

CronusFit One Seven Five

20-30 Miles of Running every week, building towards longer sustained aerobic capacity and improvement in the 8-10km race distances. Your race pace is your 10km pace. For those new to middle distance running, this program will introduce recovery runs following interval sets, which will be increasingly difficult. Individually, completing a 400-1200m interval at a 10k race pace doesn't seem difficult, but adding recovery intervals only paced :20 slower will stress your breath control.

Lifting will continue to focus on basic movements, maintaining lean muscle development with the overall goal of performing in military training, school(s), or deployment(s).

Weights are based off 1RM. Rest between each set is :60 and 2:00 between parts. Add weight for no regrets.

Week 1	Day 1			Day 2			Day 3			Day 4			Day 5			Day 6			
60%	Strength	Back Squat	4x8	Strength	Hang Clean and Press	4x8	Strength	Deadlift	4x8	Strength	Bench	4x8	Strength	Snatch Grip Row	4x8	METCON	2 Rounds - 50x DU + 40x KBS 53/44 + 30cal AAB, then 2x 40/30/20 and 2x 30/20/10		
		DB Box Step Up	4x10		DB Press	4x10		Lunge	4x10		Dips	4x10		Wide Grip Chin Up	4x10				
	METCON	8AMRAP - 50x Double Under + 10x Pull Up + 15x Box Jump 24/20			METCON	10EMOM - 15x Push Ups			METCON	3RFT - 21x Burpees + 18x KBS 53/42 + 15x Wall Ball Shots 20			METCON	4AMRAP - 20m Sprint + 10m Sled Push			METCON	Every 2min for 10min - 15cal AAB + 10x DL 185/155	
	Conditioning	30min Easy Run			Conditioning	3-Mile Tempo + 10min Cool Down			Conditioning	40min Run			Conditioning	:30 Race Pace + 1:00 Easy for 30min			Conditioning	20min Conversational Pace	
	Conditioning	30min Easy Run			Conditioning	3-Mile Tempo + 10min Cool Down			Conditioning	40min Run			Conditioning	:30 Race Pace + 1:00 Easy for 30min			Conditioning	5k Race Pace	
Week 2	Day 1			Day 2			Day 3			Day 4			Day 5			Day 6			
58-60%	Strength	Back Squat	4x10	Strength	Hang Clean and Press	4x10	Strength	Deadlift	4x10	Strength	Bench	4x10	Strength	Snatch Grip Row	4x10	METCON	10 Rounds Not for Time: 10x Push Press #95 + 10x Hang Power Clean #95		
		Romanian DL	4x12		Shrug	4x12		Good Morning	4x12		Flys + Pull Over	4x12		Lat Pull + DB Row	4x12				
	METCON	100 Slam Balls for Time #25/20			METCON	10x KBS #53 + 50x Double Under...20/40...30/30...40/20...50/			METCON	10AMRAP 5x Pull Up + 10x Push Up + 15x Air Squat			METCON	As many wall balls straight as you can "pace yourself #20/14			METCON	6x2min Rounds - 10x TTB + 20x KBS #53 + 5x DB Thruster #40/30	
	Conditioning	30min Easy Run			Conditioning	1-Mile Race Pace + 15min Conversational Pace			Conditioning	40min Run			Conditioning	1-5-1 Pyramid of Race Pace w/1:00 Easy between sets			Conditioning	2.5-Mile Easy Run	
	Conditioning	30min Easy Run			Conditioning	1-Mile Race Pace + 15min Conversational Pace			Conditioning	40min Run			Conditioning	1-5-1 Pyramid of Race Pace w/1:00 Easy between sets			Conditioning	8x 400m Hard + 400m :25 slower	
Week 3	Day 1			Day 2			Day 3			Day 4			Day 5			Day 6			
62-65%	Strength	Back Squat	5x8	Strength	Hang Clean and Press	5x8	Strength	Deadlift	5x8	Strength	Bench	5x8	Strength	Snatch Grip Row	5x8	METCON	30 EMOM: 20m Sled Push #220		
		Leg Curl + Ext.	5x10		Lat/Front Raise	5x10		Front Rack Lunge	5x10		Cable Fly	5x10		Pull Up	5x10				
	METCON	5 Rounds Not for Time: 20x Cable Crunch + 20x Push Up + :20 Wall Sit			METCON	400m Walking Lunge			METCON	6AMRAP - 8x Alt KB Snatch #53 + 10x Ankle to Bar + 18x Double			METCON	12EMOM - 12x Perfect Push Up			METCON	6 Rounds :45 Rest Between Sets - 25 Decline Crunches	
	Conditioning	30min Easy Run			Conditioning	3.5-Mile Tempo + 5min Cool Down			Conditioning	40min Run			Conditioning	6x 800m Repeats + 50m Walk			Conditioning	25min Conversational Pace	
	Conditioning	30min Easy Run			Conditioning	3.5-Mile Tempo + 5min Cool Down			Conditioning	40min Run			Conditioning	6x 800m Repeats + 50m Walk			Conditioning	10x 400m Hard + 400m :25 Slower	
Week 4	Day 1			Day 2			Day 3			Day 4			Day 5			Day 6			
58-60%	Strength	Back Squat	5x10	Strength	Hang Clean and Press	5x10	Strength	Deadlift	5x10	Strength	Bench	5x10	Strength	Snatch Grip Row	5x10	METCON	Post Run - :60 Max Effort Pull Ups + :60 Max Effort Push Ups + :60 Max Effort TTB		
		Hexbar DL	5x12		Z Press	5x12		Lunge	5x12		Flys + Pull Over	5x12		Upright Row	5x12				
	METCON	20 EMOM - 1) 15x Push Up 2) 20m Shuttle Sprint (5m)			METCON	100 Unassisted Situps			METCON	5RFT - 10x Burpee Box Jump + 10x Power Snatch #75 + 10x Wall Ball Shots #60			METCON	10EMOM - 10xAb Wheel			METCON	4RFT - 20x Wall Ball + 15x Burpee + 10x DB Deadlift #75/#55	
	Conditioning	30min Easy Run			Conditioning	10min Warm Up + 10min Tempo + 20min Conversational			Conditioning	40min Run			Conditioning	2-4-6-8 min hard with 1-2-3-4 Recovery Run			Conditioning	45min Conversational Pace	
	Conditioning	30min Easy Run			Conditioning	10min Warm Up + 10min Tempo + 20min Conversational			Conditioning	40min Run			Conditioning	2-4-6-8 min hard with 1-2-3-4 Recovery Run			Conditioning	8k Race Pace	
Week 5	Day 1			Day 2			Day 3			Day 4			Day 5			Day 6			
60%	Strength	Back Squat	4x12	Strength	Hang Clean and Press	4x12	Strength	Deadlift	4x12	Strength	Bench	4x12	Strength	Snatch Grip Row	4x12	METCON	40EMOM - 1) 200m Run 2) 15m Dual DB Lunge #45 3) 40x Double Under 4) 8x Hang Power Clean and Press		
		RDL	4x10		I/Y/Ts	4x10		Overhead Lunge	4x10		Dips	4xMax		Chin Up	4xMax				
	METCON	5RFT - 15x Burpee + 10x Pull Up + 5x Strict Press #75			METCON	8 Rounds Not for Time - 20x Abmat Sit Ups + :30 Plank			METCON	8 Rounds NFT - 5m Lateral Jump + 5m Forward Jump + 5m Lateral Jump + 5m Rear Jump			METCON	300x Double Unders + 200x Sit Ups + 100x Push Ups			METCON	8AMRAP - 25x KBS #72/53 + 15x Wall Ball + 2x Sandbag Clean #100	
	Conditioning	30min Easy Run			Conditioning	15min Warm Up + 10min Race Pace + 5min Cool Down			Conditioning	40min Run			Conditioning	5min Warm Up + 15min Race pace + 15min Cool Down			Conditioning	5-Mile Conversational Pace	
	Conditioning	30min Easy Run			Conditioning	15min Warm Up + 10min Race Pace + 5min Cool Down			Conditioning	40min Run			Conditioning	5min Warm Up + 15min Race pace + 15min Cool Down			Conditioning	3x 1200m Race Pace Repeat + 800 Recovery Run	

Week 6 58-60%	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6	
	Strength	Back Squat 5x12 Good Moming 5x10	Strength	Hang Clean and Press 5x12 Curl + Press 5x10	Strength	Deadlift 5x12 DB Lunge 5x10	Strength	Bench 5x12 Dip + Tricep Ext. 5x10	Strength	Snatch Grip Row 5x12 Pull Down + Lat Raise 5x10	METCON	Post Run - 100 Burpees (10min time cap)
	METCON	Post Run - Tabata Burpees	METCON	Post Run - Tabata Push Ups	METCON	Post Run - Tabata Box Jumps	METCON	Post Run - Tabata Wall Ball	METCON	Post Run - Tabata Pull Up		
	Conditioning	30min Easy Run	Conditioning	3k Race Pace	Conditioning	40min Run	Conditioning	1-1-2-2-3-3-4-4-5-5 Min Race Pace + :60 Recovery Run	Conditioning	45min Conversational Pace	Conditioning	10k Race Pace
Week 7 63%	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6	
	Strength	Back Squat 4x8 RDL 4x10	Strength	Hang Clean and Press 4x8 Lat/Front Raise 4x10	Strength	Deadlift 4x8 Kang Squat 4x10	Strength	Bench 4x8 Fly + Pull Over 4x10	Strength	Snatch Grip Row 4x8 Pull Up 4xMax	METCON	PreRun - 100 Perfect Pushups
	METCON	3RFT - 12x Dual KB DL #72 + 20m Lunge + 20x Push Ups	METCON	10AMRAP - 20m Sled Push #185 + 20m Sprint + 15x Wall Ball Shots	METCON	150 Tire Strikes	METCON	Post Run - 15-12-9-6-3 FS #185/155 + Toes to Bar	METCON	100m Total Dual DB Lunge (Every two steps complete 4x Power Clean)		
	Conditioning	30min Easy Run	Conditioning	10min Warm Up + 3x5min Race Pace + 3min Recovery Run	Conditioning	40min Run	Conditioning	5k Race Pace	Conditioning	60min Easy Run	Conditioning	1k Race Pace + 10min Cool Down
Week 8 65%	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6	
	Strength	Back Squat 5x8 Sumo Deadlift 5x10	Strength	Hang Clean and Press 5x8 Hammer Curl + Press 5x10	Strength	Deadlift 5x8 Lunge 5x10	Strength	Bench 5x8 Dips 5xMax	Strength	Snatch Grip Row 5x8 Wide Grip Chin Up 5x10	METCON	Post Run - 2min Max Push Ups, 2min Max Sit Ups, 2min Max Pull Ups
	Accessory	5RFT - 15m Tire Flip + 10x GHDSU + 5x Pull Up	METCON	Post Run - 5AMRAP 10m Sled Push #225 + :15 Rest	METCON	Pre Run - 15EMOM 1) 12x Box Jump 2) 8x Box Step Up #45 3) 4x Sandbag Clean	METCON	Post Run - 3x Max Double Under in :60	METCON	12EMOM - 3x HSPU + 8x TTB		
	Conditioning	30min Easy Run	Conditioning	5k Race Pace	Conditioning	40min Run	Conditioning	3k Race Pace	Conditioning	50min Conversational Pace	Conditioning	800m / 1200m / 1200m / 800m Race Pace + 400m Recovery Run
Week 9 60%	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6	
	Strength	Back Squat 4x10 RDL 4x12	Strength	Hang Clean and Press 4x10 Shrug 4x12	Strength	Deadlift 4x10 Box Step Ups 4x12	Strength	Bench 4x10 Flies + Pull Over 4x12	Strength	Snatch Grip Row 4x10 Upright Row 4x12	METCON	PreRun - 200 Sit Ups (as few sets as possible)
	METCON	6RFT - 10cal Row + 10x Wall Ball + 10x Power Clean #95	METCON	3x 3AMRAP 1..2...3..4.. Burpee + Pull Up	METCON	100x Slam Ball for Time	METCON	PreRun - 8AMRAP 20x TTB + 12x Push Press #75 + 12x Floor Press	METCON	Post Run - 150 Decline Crunches		
	Conditioning	30min Easy Run	Conditioning	20min Warm Up Run + 15min Tempo Run	Conditioning	40min Run	Conditioning	:60 Race Pace + :60 Recovery Run x 36min	Conditioning	50min Easy Run	Conditioning	10k Race Pace
Week 10 62%	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6	
	Strength	Back Squat 5x10 Good Moming 5x12	Strength	Hang Clean and Press 5x10 Lat/Front Raise 5x12	Strength	Deadlift 5x10 Leg Curl 5x12	Strength	Bench 5x10 Dips 5xMax	Strength	Snatch Grip Row 5x10 Wide Grip Chin Up 5x12	METCON	30EMOM - 1) 5x Tire Flip 2) 30x Double Under 3) 10x Pull Up
	METCON	6RFT - 10x Box Jump Over + 10x Dual KB SQT #52 + 20m Sprint	METCON	16EMOM 1) 10x Wall Ball Shots #30 2) 20x Push Up 3) 15x Leg Raise 4) 12x Burpees	METCON	Post Run - 100 Burpees for Time	METCON	Every 3min for 12 - 12cal AAB + 12x Sandbag Clean + 10x TTB	METCON	3RFT - 10x Sandbag Ground to Shoulder + 30x Slam Ball #40		
	Conditioning	30min Easy Run	Conditioning	5k Race Pace + 10min Recovery Run	Conditioning	40min Run	Conditioning	10min Warm Up + 5min Race Pace + 10min Conversational + 10min Race Pace	Conditioning	45min Easy Run	Conditioning	3x 2k Race Pace + 800 Recovery Run