



FITNESS

FIT
WEEK



END OF THREE FITNESS

14

DAYS

TIME

15

BENCHMARKS

BENCHMARKS

10,000

**BETTER HUMANS
BUILT**

OUR GOAL

USE OF THIS DOCUMENT IS IN CONJUNCTION WITH OUR TERMS OF SERVICE ([CLICK HERE TO VIEW](#))

Element	Competitor	Established	Recruit
Work Time	4+ hours	3+ hours	2+ hours
Deadlift	≥ 2x Bodyweight	≥ 1.5x	≥ 1x Bodyweight
Back Squat	≥ 1.75x	≥ 1.5x	≥ 1x Bodyweight
Front Squat	≥ 1.5x	≥ 1.25x	≥ .75x
Press	≥ 1x Bodyweight	≥ .75x	≥ .5x Bodyweight
Clean	> 1x Bodyweight	≥ .8-.9x	Skill Practice*
Snatch	> 1x Bodyweight	≥ .8-.9x	Skill Practice*
Jerk	> 1x Bodyweight	≥ .8-.9x	Skill Practice*
Eo3 5K	< 40:00	< 50:00	< 60:00
Strict Pull-ups	20+	10-15+	< 10
Strict Dips	20+	10-15+	< 10
2,000m Row	≤ 7:00	≤ 8:00	≤ 9:00
1.5 Mile Run	≤ 9:10	≤ 11:04	≤ 13:01
500m Row	≤ 1:35	≤ 1:50	≤ 2:00
400m Sprint	60 sec. (+/- 5)	75 sec. (+/- 5)	90 sec. (+/- 5)

**Female Athletes Scale by 30%*

WEEK 1

MON

**Deadlift 1RM
500m Row**

Work up to heavy
1-Rep Max in 15
minutes...not a
second longer.

[Max effort]
500m row

TUES

Clean 1RM

Work up to heavy
1-Rep Max in 15
minutes...not a
second longer.

WED

E03 5K

[CLICK HERE](#)
To learn about the
E03 5K

THUR

REST

Rest/Recovery

FRI

Back Squat 1RM

Work up to heavy
1-Rep Max in 15
minutes...not a
second longer.

SAT

**Max Reps
Dips/Pull-ups**

Complete as many
dips as possible,
rest 5-10 minutes,
then perform as
many strict pull-
ups as possible. As
many reps as
possible.

SUN

Snatch 1RM

Work up to heavy
1-Rep Max in 15
minutes...not a
second longer.

WEEK 2

MON

2,000m Row

**[Max effort]
2,000m Row**

TUES

Press 1RM

**Work up to heavy
1-Rep Max in 15
minutes...not a
second longer.**

WED

Jerk 1RM

**Work up to heavy
1-Rep Max in 15
minutes...not a
second longer.**

THUR

REST

Rest/Recovery

FRI

1.5 Mile TT

**[Max effort]
1.5 mile time trial,
as fast as
possible**

SAT

Front Squat 1RM

**Work up to heavy
1-Rep Max in 15
minutes...not a
second longer.**

SUN

400m Sprint

**[Max effort]
400m sprint**