

RPT SUMMER TRAINING
PHASE 1: June 6-July 3
Week 1-4

DAY 1

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Bodyweight Jump Squats	4x5
30-60 second rest	
B1 DB Goblet Squat	4x10
B2 Cable/Band One-Arm Row	4x12ea arm
60 second rest	
C1 DB Half-Kneeling One-Arm Press	4x10ea arm
C2 Bodyweight Hip Bridge Hold	4x30 sec
60 second rest	
D1 Continuous Diamond Push-Ups	3x30 sec
D2 Continuous Flutter Kicks	3x30 sec

20 second rest

5-10 min static stretch for cool-down

DAY 2

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Stability Ball Hamstring Curls	3x10
A2 Leg Raises	3x10
30 second rest	
B1 Continuous Push-Ups	3x30 sec
B2 Mountain Climbers	3x30 sec
B3 Jumping Jacks	3x90 sec

60 second rest

Sprints: 30 yd down and back

Wk 1&2 = x3

90 sec rest btw sprints

Wk 3&4 = x5

Run/Walk Intervals

Wk 1&2 = x4

Run 2 minutes - Walk 1 minute

Wk 3&4 = x5

5-10 min static stretch for cool-down

DAY 3

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Jump Lunges	4x6ea
30-60 second rest	
B1 DB Bench Press	4x10
B2 Single Leg Hip Bridge	4x12ea
60 second rest	
C1 DB Front Foot Elevated Split Squat	4x6ea leg
C2 Cable/Band Straight Arm Pulldown	4x12
60 second rest	
D1 Continuous V-Ups	3x30 sec
D2 Continuous Bodyweight Squats	3x30 sec

20 second rest

5-10 min static stretch for cool-down

DAY 4

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Half-Kneeling Hip Flexor Stretch	3x20 sec ea
A2 Side Plank	3x30 sec ea
60 second rest	
B1 Bodyweight Walking Lunge	3x90 sec
B2 Push-ups	3x12
60 second rest	
C1 Burpees	3x30 sec
C2 Flutter Kicks	3x20 ea

60 second rest

Run/Walk Intervals

Wk 1&2 = x4

Run 1 minute - Walk 1.5 minutes

Wk 3&4 = x6

5-10 min static stretch for cool-down

RPT SUMMER TRAINING

PHASE 2: July 11-August 7
Week 6-9

Day 1

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Figure-4 Stretch	2x30 sec
A2 Dynamic Kneeling Hip Flexor Stretch	2x30 sec
30 second rest	
B1 2DB Front Squat	4x8
B2 Cable/Band Seated Row	4x8
90 second rest	
C1 DB Alternating Bench Press	3x6ea
C2 DB Single Leg RDL	3x6ea
90 second rest	
D1 Jump Rope	4x90sec
D2 Continuous Push-Ups	4x45 sec
60 second rest	

5-10 min static stretch for cool-down

Day 2

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Bird Dogs	3x10ea
A2 Hip Bridge Hold	3x30 sec
30 second rest	
B1 Mountain Climbers	4x30 sec
B2 Walking Lunge	4x60 sec
60 second rest	

Run/Walk Intervals with Burpees Wk 6-8 = x4

Run 90 seconds - Burpees 45 seconds - Walk 60 seconds

5-10 min static stretch for cool-down

10 sec rest between Run, Burpees, and Walk during transition

Day 3

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Prone Fly	3x10
A2 Plate I/Y/T Complex	3x6 ea
60 second rest	
B1 DB Bench Press	4x6
B2 Stability Ball Hamstring Curl	4x8
60 second rest	
C1 DB Reverse Lunges	4x6 ea leg
C2 Cable/Band Lat Pulldown	4x8
60 second rest	
D1 Continuous Push-ups	4x30 sec
D2 Continuous Broad-Jump	4x30 sec

Broad Jump = Jump outward for distance landing in a squat position

5-10 min static stretch for cool-down

DAY 4

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Lying Cross Body Stretch	3x30 sec ea
A2 Rotational Side Plank	3x8 ea
30 second rest	
B1 Push up to Shoulder Taps	4x4ea
B2 Sprints - 40 yds and back	4x1 down&back
60 second rest	
C1 Diamond Push-up	3x8
C2 Flutter Kicks	3x30 ea
60 second rest	

Sprint Intervals with Burpees Wk 6&7 = x3 Sprint 60 yards down and back - Burpees 30 seconds

Wk 8 = x4 30 second rest after sprint before burpees - 60 second rest after burpees before next sprint

Sprint Intervals with Sit-Ups Wk 6&7 = x3 Sprint 80 yards down and back - Sit-ups 30 seconds

Wk 8 = x4 30 second rest after sprint before burpees - 60 second rest after burpees before next sprint

5-10 min static stretch for cool-down

ACTIVE WARMUP

Alternating Forward Lunge x5 each
 Mountain Climbers x10 seconds
 Body Weight Squats x10
 Dynamic Half Kneeling Adductor Stretch x5
 each Jump Squats x10 seconds
 Pushups x10
 Dynamic Kneeling Hip Flexor x5 each side

STATIC STRETCH ROUTINE

20-30 sec hold each stretch each side

Kneeling Hip Flexor
 Half Kneeling Adductor/Groin
 Knee to Chest (lying on back)
 Leg Cross Body - Lower Back
 Figure-4
 Seated Hamstring
 Side Lying Quad
 Calf
 Overhead Triceps
 Cross Body Posterior Shoulder

PROGRESSION & REGRESSION EXERCISE CHART

Use this chart of exercises when you come across a movement in the given workouts that are too challenging or not challenging enough for you. This chart can also be used to create your own workouts for example picking one exercise from each movement and putting them together into a circuit style workout.

Movement	Regression #1	Regression #2	Standard	Progression #1	Progression #2
Squat	Wall Sit	Goblet Squat	Back Squat	Front Squat	Overhead Squat
Hinge	Hip Bridge	Bodyweight RDL	RDL	SL RDL	Kettlebell Swings
Lunge	Split Squat	Assisted Reverse Lunge	Walking Lunge	Multiplanar Lunge	Split Squat Jumps
Push (bodyweight)	Wall Push-Up	Elevated Push-Up (bench/bar)	Push-Up	Med Ball Push-Up	Plyo Push-Up
Push (external load)	Machine Chest Press	BB Bench Press	DB Bench Press	Single Arm DB Press	Split -Stance Single Arm Cable Press
Horizontal Pull	Seated Row	DB Row	Bent-Over Row	Single Arm DB Row	Split-Stance Cable Row
Vertical Pull	Lat Pulldown	Assisted Chin-Up	Chin-Up	Pull-Up	Weighted Pull-Up
Press	Machine Shoulder Press	Kneeling Military Press	Military Press	Single Arm Military Press	Push Press
Power	Bodyweight Jump Squat (2 sec hold)	MB Reverse Overhead Throw	KB Swings	Continuous Goblet Squat Jumps	Hang Clean

DELOAD TRAINING WEEK PLAN *WK 5 & WK 10 Training*

A deload week is a scheduled reduction in total intensity and volume in training. The goal here is to allow your body to recovery from intense training but still move your body to maintain progress you have made through Phase I & II of training.

DELOAD WORKOUT A

1. Active Warm-Up

2. Bodyweight HIIT: 3 Rounds Continuous

- A. Mountain Climbers x40
- B. Bodyweight Squats x40
- C. Alternating Reverse Lunges x20
- D. Full Sit Up x20
- E. Pushups x10
- F. Lateral Jump Burpee x10

3. Static Stretch Routine

DELOAD WORKOUT B

1. Active Warm-Up

2. Strength & Plyo Circuit: 2-3 Rounds

- Jump Squats x20
- Pushups x30
- Single Leg Situps x20 each
- Bodyweight Squats x25
- Plank x:60 sec
- Side Plank x:30sec ea
- Reverse Lunges x10 ea
- Single Leg Glute Bridge Hold x:30sec ea
- Release Pushups x10

**At bottom of pushup lifts hands off ground before pushing back up*

3. Static Stretch Routine

CIRCUIT TRAINING *WK 11 Training*

Workout A

5 rounds for time:

- 15 reverse lunges per leg
- 15 pushups
- 15 bodyweight RDL per leg
- 15 flutter kicks each leg
- One-minute plank

Workout B

20 min AMRAP

- 100 high knees
- 20 squats
- 20 plank shoulder taps
- 20 jump lunges
- 30 russian twists

Workout C

5 rounds for time

- 12 jump squats
- 12 pushups
- 12 flutter kicks each leg
- 12 burpees
- One-minute plank