MASQ TRAINING

	DAY 1: run	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	nasal breathing only to control pace	20 min 10 out/10 back (maintain same pace both ways so finish same place start)	25 min 12.5 out/12.5 back (maintain same pace both ways so finish same place start)	25 min 12.5 out/12.5 back (maintain same pace both ways so finish same place start)	30 min 15 out/15 back (maintain same pace both ways so finish same place start)	

	DAY 2: Row	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	nasal breathing only to control pace	21 min every 3 min 50ft bear crawl (25ft forward/25ft backward)	24 min every 3 min 50ft bear crawl (25ft forward/25ft backward)	27 min every 3 min 50ft bear crawl (25ft forward/25ft backward)	30 min every 3 min 50ft bear crawl (25ft forward/25ft backward)	

	DAY 3: bike	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	nasal breathing only to control pace	21 min every 3 min 100ft farmer carry	24 min every 3 min 100ft farmer carry	27 min every 3 min 100ft farmer carry	30 min every 3 min 100ft farmer carry	

	DAY 4: ski	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	nasal breathing only to control pace	21 min every 3 min 50ft sa oh caryy	24 min every 3 min 50ft sa oh caryy	27 min every 3 min 50ft sa oh caryy	30 min every 3 min 50ft sa oh caryy	

	DAY 5: sled	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	nasal breathing only to control pace	50ft each 20 min push, drag, left lateral xover pull, right lateral xover pull, backward drag	50ft each 25 min push, drag, left lateral xover pull, right lateral xover pull, backward drag	50ft each 25 min push, drag, left lateral xover pull, right lateral xover pull, backward drag	50ft each 30 min push, drag, left lateral xover pull, right lateral xover pull, backward drag	

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