

SEQUENTIAL FATIGUE CHALLENGE

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Sequence 1

- 10 Burpees
- Sprint 50 Meters
- 10 Plyometric Pushups
- Jog Back To Starting Point

Sequence 2

- 15 Diamond Pushups
- Sprint 50 Meters
- 10 Knee Tucks
- Jog Back To Starting Point

Repeat each sequence 5 times (Total of 10 sequences). Alternate between each sequence (ex. Sequence 1, Sequence 2, Sequence 1, Sequence 2, etc.)

This workout was designed as a time efficient, intense conditioning circuit for combat athletes. This routine targets several combat specific objectives:

- Trains the anaerobic energy systems
- Develops muscular endurance
- Explosive power output
- Mental toughness

The athlete's goal is to complete each sequence five times without rest (alternating between **Sequence 1** and **Sequence 2**). The athlete should continually strive to reduce the total time required to complete the challenge.

Sequence 1 begins with a set of Burpees. Burpees are a tremendous full-body conditioning exercise. Following this movement, the athlete continues with a 50 meter sprint (all-out effort). He will conclude with an explosive set of Plyometric Pushups. This sequence is similar to the energy demands of combat. Often times a fighter must explode with an offensive attack, pushing through the fatigue that builds each round.

As stated by the late Mel Siff*, "Fatigue has a pronounced effect on skill, and different skills have to be learned for operation in the fatigued state" (2003).

Similarly, this workout forces the athlete to push through the fatigue that accumulates with each sequence.

After a brief jog back to the starting line, **Sequence 2** continues with a set of Diamond Pushups. The athlete will then follow up with another sprint, and finally an explosive set of Knee Tucks. Once again, the athlete exhibits explosive muscle actions despite the inevitable fatigue.

This workout can be performed 2-3 days per week as an intense roadwork session. **Each exercise must be performed as fast as possible.** Beginning athletes can begin with 3 sets of each sequence.

*Siff, M.C. (2003). *Supertraining, 6th Edition*. Supertraining Institute. Denver, CO.