

Olympus Project Exercise Plan

As seen in 4 Hour Body by Tim Ferriss, developed by Brian Mackenzie

Week	Day	AM Workout	PM Workout
1	1	Good Mornings: 2x8 / 180 sec rest	Double Unders (jump rope) + sit ups (superset) 50 of each, 40, 30, 20, 10 (no rest between)
	2	8x200m "on 2 min" not slowing more than 2-3 sec	21,15,9 reps for time of Push Press (75% max press) + kipping pull-ups
	3	Row 1500m (sprint) + power clean 75% max for 30 reps	
	4		5K TT
	5	2x800m on 3 min not slowing more than 4-5 sec	3 rounds of max rep (no time limit) push-ups, rest 1 min, pull-ups, rest 1 min, air squats, rest 1 min
	6	Bench press/floor press (50-60% 1RM) 8 sets of 3 on 1 min. Rest 10 min. Tabata row 20:10x8	
	7	15,12,9 Thrusters @ 115 lbs. alternated with 30,20,10 box jumps 24"	
2	1	day off	
	2	Box Back Squat: 10x2 on min w/ 80% 1RM. Rest 10 min. Deadlift 8x1 on min w/ 90% 1RM	
	3	7 rounds for time: Snatch 3 reps @ 135 (use 8RM weight) + pull-ups 10	10x 200m on 2 min, not slowing more than 2-3 sec
	4	"Kelly" 5 rounds for time: 400m run, 30 "wall ball" @ 20 lbs + 30 box jumps @ 20"	
	5	10K @ 80% 5K TT pace	
	6	Press:5,5,5. Push Press 3,3,3. Push Jerk 1,1,1. Increase weight 30% from one exercise to the next. 2-3 min rest between sets	strict chin-ups: 5, 5, 3, 3,1,1 Rest 2-3 min btwn sets. Maxing out - record weights used if added to body weight.
	7	3x800m on 2:30, holding same pace as last week	"The Bear" 5 rounds of 7 sets (3-5 min rest btwn rounds. increase weight each round) 1 pwr clean, 1 front squat, 1 press, back squat, 1 press.
3	1	Strength and conditioning Recovery (20 min): Glute Ham Developer sit-ups 3x15 (quads should burn), Glute Ham Developer hip extensions (hamstrings and butt should burn), Kettlebell/dumbbell swings 3x15, Bench Press, Pull-Ups. Perform one set of each exercise in circuit fashion. 1 min rest. EXTENDED DESCRIPTION BELOW	
	2	10x200m on 90 sec rest, not slowing more than 2 sec	2 Good Mornings on the min for 10 min @ 50% 1RM BS weight
	3	3 rounds. Row :45 on/ :45 rest, 1:30 on/ 1:30 rest, 3:00 on/ 3:00 rest	10 min "Cindy" AMRAP in 10 min of 5 pull-ups, 10 push-ups, 15 squats.
	4	3 rounds. Row :45 on/ :45 rest, 1:30 on/ 1:30 rest, 3:00 on/ 3:00 rest	
	5	"Diane" 21,15,9 reps for time of 225 lbs deadlift + handstand pushups (no rest between sets)	
	6	4x800m on 2:00, holding within 4 sec of each other	"Grace" 30 clean and jerks at 135 lbs for time
	7		
4	1	5x400m w/ 2 min rest, holding each within 3 sec of each other	5 front squats @ 75% 1RM, front squat on the minute fro 5 min. Rest 10 min. DL 8x1 on min at 90%
	2		7 rounds for time (unbroken): 7 hang squat cleans @95 lbs + 7 handstand push-ups
	3	5 miles @85% RPE (rate perceived exercsion)	
	4	Work up to 1RM press within 15 min (more of a testing day)	Tabata run on treadmill @ 12% grade and current 5K pace.
	5	2x1 mile all out with 10 min recovery	6 Rounds: Power snatch 135 lbs. 5 reps + 200m row.
	6	Deadlift 1.5 times bodyweight, BEnch press body weight, clean 3/4 bodyweight, for 10,9,8 down to 1	
	7		"Helen" 3 x run 400m + 21 kettlebell swings @ 53 lbs + 12 pull-ups
5	1	Back Squat 3x5, rest 3 min between sets...21/15/9 Front squats, chest-to-bar pull-ups	10 x 200m Rest time is 3x your run time
	2	5 rounds of 100 double unders, 25 burpees. Rest 3 min after each round	
	3		10k TT
	4	5 rounds for time: 10 hang power snatches @ 115 lbs., 30 box jumps @ 24 inches	
	5	6,5,4...1 Each of: Deadlift @315 lbs, musle ups, handstand push-ups (no rest between cycles)	Tabata 20:10 x 8

	6	7 rounds: 30 sec max thrusters @ 95 lbs, rest 30 sec, 60 sec of max 10m line touches, rest 60 sec.	
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Week	Day	AM Workout	PM Workout
6	1	Bench Press 3x5 rest 180 sec between sets, then 15 min of AMRAP of: 10 clapping pushups, 20 GHD sit-ups, 30 KB swings @55 lbs	
	2	Back Squat 3x5, rest 3 minutes between sets and increase weight from last week. 21/15/9 of: 155 lbs power clean, burpees	1 min on 3 min x 5
	3	10 x 100m repeats at 1:30 between sets, don't deviate more than 2 secs either way	
	4		3 x 5k repeats on trail, rest 10 minutes between sets
	5	Split Jerk 3x3, rest 180 sec between sets. 5 rounds of: 40 wall balls, 30 pull ups	
	6	Deadlift 3x3 (3RM), rest 4 min between sets. Sumo deadlift high pull: 5 sets of 10 unbroken reps @ max weight. Rest 3 min between sets	Tabata-esque 30:20x8
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Week	Day	AM Workout	PM Workout
7	1	Clean 3x1, rest 2 min between sets. Then 16 min AMRAP: Top of every min do 6 KB swings @ 70 lbs, then 4 clean and jerks at 60% 1RM Clean	
	2	6x800m, 3 min rest. Keep within 4 sec of slowest 800m	1 mile TT then 3 x 400m repeats at mile pace. Rest 90 sec between sets
	3	Bench Press 3x3, increase by 10 lbs from previous week. Then 7 rounds handstand pushups, 12 reps deadlift @225 lbs	
	4		90 min trail run at 85% RPE
	5	Shoulder Press 3x3 @ 85% 1RM. Push Press 3x3, rest 180 sec between sets	
	6	Deadlift 3x3, increase 5 lbs from previous week. Rest 4 min between sets. 4 rounds of : 7 front squats @ 185 lbs, 100m run, 21 pull-ups. Rest 2 min after each round	Tabata
	7		
Week	Day	AM Workout	PM Workout
8	1	20 min AMRAP: 1 power clean @ 225lbs, 3 weighted pull-ups @50lbs, 5 "parallel" HSPU, Row for 7 calories	
	2	Back Squat 3x1, rest 3 min (95-97% 1RM). 4 rounds of 50 unbroken double unders, 30 unbroken wall balls	5x800m rest 2:30 and maintain same splits as previous week
	3	3 rounds of: 10 power snatches @135 lbs, 20 ring dips	
	4		3x1 mile. rest 5 min between sets
	5	5 rounds of: 30 sec AMRAP body weight bench press, rest 30 sec, 45 sec AMRAP Russian KB swing @ 80 lbs, rest 15 sec	
	6	7 rounds. start 2:30 countdown: run 400m then AMRAP pull-ups. Once 2:30 alarm goes off, rest 60 sec and repeat	10 x 200m with 2 min rest
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Week	Day	AM Workout	PM Workout
9	1	"Snatch Balance" - 7 min build up to a heavy set of 1. Snatch - 7 min build up to heavy set of 1. 4 sets of: 12 Hang Power Snatch @ 115, 5 muscle-ups, 250m run	
	2	Shoulder Press 3.3.1.1 (95% of max for each) Rest 120 sec after each set. Then 5 rounds:20 pull-ups, 30 push-ups, 40 sit-ups, 50 squats. Rest 3 min after each round	Sprinting - cover as much distance as possible: 1 min on, 1 in off, 1 min on, 50 sec off, 1 min on, 40 sec off...down to 1 min on, 10 sec off, then back up to 1 min on 50 sec off
	3	Deadlift 3x1, rest 3 min between sets. Then row 30 sec for max calories (displayed on machine) x 10 sets. Rest 1:30 after each set	
	4		4 x 2k repeats (5 laps) rest 3 min between sets. perform on hilly trail.
	5	Back Squat 3x3. Then 5 rounds: 7 reps with 155 lbs hang power clean, push press, front squat.	
	6	20 min AMRAP: 12 HSPU, 20 sumo deadlift high pull @ 75 lbs, 20 knees to elbows	8x100m hill repeats (aim for 6% grade) on trail. Rest 2 min between sets.
	7		
Week	Day	AM Workout	PM Workout
10	1	5x3 touch and go cleans. Rest 3 min between sets	5 sets of 1 min AMRAP burpees, rest 3 min between sets
	2		
	3	7 sets of 10 push presses @135, 15 box jumps @ 30 inches	Trail or flat ground: 10x 30 sec repeats

4	10 sets of 10 thrusters @ 95 lbs, 10 CTB pull-ups. rest 60 sec after each set	Hang Power Clean 3x1, rest 120 sec. Ring Push-ups AMRAP x 3. 3 min rest.
5	Bench Press 3x1, rest 120 sec between sets. Then, on the top of every minute, for 3 min, run 400m then max overhead squats @ 95 lbs for 5 rounds	
6	60 min trail run at 95% RPE	
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Week	Day	AM Workout	PM Workout
11	1	Back squat 5,5,5 rest 3 min. "Cindy" 5 pull-ups, 10 pushups, 15 squats. AMRAP in 20 minutes, no rest.	
	2	5 rounds of 50 double unders, 15 ring dips, 7 power cleans @175. Rest 2 min after each round.	4x5 min intervals with 3 min recovery on trail. Goal: cover as much distance as possible. Remember to measure with GPS.
	3	Push Jerk @85% of 1RM. 1 rep every 45 sec for 12 rounds. Then 3 rounds of 800m run, 5 bar muscle-ups, 15 push press @95 lbs.	
	4		6x800m repeats with 1:30 rest and 6 sec buffer
	5	Snatch, 20 min to determine 1RM. Clean 20 min to determine 1RM	
	6	60 min EZ jog	
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Week	Day	AM Workout	PM Workout
12	1	Back squat 5x5	
	2	5 rounds of 5 reps deadlift (65% 1RM), 20 ring dips. Rest 45 sec after each set	8x200s @ 90% with 2 min rest.
	3		
	4	Tabata 20:10x8, scaled back to 75% of last Tabata mph speed	
	5		
	6	Race Day!!	
	7	Strength an Recovery	

Strength and Conditioning Recovery Workout EXTENDED DESCRIPTION: Should be done on the day of races, after long runs or after interval workouts. Reps are until you feel burn in target area or prescribed amount. Not a timed WOD. This should not be a seriously debilitating workout. If no GHD machine, use physio/swiss ball or BOSU and anchor legs. Use soft knees (slight bend) on way down and hard extension on way up.