



4-WEEK HOLIDAY HEAD START

WITH JEN & JILL

WEEK 1

Monday

Do as many rounds as possible (AMRAP) of this circuit in 5 to 10 minutes. Take breaks as needed (but try to take them at the bottom of the round).

Circuit #1: Heavy Weight	Sets	Reps
Jumping Jacks	N/A	15
Pledge Plank	N/A	5 each arm
Goblet Squat	N/A	15
Pushups	N/A	as many reps as possible
Kettlebell Swings	N/A	15
Two-Point Row	N/A	15 each arm
Moutain Climbers	N/A	10 each leg

Tuesday

20 Min Plyometric Workout: Tabatas		
Time (min)	Movement	Segment Length
0-1	High knees	1 min/warm-up
1:00-1:20	Jump Squats	20s
1:20-1:30	Rest	10s
1:30-1:50	Jump Squats	20s
1:50-2:00	Rest	10s
2:00-2:20	Jump Squats	20s
2:20-2:30	Rest	10s
2:30-2:50	Jump Squats	20s
2:50-3:00	Rest	10s
3:00-3:20	Jump Squats	20s
3:20-3:30	Rest	10s
3:30-3:50	Jump Squats	20s
3:50-4:00	Rest	10s
Repeat the above 3 minutes alternating 20s on/10s rest with the following movements: <i>Burpees, Mountain Climbers, Pushups, Jumping Lunges & High Knees (bringing you to 19:00)</i>		
19-20	Walk	1 min cool-down

Wednesday

Perform each mini-circuit for the predetermined sets and reps. Complete all reps and sets before moving onto the next circuit.

Mini-Circuit #1: Bodyweight	Sets	Reps
Side Plank	2	30 seconds each side
Bodyweight Hip Thrust	2	15
Prisoner Squat	2	10

Mini-Circuit #2: Moderate weight	Sets	Reps
Russian Twist	3	10 reps each side
Romanian Deadlift	3	15
Double Push Press	3	12

Mini-Circuit #3: Light weight	Sets	Reps
Straight-Legged Sit-Up	3	12
Alternating Reverse Lunges	3	10 each leg
Two-Point Row	3	12 each arm

Thursday

30-60 minute leisure walk, either outside or on the treadmill (incline 1.0. speed 3.0)

Friday

Do as many rounds as possible (AMRAP) of each circuit in 5 minutes. Do not move onto the next circuit until you complete 5 minutes. Take as much recovery as needed between movements and each circuit.

Circuit #1: Bodyweight/light weight	Sets	Reps
Pledge Plank	5 min.	30 seconds each side
Bodyweight Hip Thrust		15
Goblet Squat		15
Jumping Jacks		20

Circuit #2: Heavy weight	Sets	Reps
Russian Twist	5 min.	10 each side
One-Arm Push Press		10 each arm
Kettlebell Swing		15

Circuit #3: Bodyweight	Sets	Reps
Front Plank	5 min.	12
Walking Lunges		10 each leg
Jump Squats		10

Circuit #4: Moderate weight	Sets	Reps
Side Bends	5 min.	15 each side
Two-Point Row		12 each arm
Mountain Climbers		10 each leg

Saturday

10 Min Treadmill: Intermediate

Time (min)	Speed	Incline
0-1	6	0
1-2	6.2	0
2-3	6.4	0
3-4	6.6	0
4-5	6.8	0
5-6	6.6	2
6-7	6.4	4
7-8	6.2	6
8-9	6	8
9-10	2	0

Walk 30-60 minutes after workout

Sunday

30-60 minute leisure walk, either outside or on the treadmill (incline 1.0. speed 3.0)

WEEK 2

Monday

Do as many rounds of this circuit as possible in 5 to 10 minutes. Take breaks as needed (but try to take them at the bottom of the round).

Circuit #1: Heavy weight	Sets	Reps
Marching Plank	N/A	6 each arm
One-Arm Push Press	N/A	8 each arm
Goblet Pulse Squat	N/A	10
Bent-Over Row	N/A	15
Spiderman Plank	N/A	6 each side
Skier Hops	N/A	10 each direction

Tuesday

30 Min Sprint Workout: Track Sprints
<i>Head out to a track OR find a flat road of ~100 meters (length of track straight-away)</i>
Complete a 5 min warm-up using a mixture of the following movements: high knees, walking lunges, heel kicks, straight-leg kicks, squats, gallops, skips & arm circles
Perform TWO 100m sprints at 50% effort, rest 2-3 mins between each, then
Perform TWO 90m sprints at 75% effort, rest 2-3 mins between each, then
Perform SIX 80m sprints at 100% effort, rest 2-3 mins between each
Cool-down by walking for ~2-5 min, and perform static stretches

Wednesday

Complete a set of work and rest for each exercise before proceeding to the next exercise.
Complete two sets of each circuit before moving to the next.

Circuit #1: Bodyweight/light weight	Sets	Reps
Marching Hip Bridge	2	30 sec.
Penguins	2	30 sec.
Kettlebell Swings	2	30 sec.

Circuit #2: Bodyweight/light weight	Sets	Reps
Dead Bug	2	30 sec.
Reverse Lunge to Press (alternating)	2	30 sec.
Two-Point Row	2	30 sec.

Circuit #3: Bodyweight/light weight	Sets	Reps
Bird Dogs	2	30 sec.
Step-Ups (alternating)	2	30 sec.
Pushup to Downward Dog	2	30 sec.

Thursday

30-60 minute leisure walk, either outside or on the treadmill (incline 1.0. speed 3.0)

Friday

Do as many rounds as possible (AMRAP) of the first three circuits, spending 5 minutes on each before moving on. For the last circuit, complete a descending ladder starting at 10 reps and doing a decreasing number of reps each set (use the same weight regardless of reps). Take as much recovery as needed between movements.

Circuit #1: Bodyweight/heavy weight	Sets	Reps
Straight-Legged Sit-Up	5 min.	12
Single-Leg Bodyweight Hip Thrust		10 each leg
Thruster		12

Circuit #2: Moderate weight	Sets	Reps
Seated Russian Press	5 min.	12
Kettlebell Swing		15

Circuit #3: Bodyweight/light weight	Sets	Reps
Marching Plank	5 min.	5 each arm
Overhead Walking Lunges		10 each leg
Skier Hops		10 each direction

Circuit #4: Light weight	Sets	Reps
Ladder Down		10,9,8,7,6,5,4,3,2,1
Prisoner Squats		
Bent-Over Row		
Jumping Jacks		

Saturday

20 Min Treadmill: Intermediate		
Time (min)	Speed	Incline
0-3	6	0
3-6	6.5	0
6-9	7	0
9-10	3	15
10-11	5	15
11-12	3	12.5
12-13	5.5	12.5
13-14	3	10
14-15	6	10
15-16	3	7.5
16-17	6.5	7.5
17-18	3	5
18-19	7	5
19-20	2	0

Sunday

30-60 minute leisure walk, either outside or on the treadmill (incline 1.0. speed 3.0)

WEEK 3

Monday

Do as many rounds of this circuit as possible in 5 to 10 minutes. Take breaks as needed (but try to take them at the bottom of the round).

Circuit #1: Heavy Weight	Sets	Reps
Superperson	N/A	12
Alternating Bent-Over Row	N/A	8 each arm
Goblet Pulse Split Squat	N/A	8 each leg
Alternating Shoulder Press	N/A	10 each arm
Alternating Jackknife Sit-Ups	N/A	10 each side
Spiderman Plank	N/A	6 each side

Tuesday

30 Min Treadmill: Advanced			
Time (min)	Speed	Incline	Seg Length
0-4	3.3	15	4 min
4-5	7.5	0	1 min
5-9	3.4	15	4 min
9-10	8	0	1 min
10-14	3.5	15	4 min
14-15	8.5	0	1 min
15-19	3.6	15	4 min
19-20	9	0	1 min
20-24	3.7	15	4 min
24-25	9.5	0	1 min
25-27	3.8	15	2 min
27-28	10	0	1 min
28-30	2	0	Cool-down

Wednesday

Perform each mini-circuit for the predetermined sets and reps. Complete all reps and sets before moving onto the next circuit.

Circuit #1: Bodyweight/Heavy wt	Sets	Reps
Marching Plank	2	6 each arm
Dumbbell Snatch	2	8 each arm
Two-Point Row	2	12 each arm

Circuit #2: Bodyweight	Sets	Reps
Crunches	2	15
Alternating Prisoner Reverse Lunges	2	12 each leg
Eccentric Pushup	2	3

Circuit #3: Heavy weight	Sets	Reps
Single-Leg Bodyweight Hip Thrust	2	10 each leg
Offset Squats	2	8 each side
Mountain Climbers	2	30 sec.

Thursday

30-60 minute leisure walk, either outside or on the treadmill (incline 1.0. speed 3.0)

Friday

Today's workout is a total of 11 sets with increasing and decreasing reps through the course of the workout. To keep the workout moving, use a weight you can do for 12 repetitions.

Even Ladder	2,4,6,8,10,12,10,8,6,4,2
Circuit #1: Light weight	
Pledge Plank	
Bodyweight Hip Thrust	
Pushup	
Kettlebell Swing	
Two-Point Row (each arm)	
Star Jumps	

Saturday

20 Min Treadmill: Intermediate/Incline Walk			
Time (min)	Speed	Incline	Seg Length
0-3	3.1	15	3 min
3-6	3.3	15	3 min
6-9	3.5	15	3 min
9-10	2	15	1 min
10-12	3.7	15	2 min
12-13	2	15	1 min
13-15	3.8	15	2 min
15-16	2	15	1 min
16-18	3.9	15	2 min
18-19	2	15	1 min
19-20	2	0	Cool down

Sunday

30-60 minute leisure walk, either outside or on the treadmill (incline 1.0. speed 3.0)

WEEK 4

Monday

Do as many rounds of this circuit as possible in 5 to 10 minutes. Take breaks as needed (but try to take them at the bottom of the round).

Circuit #1: Heavy weight	Sets	Reps
Body Saw	N/A	5
Two-Handed Kettlebell Clean	N/A	10
Romanian Deadlift w/ Row	N/A	12
Walking Plank	N/A	10
Skier Hops	N/A	30 sec.

Tuesday

20 Min Sprint Workout: Hill Sprints

Find a stretch of hill that takes about 20s to sprint (approx 15-20% incline, just eyeball it)

Complete a 5 min warm-up using a mixture of the following movements: high knees, walking lunges, heel kicks, straight-leg kicks, squats, gallops, skips & arm circles

Sprint up hill as fast as possible, then turn & walk back down as slow as you need to in order to muster the same intensity again (usually 2-4 min ea rest). Complete 8 hill sprints total.

Cool-down by walking for ~2-5 min, and perform static stretches

Wednesday

Do each circuit for the predetermined sets and reps. Complete all reps and sets before moving onto the next circuit.

Circuit #1: Moderate weight	Sets	Reps
Alternating Reverse Lunges	2	20
Push Press	2	15
Inchworms	2	10

Circuit #2: Light weight	Sets	Reps
Prisoner Squats	2	20
Curl to Press	2	15
Jumping Jacks	2	10

Circuit #3: Moderate weight	Sets	Reps
Kettlebell Swings	2	20
Overhead Triceps Extension	2	15
Star Jumps	2	10

Thursday

30-60 minute leisure walk, either outside or on the treadmill (incline 1.0. speed 3.0)

Friday

The last weight workout of the 4-week program is all about completing a total of 400 reps as quickly as possible. Take breaks whenever needed and use lighter weight for the rows, push press and swings. Complete one set of each movement before repeating the set.

Circuit #1: Light weight	Sets	Reps
Straight-Legged Sit-Up	4	10
Bodyweight Hip Thrust	4	10
Pushups	4	10
Jumping Jacks	4	10
Step-Ups	4	10
Bent-Over Row	4	10
Push Press	4	10
Kettlebell Swing	4	10
Star Jumps	4	10

Saturday

30 Min Treadmill: Intermediate Intervals			
Time (min)	Speed	Incline	Seg Length
0-2	6.2	0	2 min
2-4	6.4	0	2 min
4-6	6.6	0	2 min
6-8	6.8	0	2 min
8-10	7	0	2 min
10:00-10:45	2	15	45s rest
10:45-11:30	6	15	45s push
11:30-12:15	2	12.5	45s rest
12:15-13:00	6.5	12.5	45s push
13:00-13:45	2	10	45s rest
13:45-14:30	7	10	45s push
14:30-15:15	2	7.5	45s rest
15:15-16:00	7.5	7.5	45 push
Repeat the above 6 minutes 2 more times (until you reach 28:00 minutes)			
28-30	3	0	Cool-down

Sunday

30-60 minute leisure walk, either outside or on the treadmill (incline 1.0. speed 3.0)