



Aware Wolf Daily Workout Protocol



“I Train with intent. I Live with purpose.”

Be DETERMINED. Stay MOTIVATED. Remain PASSIONATE

● MONDAY – Upper Body Strength

- 10–20 min cardio warm-up on the bike
- Push/Pull strength (45–60 min)
- 5–10 min stretch/SMR finish
- 5 minutes of slow nasal breathing (box style-inhale 4 seconds & exhale 6-8 seconds)

● TUESDAY – 5K Run (Steady)

- 10 min warm-up (fast walk)
- 3.1 mile run minimum
- 10 min cool down (slow walk)
- Post-run stretch (critical)
- 5 minutes of slow nasal breathing (box style-inhale 4 seconds & exhale 6-8 seconds)

● WEDNESDAY – Generally a 16-Hour Work Shift for me (Active Recovery)

- Stay moving throughout shift
- 5–10 min mobility (hips/back focus)
- Breath resets when possible

● THURSDAY – Cardio Variation Day

- 10 min warm-up (fast walk)
- Rotate weekly (minimum 3.1 miles)
 - Intervals
 - Incline
 - Tempo
 - Easy recovery run
- 10 min cool down (slow walk)
- Post-run stretch (critical)
- 5 minutes of slow nasal breathing (box style-inhale 4 seconds & exhale 6-8 seconds)

● FRIDAY – Lower Body Strength

- 10–20 min cardio warm-up on the bike
- Legs + posterior chain (45-60 minutes)
- Core work (10 min minimum)
- 5–10 min stretch/SMR finish
- 5 minutes of slow nasal breathing (box style-inhale 4 seconds & exhale 6-8 seconds)

● SATURDAY – Long Run

- Minimum 6.2 miles minimum
- Zone 2 pace
- Focus: endurance + mental clarity
- 10 min cool down (slow walk)
- Post-run stretch (critical)
- 5 minutes of slow nasal breathing (box style-inhale 4 seconds & exhale 6-8 seconds)

○ **SUNDAY – Restoration Day**

- Walk / hike (ideal for you) – GET OUTSIDE
- Morning and Evening Protocols as normal

● **Weekly Target Goals**

- Steps (Daily)
 - Soft Goal – 10,000 Steps
 - Target Goal – 20,000 Steps
 - Reach for the Stars Goal – 20,000+
- Intensity Minutes (Daily)
 - Soft Goal – 30 Minutes
 - Target Goal – 60 Minutes
 - Reach for the Stars Goal – 60 Minutes+
- Nutrition
 - Eat only real, whole foods
 - Avoid excessive carbohydrates
 - Avoid seed oils
 - Avoid processed food
 - Avoid mindless eating
- Hydration
 - Target Goal – 85 oz with electrolytes as well
 - Hotter Days – up the total
 - Limit caffeine (1-2 cups coffee max)

