Congratulations on accepting the Valor Challenge honoring Dan Manrique and Purple Heart Recipients! It’s time to start preparing. No plan will fit everyone so adjust fire as needed to make it fit you, the resources you have, and your schedule. If you have any questions please don’t hesitate to contact cindy.moore@teamrwb.org or hop on our “Let’s Get Started” Wednesday live zoom calls!

Get Ready!

When choosing your challenge duration, consider your fitness level or a small reach beyond. If you are currently not exercising at all, you may want to focus on completing the Manrique WOD aka the “Valor Hour” level. If you exercise pretty consistently, three times a week for 45 mins at a moderate to vigorous intensity, consider tackling the 12 or 24-hour challenge. If you exercise almost every day for 60 mins and longer at a pretty high intensity, test your limits with the 48-hour challenge. If you are planning on challenging yourself, reaching beyond your current fitness level, start now to build up your weekly mileage for running, biking, or rowing. Increasing mileage by 10% is considered a safe amount.

Strength training is key to helping you through the Manrique WOD and beyond into the endurance segments. Building total body strength is going to help you carry on when you start to fatigue. This challenge is not going to be “won” on speed but determination and endurance. We’ve created this 3 x 4 week training program to help you prepare.

Training Tips:

1. **Find your route.** If you are running or biking, map out your route, or two. Find a couple of routes that you can do right out of your front door. Make sure they are flat and interesting. Check them out at all the different times you are going to be out there to make sure it is safe and always have a plan B!

2. **Make a plan and practice it.** Print your tracker, plan your segments, and practice getting up in the middle of the night to exercise. Take note of how long it takes you to get out of the door or to get started and how you felt afterward.

3. **Train when you are tired.** The running and biking miles will add up and quickly fatigue your legs. Rowing will also target the legs, shoulders, upper back, and grip strength. Take that tired body out for a run, bike, or row day after a long day.

4. **Train your mind.** As your training progresses, do double or triple workouts on the same day. This will train your body, and mind, to stop and start exercising multiple times throughout the day.
5. **Fuel yourself to finish!** Nothing new on challenge day. Test out your nutrition during your training and see how your body reacts to quick fuelings and what is optimal to keep you moving.

6. **Get a support crew.** You’ll have Eagle Nation on the app tackling this challenge along side you, but an in-person support team will be clutch to help you with food prep and wake you up if you oversleep! Share your goal and why you’re tackling this challenge so they can remind you if needed!

**Challenge Day Tips:**

1. **Start on a full battery.** If possible, start in the morning, after a good night’s sleep. Four or eight AM works out best. We will be kicking off with the Manrique WOD. Decide what movements /modifications you are going to do and plan for your space and equipment. If you plan to complete the WOD with other Eagles, figure out when in the challenge you’ll be doing so and backwards plan accordingly.

2. **Slow and steady.** During the challenge, run/row/bike slow. You will have 4 hours to complete the distance before starting again - you’ve got time. Maintain a conversational pace, something like a 2 out of 10 on the effort scale.

3. **Execute your plan.** Make a plan and stick to it. As the hours drag on, you may find that you are not thinking straight, math becomes difficult, and you can not remember the last time you ate. Don’t keep it in your head, write it all out. Start time, what time it will be when you do your next leg, when and what you are going to eat, and at what times you will try to sleep. This plan will not only help you stay on track but also help your support crew know what you are up to and how to best help you.

4. **Be safe and don’t chafe!** Think safety and comfort. Get some reflective gear and a headlamp to wear at night so you can see and cars can see you. Body Glide or other anti-chafing creams will make you more comfortable as the miles add up.

5. **Keep it moving.** Between legs, don’t stop moving unless it is for sleep. Try to keep up with your normal activities, taking a break to complete a leg. Sitting for long periods between legs will make it harder, and more painful, to get moving again. Hello lactic acid!

6. **Grab a buddy!** Having someone do this challenge with you will improve your chances of finishing. If you can not get someone to do the whole thing, having someone with you during the night runs will keep you both safe.
Week 1

Day 1: Push-ups & Swings - 3 Rounds
Let's start with some jump rope! Knockout single unders, one rotation per jump, or double
unders, two rotations per jump. After that move to 3 rounds of Push-ups and Russian kettlebell
swings. When complete, go for one round of 100 high knees, running them or doing them
slower.
Buy-in: 100 Jump Rope, (Double Unders or Single Unders (DU/SU), Line Jumps, or taps
3 Rounds
20 Push-ups
20 Kettlebell Swings/ Weighted bag swings
Cash out: 100 High Knees

Day 2: Burpee Ladder
Every Minute on the Minute (EMOM) complete the recommended amount of reps and then rest
for the remainder of the minute. Start with two burpees and add on another burpee each minute.
Keep going until you can no longer do the required amount of burpees in the minute. Rest for
two minutes, and then work your way back down to two burpees.

Day 3: Plank Hold Challenge
Take 5 attempts to hold a plank for as long as possible. After each attempt, rest for at least a
minute before doing another hold.
After your holds, do 30 minutes of continuous movement. Take a walk, go for a run, hike, ruck,
go swimming, or do a rowing workout. Have fun!
Week 2

Day 1: 15 mins As Many Rounds as Possible (AMRAP)
For 15 minutes work through the following movements, as many times as you can. Choose an appropriate box height and deadlift weight for your fitness level. Set the weight between your feet, hip-width apart, and with a braced core and straight arms, stand and squeeze your butt then lower the weight back to the ground.
10 Box Jumps/Step-ups
20 Bird Dog. Keep core tight, no side lean.
30 Single Kettlebell/Weighted Bag Deadlift

Day 2: Tabata
A Tabata is 20 seconds of max-effort work followed by 10 seconds of rest. For this Tabata, we are going to do 8 rounds of one exercise, rest for 1 minute, then move on to the next exercise.
1 High Knees
2 Bent Over Row- Dumbbells or a weighted bag.
3 V-up or Sit-up
4 Goblet Squat or Air Squat

Day 3: High Pull Challenge
Today, challenge yourself with max reps of a high pull. Choose your weight, dumbbells, kettlebells, barbell, or weighted bag. Start standing with arms fully extended and weight hanging towards the floor. Keeping your abs tight and ribs down, pull the weight up your torso with your elbows pointing up, not out at the end of the movement. Complete 5 sets of unbroken reps with good form. Rest at least a minute before doing the next set. Afterward, complete 45 minutes of continuous movement.

Week 3

Day 1: Cardio and Squats
Today we will work on starting and stopping your choice of cardio. You can choose whatever type of cardio you like, running, walking, cycling, rowing, and so on. The goal is to keep on moving as your legs are fatiguing. Choose your squat weight that is moderately heavy but allows for 10 unbroken reps.
5 RFT
400m cardio of your choice (10 mins for outdoor cycling not on an air bike)
10 Weighted Squats
Day 2: Push up and Box Jump EMOM
Starting at 0 and going to 20 mins alternate between Push-ups and Box Jumps. Add one rep to both exercises each time you come back to them. More advanced athletes can start their reps at a higher number than 4 or add on more reps each round. Modify movements as needed based on your fitness level.
Min 0-1 4 Push-ups
Min 1-2 4 Box Jumps/step-ups
Min 2-3 5 Push-ups
Min 3-4 5 Box jumps/step-ups
And so on until you reach a total of 20 minutes.

Day 3: Overhead Press 5x5
Today we want you to work on your overhead press strength for 5 sets of 5 reps. You can use whatever you have on hand, dumbbells, kettlebells, barbell, or a weighted bag. Start standing and, without leaning back, press the weight to an overhead position. Arms should be fully extended with the upper arm in line with your ears. If possible, increase your load throughout all sets. If you only have one of the objects you are using, you can do one arm at a time.
When complete, get after 1 hour of continuous movement, cardio of your choice.

Week 4

Day 1: Deadlifts and Inchworms 5 RFT
Today we are working on the posterior chain and core stabilization. Choose a weight for the deadlifts you can do unbroken for all 10 reps. It should feel moderately heavy. Remember to control the descent, and then touch and go at the bottom. For the inchworms, challenge yourself to keep moving your hands beyond your shoulders before you inch back in.
5 RFT
10 Deadlifts
10 Inchworms

Day 2: Double Unders & “American” Kettlebell Swings ++ Tabata
Tabata time! A Tabata is 20 seconds of max-effort work followed by 10 seconds of rest. Complete 8 rounds of one exercise, rest for 1 minute, then move on to the next exercise.
1. Double Unders (sub single unders or toe taps to an object)
2. Glute Bridge; use weight if desired but remember to squeeze at the top.
3. American Kettlebell Swing. Core tight kettlebell (or another object) goes all the way overhead.

**Day 3: “Prove it” 2 Rounds**

Today is your chance to test out the Manrique Hero WOD without completing the whole thing. Take a look at the WOD and choose your weight, box height, and scaled version keeping in mind your current fitness level. Gather your equipment and clear your space. Do a warm-up and then complete 2 rounds of the WOD. Once finished, make note of the time it took you to complete the two rounds and make a goal for when you do the whole WOD later. The “Prove it” rounds allow you to get a feel of how the WOD runs, what the movements feel like back to back, and how the loads you chose are going to feel after the first few reps.