</p> <p>Iron Crosses w knees bent, 15</p> <p>Rest 3 min between sets</p>

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Week 5 – Mon – Day 1 (25)	Tue – Day 2 (26)	Wed – Day 3 (27)	Thu – Day 4 (28)	Sat – Day 5 (29) Friday Rest (!)	Sun – Day 6 (30)
<p><b>Lower Body PT</b> ROM Drills Jog: 800 m</p> <p><u>3 Supersets</u></p> <p>Back Squats, 50 - 70 kg, 8</p> <p>Box Jumps, 20</p> <p>Iron Mikes, 26</p> <p>Deadlift, 50 – 70 kg, 8</p> <p>Knee Taps, 40</p> <p>Heel raises (each leg), 25</p> <p>Jumpovers, 30</p> <p>Rest 3 min between sets</p>	<p><b>Full Body PT</b> ROM Drills Jog: 800 m</p> <p><u>Tabatas</u> <i>8 rounds, 20 sec action, 10 sec rest, 1 min rest between exercises</i></p> <p>8-count Bodybuilders</p> <p>Snake Crawl</p> <p>Burpees</p> <p>Mountain Climbers</p> <p><u>Bonus: OCR Specials</u></p> <p>One Arm Dead Hang</p> <p>Static Hold Pullups</p> <p>Rope Climbing</p>	<p><b>Running</b> ROM Drills</p> <p><u>Interval Hill Workout 4.0 km</u></p> <p>Jog: 1.0 km in 5 min</p> <p>15 sets of: Walk: 100 m Sprint: 100 m</p> <p>Elevation: Indoor &gt; 3, outdoor medium hill</p>	<p><b>Core PT</b> ROM Drills Jog: 800 m</p> <p><u>Tabatas</u> <i>8 rounds, 20 sec action, 10 sec rest, 1 min rest between exercises</i></p> <p>Hanging Leg Lifts w knees bent</p> <p>Lizards</p> <p>Plank</p> <p>Alternating 1-Legged Hip Extensions</p> <p>V-ups</p>	<p><b>Upper Body PT</b> ROM Drills Jog: 800 m</p> <p><u>Card Shuffle</u> <i>(Reps x Face Value)</i></p> <p>Diamonds: Pullups, 1</p> <p>Hearts: Let Me Ins, 2</p> <p>Clubs: Pushups, 2</p> <p>Spades: Dive Bombers, 1</p>	<p><b>Running</b> ROM Drills</p> <p><u>Run-PT-Run</u></p> <p>Run: 1 km</p> <p>Max: Pushups Bicycles Pullups</p> <p>Run: 1 km</p> <p>Max: Pushups Bicycles Pullups</p> <p>Run: 1 km</p>

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Week 6 – Mon – Day 1 (31)	Tue – Day 2 (32)	Wed – Day 3 (33)	Thu – Day 4 (34)	Sat – Day 5 (35) Friday Rest (!)	Sun – Day 6 (36)
<p><b>Core PT</b> ROM Drills Jog: 800 m</p> <p><u>Tabatas</u> <i>8 rounds, 20 sec action, 10 sec rest, 1 min rest between exercises</i></p> <p>Bicycles</p> <p>Arm Haulers</p> <p>Reverse Crunches</p> <p>Supermans</p> <p>Flutter Kicks</p>	<p><b>Lower Body PT</b> ROM Drills Jog: 800 m</p> <p><u>Tabatas</u> <i>8 rounds, 20 sec action, 10 sec rest, 1 min rest between exercises</i></p> <p>Back Squats, 40 - 50 kg</p> <p>Alternating 1-Legged Romanian Dead Lifts</p> <p>Heel Raises, both legs</p> <p>Wall Sits</p> <p>Iron Mikes</p> <p><u>Bonus: OCR Specials</u></p> <p>One Arm Dead Hang</p> <p>Static Hold Pullups</p> <p>Rope Climbing</p>	<p><b>Full Body PT</b> ROM Drills Jog: 800 m</p> <p><u>AMRAP 30 min</u></p> <p>8-count Bodybuilders, 5</p> <p>Jumping Jacks, 20</p> <p>Mountain Climbers, 20</p> <p>Toyotas, 10</p>	<p><b>Running</b> ROM Drills</p> <p><u>Track Workout 5.0 km</u></p> <p>Jog: 1.4 km in 6 min</p> <p>6 sets of: Sprint: 200 m Jog: 400 m in 2 min</p>	<p><b>Upper Body PT</b> ROM Drills Jog: 800 m</p> <p><u>On the Minute</u> <i>Increase by 1 rep every minute until failure</i></p> <p>Pullups</p> <p><u>Down Ladder</u> <i>1<sup>st</sup> set to max, then decrease by X reps until reaching bottom</i></p> <p>Let Me Ins, X = 10</p> <p>Seated Dips, 5</p> <p>Let Me Ups, 3</p> <p>Dive Bombers, 3</p> <p>Cable Cross, 10 - 15 kg, 5</p>	<p><b>Running</b> ROM Drills</p> <p><u>Run-Bike-Run</u></p> <p>Run: 2 km</p> <p>Bike: 4 km</p> <p>Run: 2 km</p>

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<b>MAX</b> Week 7 – Mon – Day 1 (37)	Tue – Day 2 (38)	Wed – Day 3 (39)	Thu – Day 4 (40)	Sat – Day 5 (41) Friday Rest (!)	Sun – Day 6 (42)
<p><b>Full Body Max</b> ROM Drills Jog: 800 m</p> <p><u>2 Max Supersets</u></p> <p>Pullups, max Russian Twists, 1:00 Squats, 1:00</p> <p>Pushups, 1:00 Supermans, 1:00 Lunges, 2:00</p> <p>Chinups, max Bicycles, 1:00 Heel raises (each leg), 1:00</p> <p>Let Me Ups, max Arm Haulers, 1:00 Iron Mikes, 1:00</p> <p>Let Me Ins, 1:00 Dips, max Jumpovers 1:00 Flutter Kicks, 1:00</p> <p>Rest 3 min between sets</p>	<p><b>Max Running</b> ROM Drills</p> <p><u>Timed Run 5 km</u></p>	<p><b>Full Body Max</b> ROM Drills Jog: 800 m</p> <p><u>2 Max Supersets</u></p> <p>Pullups, max Russian Twists, 1:00 Squats, 1:00</p> <p>Pushups, 1:00 Supermans, 1:00 Lunges, 2:00</p> <p>Chinups, max Bicycles, 1:00 Heel raises (each leg), 1:00</p> <p>Let Me Ups, max Arm Haulers, 1:00 Iron Mikes, 1:00</p> <p>Cable Cross, 1:00 Dips, max Jumpovers 1:00 Flutter Kicks, 1:00</p> <p>Rest 3 min between sets</p>	<p><b>Max Running</b> ROM Drills</p> <p><u>Bike 15 km</u></p>	<p><b>Full Body Max</b> ROM Drills Jog: 800 m</p> <p><u>Min Supersets</u></p> <p>Pullups, 100 in <b>minimum number of sets:</b></p> <p>Bicycles, 200:</p> <p>Iron Mikes, 200:</p> <p>Pushups, 100:</p> <p>Supermans (both sides = 1 rep), 100:</p> <p>Calf, 100:</p>	<p><b>Rest</b></p>



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Week 8 – Mon – Day 1 (43)	Tue – Day 2 (44)	Wed – Day 3 (45)	Thu – Day 4 (46)	Sat – Day 5 (47) Friday Rest (!)	Sun – Day 6 (48)
<p><b>Lower Body PT</b> ROM Drills Jog: 800 m</p> <p><u>AMRAP 30 min</u></p> <p>Front Squats, 30 – 40 kg, 8</p> <p>Jumpovers, 20</p> <p>Side Lunges w 2 sec pause at bottom, 10</p> <p>Iron Mikes, 10</p> <p>Heel raises (each leg), 15</p>	<p><b>Upper Body PT</b> ROM Drills Jog: 800 m</p> <p><u>10 Supersets</u></p> <p>Let Me Ins, 5</p> <p>Let Me Ups, 5</p> <p>Pushup Mix (normal, wide, close, clap, spiderman, rotational), 10</p> <p>Pullup Mix (normal, wide, narrow, Chinup), 5</p> <p>Dive Bombers, 5</p> <p>Arm Rotation, horizontal/vertical, 10</p> <p>Rest 3 min between sets</p>	<p><b>Running</b> ROM Drills</p> <p><u>Track Workout 5.0 km</u></p> <p>Jog: 1.4 km in 6 min</p> <p>6 sets of: Sprint: 200 m Jog: 400 m in 2 min</p>	<p><b>Core PT</b> ROM Drills Jog: 800 m</p> <p><u>AMRAP 20 min</u></p> <p>Bicycles, 20</p> <p>Supermans, 20</p> <p>Russian Twists, 20</p> <p>Arm Haulers, 20</p> <p>V-Ups, 10</p> <p><u>Bonus: OCR Specials</u></p> <p>One Arm Dead Hang</p> <p>Static Hold Pullups</p> <p>Rope Climbing</p>	<p><b>Rest</b></p>	<p><b>COF PFT</b> ROM Drills</p> <p>Pushups: max in 2 min (min 42; avg 100 – 120; best 150)</p> <p>Result:</p> <p>Squats: max in 2 min</p> <p>Result:</p> <p>Bicycles: max in 2 min</p> <p>Result:</p> <p>Pullups: max (no time limit), (8; 20 – 30; 42)</p> <p>Result:</p> <p>2.5 km run: (11:30; 8:30 – 10:00; 7:45)</p> <p>Result:</p> <p><b>Best shape in your life, mate!</b></p>