

Post Qualifications
I.e. you're in the class.

6 Weeks until Class

Monday:

- AM Workout: O-Course work in gear, breathing air
 - Complete 3 evolutions then short jog (800 meters) in gear.
 - ❖ Examples: 2- 3" Hose Carry
 - Sledge Hammers on Tires
 - Pike-pole Pull-downs at 25 reps
 - Stairwell Climb with High Rise Pack
 - Lrg Tractor Tire Flips (use legs more than arms)
 - Hose Hoisting (at least 28 ft/no less than 60 lbs)
- PM Workout: Weight training and 3-5 mile run

Tuesday:

- Pre-Qualification Cardio Workout (Deck of Cards Workout or Crossfit Workout)

Wednesday: Rest/Metcon Day

- Light cycling, jogging, stretching, yoga, etc.

Thursday:

- AM Workout: O-Course work in gear, breathing air
 - Complete 3 evolutions then short jog (800 meters) in gear.
- PM Workout: Weight training and 3-5 mile run

Friday:

- Pre-Qualification Cardio Workout (Deck of Cards Workout or Crossfit Workout). Intensity should be increased. Keep rest between exercises at no more than 30 seconds.

Saturday: Rest/Metcon Day

- Light cycling, jogging, stretching, yoga, etc.

Sunday: Rest and Recovery.

- Focus on hydrating and taking in calories.
- Study GSD nutrition pack.
- Study and inform yourself on Rhabdomyolysis.
- Stretching or Yoga (Flexibility is very important)
- Study GSD Creed.

GET SOME!