

CARMEL RODRIGUEZ

PHASE 3

Tempo, Agility, and Explosive Movement

Welcome to Phase 3!

I love to train intuitively and listen to my body, and I encourage you to do the same! If you find that the workouts are getting too easy throughout this plan, you can either increase the prescribed RPE or lengthen the work intervals and shorten the rest time.

Weeks 8 to 12 Warm Up

Make sure to warm up at an RPE of 4/5 before each workout. Take as many exercises and reps as you need to loosen up and get warm.

WEEK 9

DAY 1

Core Endurance and Power

SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Flying Superman	3	40 sec	medium	20 sec
Weighted Alternating Single-Arm and Single-Leg V-Up	3	40 sec	medium	20 sec
Alternating Pretty Gladiator	3	40 sec	-	20 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Weighted Get-Up	4	40 sec	20 sec
Forward Plank to Dolphin	4	40 sec	20 sec
Dead Man Burpee	4	40 sec	20 sec
Sky Diver	4	40 sec	20 sec

DAY 2

Full-Body and Upper-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Staggered Push-Up to Chest Opener	3	40 sec	slow/medium	20 sec
Gorilla Row	3	40 sec	slow	20 sec
Wall Plank	3	40 sec	medium	20 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Elbow Slider Scapular Squeeze	4	40 sec	20 sec
Crouched Drop to Dive Bomber	4	40 sec	20 sec
Gun Slinger	4	40 sec	20 sec
Wall Pop	4	40 sec	20 sec

DAY 3

Ladder Full-Body and Cardio

SET 1

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Road Runner Plank Pop-Out	3	20, 30, 40 sec	high	10, 15, 20 sec
Hip Thrust Pop-Up	3	20, 30, 40 sec	medium	10, 15, 20 sec
Elevated Quick Touch	3	20, 30, 40 sec	high	10, 15, 20 sec

Rest for up to two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 7/8. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Weighted Rollback to Hop	3	40, 30, 20 sec	medium	20, 15, 10 sec
Bear Pop Opener	3	40, 30, 20 sec	slow/medium	20, 15, 10 sec
Burpee Whip	3	40, 30, 20 sec	slow/medium	20, 15, 10 sec
Slider Pike	3	40, 30, 20 sec	slow/medium	20, 15, 10 sec

DAY 4

Active Recovery

If you prefer, you can substitute the moves below for an active recovery run or light cardio of choice.

SET 1

Perform as a circuit at an RPE of 4/5. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Loosey Goosey Dance	3	30 sec	15 sec
Jumping Jack	3	30 sec	15 sec
Alternating Back Lunge with Shoulder Dislocate and Reach Around	3	30 sec	15 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Take as much time as you need with each move in this mobility flow.

EXERCISE	ROUNDS	REPS/TIME
Child's Pose Hollow Push to Cobra	1	3 slow reps
Child's Pose Pull Left, Pull Right	1	1 slow rep
Thread the Needle	1	1 slow rep
Elbow Hollow-Out	1	3 slow reps

DAY 5

Full-Body and Lower-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Double Toe Double Kick Drop	3	40 sec	medium	20 sec
Kneeling Quad Extension	3	40 sec	slow	20 sec
Single-Leg Weighted Back Lunge Slider	3	40 sec	medium	20 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Sumo Goblet Squat with Drop	4	40 sec	slow	20 sec
Slider Hammies	4	40 sec	medium	20 sec
Dumbbell Sumo Squat Lunge	4	40 sec	slow	20 sec
Weighted Tip toe Squat with Hop	4	40 sec	slow/medium	20 sec

DAY 6

Rest or Active Recovery

DAY 7

Rest or Active Recovery

WEEK 10

DAY 1

Core Endurance and Power

SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Flying Superman	3	40 sec	medium	20 sec
Weighted Alternating Single-Arm and Single-Leg V-Up	3	40 sec	medium	20 sec
Alternating Pretty Gladiator	3	40 sec	-	20 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Weighted Get-Up	4	40 sec	20 sec
Forward Plank to Dolphin	4	40 sec	20 sec
Dead Man Burpee	4	40 sec	20 sec
Sky Diver	4	40 sec	20 sec

DAY 2

Full-Body and Upper-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Staggered Push-Up to Chest Opener	3	40 sec	slow/medium	20 sec
Gorilla Row	3	40 sec	slow	20 sec
Wall Plank	3	40 sec	medium	20 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Elbow Slider Scapular Squeeze	4	40 sec	20 sec
Crouched Drop to Dive Bomber	4	40 sec	20 sec
Gun Slinger	4	40 sec	20 sec
Wall Pop	4	40 sec	20 sec

DAY 3

Ladder Full-Body and Cardio

SET 1

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Road Runner Plank Pop-Out	3	20, 30, 40 sec	high	10, 15, 20 sec
Hip Thrust Pop-Up	3	20, 30, 40 sec	medium	10, 15, 20 sec
Elevated Quick Touch	3	20, 30, 40 sec	high	10, 15, 20 sec

Rest for up to two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 7/8. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Weighted Rollback to Hop	3	40, 30, 20 sec	medium	20, 15, 10 sec
Bear Pop Opener	3	40, 30, 20 sec	slow/medium	20, 15, 10 sec
Burpee Whip	3	40, 30, 20 sec	slow/medium	20, 15, 10 sec
Slider Pike	3	40, 30, 20 sec	slow/medium	20, 15, 10 sec

DAY 4

Active Recovery

If you prefer, you can substitute the moves below for an active recovery run or light cardio of choice.

SET 1

Perform as a circuit at an RPE of 4/5. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Loosey Goosey Dance	3	30 sec	15 sec
Jumping Jack	3	30 sec	15 sec
Alternating Back Lunge with Shoulder Dislocate and Reach Around	3	30 sec	15 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Take as much time as you need with each move in this mobility flow.

EXERCISE	ROUNDS	REPS/TIME
Child's Pose Hollow Push to Cobra	1	3 slow reps
Child's Pose Pull Left, Pull Right	1	1 slow rep
Thread the Needle	1	1 slow rep
Elbow Hollow-Out	1	3 slow reps

DAY 5

Full-Body and Lower-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Double Toe Double Kick Drop	3	40 sec	medium	20 sec
Kneeling Quad Extension	3	40 sec	slow	20 sec
Single-Leg Weighted Back Lunge Slider	3	40 sec	medium	20 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Sumo Goblet Squat with Drop	4	40 sec	slow	20 sec
Slider Hammies	4	40 sec	medium	20 sec
Dumbbell Sumo Squat Lunge	4	40 sec	slow	20 sec
Weighted Tip toe Squat with Hop	4	40 sec	slow/medium	20 sec

DAY 6

Rest or Active Recovery

DAY 7

Rest or Active Recovery

WEEK 11

DAY 1

Endurance and Power

SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Flying Superman	3	40 sec	slow	20 sec
Weighted Alternating Single-Arm and Single-Leg V-Up	3	40 sec	slow	20 sec
Alternating Pretty Gladiator	3	40 sec	—	20 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Weighted Get-Up	4	40 sec	20 sec
Forward Plank to Dolphin	4	40 sec	20 sec
Dead Man Burpee	4	40 sec	20 sec
Sky Diver	4	40 sec	20 sec

DAY 2

Full-Body and Upper-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Staggered Push-Up to Chest Opener	3	40 sec	slow/medium	20 sec
Gorilla Row	3	40 sec	slow	20 sec
Wall Plank	3	40 sec	medium	20 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Elbow Slider Scapular Squeeze	4	40 sec	20 sec
Crouched Drop to Dive Bomber	4	40 sec	20 sec
Gun Slinger	4	40 sec	20 sec
Superwoman	4	40 sec	20 sec

DAY 3

Ladder Full-Body and Cardio

SET 1

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUND S	REPS/TIME	TEMPO	REST
Road Runner Plank Pop-Out	3	20, 30, 40 sec	high	10, 15, 20 sec
Hip Thrust Pop-Up	3	20, 30, 40 sec	medium	10, 15, 20 sec
Elevated Quick Touch	3	20, 30, 40 sec	high	10, 15, 20 sec

Rest for up to two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 7/8. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Weighted Rollback to Hop	3	40, 30, 20 sec	medium	20, 15, 10 sec
Bear Pop Opener	3	40, 30, 20 sec	slow/medium	20, 15, 10 sec
Burpee Whip	3	40, 30, 20 sec	slow/medium	20, 15, 10 sec
Slider Pike	3	40, 30, 20 sec	slow/medium	20, 15, 10 sec

DAY 4

Active Recovery

If you prefer, you can substitute the moves below for an active recovery run or light cardio of choice.

SET 1

Perform as a circuit at an RPE of 4/5. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Loosey Goosey Dance	3	30 sec	15 sec
Jumping Jack	3	30 sec	15 sec
Alternating Back Lunge with Shoulder Dislocate and Reach Around	3	30 sec	15 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Take as much time as you need with each move in this mobility flow.

EXERCISE	ROUNDS	REPS/TIME
Child's Pose Hollow Push to Cobra	1	3 slow reps
Child's Pose Pull Left, Pull Right	1	1 slow rep
Thread the Needle	1	1 slow rep
Elbow Hollow-Out	1	3 slow reps

DAY 5

Full-Body and Lower-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Double Toe Double Kick Drop	3	40 sec	medium	20 sec
Kneeling Quad Extension	3	40 sec	slow	20 sec
Single-Leg Weighted Back Lunge Slider	3	40 sec	medium	20 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Sumo Goblet Squat	4	40 sec	slow	20 sec
Slider Hammy	4	40 sec	medium	20 sec
Dumbbell Sumo Squat Lunge	4	40 sec	slow	20 sec
Weighted Tip Toe Squat with Hop	4	40 sec	slow/medium	20 sec

DAY 6

Rest or Active Recovery

DAY 7

Rest or Active Recovery

WEEK 12

DAY 1

Core Endurance and Power

SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Weighted Plank Inchworm, Alternating Upper- and Lower-Body to Standing	3	40 sec	slow	20 sec
Weighted Intermittent Sit-Up	3	40 sec	slow	20 sec
Alternating Pretty Gladiator	3	40 sec	—	20 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Weighted Get-Up	4	40 sec	20 sec
Forward Plank to Dolphin	4	40 sec	20 sec
Dead Man Burpee	4	40 sec	20 sec
Sky Diver	4	40 sec	20 sec

DAY 2

Full-Body and Upper-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Staggered Push-Up to Chest Opener	3	40 sec	slow/medium	20 sec
Gorilla Row	3	40 sec	slow	20 sec
Chested Push-Up Slider	3	40 sec	medium	20 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Elbow Slider Scapular Squeeze	4	40 sec	20 sec
Crouched Drop to Dive Bomber	4	40 sec	20 sec
Gun Slinger	4	40 sec	20 sec
Superwoman	4	40 sec	20 sec

DAY 3

Ladder Full-Body and Cardio

SET 1

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Road Runner Plank Pop-Out	3	20, 30, 40 sec	high	10, 15, 20 sec
Hip Thrust Pop-Up	3	20, 30, 40 sec	medium	10, 15, 20 sec
Quick Touch Lunge (Stepper)	3	20, 30, 40 sec	high	10, 15, 20 sec

Rest for up to two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 7/8. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Weighted Rollback to Hop	3	40, 30, 20 sec	medium	20, 15, 10 sec
Bear Pop Opener	3	40, 30, 20 sec	slow/medium	20, 15, 10 sec
Burpee Whip	3	40, 30, 20 sec	slow/medium	20, 15, 10 sec
Slider Pike	3	40, 30, 20 sec	slow/medium	20, 15, 10 sec

DAY 4

Active Recovery

If you prefer, you can substitute the moves below for an active recovery run or light cardio of choice.

SET 1

Perform as a circuit at an RPE of 4/5. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Loosey Goosey Dance	3	30 sec	15 sec
Jumping Jack	3	30 sec	15 sec
Alternating Back Lunge with Shoulder Dislocate and Reach Around	3	30 sec	15 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Take as much time as you need with each move in this mobility flow.

EXERCISE	ROUNDS	REPS/TIME
Child's Pose Hollow Push to Cobra	1	3 slow reps
Child's Pose Pull Left, Pull Right	1	1 slow rep
Thread the Needle	1	1 slow rep
Elbow Hollow-Out	1	3 slow reps

DAY 5

Full-Body and Lower-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Double Toe Double Kick Drop	3	40 sec	medium	20 sec
Kneeling Quad Extension	3	40 sec	slow	20 sec
Single-Leg Weighted Back Lunge Slider	3	40 sec	medium	20 sec

Rest for up to three minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	TEMPO	REST
Sumo Goblet Squat	4	40 sec	slow	20 sec
Single-Arm Kneeling Thrust Pop-Up to Hop	4	40 sec	medium	20 sec
Dumbbell Sumo Squat Lunge	4	40 sec	slow	20 sec
Weighted Tip Toe Squat with Hop	4	40 sec	slow/medium	20 sec

DAY 6

Rest or Active Recovery

DAY 7

Rest or Active Recovery