

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Aerobic Run	Upper Strength	Conditioning	Rest	Lower Strength	Conditioning	Rest
1	20 min Run	DB Shoulder Press – 3x6 Lat Pull-Down – 3x6 DB Bench Press – 3x6 Inverted Row – 3x6 Cable Bicep Curl – 2x12 Cable Tricep Extension – 2x12	3 Rounds Sled Drag 20m 10 Burpees 10 Step Ups	Rest	Leg Extension – 3x8 Hamstring Curl – 3x8 Goblet Squat – 3x8 Split Squat – 3x6 each leg Calf Raises – 2x12	12 Min EMOM Min 1 = 5-10 Press Ups Min 2 = 10 Inverted Row	Rest
2	23 min run	DB Shoulder Press – 3x8 Lat Pull-Down – 3x8 DB Bench Press – 3x6 Inverted Row – 3x6 Cable Bicep Curl – 2x12 Cable Tricep Extension – 2x12	WattBike Sprint 6s Rest 24s	Rest	Leg Extension – 3x10 Hamstring Curl – 3x10 Goblet Squat – 3x8 Split Squat – 3x8 each leg Calf Raises – 2x12	4 Rounds 10 KB Swings 10 Burpees over KB	Rest
3	26 min Run	DB Shoulder Press – 3x8 Lat Pull-Down – 3x8 DB Bench Press – 3x8 Inverted Row – 3x8 Cable Bicep Curl – 2x12 Cable Tricep Extension – 2x12	Invertal Sprints 30 seconds fast run 30 seconds slow jog Repeat 10 times	Rest	Leg Extension – 3x10 Hamstring Curl – 3x10 Goblet Squat – 3x8 Split Squat – 3x8 each leg Calf Raises – 3x12	5-10-15-20 Ski erg Cals. Plate Floor to OH	Rest
4	29 min Run	DB Shoulder Press – 3x8 Lat Pull-Down – 3x8 DB Bench Press – 3x8 Inverted Row – 3x8 Cable Bicep Curl – 2x15 Cable Tricep Extension – 2x15	WattBike Sprint 10s Rest 20s	Rest	Leg Extension – 3x12 Hamstring Curl – 3x12 Goblet Squat – 3x8 Split Squat – 3x8 each leg Calf Raises – 3x15	5-10-15-20-15-10-5 Rower Cals. DB Thrusters	Rest
5	32 min Run	BB Military Press – 3x6 Lat Pull-Down – 3x6 BB Bench Press – 3x6 Single Arm DB Row – 3x6 DB Bicep Curl – 2x12 DB Tricep Extension – 2x12	Invertal Sprints Sprint 20m Walk back recovery Repeat for 40 & 60m Rest for 60s Repeat 5 times	Rest	Leg Extension – 3x12 Hamstring Curl – 3x12 Barbell Squat – 3x6 Box Step Up - 3x6 each leg Calf Raises – 3x15	4 Rounds 20m DB Lunge 10 DB Snatch 30s Bar Hang	Rest
6	35 min Run	BB Military Press – 3x8 Lat Pull-Down – 3x8 BB Bench Press – 3x6 Single Arm DB Row – 3x6 DB Bicep Curl – 2x12 DB Tricep Extension – 2x12	5 Rounds 20m Sled Drag 20m Sled Push 20m DB Lunge 20m Walk	Rest	Leg Extension – 3x15 Hamstring Curl – 3x15 Barbell Squat – 3x8 Box Step Up - 3x6 each leg Calf Raises – 3x20	20 Min EMOM Min 1 = 5-10 Press Ups Min 2 = 10 Inverted Row	Rest
7	38 min Run	BB Military Press – 3x8 Lat Pull-Down – 3x8 BB Bench Press – 3x8 Single Arm DB Row – 3x8 DB Bicep Curl – 2x12 DB Tricep Extension – 2x12	WattBike Sprint 15s Rest 45s	Rest	Leg Extension – 3x15 Hamstring Curl – 3x15 Barbell Squat – 3x8 Box Step Up - 3x6 each leg Calf Raises – 3x20	5-10-15-20-15-10-5 Ski erg Cals. Plate Floor to OH	Rest
8	41 min Run	BB Military Press – 3x8 Lat Pull-Down – 3x8 BB Bench Press – 3x8 Single Arm DB Row – 3x8 DB Bicep Curl – 2x15 DB Tricep Extension – 2x15	4 Rounds Sled Drag 20m 10 Burpees 10 Step Ups	Rest	Leg Extension – 3x15 Hamstring Curl – 3x15 Barbell Squat – 3x8 Box Step Up - 3x6 each leg Calf Raises – 3x25	5 Rounds 10 KB Swings 10 Burpees over Box	Rest

Explanation

This is a basic 8 week training plan to make sure you're ready to hit the ground running when you start as a recruit here at CFRS

Terms are describes below

DB = Dumbbell

KB = Kettlebell

BB = Barbell

3x8 = 3 sets, 8 repetitions in each of those sets

Rest time between sets should be 60 seconds

Rest time between exercises should be 90 seconds