

OPTIMAL --- READINESS

ULTIMATE READINESS RESTORATION 1.11

Fitness Advisory and Disclaimer

The published workouts contained in this training plan are arduous and recommended for individuals who are able-bodied and physically healthy. In any sport or fitness program, there is the inherent risk of injury both foreseeable and unforeseeable, the user acknowledges these risks by attempting the workouts contained in this program and releases Optimal Readiness LLC of liability from injuries sustained while participating in the prescribed workouts. Perform these workouts at your own risk. **Optimal Readiness LLC assumes no responsibility for any injuries that may occur while performing any portion of this training package. Consult a physician before undergoing any new physical fitness regimen.**

PHYSICAL TRAINING SCHEDULE

DAY 1 Cardio Training Session	DAY 2 Strength Training Session 1	DAY 3 Cardio Training Session
<p>Active Recovery Cardio of Choice</p> <p>(1) 20-30:00 @ EASY effort</p> <p>Coaching Comments: Run, Row, Bike, or Swim. Keep the overall intensity very light for the best results! Go strictly off of feel @ intensity level 4-5 out of 10.</p> <p>For the tactical athlete and or mountain athlete, hike under a light load/25lb pack or <i>(walk outside or on a treadmill)</i> at an easy effort.</p> <p>Calisthenics Development: Check out DAY 3 for instructions</p>	<p>CNS Priming and Activation Total Body Focused</p> <p>(See Below)</p> <p>Coaching Comments: Priming the Central Nervous System (CNS) through a deliberate and low-intensity activation of each major muscle group. The intent of this training session is low to moderate volume performed at sub-maximal intensity levels.</p> <p>MENTAL PREP – Read... <u>REFLECTION</u></p> <p>Password: IRONmind</p>	<p>Aerobic Base Training Cardio of Choice</p> <p>(See Below)</p>
DAY 4 Cardio Training Session	DAY 5 Strength Training Session 2	DAY 6 OFF
<p>Active Recovery Cardio of Choice</p> <p>(1) 20-30:00 @ EASY effort</p> <p>Coaching Comments: Run, Row, Bike, or Swim. Keep the overall intensity very light for the best results! Go strictly off of feel @ intensity level 4-5 out of 10.</p> <p>For the tactical athlete and or mountain athlete, hike under a light load/25lb pack or <i>(walk outside or on a treadmill)</i> at an easy effort.</p>	<p>CNS Priming and Activation Total Body Focused</p> <p>(See Below)</p>	

DAY 2 - STRENGTH TRAINING SESSION 1

LEVEL 1	LEVEL 2	LEVEL 3
<p><u>Warm-Up and Cool Down as necessary</u></p> <p>Choose A or B</p> <p>A. Perform ONE workout (Alpha - Zulu) from Travel Fit Level 2</p> <p>B. Knock out a total body training session of your choice *</p>	<p><u>Warm-Up and Cool Down as necessary</u></p> <p>Choose A or B</p> <p>A. Perform ONE workout (Alpha - Zulu) from Travel Fit Level 2</p> <p>B. Knock out a total body training session of your choice *</p>	<p><u>Warm-Up and Cool Down as necessary</u></p> <p>Choose A or B</p> <p>A. Perform ONE workout (Alpha - Zulu) from Travel Fit Level 3</p> <p>B. Knock out a total body training session of your choice *</p>
<p>Coaching Comments: * Keep the training intensity relatively moderate.</p>	<p>Coaching Comments: * Keep the training intensity relatively moderate.</p>	<p>Coaching Comments: * Keep the training intensity relatively moderate.</p>

DAY 2 - CARDIO TRAINING SESSION 2

LEVEL 1	LEVEL 2	LEVEL 3
<p>(1) <u>Warm up and Cool Down as necessary</u></p> <p>Training (2) 6 ROUNDS OF: -1:30 @ MODERATE effort -Rest or Active Recovery 1:30 @ EASY effort</p>	<p>(1) <u>Warm up and Cool Down as necessary</u></p> <p>Training (2) 8 ROUNDS OF: -1:30 @ MODERATE effort -Rest or Active Recovery 1:30 @ EASY effort</p>	<p>(1) <u>Warm up and Cool Down as necessary</u></p> <p>Training (2) 10 ROUNDS OF: -1:30 @ MODERATE effort -Rest or Active Recovery 1:30 @ EASY effort</p>
<p>Coaching Comments: Run, Row, Bike, Climb, or Swim @ intensity level of 6 out of 10 (<i>lower end of moderate</i>) for all moderate-effort work intervals.</p>	<p>Coaching Comments: Run, Row, Bike, Climb, or Swim @ intensity level of 6 out of 10 (<i>lower end of moderate</i>) for all moderate-effort work intervals.</p>	<p>Coaching Comments: Run, Row, Bike, Climb, or Swim @ intensity level of 6 out of 10 (<i>lower end of moderate</i>) for all moderate-effort work intervals.</p>

DAY 5 - STRENGTH TRAINING SESSION 2

LEVEL 1	LEVEL 2	LEVEL 3
<p><u>Warm-Up and Cool Down as necessary</u></p> <p>Choose A or B</p> <p>A. Perform ONE workout (Alpha - Zulu) from Travel Fit Level 2</p> <p>B. Knock out a total body training session of your choice *</p>	<p><u>Warm-Up and Cool Down as necessary</u></p> <p>Choose A or B</p> <p>A. Perform ONE workout (Alpha - Zulu) from Travel Fit Level 2</p> <p>B. Knock out a total body training session of your choice *</p>	<p><u>Warm-Up and Cool Down as necessary</u></p> <p>Choose A or B</p> <p>A. Perform ONE workout (Alpha - Zulu) from Travel Fit Level 3</p> <p>B. Knock out a total body training session of your choice *</p>
<p>Coaching Comments: * Keep the training intensity relatively moderate.</p>	<p>Coaching Comments: * Keep the training intensity relatively moderate.</p>	<p>Coaching Comments: * Keep the training intensity relatively moderate.</p>