

A person is climbing a thick rope in a gym. The person is wearing a dark blue t-shirt, dark shorts, and dark shoes with red socks. They are holding the rope with both hands and have one foot on it. The background shows a gym setting with a white wall, a door, and some equipment. The image is framed by a thick orange border.

ZOAR

MASTERS ATHLETE GPP PROGRAMMING

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Monday

A) WARM-UP

ZOAR C&J WARM-UP

(4 Parts)

B) OLY

E2M x 6 Sets

-3 Power Clean @72-74%

drop & reset

C) ACCESSORY

Alt. Kettlebell Z-Press (3x6/ea)

D) AEROBIC

4 Rounds for Time

-40/30 Calorie Row

-20 Alt. Step-Ups 24/20"

-12 Burpee

E) MOBILITY

-1:30 Elbows in Rings Stretch

-1:30 Chest Stretch

Tuesday

A) WARM-UP

Move Through...

-400m Walk

-400m Jog

-ZOAR Run Warm-Up

B) POWER & SPEED

E75s x 7

-40m Sprint

start at RPE 6

All out for sets 5-7

C) LOWER STRENGTH

Back Squat (5x3) @30x1

Video: How to read tempo

D) MUSCLE ENDURANCE

4 Rounds, for Quality

-12 Ring Row

-6 Sumo Good AM 95/65lbs

-3 Wall Walk

E) MOBILITY

Couch Stretch (3:00 / side)

Wednesday

A) WARM-UP

1k Row at 5k TT pace +8s

How to Read Paces

+

4 Rounds, for Quality

-7 *light* Double DB Bent Row

-6 Ring Beat Kips

-5 Deficit Push-Ups

B) STRENGTH & SKILL

Every 90s, x 4 Sets

-2 Low Ring Transition Drill

use false grip

use feet for assistance

C) POSITIONAL STRENGTH

EMOM 8: Alternating

Odd: 7-15s Ring Support Hold

Even: 7-15s Ring Dip Hold

challenging but repeatable for all four sets of each movement

do both exercises on a chest height set of rings

D) MOBILITY

3 Rounds

-30s Dead Hang

-30s Seal Stretch

-30s Seated Bicep Stretch

Listen: Masters Athlete GPP Programming

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Thursday

A) WARM-UP

2 Rounds @warm-up pace
-300m Ski @34-36 SPM
-300m Row @24-26 SPM

B) AEROBIC ACCESSORY

20:00 @conservational pace
-12 Calorie Row
-12 Suitcase Deadlift 35/26 (L)
-50ft SA KB OH Carry 35/26 (L)
-12 Calorie Row
-12 Suitcase Deadlift 35/26 (R)
-50ft SA KB OH Carry 35/26 (R)

C) MOBILITY

Desk Athlete Mobility Checklist

Friday

A) WARM-UP

EMOM 8
Odd: 10 Banded Good Morning
Even: 5 Jefferson Curls 45/35lb

B1) STRENGTH

Deadlift (6x2) 83-85% @31x1
rest 2:00 between sets
obey the tempo – 1s pause on the ground
+
Barbell Bent Row (4x8)
full rest after each set
stay strict – no heaving

C) INTERVAL

6 Sets
-2x50' D-Ball Carry 100/70lbs
-0:30 Sorenson Hold; bw
-12 Hollow Rocks
-10 Palov Press per side
--Rest 1:1 between sets

D) MOBILITY

Supine IT Band Stretch
(3:00 / side)

Saturday

A) WARM-UP

3 Rounds
-0:30 Single Unders
-0:30 Alternating Lizards
-0:30 Up-Dog to Down-Dog

+

ZOAR Squat Sequence 1.0

+

ZOAR Squat Sequence 2.0

B) SKILL & STRENGTH

4 Sets
-4 Attempts at Double Unders
-12 Alternating Reverse Lunge; Goblet Weight 50/35lbs
Rest 90s after each set

C) AEROBIC

E10M x 3
-1200m Run @5k TT Pace
3 Rounds of...
-12 Air Squats
-8 Push-Up + Alt Toe-Touch

D) MOBILITY

3 Rounds
-30s Hip Flexor Stretch
-30s Elevated Pigeon Pose

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