



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
- Resistance Training (45–60 min)
- 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)

● 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
- Resistance Training (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
 - No pace target. No intensity target. Movement for restoration and enjoyment.
- Morning and Evening Protocols as normal
- Use the day to assess soreness, energy, sleep, and readiness for the coming week.

● Weekly Target Goals

Steps: Soft: 10,000/day • Target: up to 20,000/day • Reach: 20,000+ when it occurs naturally. Recovery takes priority over arbitrary numbers.

Intensity Minutes: Soft: 30/day • Target: 60/day • Reach: 60+ when appropriate. Do not manufacture intensity on restoration days.

Nutrition: Eat real, whole foods. Avoid excessive carbohydrates, seed oils, highly processed foods, and mindless eating. Prioritize adequate protein at each meal and enough total food to support training and recovery.

Hydration: Baseline target: 85 oz/day, with electrolytes as appropriate. Increase fluids on hotter days and with longer training. Keep coffee generally to 1–2 cups.

Recovery: Sleep, soreness, mood, resting energy, and performance trends matter. Adjust before fatigue becomes injury or burnout. Always evaluate training and adjust to meet current needs.

THE AWARE WOLF READINESS RULE

- GREEN — Good sleep, normal energy, manageable soreness: train as planned.
- YELLOW — Poor sleep, unusual fatigue, heavy legs, elevated soreness: reduce volume/intensity 20–30% or choose easy cardio.
- RED — Pain that changes movement, illness, marked fatigue, or worsening symptoms

🐺 TRAINING MANTRAS

- “One more rep. Always one more.”
- “Strong body. Unbreakable will.”
- “I do not quit—I adjust and continue.”
- “Pain is a signal, not a command.”
- “Discipline over comfort.”

🐺 CARDIO / ENDURANCE MANTRAS

- “Steady breath. Steady pace.”
- “I endure. I adapt. I overcome.”
- “This is where others stop—I continue.”
- “Forward is the only direction.”
- “Calm body. Relentless movement.”

TRAIN WITH INTENT – LIVE WITH PURPOSE

