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The following are a selection of 30-40 minute plans that can be completed mostly without the use of gym equipment. However, a stationary bike (or road bike) or skipping rope are useful for some of these.

Standard Warm Up (Do this before doing each workout to warm up)

Warm Up

20 Arm swings

20 Hip Openers

20 Glute Bridge

400m run

Stretch

Workout #1

2 Rounds

So, 21 burpees, 21 sit ups, 21 squat jumps, then 15 of each and then 9 of each. Rest 3 minutes and then repeat.

Rep scheme: 21-15- 9

Burpees, Sit Ups and Squat Jumps

(you can do another round if two rounds is not enough)

Workout #2

10 minutes AMRAP (as many rounds as possible) x 2, rest three minutes in between.

10 squat jumps, 30 second plank, 30 second wall sit, 7 push ups.

Workout #3

30 min run/cals broken into

5 min run followed by 20 pushups, 15 crunches, 10 squats repeat

Workout #4

Each successive piece run faster.

4 minute run, rest one minute

3 minute run, rest one minute

2 minute run, rest one minute

1 minute run

Rest 2 minutes and repeat.

Workout #5

10 lunges each leg
20 Sit ups
10 Burpees
3 minute run
(3 rounds for time) x 2

Workout #6

Cycle or run workout

3 minutes hard, 1 min light, 2 minutes hard, 1 minute light, 1 minute hard, 1 minute light, 2 minutes hard, 1 minute light, 3 minutes hard, rest 5 minutes and repeat.

Workout #7

Hill Sprints

Find a hill that is steep.

12 x hill sprints (ideally each one would be 30 - 45 seconds of effort) Fast up, slow down. 90 seconds of slow down before the next effort)

Workout #8

60 double unders or 100 single unders (use a skipping rope)
15 Push ups
Run 400m
5 rounds for time

Workout #9

For 20 minutes as many times as possible

200m run with something heavy.
3 pull ups
6 push ups
12 sit ups
Repeat

Workout #10

Cycle or run

2 x 10 minutes hard AT cycle, with 10 minutes rest in between. (you could make this three reps if you had time or shorten the rest to save time).

Workout #11

10 mountain climbers (each leg)
20 Sit ups
10 Burpees
400m run
Repeat x 4

Workout #12

Cycle, or Run
8 x 2 minutes on, 2 minutes light cycle jog. Max effort!

Workout #13 (each piece done at steady state intensity heart rate 70% of max) - cycle or run

7', 1' light
6', 1' light
5', 1' light
4', 1' light
3', 1' light
2', 1' light
1' - rest

Workout #14**Death by burpees.**

EMOM (every minute on the minute)
First minute, 1 burpee
Second minute, 2 burpees
Third minute, 3 burpees.

You start at the top of each minute. When you are done with the reps for that minute the rest of the minute is rest. You add a rep each time. You go until you can't keep up with the workout.

Workout #15

2 x 20 minutes steady state with 5 minutes rest in between (cycle or run)