

the two hundred lunges training program

Steve Speirs

moɔ.ɛəbnulbəาbnudowi	

1 36K 50K 52K 1 26K 30K 34K 28K 1 20K 30L 34K 34K 1 20K 30K 34K 36K 1 20K 30K 34K 36K 1 20K 30K 36K 36K 1 18K 26K 30K 36K 1 20K 30K 36K 36K 1 20K 30K 36K 36K 1 20K 30K 36K 36K				
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1 30L 34L 1 5.20L 30L 34L 1 5.20L 30L 34L 1 5.20L 30L 34L 1 2.20L 30L 34L 1 3.20L 32L 36L 30L 1 3.20L 32L 36L 36L 1 3.20L 32L 36L 36L 1 3.20L<				
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T YAC A 1 50.45 FTYAER FIREOURSE FI	385			5 T 3
DAX 1 DAX 1 CONDS BETWEEN EACH SET (LONGER IF REQUIRED) T 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED) T 45 DAX 3 T 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED) T 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED) T 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED) T 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED) T 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED) T 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED) T 46 SET 12 CLONGER IF REQUIRED) T 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED) T 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED) T 46 SET 12 CLONGER IF REQUIRED) T 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED) T 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED) T 46K SEK SEK SEK SEK SEK SEK SEK SEK	34R			2 T
Contract	34F	305	202	1 L I
A A A A A A A A A A A A A A A A A A A	е ведивер)			T 45 SEC
T 6 JBK 1 JBK 1 1 6 138K 26K 30K 1 5 138L 26K 30K 1 4 20K 30K 36K 1 3 26K 30K 36K 1 4 20K 30K 36K 1 3 26K 30K 36K 1 4 26K 32K 46K 1 3 26K 32K 46K 1 3 26K 32K 46K 1 3 36K 32K 36K 1 3 36K 37K 36K <td>(AZV teesl te) xem</td> <td></td> <td></td> <td>8 T 3</td>	(AZV teesl te) xem			8 T 3
1 2 18L 26L 30L 1 2 18L 20L 30L 1 20L 30L 30L 30L 1 20L 32L 42L 30L 46L 1 30L 32L 32L 46L 30L 1	A92	22A	146	Z 13
T 30R 30R 36R 1 20R 30L 36R 1 20L 30L 36R 1 20L 30L 36R 1 20L 30L 36R 1 20L 30L 30L 1 36R 30R 36R 1 36R 32R 46R 1 36L 32R 46R 1 36L 32R 46R 1 36L 32R 46R 1 36L 32R 36R 1 36R 32R 36R 1 36R 36R 36R 1	308	298	185	9 L
T 3 20L 30L 36L 1 3 20L 30L 36L 1 3 20L 30L 36L 1 45 20L 20L 30L 36L 1 3 20L 30L 36L 30L 1 45 20L 30L 30L 36L 1 3 36L 32L 46L 46L 1 3 36L 32L 30L 30L <	30	797	781	S 13
T 2 SETWEER KCH SET (LONGER IF REQUIRED) 1 2 SETWEER KCH SET (LONGER IF REQUIRED) 1 45 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED) 1 5 SECONDS BETWEER KCH SET (LONGER IF REQUIRED)	36R	30 <i>K</i>	20 <i>K</i>	₹ T 4
1 18 29C 30C 1 42 25C 30C 30C 30C 1 42 25C 30C 30C 30C 1 42 25C 30C 30C 30C 1 42 35C 30C 30C 30C 1 43 0 9C 30C 30C 40C 1 30 30C 30C 30C 30C 40C 1 30 30C 30C 30C 30C 40C 1 30 30C 20C 30C 30C 20C 30C 1 40 30C 20C 30C 30C 30C 30C 30C 1 40 30C 20C 30C 30C 30C 30C 30C 1 40 30C 20C 30C	395	30	707	£ 13
DXX1 DXX1 1 5 5CCONDS BETWEEN EXCH SET (LONGER IF REQUIRED) > 79 Unges 1 5 5 5 0 5 0 5 0 5 0 5 0 5 0 5 0 10 10 0 5 0 5	308	29 <i>K</i>	18K	Z 1
Image: Provision of the strate of t	30	797	781	1 I I
1 SPR 32K 46K 1 SPR 32K 46K 1 SPR 60 (62) (100) 25K 1 SPR 20K 25K	е кеблікер)			T 45 SEC
13 SPET 337 4E 113 SPET 30K S2K 25K 14 34F S2K S2K S2K 14 34F S2K S2K S2K 15 96 - 62 µndes 60 - 62 µndes > 20 µndes 15 97 × 12 KT 10 µndes > 20 µndes	(AOT teesl fe) xem	(AZƏ tesəl ts) xem	(ASZ teesl te) xem	S 13
T > 0 36K 50K 52K T > 36K 50K 52K 52K T > 36K 50K 52K 52K T > 36K 50K 52K 52K	49F	328	298	₹ 4
T 60 52 50 52 1 36L 60 - 65 100ges 57 90 60 - 65 100ges 66 - 78 100ges > 79 100ges 1 36L 50L 57 52L 1 60 - 65 100ges 57 52L 1 1 1 1 1 1 1 1	79Þ	32L	797	£ 13
DXY 1 T 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED) 60 - 65 Iunges 66 - 78 Iunges > 79 Iunges	SZR	20 <i>B</i>	398	2 I 3
DAY 1 т 60 SECONDS ВЕТМЕЕН ЕАСН SET (LONGER IF REQUIRED)	225	705	39F	1 I.
r yad	səbuni 62 <	səɓuni 82 - 99	səɓuni <u>5</u> 9 - 09	
	е кеблікер)			T 60 SEC
	ur latest test results			м 6 :9 үәәм

week 1: pick the appropriate column depending on your initial test results

7 - 13 lunges

6L

6R

5L

5R

9L

9R

8L

8R

10L

10R

9L

9R

max (at least 6A) max (at least 10A) max (at least 14A)

max (at least 6A) max (at least 10A)

max (at least 8A) max (at least 12A)

14 - 26 lunges

12L

12R

91

9R

12L

12R

10L

10R

14L

14R

12L

12R

DAY

up to 6 lunges

31

3R

41

4R

max (at least 4A)

4L

4R

5L

5R

max (at least 6A)

5L

5R

6L

6R

SET 1

SET 2

SET 3

SET 4

SET 5

SET 1

SET 2

SET 3

SET 4

SET 5

SET 1

SET 2

SET 3

SET 4

SET 5

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

DAY 2

REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

	SS TEST	ькоеке			
(AZƏ J269I J6) x6m	(A82 tasel ts) xem	(A95 tasel ta) xem			
A0£	74∀	14A			
248	20 <i>B</i>	ISR			
24C	201	TSL			
328	278	19R			
321	727	76 T			
288	SSR	371			
782	752	٦LI			
ST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)					
(A8Z teesl te) xem	(ASZ tesel ts) xem	(ASE tasel ta) xem			
A82	A02	ASI			
238	18K	136			
73F	181	131			
308	29B	TSR			
30	797	TST			
268	238	136			
797	737	131			
е кеблікер)	СН ЗЕТ (ГОИВЕВ I У 2	AD AD BETWEEN EA			
(ASZ teest te) xem	(AZ4 teest fe) xem	(AðS tesel te) xen			
39B	30В	186			
395	30	181			
49k	38К	24K			
797	385	24C			
səɓuni 09 <	səɓuni 09 - 12	səɓuni 05 - 14			
е кеблікер)	сн зет (гоибев I	AD IDS BETWEEN EA			

week 5: pick the appropriate column depending on your latest test results

week 2: pick the same column as you did in week 1

14 - 26 lunges

16L

16R

12L

12R

18L

18R

14L

14R

20L

20R

16L

16R

7 - 13 lunges

10L

10R

91

9R

max (at least 6A) max (at least 10A) max (at least 18A)

12L

12R

10L

10R

max (at least 6A) max (at least 15A) max (at least 20A)

15L

15R

12L

12R

max (at least 10A) max (at least 18A) max (at least 25A)

DAY 1

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

DAY 2

REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

DAY 3

REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

PROGRESS TEST

up to 6 lunges

5L

5R

6L

6R

6L

6R

7L

7R

7L

7R

8L

8R

SET 1

SET 2

SET 3

SET 4

SET 5

SET 1

SET 2

SET 3

SET 4

SET 5

SET 1

SET 2

SET 3

SET 4

SET 5

	SS TEST	ьвоеве				
(ASZ teesl te) xem	All te) xem (AC4 teast 424 (at least 424) xem					
338	248	18K	ZET 4			
330	24F	181	SET 3			
388	328	228	SET 2			
380	350	זזר	₹ TEL 1			
іғ кеблікер)	ИСН ЗЕТ (ГОИСЕВ У З		REST 120 SEC			
(Að4 fæst føð) xem	(Að£ fasel fa) xam	(AES teesl te) xem	S T S			
308	228	148	ZET 4			
30	זזר	141	SET 3			
328	0K 58K 5		SET 2			
320	782	201	₹ET 1			
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)						
(A04 tessi te) xem	(ASE teeel te) xem	(AOS teesl te) xem	S T S			
872	20 <i>K</i>	128	5ET 4			
٦٢	707	זזר	SET 3			
ззв	268	188	SET 2			
322	797	181	¢ ⊥∃S			
səɓuni 07 <	səɓuni 07 - 12	səɓuni 0£ - 12				
PAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)						

REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)						
SET 1	15L	22L	26L			
SET 2	15R	22R	26R			
SET 3	10L	18L	18L			
SET 4	10R	18R	18R			
SET 5	max (at least 15A)	max (at least 24A)	max (at least 32A)			
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)						
SET 1	17L	24L	30L			
SET 2	17R	24R	30R			
SET 3	11L	20L	24L			
SET 4	11R	20R	24R			
SET 5	max (at least 17A)	max (at least 27A)	max (at least 36A)			

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)						
	21 - 30 lunges	31 - 40 lunges	> 40 lunges			
SET 1	13L	20L	22L			
SET 2	13R	20R	22R			
SET 3	9L	16L	18L			
SET 4	9R	16R	18R			
SET 5	max (at least 13A)	max (at least 22A)	max (at least 26A)			
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)						
SET 1	15L	22L	26L			
SET 2	15R	22R	26R			
SET 3	10L	18L	18L			
SET 4	10R	18R	18R			
SET 5	max (at least 15A)	max (at least 24A)	max (at least 32A)			
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)						

week 3: pick the appropriate column depending on your latest test results

initial test: the road to two hundred lunges		initial	test:	the	road	to	two	hundred	lunges	
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		million test, the for	
	< 30 YEARS	30 - 40 YEARS	> 40 YEARS
RANK	nu	mber of lunges perform	ned
5	OVER 70	OVER 65	OVER 60
4	50 - 70	45 - 65	40 - 60
3	35 - 49	30 - 44	25 - 39
2	25 - 34	20 - 29	15 - 24
1	0 - 24	0 - 19	0 - 14