**Challenge Workouts**

Only do two of these per week MAX, unless you’re not doing any other training at all.

* 50/20 sandbag: You’ve got twenty minutes to complete 50 reps, any way you can. Generally, you’re best off choosing a weight that you can do 10-15 unbroken reps with, and then digging deep to get through the rest. You can either shoulder the sandbag, or clean and press it (obviously use a lighter weight for the clean and press workout).
* Sled suicides: Load the sled to 100 pounds. Sprint 25m forward, then immediately turn the sled around and sprint 25m backward. No rest between “sets.” You can repeat this workout and try to beat your best time.
* Farmer’s walk: <https://www.t-nation.com/training/tip-do-the-farmers-walk-challenge> (I’m a big believer in Dan John’s conditioning suggestions. Two more good ones: the “Bear/Bear” and “The Eagle” described here [https://www.t-nation.com/workouts/top-6-challenge-workouts.)](https://www.t-nation.com/workouts/top-6-challenge-workouts.%29)
* Do the hill sprint workout below with a weighted vest. I was never able to finish all 8 sprints for this one.

**Regular Conditioning Workouts**

You can really choose any moderate, 10- to 15-minute conditioning session here. Here are some suggestions, but feel free to do whatever you’d prefer.

* Sled drags: choose a weight that you can’t sprint with. Walk 50m forward, focusing on squeezing with your glutes and hamstrings and driving through your heels. Then walk 50m backward, driving through your toes.
* Sled sprints: choose a light weight and sprint 200 meters every 2 minutes for 10 minutes total. So if your sprint takes 30 seconds, you get 90 seconds rest. If it takes 60 seconds, you get 60 seconds rest.
* Hill sprints: same protocol as sled sprints, but 8 sprints total. Find the absolute steepest hill you can.
* 1k erg (1k straight, 2x500, or 4x250)
* Kettlebell swings 5x20, superset with any bodyweight ab exercise 5x10