



VOL 1

6-WEEK TRAINING

TRAINING GUIDE

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INTRODUCTION

Get ready for the upcoming REDLINE Fitness Games this 23 & 24 September with our 6-week REDLINE training guide. This program will help you lay the groundwork, boost your strength, and enhance your aerobic capacity, ensuring you're fully prepared for the challenge ahead.

Created by Coach Markus Frison and put to the test within Team REDLINE, this training plan is specifically tailored to get you in top shape for September's race.

IN 6 WEEKS YOU WILL BE READY TO REDLINE!

PROGRAM OVERVIEW

Here's an overview of the program, with a few quick tips to help make this plan work best for you.

Adapt the programme to your everyday life, your needs and your performance levels.

This guide includes natural progression in training volume, your training will gradually increase in a safe way.

The first 3 weeks include **a hypertrophy phase**, with the purpose of maximum strength build-up. This is followed by another 3-week block, which focuses on race-specific movements and fitness.

Week 6 will be a taper week, where training volume is reduced to optimize race-day(s) performance.

To achieve the best results, it's recommended that you follow the suggested workouts and rep counts. Make sure to execute each workout according to the specified percentage for optimal performance.

Ensure precision in your strength and time-based assessments. Even if you know your maximum weights approximately, please adhere to the program and test them again.

If you're accustomed to it, consider incorporating 10-20% more running volume. Avoid increasing mileage in running sessions; instead, supplement with 1-2 extra aerobic runs on different days as secondary training sessions.

Alternatively, you may choose to do additional bike sessions to increase your overall cardio volume.

The same applies if you are completely new to running or struggle to handle the volume. You can remove 10-20% of the running volume. In this case, we suggest shortening the runs in length.

During the time-based and strength tests, it's important not to feel pressured. The objective here isn't necessarily to achieve personal records (PRs). Instead, the aim is to identify numbers that will effectively **guide your training in a safe and productive manner.**

You might come across the default RPE on certain days. RPE stands for Rate of Perceived Exertion, a scale that helps gauge the intensity level of your effort.

1 signifies complete rest, while 10 represents your maximum effort. Stick to these numbers to establish the intentional stimulus.

For your strength days, you will see some exercises have set percentages and other exercises have no percentages given.

Your task and goal should be to increase the weights of the resistance exercises a little bit from week to week.

THE GOAL IS TO ACHIEVE

**PROGRESSIVE
OVERLOAD**

Acknowledging the significance of recovery and nutrition is crucial. Ensure adequate mobilization and stretching, while prioritizing recovery, calorie intake, and sleep that meet your individual requirements.

For more tips, stay tuned to **our Instagram**. We'll be sharing weekly training insights and station tips very soon!



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DISCOVER
EXCITEMENT

YOUR NEXT 6 WEEKS

PHASE 1

WEEK 1-3

HYPERTROPHY

**SPECIFIC STATION
TRAINING**

PHASE 2

WEEK 4-6

STRENGTH, POWER

**OUTPUT SPECIFIC
WORKOUT TRAINING**



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DISCOVER
EXCITEMENT

PHASE 1

WEEK 1-3

HYPERTROPHY SPECIFIC STATION TRAINING

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WEEK 1

MONDAY

A1) Back Squat

Find your technical
1 Rep Max

A2) Bulgarian Split Squat

4 sets of 8 reps per leg
Use 2 dumbbells

B1) Super Set - 4 sets

12-15 reps Dumbbell Row
12-15 reps Dumbbell Chest Flys

B2) Super Set - 4 sets

10 reps Front Foot Elevated Hip
Thrusts at bodyweight
20 Sprinter Sit Ups

TUESDAY

5km Aerobic Run

Note: stay at 65-75% of your max heart rate
RPE 6.5-7.5

WEDNESDAY

Warm Up

500m Row
2000m Bike

Into 2 rounds

20 walking lunges
15 prone scorpions
15 cook bridges

A1) For Time

30-20-10
kcal Bike
meter Sandbag Lunges
meter Sled Push

A2) For Time

100-50-25
meter Farmer's Carry
kcal Row

*5-minute rest between A1 and A2

THURSDAY

REST DAY

FRIDAY

Warm Up

500m Ski
1000m Run

Into 2 Rounds

20 Walking Lunges
30 seconds Deep-squat Sit
15 Cook Bridges

30-Minute AMRAP at RPE8

25 kcal Bike
400m Ski
15 Sandbag Squats - 20m Sandbag
Lunges at race-weight
400m Row
30m Sled Rope Pull
400m Run

SATURDAY

A1) Deadlift

Find your technical
1 Rep Max

A2) Strict Shoulder Press

Find your technical
1 Rep Max

B1) Super Set - 4 sets

15-20 reps Leg Curls
15 reps Leg Extensions

B2) Super Set - 4 sets

15-20 reps Dumbbell Brand Press
15 reps Strict/banded Pull Ups

B3) Super Set - 4 sets

12 reps Dead Bugs
20m Heavy Single Arm Farmer's Carry
*at your race-weight

SUNDAY

Warm Up

1000m Ski
1000m Row

Into 2 Rounds

10 Snow Angel Push Ups
30 Worlds Greatest Stretch
15 Cook Bridges

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Complete A, B & C as fast as possible

A) 500m Row

B) Complete 5 Rounds

10m Sled Push
20 reps Sandbag Squats
30 reps Burpees
40m Farmer's Carry at race-weight

A) 500m Row

WEEK 2

MONDAY

A1) Back Squat

1 set of 8 at 70%
1 set of 5 at 72%
1 set of 3 at 75%
1 set of 2 at 78%
2 sets of 1 at 80%

A2) Bulgarian Split Squat

4 sets of 8 reps per leg
use two dumbbells

B1) Super Set - 4 sets

12-15 reps Dumbbell Row
12-15 reps Dumbbell Chest Flys

B2) Super Set - 4 sets

10-12 reps Front Foot Elevated
Hip Thrusts at bodyweight
25 second Copenhagen Plank per side

TUESDAY

7km Aerobic Run

Note: stay at 65-75% of your max heart rate
RPE 6.5-7.5

WEDNESDAY

A1) Bench Press

1 set of 8 at 70%
1 set of 5 at 72%
1 set of 3 at 75%
1 set of 2 at 78%
2 sets of 1 at 80%

A2) Pendlay Row

5 sets of 5 reps

B) Complete 3 rounds

500m Ski at 2000m average pace
(*add 5-second per 500m on your pace)
400m Easy Run
500m Row at 2000m average pace
(*add 5-second per 500m on your pace)
400m Hard Run
60-second Rest

**add means go slower, not faster*

C) 10-minute Bike cool down

THURSDAY

REST DAY

FRIDAY

Warm Up

500m Ski
500m Row
500m Jog

Into 2 Rounds

10 Side Plank Reach Unders
10 Bear Plank Kick Backs
15 Cook Bridges

30-Minute AMRAP at RPE8

300m Ski
30 reps Pendulum Shots
300m Row
100m Sandbag Carry
30 reps Burpees
**at your race-weight*

SATURDAY

A1) Deadlift

Find your technical
1 Rep Max

A2) Strict Shoulder Press

Find your technical
1 Rep Max

B1) Super Set - 4 sets

15-20 reps Leg Curls
15 reps Leg Extensions

B2) Super Set - 4 sets

15-20 reps Dumbbell Brand Press
15 reps Strict/banded Pull Ups

B3) Super Set - 4 sets

12-14 reps Dead Bugs
20m Heavy single-arm Farmer's Carry
**at your race-weight*

SUNDAY

Warm Up

1000m Ski
1000m Row

Into 2 Rounds

45 second Deep
Squat Sit
10 Worlds Greatest
Stretch
5 Burpees
25m Sled Push

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For Time

100m run, 10m Deadball Burpees, 10m Sled Push
90 seconds rest
200m run, 20m Deadball Burpees, 20m Sled Push
90 seconds rest
400m run, 40m Deadball Burpees, 40m Sled Push
90 seconds rest
800m run, 80m Deadball Burpees, 80m Sled Push

WEEK 3

MONDAY

A1) Back Squat

1 set of 8 at 72%

1 set of 5 at 74%

1 set of 3 at 76%

1 set of 2 at 78%

2 sets of 1 at 82%

A2) Bulgarian Split Squat

4 sets of 8 reps per leg
use two dumbbells

B1) Super Set - 4 sets

12-15 reps Dumbbell Row

12-15 reps Dumbbell Chest Flys

B2) Super Set - 4 sets

10 reps Front Foot Elevated

Hip Thrusts at bodyweight

20 second Copenhagen Plank per side

TUESDAY

8km Aerobic Run

Note: stay at 65-75% of your max heart rate
RPE 6.5-7.5

WEDNESDAY

A1) Bench Press

1 set of 8 at 72%

1 set of 5 at 74%

1 set of 3 at 76%

1 set of 2 at 78%

2 sets of 1 at 82%

A2) Pendlay Row

5 sets of 5 reps
add 2.5kg to last week

B1) Sled Push

3-4 sets

2 minutes Work for max meters

1 minute Rest

B2) Bike Intervals

5-4-3-2-1 minutes at RPE8-9

2 minutes Easy Ride
in between intervals

C) 1000m Ski cool down

THURSDAY

REST DAY

FRIDAY

Warm Up

500m Ski
1000m Row

Into 2 Rounds

10 Side Plank Hip Abduction
10 High to Low Planks
25m Rope Pull Build-Up

40-Minute AMRAP at RPE8

500m Ski
50m Battle Rope Pull
500m Row
150m Farmer's Carry
500m Run
100m Sandbag Carry
**at your race-weight*

SATURDAY

A1) Deadlifts

A2) Strict Shoulder Press

1 set of 8 at 72%
1 set of 5 at 74%
1 set of 3 at 76%
1 set of 2 at 78%
2 sets of 1 at 82%

B1) Super Set - 4 sets

15-20 reps Leg Curls
15-20 reps Leg Extensions

B2) Super Set - 4 sets

12-15 reps Dumbbell Brand Press
Max reps Strict/banded Pull Ups

B3) Super Set - 4 sets

12-14 reps Dead Bugs
20m Heavy single-arm Farmer's Carry
**at your race-weight*

SUNDAY

Warm Up

1000m Row
1000m Bike

Into 2 Rounds

10 Cossack Squats
per side
10 Worlds Greatest
Stretch
10 Scapula Push Ups

The Hammy

For Time

40-30-20-10
kcal Bike Erg
meter Sandbag Lunges
reps Hand-release Push Ups

2 minute Rest between each set



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DISCOVER
EXCITEMENT

PHASE 2

WEEK 4-6

**STRENGTH &
POWER OUTPUT**

**SPECIFIC STATION
TRAINING**

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WEEK 4

MONDAY

A1) Box Back Squat

Find your technical
1 Rep Max
t

A2) Barbell Push Press

Find your technical
1 Rep Max

*warm up, then start at your 1 rep max back
squat weight and ramp up from here

B1) Barbell Romanian Deadlift

6 reps at 70% of your 1RM deadlift
3 sets

B2) Undergrip Barbell Row

6 reps at Max weight
3 sets

B3) Super Set - 3 sets

4-6 Negative Nordic Hamstring Curls
40 second Copenhagen Plank per side

TUESDAY

A1) 3km Warm Up Jog

A2) Complete 3 sets

100m Easy Run, followed by 100m Stride

A3) Complete 3 sets

10 Leg Swings, back and forth

10 Leg Swings, cross over

B) 3000m Run for Time

C) 1-2km Cool Down Run

WEDNESDAY

Warm Up

1 minute Ski

1 minute Row

1 minute Jog

Main Workout at RPE7

100-80-60-40-20

kcal Ski

kcal Row

kcal Bike

THURSDAY

REST DAY

FRIDAY

Warm Up

1000m Ski
1000m Row

Into 2 Rounds

10 Side Plank Hip
Abductions
10 High to Low Planks

A1) For Time

30-20-10
kcal Bike
meter Sandbag Lunges
meter Battle Rope Pull

A2) For Time

100-50-25
meter Farmer's Carry
kcal Row

*5 minutes Rest between A1 and A2

SATURDAY

A1) Banded Speed Deadlifts

3 reps at 75% 1RM
use medium
resistance band
4 sets

A2) Bench Press

3 reps at 80% 1RM
4 sets

B1) Deficit Reverse Lunges

front foot on 20kg plate
5 reps per leg, 3 sets

B2) Bench-supported Single Arm Row

10 reps per arm, 4 sets

B3) Super Set - 4 sets

8 reps Cossack Squats per leg
45 second Deep Squat Sit

SUNDAY

Warm Up

1000m Ski
1000m Row

Into 2 Rounds

250m Ski
100m Farmer's Carry at
race-weight
250m Ski
50m Sled Push at
race-weight

*3 minutes Rest between rounds

*4 minutes Rest between rounds

A1) Complete 2 rounds

250m Ski
100m Farmer's Carry at race-weight
250m Ski
50m Sled Push at race-weight

A2) 20 minute AMRAP

10 Devil Press at 2x10/2x15kg
10 Handreleased Pushups
20 Kcal Ski
20 Pendulum Shots

WEEK 5

MONDAY

A1) Box Back Squat

1 set of 3 at 80%
1 set of 2 at 82%
1 set of 2 at 84%
2 set of 1 at 86%

A2) Barbell Push Press

1 set of 3 at 80%
1 set of 2 at 82%
1 set of 2 at 84%
2 set of 1 at 86%

B1) Barbell Romanian Deadlift

6 reps at 72% of your 1RM deadlift
3 sets

B2) Undergrip Barbell Row

6 reps at Max weight
3 sets

B3) Super Set - 3 sets

4-6 Negative Nordic Hamstring Curls
40 second Copenhagen Plank per side

TUESDAY

A1) 3km Warm Up Jog

A2) Complete 3 sets

100m Easy Run, followed by 100m
Stride

A3) Complete 3 sets

10 Leg Swings, back and forth
10 Leg Swings, cross over

B) Complete 10 sets

400m at 3k Pace
200m active rest at 5k +
90 sec/km

C) 1-2km Cool Down Run

WEDNESDAY

A1) 1 minute Ski

1 minute Row
1 minute Jog

A2) 4 sets

30 second Progressive Ski
30 second Rest
30 second Progressive Row
75 second Rest

B1) Complete 8 sets

200m ski at 2000m average pace
30 seconds rest
200m row at 2000m average pace
30 seconds rest
20 kcal Bike
60 seconds rest

C) 10 minute Bike Cool Down

THURSDAY

REST DAY

FRIDAY

Warm Up

1000m Ski
1000m Bike

Into 2 Rounds

10 Side Plank Hip
Abductions
20 Air Squats
10 Bodyweight Lunges

A1) For Time

50-25-10
kcal Bike
reps Pendulum Shots
kcal Ski

A2) For Time

150-100-50
meter Farmer's Carry
reps Sandbag Lunges

*5 minutes Rest between A1 and A2

SATURDAY

A1) Banded Speed Deadlifts

3 reps at 77% 1RM
use medium
resistance band
4 sets

A2) Bench Press

3 reps at 83% 1RM
4 sets

B1) Deficit Reverse Lunges

front foot on 20kg plate
5 reps per leg, 3 sets

B2) Bench-supported Single Arm Row

10 reps per arm, 4 sets

B3) Super Set - 4 sets

45 second Deep Squat Sit
8 reps Cossack Squats per leg

SUNDAY

Warm Up

1000m Ski
1000m Row

Into 2 Rounds

250m Row
100m Farmer's Carry at race-weight
250m Ski
50m Sled Push at race-weight

*3 minutes Rest between rounds

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For Time

Complete 5 rounds
400m Run
10m Sled Push
10m Battle Rope Pull
100m Sandbag Run
*at race-weight

WEEK 6

MONDAY

REST DAY

TUESDAY

A1) 3km Warm Up Jog

A2) Complete 3 sets

100m Easy Run, followed by 100m
Stride

A3) Complete 3 sets

10 Leg Swings, back and forth
10 Leg Swings, cross over

B) Complete 10 sets

400m at 3k Pace
400m active rest at
3k + 90 sec/km

**C) 1-2km Cool Down
Run**

WEDNESDAY

A1) Complete 3 sets

1 minute Ski
1 minute Row
1 minute Bike

A2) 4 sets

30 second Progressive Ski
30 second Rest
30 second Progressive Row
75 second Rest

B) 20 Minute AMRAP at RPE8

15 kcal Ski
50m Farmer's Carry at
race-weight
15 kcal Bike
20 Pendulum Shots at
race-weight
15 kcal Row

C) 10 minute Bike Cool Down

THURSDAY

REST DAY

WEEK 7

FRIDAY

Race Activation EMOM15

Minute 1: Air Squats
Minute 2: Plank Hold
Minute 3: Wall Sit
Minute 4: Burpees

Work 40 seconds / Rest 20 Seconds

YOU'RE OFFICIALLY READY TO REDLINE!

Your 6-weeks of build up are completed and you have created the foundation for your success at REDLINE Fitness Games 2023!



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DISCOVER
EXCITEMENT



MOVEMENT LIST

Click to watch REDLINE-approved movement standard videos.

**BACK
SQUAT**

**BULGARIAN
SPLIT
SQUAT**

**ROMANIAN
DEADLIFT**

**FOOT
ELEVATED
HIP
THRUST**

**COPEN-
HAGEN
PLANK**

**BENCH
PRESS**

**PENDLAY
ROW**

**BANDED
FACE
PULL**

**SINGLE
ARM
FARMER'S
CARRY**

**DUMBBELL
ROW**

**DUMBBELL
CHEST
FLY**

**PULL UP
VARIA-
TIONS**

**DEAD
BUGS**

**PLANK
HOLD**

**SPRINTER
SIT UPS**

**PUSH
PRESS**

**BOX
BACK
SQUAT**

**NORDIC
HAMSTRING
CURL**

**SIDE
PLANK
HIP
ABDUC-
TION**

**COSSACK
SQUAT**

**DEFICIT
REVERSE
LUNGE**

**UNDER
GRIP
BARBELL
ROW**

**SINGLE
ARM
ROW**

**HIGH TO
LOW
PLANK**

**BANDED
SPEED
DEADLIFT**



DISCLAIMER

**THIS TRAINING PROGRAM SHOULD ONLY BE
CARRIED OUT IF THERE IS NO MEDICAL
OBJECTION.**

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