CrossFit RNA Endurance Running Programme One

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Lifting heavy 50-100% on max lifts	Back Squats 4 x 6 (75%)	DAY OFF! Mobilise & Stretch	✗	Deadlift 4 x 6 (75%)	✗	DAY OFF! Mobilise & Stretch	✗
WOD Functional movements at high intensity	✗		50 - 30 - 10 KB swing 24/16kg Sit-ups Push ups	✗	10min AMRAP 7 Pull-ups 14 Air squats		✗
Run Intervals 90% Tempo 70-80% Long 60%	Intervals 2 x 800m (2min rest)		Intervals 2 x 800m (3min rest)	✗	Tempo 5k (80% 5k)		Long Run 10k (60% 5k)

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength	Walking Lunges 4 x 10 (1/2 BW)	DAY OFF! Mobilise & Stretch	✗	Pull-Ups 3 x 2 (weight/Strict)	✗	DAY OFF! Mobilise & Stretch	✗
WOD	✗		EMOM for 20mins Odd: 4sec flutter kicks Even: Back extensions (40sec on 20sec off)	✗	12min AMRAP 15 Air squats 30sec plank		✗
Run	Intervals 10 x 200m (2min rest)		Intervals 4 x 800m (3min rest)	✗	Tempo 5k (85% 5k)		Long Run 45mins (60% 5k)

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength	Good Morning 3 x 10 (1/4 BW)	DAY OFF! Mobilise & Stretch	✗	Back Squat 3 x 10 (70%)	✗	DAY OFF! Mobilise & Stretch	✗
WOD	✗		10 rounds 6 Thrusters @ 42.5/30kg	✗	EMOM for 20min Odd: 10 burpees		✗

			32 mountain climbers		Even: 30 Dus		
Run	Intervals 10-12 x 200m (90sec rest)		Intervals 4-5 x 800m (2.30min rest)	✗	Tempo 3 x 5min (80% 5k) (2min rest)		Long Run 60min (60% 5k)

Week Four	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Strength Lifting heavy 50-100% on max lifts	Bent Over Row 4 x 2 (90%)	DAY OFF! Mobilise & Stretch	✗	Push Jerk 4 x 2 (90%)	✗	DAY OFF! Mobilise & Stretch	✗
WOD Functional movements at high intensity	✗		7 rounds 15 cal row 25 sit-ups	✗	10min AMRAP 10 Box jump @ 24/20" 15 Down ups		✗
Run Intervals 90% Tempo 70-80% Long 60%	Intervals 4 x 400m (2min rest)		Intervals 3 x 1000m (3min rest)	✗	Tempo 10k TT (max effort!)		Long Run 30min (60% 5k)

Week Five	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Strength	Back Squat 4 x 6 (75%)	DAY OFF! Mobilise & Stretch	✗	Deadlift 4 x 6 (75%)	✗	DAY OFF! Mobilise & Stretch	✗
WOD	✗		AMRAP 8min 7 T2B 14 KB swing @ 24/20kg	✗	AMRAP 15min Pull-ups		✗
Run	Intervals 6 x 400m (2min rest)		Intervals 3 x 800m TT (5min rest)	✗	Tempo 2 x 10min (80% 10k) (5 - 10min rest)		Long Run 45min (60% 5k)

Week Six	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Strength	Push Jerk	DAY OFF!	✗	Back Squat	✗	DAY OFF!	✗

	3 x 5 (80%)	Mobilise & Stretch		3 x 5 (80%)		Mobilise & Stretch	
WOD	✗		For time 50 Pull-ups 40 DL @ 30/20kg 30 4sec flutter kicks	✗	3 rounds 30 STOH @ 30/20kg 200m row		✗
Run	Intervals 6 x 400m (90sec rest)		Intervals 2 x 200m, 2 x 400m, 2 x 1000m (1, 2, 3 min rest)	✗	Tempo 7miles (95% 10k)		Long Run 30min (60% 5k)

Week Seven	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Strength Lifting heavy 50-100% on max lifts	Walking Lunges 4 x 4 (80%)	<u>DAY OFF!</u> Mobilise & Stretch	✗	Bent Over Row 4 x 4 (80%)	✗	<u>DAY OFF!</u> Mobilise & Stretch	✗
WOD Functional movements at high intensity	✗		For time 7min Plank	✗	For time 500m row 50 T2B 50 burpees		✗
Run Intervals 90% Tempo 70-80% Long 60%	Intervals 6 x 400m (90sec rest)		Intervals 4 x 1000m (2-3min rest)	✗	Tempo 10mile TT (max effort)		Long Run 40min (60% 10k)

Week Eight	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Strength	Good Morning 5 x 5 (1/4 BW)	<u>DAY OFF!</u> Mobilise & Stretch	✗	Push Jerk 5 x 2 (85%)	✗	<u>DAY OFF!</u> Mobilise & Stretch	✗
WOD	✗		EMOM for 22min Odd: 6 STOH @ 42.5/30kg Even: 30sec hollow rock	✗	for time 27 Thrusters @ 30/20kg 21 KB swings @ 24/20kg 15 Goblet squats @ 24/20kg		✗
Run	Intervals 4 x 200m, 4 x 400m (60, 90sec rest)		Intervals 4 x 4min (90sec rest)	✗	Tempo 5k (100% 10mile)		Long Run 70min (60% 10k)

Week Nine	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength	Deadlift 3 x 10 (70%)	DAY OFF! Mobilise & Stretch	✗	Back Squat 3 x 10 (70%)	✗	DAY OFF! Mobilise & Stretch	✗
WOD	✗		5 rounds 12 Pull-ups 24 sit-ups	✗	EMOM for 20min Odd: 30 Dus Even: 8 Thrusters @ 35/25kg		✗
Run	Intervals 6 x 400m TT (3-4min rest)		Intervals 5 x 4min (3min rest)	✗	Tempo 2 x 5k (90% 5k) (5 - 10min rest)		Long Run 60min (60% 5k)

Week Ten	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Lifting heavy 50-100% on max lifts	Back Squat 3 x 2 (85%)	DAY OFF! Mobilise & Stretch	✗	Pull-Ups 3 x 3 (weight/strict)	✗	DAY OFF! Mobilise & Stretch	✗
WOD Functional movements at high intensity	✗		for time 100 Squat jumps 50 Burpees 100 Jump lunges	✗	7 rounds 9 Goblet squats @ 24/20kg 7 Box jumps @ 30/24" 5 T2B (strict)		✗
Run Intervals 90% Tempo 70-80% Long 60%	Intervals 8 x 300m (60sec rest)		Intervals 3 x 1200m (2-3min)	✗	Tempo 10k TT (max effort)		Long Run 30min (60% 5k)

Week Eleven	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength	Bent Over Row 4 x 6 (75%)	DAY OFF! Mobilise & Stretch	✗	Push Jerk 4 x 6 (75%)	✗	DAY OFF! Mobilise & Stretch	✗
WOD	✗		AMRAP 12min 10 DL @ BW 10 Pull-ups 30 Dus	✗	For time 9min plank		✗

Run	Intervals 5 x 400m (60sec rest)		Intervals 2 x 1mile (5min rest)	✗	Tempo 3 x 5k (100% 10k) (5-10min rest)		Long Run 50min (60% 5k)

Week Twelve	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Strength	Back Squat 3 x 5 (80%)	DAY OFF! Mobilise & Stretch	✗	Walking Lunges 3 x 5 (80%)	✗	DAY OFF! Mobilise & Stretch	✗
WOD	✗		AMRAP 20min "Cindy" 5 pull-up, 10 push-up 15 air squats	✗	10 rounds 10 4sec flutter kicks 10 T2B 10 Burpees		✗
Run	Intervals 6 x 400m (60sec rest)		Intervals 3 x 1mile (5min rest)	✗	Tempo 5k TT (max effort)		Long Run 120min (60% 5k)