

# CHAD 1000X

## 4-WEEK TRAINING PLAN



### WEEK 1

#### Workout A:

100 Step-Ups for Time (45#/35#)

#### Workout B:

5 sets of

- 10 Lateral Lunge Steps / Cossack Squats
- 10 Sit-Ups
- 10 Flutter Kicks

Then 200m Lunge Walk Unweighted

#### Workout C:

10 minute AMRAP :

Step-Ups (45#/35#)

Goal Pace: 15-20 step ups per minute/1 rep every 4 seconds or decrease the weight

### WEEK 2

#### Workout A:

5 minute Step-Ups (45#/35#)

1 minute Rest

4 minute Step-Ups (45#/35#)

1 minute Rest

3 minute Step-Ups (45#/35#)

1 minute Rest

3 minute Step-Ups (45#/35#)

#### Workout B:

5 sets of

- 10 Lateral Lunge Steps / Cossack Squats

- 10 Sit-Ups

- 10 Flutter Kicks

Then 400m Lunge Walk Unweighted

#### Workout C:

200 Step-Ups for Time (45#/35#)

### WEEK 3

#### Workout A:

20 minute EMOM (:40 work/:20 rest)

Step-Ups (45#/35#)

Goal Pace: Minimum of 10 steps in 40 seconds of work or drop the weight)

#### Workout B:

5 sets of

- 10 Lateral Lunge Steps / Cossack Squats
- 10 Sit-Ups
- 10 Flutter Kicks

Then 400m Lunge Walk Unweighted

#### Workout C:

300 Step-Ups for Time (45#/35#)

30 minute Cap

### WEEK 4

#### Workout A:

30 minute AMRAP (:20 work/:10 rest)

Step-Ups (45#/35#) - Goal Pace: Minimum of 5 steps in 20 seconds of work or drop the weight)

#### Workout B:

5 rounds

10 Lateral Lunge Steps / Cossack Squats

15 Sit-Ups

15 Flutter Kicks

50m Lunge

#### Workout C: \*Retest of Week 1 Workout C\*

10 minute AMRAP

Step-Ups (45#/35#)

Goal Pace: 15-20 step ups per minute/1 rep every 4 seconds or decrease the weight