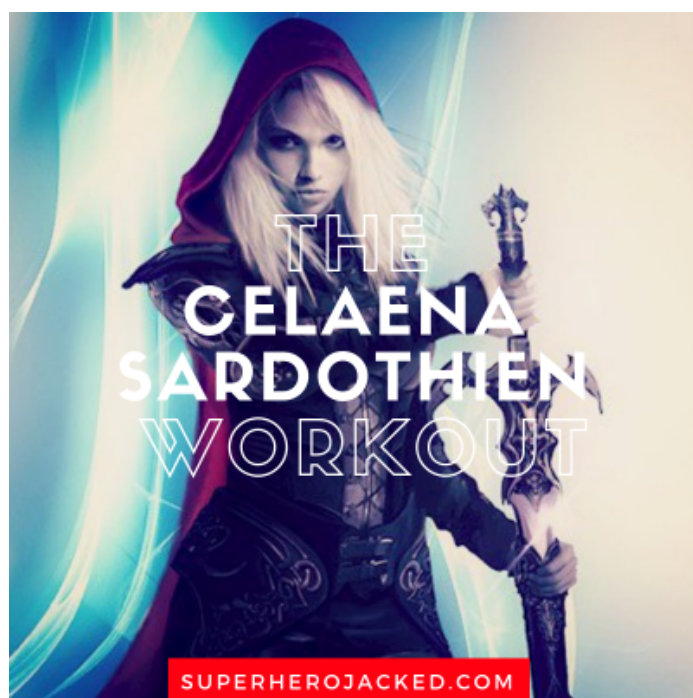


# CELAENA SARDOTHYEN

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Celaena Sardothien Workout Routine

## **Training Volume:**

5+ days per week

## **Explanation:**

The majority of Celaena Sardothien's training is going to be mixed martial arts, parkour, and endurance training. If you were REALLY Celaena you would likely pair the two together, but I will program you options for splitting them up and separate links for all types of training.

## Endurance Training Schedule

### **Warm Up:**

Stretch

### **Schedule:**

Monday: Rest or MMA

Tuesday: 2 miles plus MMA

Wednesday: 3-4 miles, optional MMA

Thursday: 2 miles plus MMA

Friday: Rest or MMA

Saturday: 2-3 miles plus MMA

Sunday: 4-5+ miles

# Mixed Martial Arts and Parkour Training Resources

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

\*\*And the Daredevil workout also has some beginner Parkour as well.\*\*