

BIG CHIEF #NOSBOSS PROGRAM (ADVANCED)

INTRO

Look at you! All advanced and ready to change the world!

So, unlike the beginner and intermediate programs our advice for advanced training techniques are centered around how the 'other' elements of staying in shape rather than the programs per se...

If you're someone who has some serious training miles behind you there are three additional elements that you need to consider over and above the program you select.

These are:

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1. Consistency: This is the single biggest factor in maintaining an advanced level of fitness – you need to go regularly, and you need to work to a specific schedule... the ‘I’ll start on Monday’ syndrome isn’t going to fly here!
2. Nutrition: When you’re training hard and regularly your body is going to need nutrients and good food to fuel it. Right now, we’re in negotiations with some pretty cool partners (watch this space), who’ll come up with some killer recipes to help you fuel your yourself onto the top of the NOS podium!
3. Rest: Probably the most neglected element of all people who are serious about working out and getting fit. Your body needs to recover. Overtraining can lead to injuries and can also in fact have a negative impact on sports performance.

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If you've read this and are currently giving our advanced program a try, we'd love to hear from you! Give us your feedback on how you found the training or feel free to submit your own program!

You can do this [via the website](#) or on one of our social channels:



We're looking forward to seeing you at our next event!

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	3km Run 4 rounds: Burpees (Max 30 sec) Push - ups (Max 30 sec) Sit-ups (Max 30 sec) Standing Squats (Max 30 sec) Rest - 1min active recovery	5 Rounds of: 30 Sec Jump Squat 30 Sec Wall Sit 30 Sec Lunges To be done as superset with 50m sprint after each set Rest - 1min active recovery	Run 4kms Abdominal Circuit	Take a break!	5 Rounds of: 100m sprint jump Squats (Max 30 sec) Pull Ups (Max 30 sec) Push Ups (Max 30 sec) Burpees (Max 30 sec) Rest - 1min active recovery	Run 5kms Abdominal Circuit	Take a break!
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 2	2km Run 4 rounds: Burpees (Max 45 sec) Push - ups (Max 45 sec) Sit-ups (Max 45 sec) Standing Squats (Max 45 sec) Rest - 1min active recovery	5 Rounds of: 45 Sec Jump Squat + 100m sprint 45 Sec Wall Sit + 50m sprint 45 Sec Lunges + 25m sprint To be done as superset with 50m sprint after each set 2 min rest between sets	Run 4kms Abdominal Circuit	Take a break!	30 Sec Max Reps x 5 Rounds Lunges Tricep Push-Ups Jump Squats Incline Push-ups Rest - 1min Active Recovery	Run 4kms Abdominal Circuit	Take a break!
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 3	3km Run 5 rounds Burpees (Max 45 sec) Push - ups (Max 45 sec) Sit-ups (Max 45 sec) Standing Squats (Max 45 sec) Rest - 1min active recovery	5 Rounds of: 60 Sec Jump Squat + 100m sprint 60 Sec Wall Sit + 50m sprint 60 Sec Lunges + 25m sprint To be done as superset with 50m sprint after each set 2 min rest between sets	Run 4kms Abdominal Circuit	Take a break!	30 Sec Max Reps x 5 Rounds Lunges + 5 burpees Tricep Push-Ups + 5 burpees Jump Squats + 5 burpees Incline Push-ups + 5 burpees Rest - 1min active recovery	Run 5 kms Abdominal Circuit	Take a break!
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 4	4km Run 5 rounds Burpees (Max 45 sec) Push - ups (Max 45 sec) Sit-ups (Max 45 sec) Standing Squats (Max 45 sec) Rest - 1min active recovery	5 Rounds of: 60 Sec Jump Squat + 10 Burpees 60 Sec Wall Sit + 10 Burpees 60 Sec Lunges + 10 Burpees To be done as superset with 50m sprint after each set 2 min rest between sets	Run 5kms Abdominal Circuit	Take a break!	30 Sec Max Reps x 6 Rounds Lunges + 50m sprint Tricep Push-Ups + 50m sprint Jump Squats + 50m sprint Incline Push-ups + 50m sprint Rest - 1min active recovery	Run 6 kms Abdominal Circuit	Take a break!



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CONGRATS - YOU DID IT!

You're pretty much ready for the NOS challenge!

Why not go ahead get on the mailing list to be notified about the FREE training sessions we put on in the run up to NOS events?

Here's the link you need - [Click Me!](#)

We look forward to seeing you out on the NOS course, #NOSBoss!

