

FREE WEEK OF TRAINING: (run) Wild

A woman in a dark blue athletic top and black leggings is performing a workout on a black box in a gym. She is holding a black barbell with both hands, extending her arms forward. The gym has large windows in the background, and other exercise equipment is visible. The word 'ROGUE' is printed on the side of the box she is using.

TENNEY
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Welcome to (run) Wild!

(run) Wild is a conditioning-forward strength program for women who want to feel athletic, capable, and well-conditioned, without burning themselves into the ground. If you enjoy lifting AND conditioning but have never been given a clear, intelligent way to combine the two, this program was built for you.

Most conditioning advice relies on more miles, more HIIT, or more intensity for the sake of effort. (run) Wild takes a different approach. The training is built around energy system development and strategic strength work, so your conditioning improves without compromising your strength, recovery, or long-term health. Everything is intentional. Nothing is random.

Inside this PDF, you'll find the first week of training pulled directly from the (run) Wild program. These are real sessions from a progressive system designed to build aerobic capacity, strength, and resilience over time, not quick wins or race prep. This week introduces the structure, pacing, and balance that define how (run) Wild works.

As you move through the workouts, focus on following the plan rather than pushing harder than prescribed. Pay attention to how your body responds when conditioning is trained with purpose. If this style of training resonates, (run) Wild is designed to evolve with you long-term so you can stay strong, conditioned, and capable for the long haul.

The Way This Works

Each training day starts with a warm-up, followed by an A Block for conditioning and B, C, D, etc. blocks for strength work. For conditioning, you can choose the modality that fits you best (running, biking, rowing, or another option) based on your equipment and how your body feels that day. Effort is guided by RPE (1–10) rather than specific paces or speeds, so you learn how to train intensity with intention instead of chasing numbers.

Your strength work includes clear sets and reps with short demo videos for each movement. These are demonstrations only (not full coaching breakdowns) and most of the time you'll choose your own weights. This is by design. You are the authority on your

body, and autonomy is something we practice. Typically, you'll leave 1–2 reps in the tank unless otherwise noted.

This PDF includes video links so you can experience the structure of (run) Wild, but the full program lives inside the TrueCoach app, where everything is more interactive and (if you choose coaching) includes feedback, guidance, and adjustments over time.

Equipment Needs

- Cardio of choice - run, bike, row
- Barbell and Weight Plates
- Bench
- Dumbbells and/or Kettlebells
- Cable Machine and/or Bands
- Pull-Up Bar

What you Won't Find inside (run) Wild:

Guaranteed results of any kind. That's on you, my friend.

Weight requirements (what to lift) or weigh-ins of your body

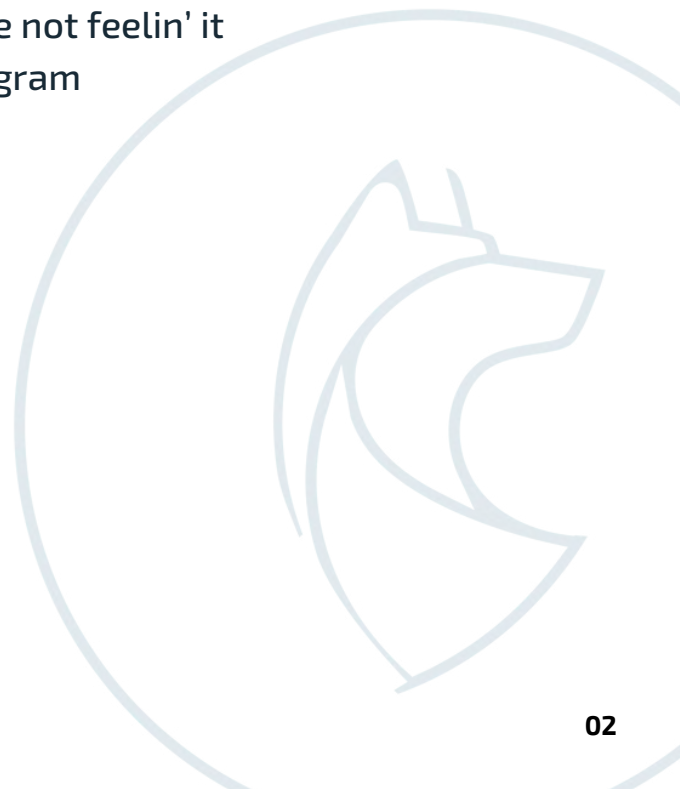
Before/after pics

Nutrition help or guidance on food

Shame for missing a workout

Pressure to push through a workout when you are not feelin' it

Making you 'good' or 'bad' for adhering to the program



Day 1

Warm Up: (2 ROUNDS)

1). <u>BW Squat Tempo</u>	3.2.0- 5 reps
2). <u>Lateral Lunge w/knee hug</u>	5 each
3). <u>Spiderwoman Crawl</u>	5
4). <u>Pogo Hops</u>	10

			Rest	Coaching Notes:
A	2 x 10:00 Conditioning Bike /Row /Jog (stay consistent if possible)	RPE 7/10 Goal: Sustainable, strong, repeatable	2:00 between blocks	<ul style="list-style-type: none"> - Settle in early, hold the same pace the entire 10:00 - Second block should match the first - not faster, not slower
B	2 Kettlebell Front Squat	3 sets x 8 reps RPE 7/10	Full rest in between sets	Alternatives: <ul style="list-style-type: none"> - Goblet Squat - Heel Raised Goblet Squat
C1	Dumbbell Reverse Lunge	3 sets x 8 reps		<ul style="list-style-type: none"> - Step back, chest tall. Keep torso upright - Front knee tracks over toes, don't collapse inward - Drive through front heel to return to start
C2	Half Kneeling Hip CARS (CARs: Controlled Articular Rotations)	3 set, 5 reps each		<ul style="list-style-type: none"> - Tall spine, core braced (avoid arching or collapsing) - Move slow & controlled (focus on end range, not speed) - Lead with the hip, not torso
D1	Spanish Squats	2 sets, 8 - 10 reps		<ul style="list-style-type: none"> - Chest tall, core braced: maintain strong posture - Knees track over toes: push gently against band to engage glutes - Constant tension: quads and glutes working through full range
D2	2KB Rack Marching	2 sets, 5 each (10 total)		<ul style="list-style-type: none"> - Rack tall, core braced — prevent leaning or arching - Step slow & controlled — maintain balance and posture - Drive through the heel of the moving leg, keep glutes engaged
D3	Deadbug w/ Wall Press	2 sets, 5 each (10 total)		

Day 2

Warm Up: (2 ROUNDS)

1). <u>Inchworm</u>	
2). <u>SL RDL with knee hug</u>	5 each
3). <u>Pogo hops & ankle hops</u>	10 each
4). <u>Skater hops at 45 degrees</u>	5 each

			Rest	Coaching Notes:
A	Conditioning 4min/3min: 4:00 hard / 3:00 easy (Run / Bike / Row. Your choice. Stay consistent if possible)	RPE 8-9/10 (hard) / 4-5 (easy) Repeat 3x (21:00 total) Hard: ~80-85% max HR Easy: recover to ~60-70% before next round		Hard = very uncomfortable but sustainable Easy = active recovery, don't stop moving Each hard interval should look and feel the same
B1	<u>DB Bench Press</u>	3 sets, 8 reps RPE 7/10		
B2	<u>Half Kneeling SA KB Windmill</u>	3 sets, 5 each side		<ul style="list-style-type: none"> - Eyes on the bell the entire rep - Hips back, spine long (hinge — don't fold) - Shoulder stacked + stable overhead
C1	<u>Barbell Bent Over Row</u>	3 sets, 8 reps		<ul style="list-style-type: none"> - Hinge, don't squat (torso stays fixed) - Pull bar to ribs with elbows driving back - Brace + neutral spine every rep
C2	<u>Seated dumbbell overhead press</u>	3 sets, 6-8 reps		<ul style="list-style-type: none"> - Sit tall, core braced (no arching lower back) - Press DBs straight up and slightly together at the top - Control the descent
C3	<u>Standing Pallof Rotations</u>	3 sets, 5 reps each side		<ul style="list-style-type: none"> - Ribs down, connected to hips - Rotate slow + controlled (no momentum) - Hands stay long from chest
D	<u>Push Ups</u>	2 sets, AMRAP (As many reps as pretty)	*Full rest	Alternatives: - Push Up on Incline

Day 3

Warm Up: (2 ROUNDS)

1). <u>Alternating Curtsey Lunge</u>	Bodyweight x 6 each
2). <u>Plank w/ fwd reach</u>	5 each
3). <u>BW squat to push up</u>	5
4). <u>Iso Split Squat Hold</u>	(Bodyweight) x :20 each

			Rest	Coaching Notes:
A	<u>Barbell RDL</u>	3 sets, 6-8 reps RPE 8/10	90 sec. in between	Alternative: 1. 2DB (or KB) RDL
B1	<u>Glute Bridges</u>	3 sets, 6-8 reps	90 sec	
B2	<u>Split Squat ISO hold with heel press</u>	3 sets x :20 each side no weight (for now!)		<ul style="list-style-type: none"> - Chest tall, core braced - Front knee tracks over toes - Drive through front heel - Press back heel into wall for extra tension
C1	<u>DB Steps Ups</u>	3 sets, 6 each side	Rest 60 sec	
C2	<u>Half kneeling Pallof Press</u>	3 sets, 10 each side		
C3	<u>3 Point Single Arm DB Row</u>	3 sets, 8 each side		
D	Conditioning :20 work / :40 rest 2:00 rest between sets (Can use Bike / Row / Run)	2 sets x 4 intervals RPE 9-10/10 (all-out for :20!!)	*Full rest	<ul style="list-style-type: none"> - Explosive effort on every :20 - Full recovery during :40 — breathe, reset - All intervals should be fast and powerful

Day 4

		Coaching Notes:	
A	Light Conditioning Goal: <ul style="list-style-type: none"> - Build aerobic volume - Stay low intensity, low impact - Aim for Zone 1–2 heart rate 	40 minutes	This can be outside, or on a treadmill. Don't want to walk? Hop on a bike or rower and keep it easy peasy pace. You can also make this a walk/jog: Walk 4 min, Jog 1 min repeat.
(then some mobility)			
B1	<u>Supine Hamstring Floss</u>	3 - 4 sets, 5 each side	
B2	<u>Pigeon stretch</u>	3 - 4 set, Hold :20 - :30	
B3	<u>Mini band marching</u> (band around feet)	3 - 4 set, 6 - 8 each	
B4	<u>Adductor Rocks with KB</u>	3 - 4 set, 6 - 8 each side	

Join (run) Wild

(run) Wild is a progressive, conditioning-forward strength program delivered through an online mobile coaching platform called TrueCoach. This PDF is simply a preview. Inside the program, your training lives in the app, where workouts are clearly laid out, progress is tracked, and (if you choose coaching) you can submit videos for feedback, ask questions, and receive individualized guidance as the program evolves.

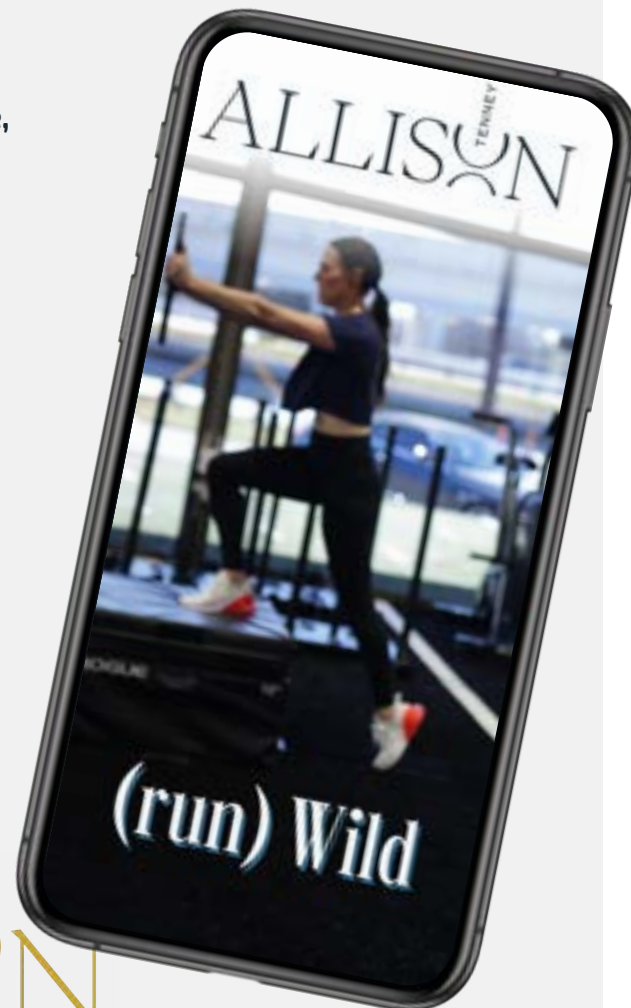
If these workouts clicked for you... if you liked the balance of strength and conditioning, the structure, and the intention behind the training, then (run) Wild is for you. The program is designed to grow with you over time, building real capacity, resilience, and athleticism without burnout.

THERE ARE TWO WAYS TO TRAIN:

- 1. (run) Wild** — Coaching, for women who want feedback, accountability, and coaching eyes on their training.
- 2. (run) Wild** — DIY, for women who want the plan, structure, and progression without coaching support.

If you're ready to stop guessing and start training with purpose, I'd love to have you inside (run) Wild.

JOIN NOW



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