



# General Athleticism OCR Plan

**Coach Cambio**  
Train Like An Animal!

|               | Monday   | Tuesday  | Wednesday   | Thursday  | Friday                           | Saturday   | Sunday                           |
|---------------|--|--|---|---|----------------------------------|--|----------------------------------|
| <b>Week 1</b> | Spartan ABC<br>Burpee Test<br>Warrior Workout<br>3 x 10 only | Dynamic WU 1<br><br><b>Spartan Running 1...10</b>          | Spartan ABC<br>Hip/Glute Matrix<br><br><b>Iron 5 x 5 (70 %1 RM)</b><br><br>Swing Finisher   | Dynamic WU 1<br>SL Cone Touch & Lateral Hops x 10/leg<br>300 Yard Shuttle x 2 | <b>Recovery and Rejuvenation</b> | WU: Your choice<br><br>Run 20 mins LSD   | <b>Recovery and Rejuvenation</b> |
| <b>Week 2</b> | Spartan ABC<br>Shoulder Matrix x 2<br>Warrior Workout        | Dynamic WU 1<br><br><b>Spartan Running 1...8 w/Burpees</b> | Spartan ABC<br>Hip/Glute Matrix<br><br><b>Iron 5 x 5 (72.5 %1 RM)</b><br><br>Swing Finisher | Dynamic WU 1<br>SL Cone Touch & Lateral Hops x 10/leg<br>300 Yard Shuttle x 3 | <b>Recovery and Rejuvenation</b> | WU: Your choice<br><br>Run 30 mins LSD   | <b>Recovery and Rejuvenation</b> |
| <b>Week 3</b> | Spartan ABC<br>Shoulder Matrix x 2<br>Warrior Workout        | Dynamic WU 1<br><br><b>Spartan Running 1...10, 10...1</b>  | Spartan ABC<br>Hip/Glute Matrix<br><br><b>Iron 5 x 5 (75 %1 RM)</b><br><br>Swing Finisher   | Dynamic WU 1<br>SL Cone Touch & Lateral Hops x 10/leg<br>300 Yard Shuttle x 4 | <b>Recovery and Rejuvenation</b> | WU: Your choice<br><br>Run 40 mins LSD   | <b>Recovery and Rejuvenation</b> |
| <b>Week 4</b> | Spartan ABC<br>Shoulder Matrix x 2<br>Warrior Workout        | Dynamic WU 1<br><br><b>Spartan Running Crazy 8's</b>       | Spartan ABC<br>Hip/Glute Matrix<br><br><b>Iron 5 x 5 (60 %1 RM)</b><br><br>Swing Finisher   | Dynamic WU 1<br>SL Cone Touch & Lateral Hops x 10/leg<br>300 Yard Shuttle x 2 | <b>Recovery and Rejuvenation</b> | WU: Your choice<br><br>5-minute Burpee Re-Test<br><br>5 min rest<br><br>Run 30 min | <b>Recovery and Rejuvenation</b> |