



**8 Week
Getting Started Program**

Designed by Primal Performance

Primal

Warm Up

This is a general warm up that will get you ready for most anything. However, if you have a specific area that needs extra attention (i.e. returning from injury, rehabbing an injury or just chronically tight) our performance coaches would be happy to help you out and design something extra for you.

1

TO GET THE BLOOD MOVING

- 500m row or 3min run at 5% incline

2

DYNAMIC MOVEMENTS

- 20m side shuffle (each side)
- 20x (each) high knees, butt kicks, leg swings each leg, hops

3

MUSCLE ACTIVATION AND RANGE MOVEMENT

2 rounds of:

- 15 squats (hands on heads)
- 10 push-ups (2 seconds down 2 seconds up)
- 10 TRX rows
- 30s side plank (each side)
- 30s static hang from bar

IMPORTANT: If any of these movements are above your ability scale them down accordingly. Getting your body ready for the race, adventure or workout is important to prevent unnecessary injuries.

Getting Started Program

Week 1

	TYPE	STRENGTH	CONDITIONING / ACCESSORY	MIDLINE / MOBILITY
Monday	Strength	<ul style="list-style-type: none">- 4x10 Back squat- 20 Speed Skaters- 5x10 Paloff press- 5x10 DB lunges per leg	<p>For time:</p> <ul style="list-style-type: none">- 1,000m Row	Tabata sit-ups
Tuesday	Cardio		4x200m (2 min rest in-between)	
Wednesday	Strength	<ul style="list-style-type: none">- 4x25 Hip hinge w/ dowel- 4x10 KB strict press (each arm)	<ul style="list-style-type: none">- 21-18-15 kb Swings- Single leg hip thrust	3x60s Front plank
Thursday	Cardio			
Friday	Strength	<ul style="list-style-type: none">- 4x10 Bench press- 3x10 Plyo push-up onto med ball- 4x10 Double kb front squat	<p>21-15-9-3</p> <ul style="list-style-type: none">- DB thrusters- Burpee over the DB	
Saturday	Tempo / Time Trial			
Sunday	Tempo / Time Trial			