

# Train Like a CattleWoman Workout Schedule

## Week 1:

3-5 times a week

2 mile walk (if on a treadmill increase the incline to 3)

3 rounds of the following with 30 second break between each exercise and 2 minute rest between each round):

10 push ups (if you need to drop to knees to do, that's fine-you'll build up to regular push ups)

15 tricep dips

20 air squats

25 sit-ups

30 bicep curls (with dumbbell weights you are comfortable with; increasing as your strength permits)

You can google the exercises if you're unsure of form. Break a sweat!

## Week 2:

Workout 2A (Mon and Wed)

5 min warmup on treadmill:

Alternate - run 20 seconds and walk 10 seconds

Shoulder workout (look for the machines in your gym)

4 sets seated barbell shoulder press

4 sets 12 dumbbell side raise

2 sets 12 reps cable side raise

2 sets 12 reps machine side raise

4 sets 12 reps shoulder press machine

(A minute break between each set) look for the machines in your gym.

2 miles (on treadmill incline set at 3)

Workout 2B (Tues and Thurs)

As many rounds as possible (AMRAP) in 30 minutes:

100 jump rope

Walking lunges (15 each leg)

Jumping Jacks for 1 minute

25 air squats

30 step ups (15 ea leg) using 20 inch box

10 burpees

## Week 3:

Workout 3A (Mon/Wed)

Jump rope 100x; 50 sit-ups; jump rope 80x; 40 sit-ups; jump rope 60x; 30 sit-ups; jump rope 40x; 20 sit-ups; jump rope 20x; 10 sit-ups; ending with 1,000 meter row.

Workout 3B (Tues/Thurs)

10 minutes on stairclimber

2 sets 25 reps air squats

2 sets 12 reps (ea leg) reverse lunges

2 sets 12 reps step ups (20 inch box)

2 sets 25 reps air squats

2 mile incline walk

## Week 4:

Workout 4A (Mon/Wed)

5 min warmup on treadmill:  
Alternate - run 20 seconds and walk 10 seconds

30 Russian kettle bell swings  
20 dumbbell bicep curls  
15 dumbbell overhead press  
10 dumbbell side raises  
5 push-ups

2 mile run/walk on treadmill

Workout 4B (Tues/Thurs)  
AMRAP 12 minutes  
250 meter row  
8 burpees  
30 second plank

AMRAP 12 minutes  
15 American kettle bell swing  
10 step ups (20 inch box)  
5 push ups

2 mile walk/run

### **Week 5:**

#### **Monday**

One hour of Incline walk (level 3) - (begin alternating run (level 0) with the walk).  
4 rounds of:  
25 air squats  
25 sit-ups

#### **Tuesday**

30 minutes of Incline walk (level 3) - (begin alternating run (level 0) with the walk).  
4 rounds of (with weight your comfortable with OR challenge yourself):  
15 reps - dumbbell side raise  
15 reps - dumbbell rear delt fly  
15 reps - dumbbell bicep curls  
15 reps - dumbbell tricep extension

#### **Wednesday**

One hour of Incline walk (level 3) - (begin alternating run (level 0) with the walk).  
2 sets of 8 reps - Pull ups - machine assisted  
2 sets of 15 reps - side raise Dumbbells  
2 sets of 15 reps - push ups

#### **Thursday**

30 minutes of Incline walk (level 3)  
4 sets of:  
12 box jumps (20 in high box)  
12 air squats  
12 Russian kettle bell swings  
12 air squats  
12 rear foot elevated lunge  
12 air squats  
12 reverse lunge  
12 air squats

**Friday**

One hour of Incline walk (level 3) - (begin alternating run (level 0) with the walk).

3 sets of:

12 strict shoulder press

6 pull-ups

20 push ups

12 bicep curls

5-10-15-20-15-10-5 sets of:

Push-ups

Sit-ups

**Saturday**

One hour of Incline walk (level 3) - (begin alternating run (level 0) with the walk).

**Sunday**

REST or do cardio only.

**Week 6:****Monday**

AMRAP - 20 minute cap

50 jump rope

40 air squats

30 lunges

20 sit-ups

10 goblet squats (holding 25lb kettle bell or weight)

30 minutes of Incline walk (level 3)

30 minutes running

**Tuesday**

30 minutes of Incline walk (level 3) / 30 minutes running

3 sets each (core)

30 flutter kicks

30 bicycle

30 leg lifts

30 second plank

**Wednesday**

30 minutes of Incline walk (level 3)

4 sets of:

20 tricep dips

20 shoulder press

20 push-ups

1 min plank

20 jump rope

**Thursday**

4 sets of:

50 meter sprint

2 burpees

Tabata / interval training - 9 minutes

20 second workout / 10 second rest

Burpee

Jumping jacks

Mountain climbers

**Friday**

REST - GOOD LUCK at the Savage Race this weekend!