12 Week Pre-SURT Training Plan

Overview

This 12 week plan is designed to progress you to meet the demands of SURT and eventually Ranger School. Your Ranger Physical Fitness Assessment will drive portions of this program so that needs to be completed before you start. This program also assumes that you have been conducting general physical preparedness by utilizing strength and conditioning methods for your performance.

General Guidelines

This plan is broken down into 3 phases with 3 weeks of ramping progression and 1 week of de-load/taper. The de-load/taper week is critical to allow your body to recover and be ready for the upcoming phases. Most of these exercises can be easily researched if you are unfamiliar. They can also be adjusted to your capability, resources available, equipment, and/or time.

It is imperative that you adjust the training if you begin to experience pain. Your goal for this training plan should be to be in excellent condition to withstand the rigors of SURT and Ranger school with no injuries. If pain persist, you should seek medical attention.

You must understand that your recovery and injury prevention strategies should be conducted post-training as well. Proper hydration, adequate nutrition, and sleep are absolutely mandatory.

Your RATE OF PERCIEVED EXERTION (RPE) will drive the intensity and load of each of these session, specifically your STRENGTH training. The chart

below explains how RPE can best be interpreted.



Endurance training (runs) will be utilizing specific paces as listed within the training calendar. To further understand what each run is designed to do, refer to the chart below:

	Three Quality Runs						
Type of Training	Key Run # 1: Track Repeats	Key Run #2: Tempo Run	Key Run #3: Long Run				
	Improve max VO2, running speed and	Improve endurance by raising	Improve endurance by raising				
PURPOSE	running economy	lactate threshold	aerobic metabolism				
		Comfortably hard; 15-45 sec	Approx. 30 sec slower than goal				
INTENSITY	5-K race pace or slightly faster	slower than 5-K race pace	race pace				
DURATION OF EACH							
RUN	10 min or less	20-45 min at tempo pace	60-180 min				
	repeat shorter segments until quality						
FREQUENCY	work totals about 5-K per session	One tempo run per week	One long run per week				

Interval track workouts will use the chart below for specific splits based on your 1-mile split time from the 5mile assessment.

PKF	- \	\mathbf{K}	$R\Delta I$	
	REF	PEAT INTERVAL SP	LITS	
1 MILE SPLIT FROM 5 MILE ASSESSMENT	400M REPEATS	800M REPEATS	1200M REPEATS	1600M REPEATS
6:30-7:00	1:23 - 1:29	2:46 - 2:58	4:09 - 4:27	5:32 - 5:56
7:01-7:30	1:29 - 1:35	2:58 - 3:10	4:27 - 4:45	5:56 - 6:20
7:31-8:00	1:35 - 1:41	3:10 - 3:22	4:45 - 5:03	6:20 - 6:44
8:01-8:30	1:41 - 1:47	3:22 - 3:34	5:03 - 5:21	6:44 - 7:08
8:31-9:00	1:47 - 1:53	3:34 - 3:46	5:21 - 5:39	7:08 - 7:32

PHASE1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Week 1	PREP [3 rounds]	PREP [3 rounds]	10-20min warm up	PREP [3 rounds]	PREP [3 rounds]	10-20min warm up
meen 1	Worlds Greatest Stretch x	Straight Arm Pulls x 5		Worlds Greatest Stretch x	Lat Hang Stretch x20s	
	5/side	Thoracic Spine Rotations x 8	8x400m w/ 400m recovery	5/side	DB Curl to Press x10	3 mile EASY PACE RUN
	Bodyweight Squats x 10	Empty Barbell Bench x 10	walk in between each rep	Bodyweight Squats x 10	Empty Barbell Strict Press x10	
RPE:7-9	Rear Lunges x 10/side			Rear Lunges x 10/side		Zone 2 "Conversation PACE"
		TRAINING	10 min cool			feeling
-	TRAINING	1. Bench Press 4x6 Build each		TRAINING	TRAINING	
Rest in	1. Back Squat 4x6 Build each	set		1. Deadlift 4x6 Build each set	1. Strict Standing Press 4x6	Usually 2 minutes slower per
between	set	2. Slow and Strict Pull-up/Chin		2. Weighted Rear Lunges	Build each set	mile than 5 mile assessment
Sets 1-2	2. RDL 4x10	Up 3x4 add weight if needed		4x8/side	2. Inverted Rows 4x10	time.
	2. NDL 4X10	op 3x4 add weight if fleeded		420/300	2. Inverted Rows 4x10	10 min cool
minutes	3a. Weighted Step Up	3a. Bent-over Rows 3x10		3a. Split Squats 3x8/side	3a. Hanging Leg Raises 3x10	
or as	3x8/side	3b. Close Grip Push Ups 3x12		3b. Hip Thrusts 3x10	3b. Dips 3x12	
needed to	3b. Kettlebell Swings 3x10	3c. Bent Over Reverse Flys		3c. 1-Leg RDL 3x8/side	3c. Face Pulls 3x20	
	3c. Lateral Lunge 3x8/side	3x20				
maintain				Conditioning:	4a. Strict Push ups 3x50% of	
form.	Conditioning:	Conditioning:		10-12 reps	assessment	
	10-12 reps	20 minutes flush		30s SPRINT: 30s EASY	4b. Strict Sit ups 3x50% of	
	30s SPRINT: 90s EASY	Non-impact endurance		Non-impact endurance	assessment	
	Non-impact endurance	machine choice		machine choice		
	machine choice				Conditioning:	
					20 minutes flush	
					Non-impact endurance	
					machine choice	
PHASE1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Week 2	PREP [3 rounds]	PREP [3 rounds]	1 mile warm up, 2 miles at	PREP [3 rounds]	PREP [3 rounds] Lat Hang Stretch x20s	Ruck 4 miles 35#
	Worlds Greatest Stretch x	Straight Arm Pulls x 5	short tempo pace, 1 mile cool	Worlds Greatest Stretch x 5/side	DB Curl to Press x10	
RPE:7-9	5/side	Thoracic Spine Rotatios x 8			Empty Barbell Strict Press x10	
RPE.7-9	Bodyweight Squats x 10	Empty Barbell Bench x 10	Warm up and cool down	Bodyweight Squats x 10		
	Rear Lunges x 10/side	TRAINING	MILES are slow and untimed.	Rear Lunges x 10/side		
Rest in	TRAINING	1. Bench Press 4x4 Build each	You still need to do a general	TRAINING	TRAINING	
between	1. Back Squat 4x4 Build each				1 Strict Standing Proce AvA Build	
Detween		set			1. Strict Standing Press 4x4 Build each set	
c · · · ·	-	set	warm up and cool down in	1. Deadlift 4x4 Build each set	1. Strict Standing Press 4x4 Build each set	
Sets 1-2	set		warm up and cool down in addition to these warm	1. Deadlift 4x4 Build each set	_	
	-	set 2. Slow and Strict Pull-up/Chin Up 3x5 add weight if needed	warm up and cool down in		each set 2. Inverted Rows 4x10	
minutes	set	2. Slow and Strict Pull-up/Chin	warm up and cool down in addition to these warm	 Deadlift 4x4 Build each set Weighted Rear Lunges 	each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10	
minutes or as	set	2. Slow and Strict Pull-up/Chin	warm up and cool down in addition to these warm up/cool down miles.	 Deadlift 4x4 Build each set Weighted Rear Lunges 	each set 2. Inverted Rows 4x10	
minutes or as needed to	set 2. RDL 4x10	2. Slow and Strict Pull-up/Chin Up 3x5 add weight if needed	warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20	 Deadlift 4x4 Build each set Weighted Rear Lunges 4x8/side 	each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12	
minutes or as needed to	set 2. RDL 4x10 3a. Weighted Step Up 3x8/side 3b. Kettlebell Swings 3x10	 Slow and Strict Pull-up/Chin Up 3x5 add weight if needed Bent-over Rows 3x10 	warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Deadlift 4x4 Build each set Weighted Rear Lunges 4x8/side Split Squats 3x8/side 	each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12 3c. Face Pulls 3x20 4a. Strict Push ups 3x55% of	
minutes or as needed to maintain	set 2. RDL 4x10 3a. Weighted Step Up 3x8/side	 Slow and Strict Pull-up/Chin Up 3x5 add weight if needed Bent-over Rows 3x10 Close Grip Push Ups 3x12 	warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Deadlift 4x4 Build each set Weighted Rear Lunges 4x8/side Split Squats 3x8/side Hip Thrusts 3x10 	each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12 3c. Face Pulls 3x20 4a. Strict Push ups 3x55% of assessment	
minutes or as needed to maintain	set 2. RDL 4x10 3a. Weighted Step Up 3x8/side 3b. Kettlebell Swings 3x10 3c. Lateral Lunge 3x8/side	 Slow and Strict Pull-up/Chin Up 3x5 add weight if needed Bent-over Rows 3x10 Close Grip Push Ups 3x12 Bent Over Reverse Flys 	warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Deadlift 4x4 Build each set Weighted Rear Lunges 4x8/side Split Squats 3x8/side Hip Thrusts 3x10 	each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12 3c. Face Pulls 3x20 4a. Strict Push ups 3x55% of assessment 4b. Strict Sit ups 3x55% of	
minutes or as needed to maintain	set 2. RDL 4x10 3a. Weighted Step Up 3x8/side 3b. Kettlebell Swings 3x10 3c. Lateral Lunge 3x8/side Conditioning:	 2. Slow and Strict Pull-up/Chin Up 3x5 add weight if needed 3a. Bent-over Rows 3x10 3b. Close Grip Push Ups 3x12 3c. Bent Over Reverse Flys 3x20 Conditioning: 	warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Deadlift 4x4 Build each set Weighted Rear Lunges 4x8/side Split Squats 3x8/side Hip Thrusts 3x10 1-Leg RDL 3x8/side Conditioning: 10-12 reps 	each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12 3c. Face Pulls 3x20 4a. Strict Push ups 3x55% of assessment	
minutes or as needed to maintain	set 2. RDL 4x10 3a. Weighted Step Up 3x8/side 3b. Kettlebell Swings 3x10 3c. Lateral Lunge 3x8/side Conditioning: 10-12 reps	 2. Slow and Strict Pull-up/Chin Up 3x5 add weight if needed 3a. Bent-over Rows 3x10 3b. Close Grip Push Ups 3x12 3c. Bent Over Reverse Flys 3x20 Conditioning: 20 minutes flush 	warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Deadlift 4x4 Build each set Weighted Rear Lunges 4x8/side Split Squats 3x8/side Hip Thrusts 3x10 1-Leg RDL 3x8/side Conditioning: 10-12 reps SOS SPRINT: 30S EASY 	each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12 3c. Face Pulls 3x20 4a. Strict Push ups 3x55% of assessment 4b. Strict Sit ups 3x55% of	
minutes or as needed to maintain	set 2. RDL 4x10 3a. Weighted Step Up 3x8/side 3b. Kettlebell Swings 3x10 3c. Lateral Lunge 3x8/side Conditioning: 10-12 reps 30s SPRINT: 90s EASY	 2. Slow and Strict Pull-up/Chin Up 3x5 add weight if needed 3a. Bent-over Rows 3x10 3b. Close Grip Push Ups 3x12 3c. Bent Over Reverse Flys 3x20 Conditioning: 20 minutes flush Non-impact endurance 	warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Deadlift 4x4 Build each set Weighted Rear Lunges 4x8/side Split Squats 3x8/side Hip Thrusts 3x10 1-Leg RDL 3x8/side Conditioning: 10-12 reps SS SPRINT: 30s EASY Non-impact endurance 	each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12 3c. Face Pulls 3x20 4a. Strict Push ups 3x55% of assessment 4b. Strict Sit ups 3x55% of assessment Conditioning: 20 minutes flush	
Sets 1-2 minutes or as needed to maintain form.	set 2. RDL 4x10 3a. Weighted Step Up 3x8/side 3b. Kettlebell Swings 3x10 3c. Lateral Lunge 3x8/side Conditioning: 10-12 reps 30s SPRINT: 90s EASY Non-impact endurance	 2. Slow and Strict Pull-up/Chin Up 3x5 add weight if needed 3a. Bent-over Rows 3x10 3b. Close Grip Push Ups 3x12 3c. Bent Over Reverse Flys 3x20 Conditioning: 20 minutes flush 	warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Deadlift 4x4 Build each set Weighted Rear Lunges 4x8/side Split Squats 3x8/side Hip Thrusts 3x10 1-Leg RDL 3x8/side Conditioning: 10-12 reps SOS SPRINT: 30S EASY 	each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12 3c. Face Pulls 3x20 4a. Strict Push ups 3x55% of assessment 4b. Strict Sit ups 3x55% of assessment Conditioning: 20 minutes flush Non-impact endurance machine	
minutes or as needed to maintain	set 2. RDL 4x10 3a. Weighted Step Up 3x8/side 3b. Kettlebell Swings 3x10 3c. Lateral Lunge 3x8/side Conditioning: 10-12 reps 30s SPRINT: 90s EASY	 2. Slow and Strict Pull-up/Chin Up 3x5 add weight if needed 3a. Bent-over Rows 3x10 3b. Close Grip Push Ups 3x12 3c. Bent Over Reverse Flys 3x20 Conditioning: 20 minutes flush Non-impact endurance 	warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Deadlift 4x4 Build each set Weighted Rear Lunges 4x8/side Split Squats 3x8/side Hip Thrusts 3x10 1-Leg RDL 3x8/side Conditioning: 10-12 reps SS SPRINT: 30s EASY Non-impact endurance 	each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12 3c. Face Pulls 3x20 4a. Strict Push ups 3x55% of assessment 4b. Strict Sit ups 3x55% of assessment Conditioning: 20 minutes flush	
minutes or as needed to maintain	set 2. RDL 4x10 3a. Weighted Step Up 3x8/side 3b. Kettlebell Swings 3x10 3c. Lateral Lunge 3x8/side Conditioning: 10-12 reps 30s SPRINT: 90s EASY Non-impact endurance	 2. Slow and Strict Pull-up/Chin Up 3x5 add weight if needed 3a. Bent-over Rows 3x10 3b. Close Grip Push Ups 3x12 3c. Bent Over Reverse Flys 3x20 Conditioning: 20 minutes flush Non-impact endurance 	warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Deadlift 4x4 Build each set Weighted Rear Lunges 4x8/side Split Squats 3x8/side Hip Thrusts 3x10 1-Leg RDL 3x8/side Conditioning: 10-12 reps SS SPRINT: 30s EASY Non-impact endurance 	each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12 3c. Face Pulls 3x20 4a. Strict Push ups 3x55% of assessment 4b. Strict Sit ups 3x55% of assessment Conditioning: 20 minutes flush Non-impact endurance machine	
minutes or as needed to maintain	set 2. RDL 4x10 3a. Weighted Step Up 3x8/side 3b. Kettlebell Swings 3x10 3c. Lateral Lunge 3x8/side Conditioning: 10-12 reps 30s SPRINT: 90s EASY Non-impact endurance	 2. Slow and Strict Pull-up/Chin Up 3x5 add weight if needed 3a. Bent-over Rows 3x10 3b. Close Grip Push Ups 3x12 3c. Bent Over Reverse Flys 3x20 Conditioning: 20 minutes flush Non-impact endurance 	warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Deadlift 4x4 Build each set Weighted Rear Lunges 4x8/side Split Squats 3x8/side Hip Thrusts 3x10 1-Leg RDL 3x8/side Conditioning: 10-12 reps SS SPRINT: 30s EASY Non-impact endurance 	each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12 3c. Face Pulls 3x20 4a. Strict Push ups 3x55% of assessment 4b. Strict Sit ups 3x55% of assessment Conditioning: 20 minutes flush Non-impact endurance machine	
minutes or as needed to maintain	set 2. RDL 4x10 3a. Weighted Step Up 3x8/side 3b. Kettlebell Swings 3x10 3c. Lateral Lunge 3x8/side Conditioning: 10-12 reps 30s SPRINT: 90s EASY Non-impact endurance	 2. Slow and Strict Pull-up/Chin Up 3x5 add weight if needed 3a. Bent-over Rows 3x10 3b. Close Grip Push Ups 3x12 3c. Bent Over Reverse Flys 3x20 Conditioning: 20 minutes flush Non-impact endurance 	warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Deadlift 4x4 Build each set Weighted Rear Lunges 4x8/side Split Squats 3x8/side Hip Thrusts 3x10 1-Leg RDL 3x8/side Conditioning: 10-12 reps SS SPRINT: 30s EASY Non-impact endurance 	each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12 3c. Face Pulls 3x20 4a. Strict Push ups 3x55% of assessment 4b. Strict Sit ups 3x55% of assessment Conditioning: 20 minutes flush Non-impact endurance machine	

PHASE1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Week 3	PREP [3 rounds]	PREP [3 rounds]	10-20 min warm up	PREP [3 rounds]	PREP [3 rounds]	10-20min warm up
	Worlds Greatest Stretch x	Straight Arm Pulls x 5		Worlds Greatest Stretch x	Lat Hang Stretch x20s	
	5/side	Thoracic Spine Rotatios x 8	5x800m w/400m recovery	5/side	DB Curl to Press x10	4 mile EASY PACE RUN
RPE:8-9	Bodyweight Squats x 10	Empty Barbell Bench x 10	walks in between each rep	Bodyweight Squats x 10	Empty Barbell Strict Press x10	
	Rear Lunges x 10/side			Rear Lunges x 10/side		Zone 2 "Conversation PACE"
Rest in		TRAINING	10 min cool			feeling
	TRAINING	1. Bench Press 4x3 Build each		TRAINING	TRAINING	
between	1. Back Squat 4x3 Build each	set		1. Deadlift 4x4 Build each set	1. Strict Standing Press 4x4	Usually 2 minutes slower per
Sets 1-2	set	2. Classicated Strict Dull up (Chin		2 Weighted Deer Lunger	Build each set	mile than 5 mile assessment
minutes	2. RDL 4x8	2. Slow and Strict Pull-up/Chin Up 3x6 add weight if needed		2. Weighted Rear Lunges 4x8/side	2. Inverted Rows 4x10	time.
	2. RDL 4x8	Op 3x6 add weight if heeded		4x8/side	2. Inverted Rows 4x10	
or as	3a. Weighted Step Up	3a. Bent-over Rows 3x10		3a. Split Squats 3x8/side	3a. Hanging Leg Raises 3x10	10 min cool
needed to	3x8/side	3b. Close Grip Push Ups 3x12		3b. Hip Thrusts 3x10	3b. Dips 3x12	10 mm 6001
maintain	3b. Kettlebell Swings 3x10	3c. Bent Over Reverse Flys		3c. 1-Leg RDL 3x8/side	3c. Face Pulls 3x20	
	3c. Lateral Lunge 3x8/side	3x20				
form.				Conditioning:	4a. Strict Push ups 3x60% of	
	Conditioning:	Conditioning:		10-12 reps	assessment	
	10-12 reps	20 minutes flush		30s SPRINT: 30s EASY	4b. Strict Sit ups 3x60% of	
	30s SPRINT: 90s EASY	Non-impact endurance		Non-impact endurance	assessment	
	Non-impact endurance	machine choice		machine choice		
	machine choice				Conditioning:	
					20 minutes flush	
					Non-impact endurance	
PHASE1		DAY 2	DAY 3		machine choice	DAY 6
	DAY 1 PREP [3 rounds]	DAY 2 PREP [3 rounds]		DAY 4 PREP [3 rounds]	DAY 5 PREP [3 rounds]	Ruck 5 miles 35#
Week 4	Worlds Greatest Stretch x	Straight Arm Pulls x 5	1 mile warm	Worlds Greatest Stretch x	Lat Hang Stretch x20s	RUCK 5 miles 35#
	5/side	Thoracic Spine Rotatios x 8	3 miles@ short tempo pace,	5/side	DB Curl to Press x10	
De-load	Bodyweight Squats x 10	Empty Barbell Bench x 10	s miles@ short tempo pace,	Bodyweight Squats x 10	Empty Barbell Strict Press x10	
	Rear Lunges x 10/side	Empty Barben Benefix 10	1 mile cool	Rear Lunges x 10/side	Empty Burben Strict (1635 X10	
week.		TRAINING		hear Langes x 10/side	TRAINING	
Take	TRAINING	1. Bench Press 4x3 Build each		TRAINING	1. Strict Standing Press 4x3	
advantage					0	1
	 Back Squat 4x3 Build each 	set	Warm up and cool down	1. Deadlift 4x3 Build each set	Build each set	
•	 Back Squat 4x3 Build each set 	set	Warm up and cool down MILES are slow and untimed.	1. Deadlift 4x3 Build each set	Build each set	
of less		set 2. Slow and Strict Pull-up/Chin		 Deadlift 4x3 Build each set Weighted Rear Lunges 	Build each set 2. Inverted Rows 2x10	
of less volume			MILES are slow and untimed.			
of less volume	set 2. RDL 2x8	2. Slow and Strict Pull-up/Chin Up 2x6 add weight if needed	MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm	2. Weighted Rear Lunges 2x8/side	2. Inverted Rows 2x10 3a. Hanging Leg Raises 2x10	
of less volume and	set 2. RDL 2x8 3a. Weighted Step Up	 Slow and Strict Pull-up/Chin Up 2x6 add weight if needed Bent-over Rows 2x10 	MILES are slow and untimed. You still need to do a general warm up and cool down in	 Weighted Rear Lunges 2x8/side 3a. Split Squats 2x8/side 	2. Inverted Rows 2x10 3a. Hanging Leg Raises 2x10 3b. Dips 2x12	
of less volume and improve	set 2. RDL 2x8 3a. Weighted Step Up 2x8/side	 Slow and Strict Pull-up/Chin Up 2x6 add weight if needed Bent-over Rows 2x10 Close Grip Push Ups 2x12 	MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles.	 Weighted Rear Lunges 2x8/side 3a. Split Squats 2x8/side 3b. Hip Thrusts 2x10 	2. Inverted Rows 2x10 3a. Hanging Leg Raises 2x10	
of less volume and	set 2. RDL 2x8 3a. Weighted Step Up 2x8/side 3b. Kettlebell Swings 2x10	 Slow and Strict Pull-up/Chin Up 2x6 add weight if needed Bent-over Rows 2x10 Close Grip Push Ups 2x12 Bent Over Reverse Flys 	MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20	 Weighted Rear Lunges 2x8/side 3a. Split Squats 2x8/side 	2. Inverted Rows 2x10 3a. Hanging Leg Raises 2x10 3b. Dips 2x12 3c. Face Pulls 2x20	
of less volume and improve your	set 2. RDL 2x8 3a. Weighted Step Up 2x8/side	 Slow and Strict Pull-up/Chin Up 2x6 add weight if needed Bent-over Rows 2x10 Close Grip Push Ups 2x12 	MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Weighted Rear Lunges 2x8/side 3a. Split Squats 2x8/side 3b. Hip Thrusts 2x10 3c. 1-Leg RDL 2x8/side 	 Inverted Rows 2x10 Hanging Leg Raises 2x10 Dips 2x12 Face Pulls 2x20 Strict Push ups 1x60% of 	
of less volume and improve your recovery.	set 2. RDL 2x8 3a. Weighted Step Up 2x8/side 3b. Kettlebell Swings 2x10 3c. Lateral Lunge 2x8/side	 2. Slow and Strict Pull-up/Chin Up 2x6 add weight if needed 3a. Bent-over Rows 2x10 3b. Close Grip Push Ups 2x12 3c. Bent Over Reverse Flys 2x20 	MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20	 Weighted Rear Lunges 2x8/side 3a. Split Squats 2x8/side 3b. Hip Thrusts 2x10 3c. 1-Leg RDL 2x8/side Conditioning: 	 2. Inverted Rows 2x10 3a. Hanging Leg Raises 2x10 3b. Dips 2x12 3c. Face Pulls 2x20 4a. Strict Push ups 1x60% of assessment 	
of less volume and improve your recovery. Let your	set 2. RDL 2x8 3a. Weighted Step Up 2x8/side 3b. Kettlebell Swings 2x10 3c. Lateral Lunge 2x8/side Conditioning:	 2. Slow and Strict Pull-up/Chin Up 2x6 add weight if needed 3a. Bent-over Rows 2x10 3b. Close Grip Push Ups 2x12 3c. Bent Over Reverse Flys 2x20 Conditioning: 	MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Weighted Rear Lunges 2x8/side 3a. Split Squats 2x8/side 3b. Hip Thrusts 2x10 3c. 1-Leg RDL 2x8/side Conditioning: 5-6 reps 	 2. Inverted Rows 2x10 3a. Hanging Leg Raises 2x10 3b. Dips 2x12 3c. Face Pulls 2x20 4a. Strict Push ups 1x60% of assessment 4b. Strict Sit ups 1x60% of 	
of less volume and improve your recovery.	set 2. RDL 2x8 3a. Weighted Step Up 2x8/side 3b. Kettlebell Swings 2x10 3c. Lateral Lunge 2x8/side Conditioning: 5-6 reps	 2. Slow and Strict Pull-up/Chin Up 2x6 add weight if needed 3a. Bent-over Rows 2x10 3b. Close Grip Push Ups 2x12 3c. Bent Over Reverse Flys 2x20 Conditioning: 20 minutes flush 	MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Weighted Rear Lunges 2x8/side 3a. Split Squats 2x8/side 3b. Hip Thrusts 2x10 3c. 1-Leg RDL 2x8/side Conditioning: 5-6 reps 30s SPRINT: 30s EASY 	 2. Inverted Rows 2x10 3a. Hanging Leg Raises 2x10 3b. Dips 2x12 3c. Face Pulls 2x20 4a. Strict Push ups 1x60% of assessment 	
of less volume and improve your recovery. Let your	set 2. RDL 2x8 3a. Weighted Step Up 2x8/side 3b. Kettlebell Swings 2x10 3c. Lateral Lunge 2x8/side Conditioning: 5-6 reps 30s SPRINT: 90s EASY	 2. Slow and Strict Pull-up/Chin Up 2x6 add weight if needed 3a. Bent-over Rows 2x10 3b. Close Grip Push Ups 2x12 3c. Bent Over Reverse Flys 2x20 Conditioning: 20 minutes flush Non-impact endurance 	MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Weighted Rear Lunges 2x8/side 3a. Split Squats 2x8/side 3b. Hip Thrusts 2x10 3c. 1-Leg RDL 2x8/side Conditioning: 5-6 reps 30s SPRINT: 30s EASY Non-impact endurance 	 2. Inverted Rows 2x10 3a. Hanging Leg Raises 2x10 3b. Dips 2x12 3c. Face Pulls 2x20 4a. Strict Push ups 1x60% of assessment 4b. Strict Sit ups 1x60% of assessment 	
of less volume and improve your recovery. Let your body	set 2. RDL 2x8 3a. Weighted Step Up 2x8/side 3b. Kettlebell Swings 2x10 3c. Lateral Lunge 2x8/side Conditioning: 5-6 reps 30s SPRINT: 90s EASY Non-impact endurance	 2. Slow and Strict Pull-up/Chin Up 2x6 add weight if needed 3a. Bent-over Rows 2x10 3b. Close Grip Push Ups 2x12 3c. Bent Over Reverse Flys 2x20 Conditioning: 20 minutes flush 	MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Weighted Rear Lunges 2x8/side 3a. Split Squats 2x8/side 3b. Hip Thrusts 2x10 3c. 1-Leg RDL 2x8/side Conditioning: 5-6 reps 30s SPRINT: 30s EASY 	 2. Inverted Rows 2x10 3a. Hanging Leg Raises 2x10 3b. Dips 2x12 3c. Face Pulls 2x20 4a. Strict Push ups 1x60% of assessment 4b. Strict Sit ups 1x60% of assessment Conditioning: 	
of less volume and improve your recovery. Let your body	set 2. RDL 2x8 3a. Weighted Step Up 2x8/side 3b. Kettlebell Swings 2x10 3c. Lateral Lunge 2x8/side Conditioning: 5-6 reps 30s SPRINT: 90s EASY	 2. Slow and Strict Pull-up/Chin Up 2x6 add weight if needed 3a. Bent-over Rows 2x10 3b. Close Grip Push Ups 2x12 3c. Bent Over Reverse Flys 2x20 Conditioning: 20 minutes flush Non-impact endurance 	MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	 Weighted Rear Lunges 2x8/side 3a. Split Squats 2x8/side 3b. Hip Thrusts 2x10 3c. 1-Leg RDL 2x8/side Conditioning: 5-6 reps 30s SPRINT: 30s EASY Non-impact endurance 	 2. Inverted Rows 2x10 3a. Hanging Leg Raises 2x10 3b. Dips 2x12 3c. Face Pulls 2x20 4a. Strict Push ups 1x60% of assessment 4b. Strict Sit ups 1x60% of assessment 	

PHASE 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Week 5	PREP [3 rounds]	10-20 min warm up	PREP [3 rounds]	General Dynamic Warm up	PREP [3 rounds]	10-20min warm up
Weeks	Light bent over row x10		Rear Lunge x10		Light bent over row x10	
	Light overhead press x 10	2x1600m @ 15s/mile faster	Straight Arm Pull x 5	22 minutes AMRAP	Light overhead press x 10	4 mile EASY PACE RUN
RPE:7-9	Light Squat x 5-6	than 5mile assessment with	Bodyweight Hip Thrusts x10	1. Carry Choice 50m	Light Squat x 5-6	
		400m recovery walks in		2. Sled/Drag Choice 50m		Zone 2 "Conversation PACE"
Rest in	TRAINING	between each rep	TRAINING	3. Locomotive Choice 50m	TRAINING	feeling
	1. Back Squat 3x5 Build		1. Deadlift 3x5 Build each		1. Back Squat 4x8 build	
between	each set	1x800m same pace as above	set	Carry Options: farmers,	each set	Usually 2 minutes slower per
Sets 1-2				racked, offset, 1-arm		mile than 5 mile assessment
minutes	2. Strict Standing Press	10 min cool	2. Bench Press 4x8	suitcase,	2. Strict Standing Press 4x5	time.
	3x12		2 Dant Over Deve 2010	1-arm waiters walk, bottoms		
or as	As many rounds in 10min:		3. Bent Over Rows 3x10	up, pinch grip, trap bar,	3. KB Swings 4x25	10 min cool
needed to	3a. Strict Chin Up x30*		As many rounds in 10min.	Slad Ontions, nuch drag 1	2 rounder	10 min cool
maintain	3b. Strict Push Ups x30%*		As many rounds in 10min: 3a. Inverted Rows x10	Sled Options: push, drag, 1- arm cross over drag,	3 rounds: 3a. Strict Chin Up x 50%	
	3c. Strict Sit Ups x30%*		3b. Close Grip Push Ups x10	laterals, 1-arm drag, bear	3b. Strict Push Ups x50%*	
form.	*from assessment.		3c. Hanging leg raises x10	crawl drag, bear crawl push,	3c. Strict Sit Ups x50%*	
	הטווו מספרססוווכוונ.		Set Hanging leg laises ATO	belt attach. backpedal	*from assessment	
	Conditioning:		Conditioning:			
	10-12 reps		20 minutes flush	Locomotive: MMDs, guerilla	Conditioning:	
	30s SPRINT: 60s EASY		Non-impact endurance	drills, bear crawls, high/low	20 minutes flush	
	Non-impact endurance		machine choice	crawl	Non-impact endurance	
	machine choice				machine choice	
		5442	5445	24/4	2016	
PHASE 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Week 6	PREP [3 rounds]	10-20 min warm up	PREP [3 rounds]	General Dynamic Warm up	PREP [3 rounds]	10-20min warm up
	Light bent over row x10	202	Rear Lunge x10	24	Light bent over row x10	Dud Carller 25/
RPE:8-9	Light overhead press x 10	200m run (200m walk)	Straight Arm Pull x 5	24 minutes AMRAP	Light overhead press x 10	Ruck 6 miles 35#
NPE.0-9	Light Squat x 5-6	400m run (400m walk)	Bodyweight Hip Thrusts x10	 Carry Choice 50m 	Light Squat x 5-6	
		600m run (400m walk)		2 Slad/Drag Chains FOrm	•	10 min cool
	TRAINING	600m run (400m walk) 800m run (400m walk)		2. Sled/Drag Choice 50m		10 min cool
Rest in	TRAINING 1. Back Squat 3x4 Build	800m run (400m walk)	TRAINING	 Sled/Drag Choice 50m Locomotive Choice 50m 	TRAINING	10 min cool
	1. Back Squat 3x4 Build	800m run (400m walk) 800m run (400m walk)	TRAINING 1. Deadlift 3x4 Build each	3. Locomotive Choice 50m	TRAINING 1. Back Squat 4x6 build	10 min cool
between		800m run (400m walk) 800m run (400m walk) 600m run (400m walk)	TRAINING	3. Locomotive Choice 50m Carry Options: farmers,	TRAINING	10 min cool
between	1. Back Squat 3x4 Build each set	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk)	TRAINING 1. Deadlift 3x4 Build each set	3. Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm	TRAINING 1. Back Squat 4x6 build each set	10 min cool
between Sets 1-2	 Back Squat 3x4 Build each set Strict Standing Press 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk)	TRAINING 1. Deadlift 3x4 Build each	3. Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase,	TRAINING 1. Back Squat 4x6 build	10 min cool
between Sets 1-2 minutes	1. Back Squat 3x4 Build each set	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x8	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms 	TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5	10 min cool
between Sets 1-2 minutes or as	 Back Squat 3x4 Build each set Strict Standing Press 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk)	TRAINING 1. Deadlift 3x4 Build each set	3. Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase,	TRAINING 1. Back Squat 4x6 build each set	10 min cool
between Sets 1-2 minutes or as	 Back Squat 3x4 Build each set Strict Standing Press 3x12 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	TRAINING1. Deadlift 3x4 Build each set2. Bench Press 4x83. Bent Over Rows 3x10	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms 	TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5	10 min cool
between Sets 1-2 minutes or as needed to	 Back Squat 3x4 Build each set Strict Standing Press 3x12 As many rounds in 10min: 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x8	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms up, pinch grip, trap bar, 	TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5 3. KB Swings 2x50	10 min cool
between Sets 1-2 minutes or as needed to maintain	 Back Squat 3x4 Build each set Strict Standing Press 3x12 As many rounds in 10min: 3a. Strict Chin Up x35% 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	 TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x8 3. Bent Over Rows 3x10 As many rounds in 11min: 	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms up, pinch grip, trap bar, Sled Options: push, drag, 1- 	TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5 3. KB Swings 2x50 3 rounds:	10 min cool
between Sets 1-2 minutes or as needed to maintain	 Back Squat 3x4 Build each set Strict Standing Press 3x12 As many rounds in 10min: 3a. Strict Chin Up x35% Strict Push Ups x35%* 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	 TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x8 3. Bent Over Rows 3x10 As many rounds in 11min: 3a. Inverted Rows x10 3b. Close Grip Push Ups x10 	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms up, pinch grip, trap bar, Sled Options: push, drag, 1- arm cross over drag, 	 TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5 3. KB Swings 2x50 3 rounds: 3a. Strict Chin Up x 55% 	10 min cool
between Sets 1-2 minutes or as needed to maintain	 Back Squat 3x4 Build each set Strict Standing Press 3x12 As many rounds in 10min: 3a. Strict Chin Up x35% Strict Push Ups x35%* Strict Sit Ups x35%* 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	 TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x8 3. Bent Over Rows 3x10 As many rounds in 11min: 3a. Inverted Rows x10 	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms up, pinch grip, trap bar, Sled Options: push, drag, 1- arm cross over drag, laterals, 1-arm drag, bear 	 TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5 3. KB Swings 2x50 3 rounds: 3a. Strict Chin Up x 55% 3b. Strict Push Ups x55%* 	10 min cool
between Sets 1-2 minutes or as needed to maintain	 Back Squat 3x4 Build each set Strict Standing Press 3x12 As many rounds in 10min: 3a. Strict Chin Up x35% Strict Push Ups x35%* Strict Sit Ups x35%* *from assessment Conditioning: 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	 TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x8 3. Bent Over Rows 3x10 As many rounds in 11min: 3a. Inverted Rows x10 3b. Close Grip Push Ups x10 	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms up, pinch grip, trap bar, Sled Options: push, drag, 1- arm cross over drag, laterals, 1-arm drag, bear crawl drag, bear crawl push, 	 TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5 3. KB Swings 2x50 3 rounds: 3a. Strict Chin Up x 55% 3b. Strict Push Ups x55%* 3c. Strict Sit Ups x55%* 	10 min cool
Rest in between Sets 1-2 minutes or as needed to maintain form.	 Back Squat 3x4 Build each set Strict Standing Press 3x12 As many rounds in 10min: 3a. Strict Chin Up x35% Strict Push Ups x35%* Strict Sit Ups x35%* *from assessment Conditioning: 10-12 reps 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	 TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x8 3. Bent Over Rows 3x10 As many rounds in 11min: 3a. Inverted Rows x10 3b. Close Grip Push Ups x10 3c. Hanging leg raises x10 	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms up, pinch grip, trap bar, Sled Options: push, drag, 1- arm cross over drag, laterals, 1-arm drag, bear crawl drag, bear crawl push, 	TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5 3. KB Swings 2x50 3 rounds: 3a. Strict Chin Up x 55% 3b. Strict Push Ups x55%* 3c. Strict Sit Ups x55%* *from assessment Conditioning:	10 min cool
between Sets 1-2 minutes or as needed to maintain	 Back Squat 3x4 Build each set Strict Standing Press 3x12 As many rounds in 10min: 3a. Strict Chin Up x35% Strict Push Ups x35%* Strict Sit Ups x35%* *from assessment Conditioning: 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	 TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x8 3. Bent Over Rows 3x10 As many rounds in 11min: 3a. Inverted Rows x10 3b. Close Grip Push Ups x10 3c. Hanging leg raises x10 Conditioning: 	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms up, pinch grip, trap bar, Sled Options: push, drag, 1- arm cross over drag, laterals, 1-arm drag, bear crawl drag, bear crawl push, belt attach. backpedal 	TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5 3. KB Swings 2x50 3 rounds: 3a. Strict Chin Up x 55% 3b. Strict Push Ups x55%* 3c. Strict Sit Ups x55%* *from assessment Conditioning: 20 minutes flush	10 min cool
between Sets 1-2 minutes or as needed to maintain	1. Back Squat 3x4 Build each set 2. Strict Standing Press 3x12 As many rounds in 10min: 3a. Strict Chin Up x35% 3b. Strict Push Ups x35%* 3c. Strict Sit Ups x35%* *from assessment Conditioning: 10-12 reps 30s SPRINT: 60s EASY	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	 TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x8 3. Bent Over Rows 3x10 As many rounds in 11min: 3a. Inverted Rows x10 3b. Close Grip Push Ups x10 3c. Hanging leg raises x10 Conditioning: 20 minutes flush 	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms up, pinch grip, trap bar, Sled Options: push, drag, 1- arm cross over drag, laterals, 1-arm drag, bear crawl drag, bear crawl push, belt attach. backpedal Locomotive: MMDs, guerilla 	TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5 3. KB Swings 2x50 3 rounds: 3a. Strict Chin Up x 55% 3b. Strict Push Ups x55%* 3c. Strict Sit Ups x55%* *from assessment Conditioning:	10 min cool
between Sets 1-2 minutes or as needed to maintain	 Back Squat 3x4 Build each set Strict Standing Press 3x12 As many rounds in 10min: 3a. Strict Chin Up x35% Strict Push Ups x35%* Strict Sit Ups x35%* *from assessment Conditioning: 10-12 reps 30s SPRINT: 60s EASY Non-impact endurance machine 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	 TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x8 3. Bent Over Rows 3x10 As many rounds in 11min: 3a. Inverted Rows x10 3b. Close Grip Push Ups x10 3c. Hanging leg raises x10 Conditioning: 20 minutes flush Non-impact endurance 	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms up, pinch grip, trap bar, Sled Options: push, drag, 1- arm cross over drag, laterals, 1-arm drag, bear crawl drag, bear crawl push, belt attach. backpedal Locomotive: MMDs, guerilla drills, bear crawls, high/low 	TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5 3. KB Swings 2x50 3 rounds: 3a. Strict Chin Up x 55% 3b. Strict Push Ups x55%* 3c. Strict Sit Ups x55%* *from assessment Conditioning: 20 minutes flush Non-impact endurance machine	10 min cool
between Sets 1-2 minutes or as needed to maintain	 Back Squat 3x4 Build each set Strict Standing Press 3x12 As many rounds in 10min: 3a. Strict Chin Up x35% Strict Push Ups x35%* Strict Sit Ups x35%* *from assessment Conditioning: 10-12 reps 30s SPRINT: 60s EASY Non-impact endurance machine 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	 TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x8 3. Bent Over Rows 3x10 As many rounds in 11min: 3a. Inverted Rows x10 3b. Close Grip Push Ups x10 3c. Hanging leg raises x10 Conditioning: 20 minutes flush Non-impact endurance 	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms up, pinch grip, trap bar, Sled Options: push, drag, 1- arm cross over drag, laterals, 1-arm drag, bear crawl drag, bear crawl push, belt attach. backpedal Locomotive: MMDs, guerilla drills, bear crawls, high/low 	TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5 3. KB Swings 2x50 3 rounds: 3a. Strict Chin Up x 55% 3b. Strict Push Ups x55%* 3c. Strict Sit Ups x55%* *from assessment Conditioning: 20 minutes flush Non-impact endurance machine	10 min cool
between Sets 1-2 minutes or as needed to maintain	 Back Squat 3x4 Build each set Strict Standing Press 3x12 As many rounds in 10min: 3a. Strict Chin Up x35% Strict Push Ups x35%* Strict Sit Ups x35%* *from assessment Conditioning: 10-12 reps 30s SPRINT: 60s EASY Non-impact endurance machine 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	 TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x8 3. Bent Over Rows 3x10 As many rounds in 11min: 3a. Inverted Rows x10 3b. Close Grip Push Ups x10 3c. Hanging leg raises x10 Conditioning: 20 minutes flush Non-impact endurance 	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms up, pinch grip, trap bar, Sled Options: push, drag, 1- arm cross over drag, laterals, 1-arm drag, bear crawl drag, bear crawl push, belt attach. backpedal Locomotive: MMDs, guerilla drills, bear crawls, high/low 	TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5 3. KB Swings 2x50 3 rounds: 3a. Strict Chin Up x 55% 3b. Strict Push Ups x55%* 3c. Strict Sit Ups x55%* *from assessment Conditioning: 20 minutes flush Non-impact endurance machine	10 min cool
between Sets 1-2 minutes or as needed to maintain	 Back Squat 3x4 Build each set Strict Standing Press 3x12 As many rounds in 10min: 3a. Strict Chin Up x35% Strict Push Ups x35%* Strict Sit Ups x35%* *from assessment Conditioning: 10-12 reps 30s SPRINT: 60s EASY Non-impact endurance machine 	800m run (400m walk) 800m run (400m walk) 600m run (400m walk) 400m run (400m walk) 200m run	 TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x8 3. Bent Over Rows 3x10 As many rounds in 11min: 3a. Inverted Rows x10 3b. Close Grip Push Ups x10 3c. Hanging leg raises x10 Conditioning: 20 minutes flush Non-impact endurance 	 Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms up, pinch grip, trap bar, Sled Options: push, drag, 1- arm cross over drag, laterals, 1-arm drag, bear crawl drag, bear crawl push, belt attach. backpedal Locomotive: MMDs, guerilla drills, bear crawls, high/low 	TRAINING 1. Back Squat 4x6 build each set 2. Strict Standing Press 4x5 3. KB Swings 2x50 3 rounds: 3a. Strict Chin Up x 55% 3b. Strict Push Ups x55%* 3c. Strict Sit Ups x55%* *from assessment Conditioning: 20 minutes flush Non-impact endurance machine	10 min cool

PHASE 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Week 7	PREP [3 rounds] Light bent over row x10	1 mile warm	PREP [3 rounds] Rear Lunge x10	General Dynamic Warm up	PREP [3 rounds] Light bent over row x10	10-20min warm up
RPE:8-9	Light overhead press x 10 Light Squat x 5-6	4 miles @mid tempo pace	Straight Arm Pull x 5 Bodyweight Hip Thrusts x10	26 minutes AMRAP 1. Carry Choice 50m	Light overhead press x 10 Light Squat x 5-6	5 mile EASY PACE RUN
Rest in between Sets 1-2	TRAINING 1. Back Squat 3x4 Build each set 2. Strict Standing Press	1 mile cool Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in	TRAINING 1. Deadlift 3x4 Build each set 2. Bench Press 4x6	 Sled/Drag Choice 50m Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 	TRAINING 1. Back Squat 4x5 build each set 2. Strict Standing Press 4x3	Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time.
minutes or as needed to maintain form.	3x10 As many rounds in 10min: 3a. Strict Chin Up x40% 3b. Strict Push Ups x40%* 3c. Strict Sit Ups x40%* *from assessment	addition to these warm up/cool down miles. MID TEMPO pace is at 40 seconds SLOWER than your Smile assessment time.	 Bent Over Rows 3x10 As many rounds in 12min: 3a. Inverted Rows x10 3b. Close Grip Push Ups x10 3b. Ups x10 	1-arm waiters walk, bottoms up, pinch grip, trap bar, Sled Options: push, drag, 1- arm cross over drag, laterals, 1-arm drag, bear crawl drag, bear crawl push,	 3. KB Swings 2x50 3 rounds: 3a. Strict Chin Up x 65% 3b. Strict Push Ups x65%* 3c. Strict Sit Ups x65%* 	10 min cool
	Conditioning: 10-12 reps 30s SPRINT: 45s EASY Non-impact endurance machine choice	ΙΙΠΤ	3c. Hanging leg raises x10 Conditioning: 20 minutes flush Non-impact endurance machine choice	belt attach. backpedal Locomotive: MMDs, guerilla drills, bear crawls, high/low crawl	*from assessment Conditioning: 20 minutes flush Non-impact endurance machine choice	
PHASE 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Week 8 De-load week. Take advantage of less volume and improve	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 2x4 Build each set 2. Strict Standing Press 2x8 As many rounds in 5min: 3a. Strict Chin Up x40% 3b. Strict Push Ups x40%* 3c. Strict Sit Ups x40%*	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running 10 min cool	 PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING 1. Deadlift 3x3 Build each set 2. Bench Press 4x6 3. Bent Over Rows 3x10 As many rounds in 6min: 3a. Inverted Rows x10 	General Dynamic Warm up 12 minutes AMRAP 1. Carry Choice 50m 2. Sled/Drag Choice 50m 3. Locomotive Choice 50m Carry Options: farmers, racked, offset, 1-arm suitcase, 1-arm waiters walk, bottoms up, pinch grip, trap bar, Sled Options: push, drag, 1- arm cross over drag,	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 4x3 build each set 2. Strict Standing Press 4x3 3. KB Swings 2x50 2 rounds: 3a. Strict Chin Up x 65%	10-20 min warm up 4x1000m run w/400m recovery walks in between each rep 10 min cool
your recovery. Let your	*from assessment Conditioning:		3b. Close Grip Push Ups x10 3c. Hanging leg raises x10	laterals, 1-arm drag, bear crawl drag, bear crawl push, belt attach. backpedal	3b. Strict Push Ups x65%* 3c. Strict Sit Ups x65%* *from assessment	

PHASE 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Week 9	PREP [3 rounds]	10-20min warm up	General Dynamic Warm up	1 mile warm	PREP [3 rounds]	10-20min warm up
	Light bent over row x10			3 miles@short tempo pace	Rear Lunge x10	
	Light overhead press x 10	3 mile Heavy Ruck @ 55-60#	A. 6-8 x 40yd running build	1 mile cool	Straight Arm Pull x 5	5 mile EASY PACE RUN
RPE:8-9	Light Squat x 5-6		ups		Bodyweight Hip Thrusts	
		10 min cool	Focus on technique and	Warm up and cool down	x10	Zone 2 "Conversation PACE"
Rest in	TRAINING		terminating speed should	MILES are slow and untimed.	TRAINING	feeling
	1. Back Squat 5x5 Build each set		be 85-90%.	You still need to do a general	TRAINING 1. Deadlift 5x5 Build each	Henelly 2 minutes clower per
between	each set		B1. Sled Pull (backwards	warm up and cool down in addition to these warm	set	Usually 2 minutes slower per mile than 5 mile assessment
Sets 1-2	2. Strict Standing Press		drag) 6x50m	up/cool down miles.	Set	time.
minutes	3x10		B2. Max Strict Chin Ups		2. Bench Press 4x6	
or as			Rest 60-90s in between	SHORT TEMPO pace is at 20		
	As many rounds in 10min:		sets	seconds SLOWER than your	3. Bent Over Rows 3x10	10 min cool
needed to	3a. Strict Chin Up x60%			5mile assessment time.		
maintain	3b. Strict Push Ups x60%*		C1. Pinch Grip plate carry		4 rounds:	
form.	3c. Strict Sit Ups x60%*		6x60m		3a. Inverted Rows x10	
	*from assessment		C2. Gorilla Rows 6x12		3b. Close Grip Push Ups x10	
			Rest 60-90s in between		3c. Hanging leg raises x10	
	Conditioning:		sets			
	10-12 reps 30s SPRINT: 45s EASY		D1. Quick (arms extended)		Conditioning: 20 minutes flush	
	Non-impact endurance		Sled Push 6x50m		Non-impact endurance	
	machine choice		D2. Max Sit Ups		machine choice	
	indefinite enoice		Rest 60-90s in between			
			sets			
PHASE 3	DAV 1					
PRASE 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
	PREP [3 rounds]	DAY 2 10-20min warm up	DAY 3 A. 6-8 x 40yd running build	1 mile warm (untimed)	PREP [3 rounds]	DAY 6 10-20min warm up
Week 10	PREP [3 rounds] Light bent over row x10	10-20min warm up	A. 6-8 x 40yd running build ups	1 mile warm (untimed) 1 mile @ short tempo	PREP [3 rounds] Rear Lunge x10	10-20min warm up
Week 10	PREP [3 rounds] Light bent over row x10 Light overhead press x 10		A. 6-8 x 40yd running build ups Focus on technique and	1 mile warm (untimed) 1 mile @ short tempo 1 mile easy (untimed)	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5	
	PREP [3 rounds] Light bent over row x10	10-20min warm up 6 mile EASY PACE RUN	A. 6-8 x 40yd running build ups Focus on technique and terminating speed should	1 mile warm (untimed) 1 mile @ short tempo 1 mile easy (untimed) 1 mile @ short tempo	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts	10-20min warm up Ruck 4 miles 35#
Week 10	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation	A. 6-8 x 40yd running build ups Focus on technique and	1 mile warm (untimed) 1 mile @ short tempo 1 mile easy (untimed) 1 mile @ short tempo 1 mile easy (untimed)	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per
Week 10 RPE:7-9	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING	10-20min warm up 6 mile EASY PACE RUN	A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%.	1 mile warm (untimed) 1 mile @ short tempo 1 mile easy (untimed) 1 mile @ short tempo 1 mile easy (untimed) 1 mile @ short tempo	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10	10-20min warm up Ruck 4 miles 35#
Week 10 RPE:7-9 Rest in	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards 	1 mile warm (untimed) 1 mile @ short tempo 1 mile easy (untimed) 1 mile @ short tempo 1 mile easy (untimed)	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m 	1 mile warm (untimed) 1 mile @ short tempo 1 mile easy (untimed) 1 mile @ short tempo 1 mile easy (untimed) 1 mile @ short tempo 1 mile cool (untimed)	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING 1. Deadlift 5x4 Build each	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per
Week 10 RPE:7-9 Rest in	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups 	1 mile warm (untimed) 1 mile @ short tempo 1 mile easy (untimed) 1 mile @ short tempo 1 mile @ short tempo 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set 2. Strict Standing Press	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups Rest 60-90s in between 	1 mile warm (untimed) 1 mile @ short tempo 1 mile easy (untimed) 1 mile @ short tempo 1 mile @ short tempo 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down MILES are slow and untimed.	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING 1. Deadlift 5x4 Build each set	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between Sets 1-2 minutes	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups 	1 mile warm (untimed) 1 mile @ short tempo 1 mile easy (untimed) 1 mile @ short tempo 1 mile @ short tempo 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING 1. Deadlift 5x4 Build each	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between Sets 1-2 minutes or as	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set 2. Strict Standing Press	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups Rest 60-90s in between 	1 mile warm (untimed) 1 mile @ short tempo 1 mile easy (untimed) 1 mile @ short tempo 1 mile @ short tempo 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down MILES are slow and untimed. You still need to do a general	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING 1. Deadlift 5x4 Build each set	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between Sets 1-2 minutes or as needed to	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set 2. Strict Standing Press 3x10	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time.	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups Rest 60-90s in between sets 	1 mile warm (untimed) 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING 1. Deadlift 5x4 Build each set 2. Bench Press 4x6	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between Sets 1-2 minutes or as	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set 2. Strict Standing Press 3x10 As many rounds in 10min: 3a. Strict Chin Up x65%	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time.	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups Rest 60-90s in between sets C1. Pinch Grip plate carry 6x60m C2. Gorilla Rows 6x12 	1 mile warm (untimed) 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING 1. Deadlift 5x4 Build each set 2. Bench Press 4x6	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between Sets 1-2 minutes or as needed to maintain	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set 2. Strict Standing Press 3x10 As many rounds in 10min: 3a. Strict Chin Up x65% 3b. Strict Push Ups x65%*	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time.	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups Rest 60-90s in between sets C1. Pinch Grip plate carry 6x60m 	1 mile warm (untimed) 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING 1. Deadlift 5x4 Build each set 2. Bench Press 4x6 3. Bent Over Rows 3x10 5 rounds: 3a. Inverted Rows x10	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between Sets 1-2 minutes or as needed to	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set 2. Strict Standing Press 3x10 As many rounds in 10min: 3a. Strict Chin Up x65%	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time.	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups Rest 60-90s in between sets C1. Pinch Grip plate carry 6x60m C2. Gorilla Rows 6x12 	1 mile warm (untimed) 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING 1. Deadlift 5x4 Build each set 2. Bench Press 4x6 3. Bent Over Rows 3x10 5 rounds: 3a. Inverted Rows x10 3b. Close Grip Push Ups x10	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between Sets 1-2 minutes or as needed to maintain	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set 2. Strict Standing Press 3x10 As many rounds in 10min: 3a. Strict Chin Up x65% 3b. Strict Push Ups x65% 3c. Strict Sit Ups x65%* *from assessment	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time.	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups Rest 60-90s in between sets C1. Pinch Grip plate carry 6x60m C2. Gorilla Rows 6x12 Rest 60-90s in between sets 	1 mile warm (untimed) 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20	PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING 1. Deadlift 5x4 Build each set 2. Bench Press 4x6 3. Bent Over Rows 3x10 5 rounds: 3a. Inverted Rows x10	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between Sets 1-2 minutes or as needed to maintain	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set 2. Strict Standing Press 3x10 As many rounds in 10min: 3a. Strict Chin Up x65% 3b. Strict Push Ups x65% 3c. Strict Sit Ups x65%* *from assessment Conditioning:	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time.	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups Rest 60-90s in between sets C1. Pinch Grip plate carry 6x60m C2. Gorilla Rows 6x12 Rest 60-90s in between sets D1. Quick (arms extended) 	1 mile warm (untimed) 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your 5mile assessment time.	 PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING Deadlift 5x4 Build each set Bench Press 4x6 Bent Over Rows 3x10 rounds: Inverted Rows x10 Close Grip Push Ups x10 C. Hanging leg raises x10 	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between Sets 1-2 minutes or as needed to maintain	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set 2. Strict Standing Press 3x10 As many rounds in 10min: 3a. Strict Chin Up x65% 3b. Strict Push Ups x65%* 3c. Strict Sit Ups x65%* *from assessment Conditioning: 10-12 reps	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time.	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups Rest 60-90s in between sets C1. Pinch Grip plate carry 6x60m C2. Gorilla Rows 6x12 Rest 60-90s in between sets D1. Quick (arms extended) Sled Push 7x50m 	1 mile warm (untimed) 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your Smile assessment time. MID TEMPO pace is at 40	 PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING Deadlift 5x4 Build each set Bench Press 4x6 Bent Over Rows 3x10 5 rounds: Inverted Rows x10 Close Grip Push Ups x10 Close Grip Push Ups x10 Conditioning: 	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between Sets 1-2 minutes or as needed to maintain	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set 2. Strict Standing Press 3x10 As many rounds in 10min: 3a. Strict Chin Up x65% 3b. Strict Push Ups x65%* 3c. Strict Sit Ups x65%* *from assessment Conditioning: 10-12 reps 30s SPRINT: 45s EASY	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time.	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups Rest 60-90s in between sets C1. Pinch Grip plate carry 6x60m C2. Gorilla Rows 6x12 Rest 60-90s in between sets D1. Quick (arms extended) Sled Push 7x50m D2. Max Sit Ups 	1 mile warm (untimed) 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your Smile assessment time. MID TEMPO pace is at 40 seconds SLOWER than your	 PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING Deadlift 5x4 Build each set Bench Press 4x6 Bent Over Rows 3x10 5 rounds: Inverted Rows x10 Close Grip Push Ups x10 Close Grip Push Ups x10 Changing leg raises x10 Conditioning: minutes flush 	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between Sets 1-2 minutes or as needed to maintain	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set 2. Strict Standing Press 3x10 As many rounds in 10min: 3a. Strict Chin Up x65% 3b. Strict Push Ups x65%* 3c. Strict Sit Ups x65%* *from assessment Conditioning: 10-12 reps 30s SPRINT: 45s EASY Non-impact endurance	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time.	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups Rest 60-90s in between sets C1. Pinch Grip plate carry 6x60m C2. Gorilla Rows 6x12 Rest 60-90s in between sets D1. Quick (arms extended) Sled Push 7x50m D2. Max Sit Ups Rest 60-90s in between 	1 mile warm (untimed) 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your Smile assessment time. MID TEMPO pace is at 40	 PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING Deadlift 5x4 Build each set Bench Press 4x6 Bent Over Rows 3x10 rounds: Inverted Rows x10 Close Grip Push Ups x10 Close Grip Push Ups x10 Conditioning: 20 minutes flush Non-impact endurance 	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between Sets 1-2 minutes or as needed to maintain	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set 2. Strict Standing Press 3x10 As many rounds in 10min: 3a. Strict Chin Up x65% 3b. Strict Push Ups x65%* 3c. Strict Sit Ups x65%* *from assessment Conditioning: 10-12 reps 30s SPRINT: 45s EASY	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time.	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups Rest 60-90s in between sets C1. Pinch Grip plate carry 6x60m C2. Gorilla Rows 6x12 Rest 60-90s in between sets D1. Quick (arms extended) Sled Push 7x50m D2. Max Sit Ups 	1 mile warm (untimed) 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your Smile assessment time. MID TEMPO pace is at 40 seconds SLOWER than your	 PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING Deadlift 5x4 Build each set Bench Press 4x6 Bent Over Rows 3x10 rounds: Inverted Rows x10 Close Grip Push Ups x10 Close Grip Push Ups x10 Conditioning: 20 minutes flush 	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running
Week 10 RPE:7-9 Rest in between Sets 1-2 minutes or as needed to maintain	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING 1. Back Squat 5x4 Build each set 2. Strict Standing Press 3x10 As many rounds in 10min: 3a. Strict Chin Up x65% 3b. Strict Push Ups x65%* 3c. Strict Sit Ups x65%* *from assessment Conditioning: 10-12 reps 30s SPRINT: 45s EASY Non-impact endurance	10-20min warm up 6 mile EASY PACE RUN Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time.	 A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards drag) 7x50m B2. Max Strict Chin Ups Rest 60-90s in between sets C1. Pinch Grip plate carry 6x60m C2. Gorilla Rows 6x12 Rest 60-90s in between sets D1. Quick (arms extended) Sled Push 7x50m D2. Max Sit Ups Rest 60-90s in between 	1 mile warm (untimed) 1 mile @ short tempo 1 mile cool (untimed) Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. SHORT TEMPO pace is at 20 seconds SLOWER than your Smile assessment time. MID TEMPO pace is at 40 seconds SLOWER than your	 PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10 TRAINING Deadlift 5x4 Build each set Bench Press 4x6 Bent Over Rows 3x10 rounds: Inverted Rows x10 Close Grip Push Ups x10 Close Grip Push Ups x10 Conditioning: 20 minutes flush Non-impact endurance 	10-20min warm up Ruck 4 miles 35# 15-20seconds faster per mile, but no running

PHASE 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Week 11	PREP [3 rounds]	10-20min warm up	A. 6-8 x 40yd running build	1 mile warm	PREP [3 rounds]	10-20min warm up
RPE:8-9	Light bent over row x10 Light overhead press x 10 Light Squat x 5-6	7 mile EASY PACE RUN	ups Focus on technique and terminating speed should	4 miles @ mid-tempo pace	Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts	6 mile EASY PACE RUN
Rest in between Sets 1-2 minutes or as needed to maintain form.	TRAINING 1. Back Squat 5x3 Build each set 2. Strict Standing Press 3x10 As many rounds in 10min: 3a. Strict Chin Up x70% 3b. Strict Push Ups x70%* 3c. Strict Sit Ups x70%* *from assessment Conditioning: 10-12 reps 30s SPRINT: 45s EASY Non-impact endurance	Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time. 10 min cool	be 85-90%. B1. Sled Pull (backwards drag) 8x50m B2. Max Strict Chin Ups Rest 60-90s in between sets C1. Pinch Grip plate carry 6x60m C2. Gorilla Rows 6x12 Rest 60-90s in between sets D1. Quick (arms extended) Sled Push 8x50m D2. Max Sit Ups Rest 60-90s in between	1 mile cool Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles. MID TEMPO pace is at 40 seconds SLOWER than your Smile assessment time.	 x10 TRAINING Deadlift 5x3 Build each set Bench Press 4x4 Bent Over Rows 3x10 Every minute on the minute for 12 minutes: a. Inverted Rows x5 b. Close Grip Push Ups x5 3c. Hanging leg raises x5 Conditioning: 20 minutes flush 	Zone 2 "Conversation PACE" feeling Usually 2 minutes slower per mile than 5 mile assessment time. 10 min cool
	machine choice		sets			
PHASE 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Week 12 De-load week. Take	PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6 TRAINING	10-20min warm up 2 mile Heavy Ruck @ 55-60# 10 min cool	30 minute recovery swim or non-impact endurance machine recovery flush	 A. 3 x 40yd running build ups Focus on technique and terminating speed should be 85-90%. B1. Sled Pull (backwards 	RECOVER	RECOVER
advantage	1. Back Squat 3x3 Build each set			drag) 3x50m B2. Max Strict Chin Ups		
of less volume and	2. Strict Standing Press 2x10			Rest 60-90s in between sets C1. Pinch Grip plate carry 3x60m		
improve your	As many rounds in 5min: 3a. Strict Chin Up x35% 3b. Strict Push Ups x35%*			C2. Gorilla Rows 3x12 Rest 60-90s in between sets		
recovery. Let your	3c. Strict Sit Ups x35%* *from assessment			D1. Quick (arms extended) Sled Push 3x50m D2. Max Sit Ups		
body recover. Get ready to report	Conditioning: 5-6 reps 30s SPRINT: 45s EASY Non-impact endurance machine choice			Rest 60-90s in between sets		