

# DEKAFIT



## 6 WEEK TRAINING PROGRAM

### Week 1 (Test Week):

Day 1:

5k Run, run/walk, or walk for time (make sure you log your time)

Day 2:

Run x 500m

Spartan RAM Alternating Reverse Lunge x 30 (55lb/25kg - 33lb/15kg)

Run x 500m

Row x 500m

Run x 500m

Box Jump or Step Overs x 20 (24" box)

\*Log time to complete

\*Spartan RAM can be replaced with another weight implement if needed.

Day 3:

Run, run/walk, or walk x 20min at comfortable aerobic effort (zone 3 if you know your HR zones)

Day 4:

Run x 500m

Med Ball Sit-Up Throw x 30 (20lb/14lb - 4 ½' wall)

Run x 500m

SkiErg x 500m

Run x 500m

Farmer's Carry x 100m (60lb/40lb)

\*Log time to complete

\*If you don't have access to a SkiErg, replace with lightweight strength band pull-downs x 2min

Day 5:

Run x 500m

Air Bike x 25cal

Run x 500m

Dead Ball Wall Over x 20 (60lb/40lb - 4' wall)

Run x 500m

Tank M4 or sled push/pull x 100m (10m push / 10m pull x 5)

Run x 500m

Spartan RAM Burpee x 20 (44lb/20kg - 22lb/10kg)

\*Log time to complete

\*If you don't have access to an Air Bike, cycle x 2min

# Week 2

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Day 1:

500m run at mile race pace x 6 w/2min rest between each

Day 2:

Spartan RAM (or other weight implement) Alternating Reverse Lunge x 30

Row x 500m

Box Jump or Step Overs x 20

Rest x 3min

This completes 1 round.

Continue repeating for a total of 3 rounds.

Day 3:

Med Ball Sit-Up Throw x 30

SkiErg x 500m

Farmer's Walk x 100m

Rest x 3min

This completes 1 round.

Continue repeating for a total of 3 rounds.

Day 4:

Run, run/walk, or walk x 22min at comfortable aerobic effort (zone 3 if you know your HR zones)

Day 5:

Air Bike x 25cal

Dead Ball Wall Over x 20

Tank M4 or sled push/pull x 100m (10m push / 10m pull x 5)

Spartan RAM Burpee x 20

Rest x 3min

This completes 1 round.

Continue repeating for a total of 3 rounds.

# Week 3

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Day 1:

500m run at mile race pace x 7 w/2min rest between each

Day 2:

Run x 2min

Spartan RAM (or other weight implement) Alternating Reverse Lunge x 30

Run x 2min

Row x 500m

Run x 2min

Box Jump or Step Overs x 20

Rest x 2min

This completes 1 round.

Continue repeating for a total of 3 rounds.

\*Scale down to 2 rounds if necessary

Day 3:

Med Ball Sit-Up Throw x 30

Ski Erg x 500m

Farmer's Walk x 100m





Rest x 3min  
This completes 1 round.  
Continue repeating for a total of 3 rounds.  
\*Scale down to 2 rounds if necessary

Day 4:  
Run, run/walk, or walk x 22min at comfortable aerobic effort (zone 3 if you know your HR zones)

Day 5:  
Air Bike x 25cal  
Dead Ball Wall Over x 20  
Tank M4 or sled push/pull x 100m (10m push / 10m pull x 5)  
Spartan RAM Burpee x 20  
Rest x 3min  
This completes 1 round.  
Continue repeating for a total of 3 rounds.  
\*Scale down to 2 rounds if necessary.

## Week 4

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Day 1:  
500m run x 8 at mile race pace w/2min rest in between

Day 2:  
Fartlek Run x 3min - 45sec at easy effort, 15sec at 90% effort, continue repeating until you hit 3min mark.  
Spartan RAM Alternating Reverse Lunge x 30 at max effort  
Fartlek Run x 3min (same as above)  
Row x 500m at max effort  
Fartlek Run x 3min (same as above)  
Box Jump or Step Overs x 20 at max effort  
This completes 1 round.  
Continue repeating for a total of 2 rounds.  
\*Scale down to 1 round if necessary.

Day 3:  
Med Ball Sit-Up Throw x 30 (attempt to go unbroken reps if possible)  
SkiErg x 500 at max effort  
Farmer's Walk x 100m (attempt to complete entire distance without dropping weight)  
Rest x 2min  
This completes 1 round.  
Continue repeating for a total of 3 rounds.  
\*Scale down to 2 rounds if necessary  
Finish w/15% incline treadmill walk or run x 15min at zone 3 aerobic effort

Day 4:  
Run, run/walk, or walk x 24min at comfortable aerobic effort (zone 3 if you know your HR zones)

Day 5:  
Air Bike x 35cal at max effort  
Dead Ball Wall Over x 30 (attempt to go unbroken reps if possible)  
Tank M4 or sled push/pull x 100m (10m push / 10m pull x 5)  
Spartan RAM Burpee x 30 (attempt to go unbroken reps if possible)



Rest x 3min  
This completes 1 round.  
Continue repeating for a total of 3 rounds.  
\*Scale down to 2 rounds if necessary.

## Week 5

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Day 1:  
500m run x 9 at mile race pace w/2min rest in between

Day 2:  
Fartlek Run x 3min - 45sec at easy effort, 15sec at 90% effort, continue repeating until you hit 3min mark.  
Continue repeating for a total of 18min

Day 3:  
DEKAFIT race day simulation for 1st half of the course  
Complete the first 5 DEKA Zones all preceded by 500m  
\*This is a time trial - race day effort  
\*Finish w/run x 10min at zone 3 aerobic effort

Rest x 2 days

Day 4:  
DEKAFIT race day simulation for 2nd half of the course  
Complete the last 5 DEKA Zones all preceded by 500m  
\*This is a time trial - race day effort  
\*Finish w/run x 10min at zone 3 aerobic effort

## Week 6

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Day 1:  
10% incline treadmill walk or run x 5min at zone 3 aerobic effort  
Row x 500m at max effort  
10% incline treadmill walk or run x 5min at zone 4 above threshold (not comfortable) effort  
SkiErg x 500m at max effort  
10% incline treadmill walk or run x 5min at zone 3 aerobic effort  
Air Bike x 25cal at max effort  
10% incline treadmill walk or run x 5min at zone above threshold effort

Day 2:  
Box Jump or Step Overs x 20  
Med Ball Sit-up Throw x 30  
Farmer's Carry x 150m  
Dead Ball Wall Over x 30  
Tank M4 or sled push/pull x 100m (10m push / 10m pull x 5)  
Spartan RAM Burpee x 30  
This completes 1 round.  
Continue repeating for a total of 2 rounds.

Day 3:  
Run, run/walk, or walk x 26min at comfortable aerobic effort (zone 3 if you know your HR zones)



Rest x 3 days

Day 4:

Full DEKAFIT Time Trial

Complete the entire course as close to game day lay-out as possible.

\*Suggested modifications if you don't have all the standard DEKA Zone Equipment:

DEKA Zone 1 - Use any weight implement that allows you to work weighted alt reverse lunge.

DEKA Zone 4 - Use a wall in your gym or at home and place your feet under a sandbag or dumbbells.

DEKA Zone 5 - Attach lightweight strength bands to a bar and do high rep pulldowns.

DEKA Zone 7 - Use a spin bike in your gym.

DEKA Zone 8 - If you don't have a 4' wall, complete dead ball or sandbag lifts.

DEKA Zone 9 - Use a traditional sled and choose a weight that allows you to push and pull at a slow but unbroken pace.

DEKA Zone 10 - Use any weight implement that allows you to complete a weighted burpee.