



 **TREK4** 
VETS 

+

CHAD 1000X



4 WEEK TRAINING PROGRAM

SLICK – NO PACK, YOU PICK THE HEIGHT OF THE BOX

STANDARD – 15/10KG PACK AND OR VEST, YOU PICK THE HEIGHT OF THE BOX

EXPERT - 20/15KG, PACK AND OR VEST, 20" BOX FOR STEP-UPS

WEEK 1

WORKOUT 1

SLICK – 100 STEP-UPS FOR TIME, YOU CHOOSE BOX HEIGHT

STANDARD – 100 STEP-UPS FOR TIME 15/10KG PACK OR VEST, YOU CHOOSE BOX HEIGHT

EXPERT - 100 STEP-UPS FOR TIME 20/15KG PACK OR VEST, 20"BOX

WORK OUT 2

SLICK/STANDARD/EXPERT

5 SETS OF:

-10 LATERAL LUNGES/COSSACK SQUATS

-10 SIT-UPS

-10 FLUTTER KICKS

THEN 200M WALKING LUNGE TO FINISH, BODY WEIGHT

WORK OUT 3

10 MIN AMRAP - STEP-UPS

SLICK – BODY WEIGHT, YOU CHOOSE BOX HEIGHT

STANDARD – 15/10KG VEST OR PACK, YOU CHOOSE BOX HEIGHT

EXPERT – 20/15KG VEST OF PACK, 20"BOX

GOAL PACE: 15-20 STEP-UPS PER MINUTE/1 REP EVERY 4 SECONDS



WEEK 2

WORKOUT 1

SLICK – BODY WEIGHT, YOU CHOOSE BOX HEIGHT

STANDARD – 15/10KG VEST OR PACK, YOU CHOOSE BOX HEIGHT EXPERT –
20/15KG VEST OF PACK, 20" BOX

5 MIN STEP-UPS

1 MIN REST

4 MIN STEP-UPS

1 MIN REST

3 MIN STEP-UPS

1 MIN REST

2 MIN STEP-UPS

WORKOUT 2

5 SETS OF:

-10 LATERAL LUNGES

-10 SIT-UPS

-10 FLUTTER KICKS

THEN 400M WALKING LUNGES TO FINISH, BODY WEIGHT

WORKOUT 3

SLICK – BODY WEIGHT, YOU CHOOSE BOX HEIGHT

STANDARD – 15/10KG VEST OR PACK, YOU CHOOSE BOX HEIGHT

EXPERT – 20/15KG VEST OF PACK, 20" BOX

200 STEP-UPS FOR TIME



WEEK 3

WORKOUT 1

SLICK – BODY WEIGHT, YOU CHOOSE BOX HEIGHT

STANDARD – 15/10KG VEST OR PACK, YOU CHOOSE BOX HEIGHT

EXPERT – 20/15KG VEST OF PACK, 20"BOX

20 MIN EVERY MINUTE ON THE MINUTE (EMOM) 40 SEC WORK /
20 SECS REST GOAL PACE 10 STEP-UPS

WORKOUT 2

5 SETS OF:

-10 LATERAL LUNGES

-10 SIT-UPS

-10 FLUTTER KICKS

THEN 400M WALKING LUNGES TO FINISH, BODY WEIGHT

WORKOUT 3

SLICK – BODY WEIGHT, YOU CHOOSE BOX HEIGHT

STANDARD – 15/10KG VEST OR PACK, YOU CHOOSE BOX HEIGHT

EXPERT – 20/15KG VEST OF PACK, 20"BOX

300 STEP-UPS FOR TIME

*30 MIN TIME CAP



WEEK 4

WORKOUT 1

30 MIN AMRAP, 20 SEC WORK, 10 SEC REST
GOAL PACE: 5 STEP-UPS IN 20 SEC

WORKOUT 2

5 SETS OF:

- 10 LATERAL LUNGES
- 10 SIT-UPS
- 10 FLUTTER KICKS

THEN 500M WALKING LUNGES TO FINISH, BODY WEIGHT

WORKOUT 3

RETEST OF WEEK 1, WORKOUT 3

10 MIN AMRAP – STEP-UPS

GOAL PACE 15-20 STEP-UPS PER MINUTE

SLICK – BODY WEIGHT, YOU CHOOSE BOX HEIGHT

STANDARD – 15/10KG VEST OR PACK, YOU CHOOSE BOX HEIGHT

EXPERT – 20/15KG VEST OF PACK, 20" BOX