SAPPER TRAINING COMPANY

Sapper Leader Course
Physical Preparation Program
July 2019

Property of Sapper Leader Course

This physical preparation program is a 14-week training cycle designed to prepare Soldiers for the physical rigors of the Sapper Leader Course. This will help build overall strength and muscular endurance, and will develop cardiovascular capacity for the continuous efforts required at the course. Some events include the SPFT, 12-mile Ruck, Air Operations, Waterborne Operations, Mountaineering Operations, Conventional and Expedient Demolitions, Small Unit Tactics, and Combat Patrols.

Weeks 1-4 has 6 training days/week, weeks 5-12 has 5 training days/week, with week 13 & 14 being taper weeks. Table 1 identifies training session goals for each day/week, and Table 2 & 3 includes 1 Rep Max and Percentage weight charts, respectively. This will help you identify your lifting weights for each individual lift throughout each session. This program is a linear progression model to allow the Soldier to progressively increase muscular endurance, strength, and cardiovascular capacity by the end. All of the weights on strength days are recommended based on an intermediate athlete's skill level. You can scale as appropriate based on your personal fitness level.

This program has a large amount of volume especially in weeks 5-12. Ensure that you get plenty of rest and fuel your body with enough calories and proper nutrition throughout the entire program.

Table 1 – Training Goal

Week	1	2	3	4
Training Goal	Endurance	Strength	Strength	Power
Monday	SPFT	Interval	Interval	Interval
Tuesday	Strength	Strength	Strength	Strength
Wednesday	Interval	Interval	Interval	Interval
Thursday	Strength	Strength	Strength	Strength
Friday	Time Trial	Tempo	Time Trial	Tempo
Saturday	Conditioning	Conditioning	Conditioning	Conditioning
Sunday	Rest	Rest	Rest	Rest
Week	**5**	**6**	**7**	**8**
Training Goal	Endurance	Strength	Strength	Power
Monday	SPFT	Interval	Interval	Interval
Tuesday	Strength	Strength	Strength	Strength
Wednesday	Time Trial	Tempo	Time Trial	Tempo
Thursday	Strength/ Conditioning	Strength/ Conditioning	Strength/ Conditioning	Strength/ Conditioning
Friday	Ruck	Ruck	Ruck	Ruck
Saturday	Rest	Rest	Rest	Rest
Sunday	Rest	Rest	Rest	Rest
Week	**9**	**10**	**11**	**12**
Training Goal	Endurance	Strength	Strength	Power
Monday	Strength	Strength	Strength	Strength
Tuesday	SPFT	Interval	Interval	Interval
Wednesday	Conditioning	Conditioning	Conditioning	Conditioning
Thursday	Strength/ Interval	Strength/ Interval	Strength/ Interval	Strength/ Interval
Friday	Ruck	Ruck	Ruck	Ruck
Saturday	Rest	Rest	Rest	Rest
Sunday	Rest	Rest	Rest	Rest
Week	**13**	**14**		
Training Goal	Taper	Taper		
Monday	SPFT	Strength		
Tuesday	Long Slow Run	Long Slow Run		
Wednesday	Strength	Strength		
Thursday	Conditioning	Conditioning		
Friday	Ruck	Rest		
Saturday	Rest	Rest		
Sunday	Rest	Rest		

Table 2 – 1 Rep Max Chart

REPS	1RM 100	1RM 105	1RM 110	1RM 115	1RM 120	1RM 125	1RM 130	1RM 135	1RM 140	1RM 145
1	100	105	110	115	120	125	130	135	140	145
2	95	100	105	110	115	120	125	130	135	140
3	90	95	100	105	110	115	120	125	130	135
4	90	95	95	100	105	110	115	120	125	130
5	85	90	95	100	105	110	110	115	120	125
6	85	90	95	95	100	105	110	115	120	125
7	85	85	90	95	100	105	110	110	115	120
8	80	85	90	95	95	100	105	110	115	115
9	80	80	85	90	95	100	100	105	110	115
10	75	80	85	85	90	95	100	105	105	110

REPS	1RM 150	1RM 155	1RM 160	1RM 165	1RM 170	1RM 175	1RM 180	1RM 185	1RM 190	1RM 195
1	150	155	160	165	170	175	180	185	190	195
2	145	145	150	155	160	165	170	175	180	185
3	140	145	145	150	155	160	165	170	175	180
4	135	135	140	145	150	155	160	165	170	175
5	130	135	140	145	145	150	155	160	165	170
6	125	130	135	140	145	150	150	155	160	165
7	125	130	135	135	140	145	150	155	160	160
8	120	125	130	135	140	140	145	150	155	160
9	115	120	125	130	135	135	140	145	150	150
10	115	120	120	125	130	135	135	140	145	150

REPS	1RM 200	1RM 205	1RM 210	1RM 215	1RM 220	1RM 225	1RM 230	1RM 235	1RM 240	1RM 245
1	200	205	210	215	220	225	230	235	240	245
2	190	195	200	205	210	215	220	225	230	235
3	185	190	195	200	200	205	210	215	220	225
4	175	180	185	190	195	200	205	210	210	215
5	175	175	180	185	190	195	200	205	210	210
6	170	175	175	180	185	190	195	200	205	205
7	165	170	175	180	185	185	190	195	200	205
8	160	165	170	175	180	180	185	190	195	200
9	155	160	165	170	170	175	180	185	185	190
10	150	155	160	165	165	170	175	180	180	185

REPS	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
	250	255	260	265	270	275	280	285	290	295
1	250	255	260	265	270	275	280	285	290	295
2	240	240	245	250	255	260	265	270	275	280
3	230	235	240	245	250	255	260	260	265	270
4	220	225	230	235	240	245	250	250	255	260
5	215	220	225	230	235	240	240	245	250	255
6	210	215	220	225	230	230	235	240	245	250
7	210	210	215	220	225	230	230	235	240	245
8	205	205	210	215	220	225	225	230	235	240
9	195	200	205	205	210	215	220	220	225	230
10	190	195	200	200	205	210	215	215	220	225

REPS	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
	300	305	310	315	320	325	330	335	340	345
1	300	305	310	315	320	325	330	335	340	345
2	285	290	295	300	305	310	315	320	325	330
3	275	280	285	290	295	300	305	310	315	315
4	265	270	275	280	285	290	290	295	300	305
5	260	265	270	270	275	285	285	290	295	300
6	255	260	260	265	270	280	280	285	285	295
7	250	255	255	260	265	275	275	20	280	285
8	245	245	250	255	260	265	265	270	275	280
9	235	240	240	245	250	255	255	260	265	270
10	230	230	235	240	245	245	250	255	260	260

REPS	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
	350	355	360	365	370	375	380	385	390	395
1	350	355	360	365	370	375	380	385	390	395
2	335	335	340	345	350	355	360	365	370	375
3	325	325	330	335	340	345	350	355	360	365
4	310	315	320	325	325	330	335	340	345	350
5	305	305	310	315	320	325	330	335	335	340
6	295	300	305	305	315	315	320	325	330	335
7	290	295	300	300	305	310	315	320	325	330
8	285	290	290	290	300	305	310	310	315	320
9	275	275	280	280	290	295	295	300	305	310
10	265	270	275	275	280	285	290	295	295	300

REPS	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
	400	405	410	415	420	425	430	435	440	445
1	400	405	410	415	420	425	430	435	440	445
2	380	385	390	395	400	405	410	415	420	425
3	370	375	375	380	385	390	395	400	405	415
4	355	360	365	365	370	375	380	385	390	400
5	345	350	355	360	365	370	370	375	380	385
6	340	340	345	350	355	360	365	370	370	375
7	330	335	340	345	350	355	355	360	365	370
8	325	330	330	335	340	345	350	350	355	360
9	310	315	320	325	330	330	335	340	345	350
10	305	310	310	315	320	325	325	330	335	340

REPS	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
	450	455	460	465	470	475	480	485	490	495
1	450	455	460	465	470	475	480	485	490	495
2	430	430	435	440	445	450	455	460	465	470
3	420	420	425	430	430	435	440	445	450	455
4	405	405	405	410	415	420	425	430	435	440
5	390	395	400	400	405	410	415	420	425	430
6	380	385	390	395	395	400	405	410	415	420
7	370	380	380	385	390	395	400	405	405	410
8	360	370	375	375	380	385	390	395	395	400
9	350	355	360	365	365	370	375	380	380	385
10	340	345	350	355	355	360	365	370	370	375

Table 3 – Percentage Weight Chart

%	1RM 100	1RM 105	1RM 110	1RM 115	1RM 120	1RM 125	1RM 130	1RM 135	1RM 140	1RM 145
100	100	105	110	115	120	125	130	135	140	145
96	95	100	105	110	115	120	125	130	135	140
94	95	100	105	110	115	120	120	125	130	135
92	90	95	100	105	110	115	120	125	130	135
90	90	95	100	105	110	115	115	120	125	130
88	90	90	95	100	105	110	115	120	125	130
86	85	90	95	100	105	110	110	115	120	125
84	85	90	90	95	100	105	110	115	120	120
82	80	85	90	95	100	105	105	110	115	120
80	80	85	90	90	95	100	105	110	110	115
78	80	80	85	90	95	100	100	105	110	115
76	75	80	85	85	90	95	100	105	105	110
74	75	80	80	85	90	95	95	100	105	105
72	70	75	80	85	85	90	95	95	100	105
70	70	75	75	80	85	90	90	95	100	100
65	65	70	70	75	80	80	85	90	90	95
60	60	65	65	70	70	75	80	80	85	85
55	55	60	60	65	65	70	70	75	75	80
50	50	55	55	60	60	65	65	70	70	75

%	1RM 150	1RM 155	1RM 160	1RM 165	1RM 170	1RM 175	1RM 180	1RM 185	1RM 190	1RM 195
100	150	155	160	165	170	175	180	185	190	195
96	145	150	155	160	165	170	175	180	180	185
94	140	145	150	155	160	165	170	175	180	185
92	140	145	145	150	155	160	165	170	175	180
90	135	140	145	150	155	160	160	165	170	175
88	130	135	140	145	150	155	160	165	165	170
86	130	135	140	140	145	150	155	160	165	170
84	125	130	135	140	145	145	150	155	160	165
82	125	125	130	135	140	145	150	150	155	160
80	120	125	130	130	135	140	145	150	150	155
78	115	120	125	130	135	135	140	145	150	150
76	115	120	120	125	130	135	135	140	145	150
74	110	115	120	120	125	130	135	135	140	145
72	110	110	115	120	120	125	130	135	135	140
70	105	110	110	115	120	125	125	130	135	135
65	100	100	105	105	110	115	115	120	125	125
60	90	95	95	100	100	105	110	110	115	115
55	85	85	90	90	95	95	100	100	105	105
50	75	80	80	85	85	90	90	95	95	100

%	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
	200	205	210	215	220	225	230	235	240	245
100	200	205	210	215	220	225	230	235	240	245
96	190	195	200	205	210	215	220	225	230	235
94	190	195	195	200	205	210	215	220	225	230
92	185	190	195	200	200	205	210	215	220	225
90	180	185	190	195	200	205	205	210	215	220
88	175	180	185	190	195	200	200	205	210	215
86	170	175	180	185	190	195	200	200	205	210
84	170	170	175	180	185	190	195	195	200	205
82	165	170	170	175	180	185	190	195	195	200
80	160	165	170	170	175	180	185	190	190	195
78	155	160	165	170	170	175	180	185	185	190
76	150	155	160	165	165	170	175	180	180	185
74	150	150	155	160	165	165	170	175	180	180
72	145	150	150	155	160	160	165	170	175	175
70	140	145	145	150	155	160	160	165	170	170
65	130	135	135	140	145	145	150	155	155	160
60	120	125	125	130	130	135	140	140	145	145
55	110	115	115	120	120	125	125	130	130	135
50	100	105	105	110	110	115	115	120	120	125

%	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
	250	255	260	265	270	275	280	285	290	295
100	250	255	260	265	270	275	280	285	290	295
96	240	245	250	255	260	265	270	275	280	285
94	235	240	245	250	255	260	265	270	275	275
92	230	235	240	245	250	255	260	260	265	270
90	225	230	235	240	245	250	250	255	260	265
88	220	225	230	235	240	240	245	250	255	260
86	215	220	225	230	230	235	240	245	250	255
84	210	215	220	225	225	230	235	240	245	250
82	205	210	215	215	220	225	230	235	240	240
80	200	205	210	210	215	220	225	230	230	235
78	195	200	205	205	210	215	220	220	225	230
76	190	195	200	200	205	210	215	215	220	225
74	185	190	190	195	200	205	205	210	215	220
72	180	185	185	190	195	200	200	205	210	210
70	175	180	180	185	190	195	195	200	205	205
65	165	165	170	170	175	180	180	185	190	190
60	150	155	155	160	160	165	170	170	175	175
55	140	140	145	145	150	150	155	155	160	160
50	125	130	130	135	135	140	140	145	145	150

%	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
	300	305	310	315	320	325	330	335	340	345
100	300	305	310	315	320	325	330	335	340	345
96	290	295	300	300	305	310	315	320	325	330
94	280	285	290	295	300	305	310	315	320	325
92	275	280	285	290	295	300	305	310	315	315
90	270	275	280	285	290	295	295	300	305	310
88	265	270	275	275	280	285	290	295	300	305
86	260	260	265	270	275	280	285	290	290	295
84	250	255	260	265	270	275	275	280	285	290
82	245	250	255	260	260	265	270	275	280	285
80	240	245	250	250	255	260	265	270	270	275
78	235	240	240	245	250	255	255	260	265	270
76	230	230	235	240	245	245	250	255	260	260
74	220	225	230	235	235	240	245	250	250	255
72	215	220	225	225	230	235	240	240	245	250
70	210	215	215	220	225	225	230	235	240	240
65	195	200	200	205	210	210	215	220	220	225
60	180	185	185	190	190	195	200	200	205	205
55	165	170	170	175	175	180	180	185	185	190
50	150	155	155	160	160	165	165	170	170	175

%	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
	350	355	360	365	370	375	380	385	390	395
100	350	355	360	365	370	375	380	385	390	395
96	335	340	345	350	355	360	365	370	375	380
94	330	335	340	345	350	355	355	360	365	370
92	320	325	330	335	340	345	350	355	360	365
90	315	320	325	330	335	340	340	345	350	355
88	310	310	315	320	325	330	335	340	345	350
86	300	305	310	315	320	325	325	330	335	340
84	295	300	300	305	310	315	320	325	330	330
82	285	290	295	300	305	310	310	315	320	325
80	280	285	290	290	295	300	305	310	310	315
78	275	275	280	285	290	295	295	300	305	310
76	265	270	275	275	280	285	290	295	295	300
74	260	265	265	270	275	280	280	285	290	290
72	250	255	260	265	265	270	275	275	280	285
70	245	250	250	255	260	265	265	270	275	275
65	230	230	235	235	240	245	245	250	255	255
60	210	215	215	220	220	225	230	230	235	235
55	195	195	200	200	205	205	210	210	215	215
50	175	180	180	185	185	190	190	195	195	200

%	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
	400	405	410	415	420	425	430	435	440	445
100	400	405	410	415	420	425	430	435	440	445
96	385	390	395	400	405	410	415	420	420	425
94	375	380	385	390	395	400	405	410	415	420
92	370	375	375	380	385	390	395	400	405	410
90	360	365	370	375	380	385	385	390	395	400
88	350	355	360	365	370	375	380	385	385	390
86	345	350	355	355	360	365	370	375	380	385
84	335	340	345	350	355	355	360	365	370	375
82	330	330	335	340	345	350	355	355	360	365
80	320	325	330	330	335	340	345	350	350	355
78	310	315	320	325	330	330	335	340	345	345
76	305	310	310	315	320	325	325	330	335	340
74	295	300	305	305	310	315	320	320	325	330
72	290	290	295	300	300	305	310	315	315	320
70	280	285	285	290	295	300	300	305	310	310
65	260	265	265	270	275	275	280	285	285	290
60	240	245	245	250	250	255	260	260	265	265
55	220	225	225	230	230	235	235	240	240	245
50	200	205	205	210	210	215	215	220	220	225

%	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
	450	455	460	465	470	475	480	485	490	495
100	450	455	460	465	470	475	480	485	490	495
96	430	435	440	445	450	455	460	465	470	475
94	425	430	430	435	440	445	450	455	460	465
92	415	420	425	430	430	435	440	445	450	455
90	405	410	415	420	425	430	430	435	440	445
88	395	400	405	410	415	420	420	425	430	435
86	385	390	395	400	405	410	415	415	420	425
84	380	380	385	390	395	400	405	405	410	415
82	370	375	375	380	385	390	395	400	400	405
80	360	365	370	370	375	380	385	390	390	395
78	350	355	360	365	365	370	375	380	380	385
76	340	345	350	355	355	360	365	370	370	375
74	335	335	340	345	350	350	355	360	365	365
72	325	330	330	335	340	340	345	350	355	355
70	315	320	320	325	330	335	335	340	345	345
65	295	295	300	300	305	310	310	315	320	320
60	270	275	275	280	280	285	290	290	295	295
55	250	250	255	255	260	260	265	265	270	270
50	225	230	230	235	235	240	240	245	245	250

%	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
	500	505	510	515	520	525	530	535	540	545
100	500	505	510	515	520	525	530	535	540	545
96	480	485	490	495	500	505	510	515	520	525
94	470	475	480	485	490	495	500	505	510	510
92	460	465	470	475	480	485	490	490	495	500
90	450	455	460	465	470	475	475	480	485	490
88	440	445	450	455	460	460	465	470	475	480
86	430	435	440	445	445	450	455	460	465	470
84	420	425	430	435	435	440	445	450	455	460
82	410	415	420	420	425	430	435	440	445	445
80	400	405	410	410	415	420	425	430	430	435
78	390	395	400	400	405	410	415	415	420	425
76	380	385	390	390	395	400	405	405	410	415
74	370	375	375	380	385	390	390	395	400	405
72	360	365	365	370	375	380	380	385	390	390
70	350	355	355	360	365	370	370	375	380	380
65	325	330	330	335	340	340	345	350	350	355
60	300	305	305	310	310	315	320	320	325	325
55	275	280	280	285	285	290	290	295	295	300
50	250	255	255	260	260	265	265	270	270	275

%	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
	550	555	560	565	570	575	580	585	590	595
100	550	555	560	565	570	575	580	585	590	595
96	530	535	540	540	545	550	555	560	565	570
94	515	520	525	530	535	540	545	550	555	560
92	505	510	515	520	525	530	535	540	545	545
90	495	500	505	510	515	520	520	525	530	535
88	485	490	495	495	500	505	510	515	520	525
86	475	475	480	485	490	495	500	505	505	510
84	460	465	470	475	480	485	485	490	495	500
82	450	455	460	465	465	470	475	480	485	490
80	440	445	450	450	455	460	465	470	470	475
78	430	435	435	440	445	450	450	455	460	465
76	420	420	425	430	435	435	440	445	450	450
74	405	410	415	420	420	425	430	435	435	440
72	395	400	405	405	410	415	420	420	425	430
70	385	390	390	395	400	405	405	410	415	415
65	360	360	365	365	370	375	375	380	385	385
60	330	335	335	340	340	345	350	350	355	355
55	305	305	310	310	315	315	320	320	325	325
50	275	280	280	285	285	290	290	295	295	300

Table 4 – Percentage 2-mile Time

2-Mile time						
11:00.0						
	200m	400m	800m	3-mile	5-mile	6-mile
110%	00:37.1	01:14.2	02:28.5	14:51.0	24:45.0	29:42.0
105%	00:39.2	01:18.4	02:36.7	15:40.5	26:07.5	31:21.0
100%	00:41.3	01:22.5	02:45.0	16:30.0	27:30.0	33:00.0
90%	00:45.4	01:30.8	03:01.5	18:09.0	30:15.0	36:18.0
80%	00:49.5	01:39.0	03:18.0	19:48.0	33:00.0	39:36.0
70%	00:53.6	01:47.3	03:34.5	21:27.0	35:45.0	42:54.0
60%	00:57.8	01:55.5	03:51.0	23:06.0	38:30.0	46:12.0
11:30.0						
	200m	400m	800m	3-mile	5-mile	6-mile
110%	00:38.8	01:17.6	02:35.3	15:31.5	25:52.5	31:03.0
105%	00:41.0	01:21.9	02:43.9	16:23.3	27:18.7	32:46.5
100%	00:43.1	01:26.2	02:52.5	17:15.0	28:45.0	34:30.0
90%	00:47.4	01:34.9	03:09.8	18:58.5	31:37.5	37:57.0
80%	00:51.7	01:43.5	03:27.0	20:42.0	34:30.0	41:24.0
70%	00:56.1	01:52.1	03:44.2	22:25.5	37:22.5	44:51.0
60%	01:00.4	02:00.7	04:01.5	24:09.0	40:15.0	48:18.0
12:00.0						
	200m	400m	800m	3-mile	5-mile	6-mile
110%	00:40.5	01:21.0	02:42.0	16:12.0	27:00.0	32:24.0
105%	00:42.8	01:25.5	02:51.0	17:06.0	28:30.0	34:12.0
100%	00:45.0	01:30.0	03:00.0	18:00.0	30:00.0	36:00.0
90%	00:49.5	01:39.0	03:18.0	19:48.0	33:00.0	39:36.0
80%	00:54.0	01:48.0	03:36.0	21:36.0	36:00.0	43:12.0
70%	00:58.5	01:57.0	03:54.0	23:24.0	39:00.0	46:48.0
60%	01:03.0	02:06.0	04:12.0	25:12.0	42:00.0	50:24.0
12:30.0						
	200m	400m	800m	3-mile	5-mile	6-mile
110%	00:42.2	01:24.4	02:48.7	16:52.5	28:07.5	33:45.0
105%	00:44.5	01:29.1	02:58.1	17:48.7	29:41.2	35:37.5
100%	00:46.9	01:33.8	03:07.5	18:45.0	31:15.0	37:30.0
90%	00:51.6	01:43.1	03:26.3	20:37.5	34:22.5	41:15.0
80%	00:56.3	01:52.5	03:45.0	22:30.0	37:30.0	45:00.0
70%	01:00.9	02:01.9	04:03.7	24:22.5	40:37.5	48:45.0
60%	01:05.6	02:11.3	04:22.5	26:15.0	43:45.0	52:30.0
13:00.0						
	200m	400m	800m	3-mile	5-mile	6-mile
110%	00:43.9	01:27.8	02:55.5	17:33.0	29:15.0	35:06.0
105%	00:46.3	01:32.6	03:05.2	18:31.5	30:52.5	37:03.0
100%	00:48.7	01:37.5	03:15.0	19:30.0	32:30.0	39:00.0
90%	00:53.6	01:47.3	03:34.5	21:27.0	35:45.0	42:54.0
80%	00:58.5	01:57.0	03:54.0	23:24.0	39:00.0	46:48.0
70%	01:03.4	02:06.7	04:13.5	25:21.0	42:15.0	50:42.0
60%	01:08.3	02:16.5	04:33.0	27:18.0	45:30.0	54:36.0

2-Mile time						
13:30.0						
	200m	400m	800m	3-mile	5-mile	6-mile
110%	00:45.6	01:31.1	03:02.2	18:13.5	30:22.5	36:27.0
105%	00:48.1	01:36.2	03:12.4	19:14.3	32:03.7	38:28.5
100%	00:50.6	01:41.3	03:22.5	20:15.0	33:45.0	40:30.0
90%	00:55.7	01:51.4	03:42.8	22:16.5	37:07.5	44:33.0
80%	01:00.7	02:01.5	04:03.0	24:18.0	40:30.0	48:36.0
70%	01:05.8	02:11.6	04:23.3	26:19.5	43:52.5	52:39.0
60%	01:10.9	02:21.7	04:43.5	28:21.0	47:15.0	56:42.0
14:00.0						
	200m	400m	800m	3-mile	5-mile	6-mile
110%	00:47.3	01:34.5	03:09.0	18:54.0	31:30.0	37:48.0
105%	00:49.9	01:39.8	03:19.5	19:57.0	33:15.0	39:54.0
100%	00:52.5	01:45.0	03:30.0	21:00.0	35:00.0	42:00.0
90%	00:57.8	01:55.5	03:51.0	23:06.0	38:30.0	46:12.0
80%	01:03.0	02:06.0	04:12.0	25:12.0	42:00.0	50:24.0
70%	01:08.3	02:16.5	04:33.0	27:18.0	45:30.0	54:36.0
60%	01:13.5	02:27.0	04:54.0	29:24.0	49:00.0	58:48.0
14:30.0						
	200m	400m	800m	3-mile	5-mile	6-mile
110%	00:48.9	01:37.9	03:15.7	19:34.5	32:37.5	39:09.0
105%	00:51.7	01:43.3	03:26.6	20:39.8	34:26.2	41:19.5
100%	00:54.4	01:48.8	03:37.5	21:45.0	36:15.0	43:30.0
90%	00:59.8	01:59.6	03:59.3	23:55.5	39:52.5	47:51.0
80%	01:05.3	02:10.5	04:21.0	26:06.0	43:30.0	52:12.0
70%	01:10.7	02:21.4	04:42.7	28:16.5	47:07.5	56:33.0
60%	01:16.1	02:32.3	05:04.5	30:27.0	50:45.0	00:54.0
15:00.0						
	200m	400m	800m	3-mile	5-mile	6-mile
110%	00:50.6	01:41.3	03:22.5	20:15.0	33:45.0	40:30.0
105%	00:53.4	01:46.9	03:33.7	21:22.5	35:37.5	42:45.0
100%	00:56.3	01:52.5	03:45.0	22:30.0	37:30.0	45:00.0
90%	01:01.9	02:03.8	04:07.5	24:45.0	41:15.0	49:30.0
80%	01:07.5	02:15.0	04:30.0	27:00.0	45:00.0	54:00.0
70%	01:13.1	02:26.3	04:52.5	29:15.0	48:45.0	58:30.0
60%	01:18.7	02:37.5	05:15.0	31:30.0	52:30.0	03:00.0
15:30.0						
	200m	400m	800m	3-mile	5-mile	6-mile
110%	00:52.3	01:44.6	03:29.2	20:55.5	34:52.5	41:51.0
105%	00:55.2	01:50.4	03:40.9	22:05.3	36:48.7	44:10.5
100%	00:58.1	01:56.3	03:52.5	23:15.0	38:45.0	46:30.0
90%	01:03.9	02:07.9	04:15.8	25:34.5	42:37.5	51:09.0
80%	01:09.8	02:19.5	04:39.0	27:54.0	46:30.0	55:48.0
70%	01:15.6	02:31.1	05:02.3	30:13.5	50:22.5	00:27.0
60%	01:21.4	02:42.8	05:25.5	32:33.0	54:15.0	05:06.0

2-Mile time						
16:00.0						
	200m	400m	800m	3-mile	5-mile	6-mile
110%	00:54.0	01:48.0	03:36.0	21:36.0	36:00.0	43:12.0
105%	00:57.0	01:54.0	03:48.0	22:48.0	38:00.0	45:36.0
100%	01:00.0	02:00.0	04:00.0	24:00.0	40:00.0	48:00.0
90%	01:06.0	02:12.0	04:24.0	26:24.0	44:00.0	52:48.0
80%	01:12.0	02:24.0	04:48.0	28:48.0	48:00.0	57:36.0
70%	01:18.0	02:36.0	05:12.0	31:12.0	52:00.0	02:24.0
60%	01:24.0	02:48.0	05:36.0	33:36.0	56:00.0	07:12.0

Program Design

Monday	Week 1	Week 2	Week 3	Week 4
Conditioning (Intervals) Percentages Based off Week 1 SPFT 2-mile	SPFT (2 min push-ups, 2 min sit-ups, 2 mile run)	1x 800m @ 80% 2x 400m @ 90% 4x 200m @ 100% Rest 1:30 between intervals	1x mile @ 70% 2x 800m @ 80% 4x 400m @ 90% Rest 1:30 between intervals	3x 800m @ 90% 6x 400m @ 90% Rest 1:30 between intervals

Tuesday	Week 1		Week 2		Week 3		Week 4	
	% 1RM	Reps	% 1RM	Reps	% 1RM	Reps	% 1RM	Reps
Front Squat	55%	12	60%	10	65%	8	70%	8
	55%	12	60%	10	65%	8	70%	8
	55%	12	60%	10	65%	8	70%	8
	55%	12	60%	10	65%	8	70%	8
Power Cleans	55%	5	60%	5	65%	5	70%	5
	55%	5	60%	5	65%	5	70%	5
	55%	5	60%	5	65%	5	70%	5
	55%	5	60%	5	65%	5	70%	5
Rest 2:00 after each superset								
Barbell Walking Lunge (each leg)	65 lbs	12 ea	75 lbs	10 ea	85 lbs	12 ea	95 lbs	10 ea
	65 lbs	12 ea	75 lbs	10 ea	85 lbs	12 ea	95 lbs	10 ea
	65 lbs	12 ea	75 lbs	10 ea	85 lbs	12 ea	95 lbs	10 ea
Barbell Bent-Over Row	65 lbs	12	75 lbs	10	85 lbs	12	95 lbs	10
	65 lbs	12	75 lbs	10	85 lbs	12	95 lbs	10
	65 lbs	12	75 lbs	10	85 lbs	12	95 lbs	10
KB Seated Oblique Twists	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea
	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea
	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea
Rest 1:30 after each triset								
Pull-ups		5		6		7		8
		5		6		7		8
		5		6		7		8
Push-ups		14		16		18		20
		14		16		18		20
		14		16		18		20
KB Thrusters	35 lbs	10 ea	35 lbs	10 ea	35 lbs	10 ea	35 lbs	10 ea
	35 lbs	10 ea	35 lbs	10 ea	35 lbs	10 ea	35 lbs	10 ea
	35 lbs	10 ea	35 lbs	10 ea	35 lbs	10 ea	35 lbs	10 ea
Rest 1:00 after each triset								
Back Extension	5 lbs	16	10 lbs	14	15 lbs	12	20 lbs	12
	5 lbs	16	10 lbs	14	15 lbs	12	20 lbs	12
	5 lbs	16	10 lbs	14	15 lbs	12	20 lbs	12
DB Lateral Shoulder Raise	5 lbs	12	10 lbs	10	15 lbs	8	20 lbs	6
	5 lbs	12	10 lbs	10	15 lbs	8	20 lbs	6
	5 lbs	12	10 lbs	10	15 lbs	8	20 lbs	6
Toes to Bar		10		10		10		10
		10		10		10		10
		10		10		10		10
Rest 1:00 after each triset								

Wednesday	Week 1	Week 2	Week 3	Week 4
Conditioning (Intervals) Percentages Based off Week 1 SPFT 2-mile	1 mile Warm-up @ 60% 4x 400m @ 100% 1-mile Cool Down @60% Rest 1:30 min between intervals	2x 800m @ 90% 4x 400m @ 100% 4x 200m @ 110% Rest 1:30 between intervals	3x 800m @ 100% 6x 400m @ 105% 2x 200m @ 110% Rest 1:30 between intervals	4x 800m @ 3:38 min 6x 400m @ 1:48 min 2x 200m @ 0:54 Rest 1:30 between intervals

Thursday	Week 1		Week 2		Week 3		Week 4	
	% 1RM	Reps	% 1RM	Reps	% 1RM	Reps	% 1RM	Reps
Deadlift	55%	12	60%	10	65%	8	70%	8
	55%	12	60%	10	65%	8	70%	8
	55%	12	60%	10	65%	8	70%	8
	55%	12	60%	10	65%	8	70%	8
Barbell Flat Bench Press	55%	12	60%	10	65%	8	70%	8
	55%	12	60%	10	65%	8	70%	8
	55%	12	60%	10	65%	8	70%	8
	55%	12	60%	10	65%	8	70%	8
Rest 2:00 after each superset								
Glute Ham Raises		10		10		12		12
		10		10		12		12
		10		10		12		12
Single Arm DB Incline Bench	25 lbs	12	30 lbs	10	35 lbs	12	40 lbs	10
	25 lbs	12	30 lbs	10	35 lbs	12	40 lbs	10
	25 lbs	12	30 lbs	10	35 lbs	12	40 lbs	10
Standing Oblique DB Crunch	45 lbs	15 ea	45 lbs	15 ea	45 lbs	15 ea	45 lbs	15 ea
	45 lbs	15 ea	45 lbs	15 ea	45 lbs	15 ea	45 lbs	15 ea
	45 lbs	15 ea	45 lbs	15 ea	45 lbs	15 ea	45 lbs	15 ea
Rest 1:30 after each triset								
DB Single Arm Shoulder Press	25 lbs	12	30 lbs	10	35 lbs	12	40 lbs	10
	25 lbs	12	30 lbs	10	35 lbs	12	40 lbs	10
	25 lbs	12	30 lbs	10	35 lbs	12	40 lbs	10
Toes to Bar		10		10		10		10
		10		10		10		10
		10		10		10		10
Glute Hip Bridges		10 ea		10 ea		10 ea		10 ea
		10 ea		10 ea		10 ea		10 ea
		10 ea		10 ea		10 ea		10 ea
Rest 1:00 after each triset								
Pull-ups		5		6		7		8
		5		6		7		8
		5		6		7		8
Push-ups		14		16		18		20
		14		16		18		20
		14		16		18		20
Sit-ups		18		20		22		24
		18		20		22		24
		18		20		22		24
Rest 1:00 after each triset								

Friday	Week 1	Week 2	Week 3	Week 4
Conditioning (Time Trial/Tempo) Percentages Based off Week 1 SPFT 2-mile	3 mile Time Trial @ 100%	3 mile Tempo @ 90% (Run 90 seconds slower than target race pace)	5 mile Time Trial @ 100% (Run as fast as possible)	5 mile Tempo @ 90% (Run 90 seconds slower than target race pace)

Saturday	Week 1		Week 2		Week 3		Week 4	
	10 Rounds for Time		10 Rounds for Time		10 Rounds for Time		10 Rounds for Time	
Conditioning Circuit (Row/Burpee/Squat) maintain a 1:2 ratio on the burpees and squats	100m	1 burp/ 2 squat	100m	1 burp/ 2 squat	1000m	10 burp/ 20 squat	1000m	10 burp/ 20 squat
	200m	2 burp/4 squat	200m	2 burp/4 squat	900m	9 burp/18 squat	900m	9 burp/18 squat
	300m	3 burp/6 squat	300m	3 burp/6 squat	800m	8 burp/16 squat	800m	8 burp/16 squat
	400m	4 burp/8 squat	400m	4 burp/8 squat	700m	7 burp/14 squat	700m	7 burp/14 squat
	500m	5 burp/10 squat	500m	5 burp/10 squat	600m	6 burp/12 squat	600m	6 burp/12 squat
	500m	5 burp/10 squat	500m	5 burp/10 squat	500m	5 burp/10 squat	500m	5 burp/10 squat
	400m	4 burp/8 squat	400m	4 burp/8 squat	400m	4 burp/8 squat	400m	4 burp/8 squat
	300m	3 burp/6 squat	300m	3 burp/6 squat	300m	3 burp/6 squat	300m	3 burp/6 squat
	200m	2 burp/4 squat	200m	2 burp/4 squat	200m	2 burp/4 squat	200m	2 burp/4 squat
	100m	1 burp/ 2 squat	100m	1 burp/ 2 squat	100m	1 burp/ 2 squat	100m	1 burp/ 2 squat
No Rest between rounds; Complete the circuit for time								

Note: Do 100 push-ups and 100 sit-ups after each conditioning day (Monday, Wednesday, Friday, and Saturday). Execute in sets of 10, alternating between the exercises.

Monday	Week 5	Week 6	Week 7	Week 8
Conditioning (Intervals) Percentages Based off Week 5 SPFT 2-mile	SPFT (2 min push-ups, 2 min sit-ups, 2 mile run)	6x 800m @ 105% Rest 3 min between intervals	8x 800m @ 105% Rest 3 min between intervals	4x 1 mile @ 105% Rest 5 min between intervals

Tuesday	Week 5		Week 6		Week 7		Week 8	
	% 1RM	Reps	% 1RM	Reps	% 1RM	Reps	% 1RM	Reps
Back Squat	65%	12	70%	10	75%	8	80%	8
	65%	12	70%	10	75%	8	80%	8
	65%	12	70%	10	75%	8	80%	8
	65%	12	70%	10	75%	8	80%	8
Power Cleans	65%	5	70%	5	75%	5	80%	5
	65%	5	70%	5	75%	5	80%	5
	65%	5	70%	5	75%	5	80%	5
	65%	5	70%	5	75%	5	80%	5
Rest 2:00 after each superset								
Pull-ups		7		8		9		10
		7		8		9		10
		7		8		9		10
		7		8		9		10
KB Thrusters	35 lbs	12	35 lbs	12	35 lbs	12	35 lbs	12
	35 lbs	12	35 lbs	12	35 lbs	12	35 lbs	12
	35 lbs	12	35 lbs	12	35 lbs	12	35 lbs	12
	35 lbs	12	35 lbs	12	35 lbs	12	35 lbs	12
Rest 1:30 after each triset								
Inverted Rows		10		10		12		12
		10		10		12		12
		10		10		12		12
DB Step-ups	20 lbs	10 ea	20 lbs	10 ea	25 lbs	12 ea	25 lbs	12 ea
	20 lbs	10 ea	20 lbs	10 ea	25 lbs	12 ea	25 lbs	12 ea
	20 lbs	10 ea	20 lbs	10 ea	25 lbs	12 ea	25 lbs	12 ea
Push-ups		18		20		22		24
		18		20		22		24
		18		20		22		24
Rest 1:00 after each triset								
DB Single Arm Bent-Over Row	45 lbs	16	50 lbs	14	55 lbs	12	60 lbs	12
	45 lbs	16	50 lbs	14	55 lbs	12	60 lbs	12
	45 lbs	16	50 lbs	14	55 lbs	12	60 lbs	12
Anterior Should Raise	5 lbs	12	10 lbs	10	15 lbs	8	20 lbs	6
	5 lbs	12	10 lbs	10	15 lbs	8	20 lbs	6
	5 lbs	12	10 lbs	10	15 lbs	8	20 lbs	6
Sit-ups		22		24		26		28
		22		24		26		28
		22		24		26		28
Rest 1:00 after each triset								

Wednesday	Week 5	Week 6	Week 7	Week 8
Conditioning (Time Trial/Tempo) Percentages Based off Week 5 SPFT 2-mile	6 mile Time Trial @ 100% (Run as fast as possible)	6 mile Tempo @ 90% (Run 90 seconds slower than target race pace)	7 mile Time Trial @ 100% (Run as fast as possible)	7 mile Tempo @ 90% (Run 90 seconds slower than target race pace)

Thursday	Week 5		Week 6		Week 7		Week 8	
	% 1RM	Reps	% 1RM	Reps	% 1RM	Reps	% 1RM	Reps
Deadlift	65%	12	70%	10	75%	8	80%	8
	65%	12	70%	10	75%	8	80%	8
	65%	12	70%	10	75%	8	80%	8
	65%	12	70%	10	75%	8	80%	8
Strict Press	55%	12	60%	10	65%	8	70%	8
	55%	12	60%	10	65%	8	70%	8
	55%	12	60%	10	65%	8	70%	8
	55%	12	60%	10	65%	8	70%	8
Rest 2:00 after each superset								
Barbell Bench Press	65%	12	70%	10	75%	8	80%	8
	65%	12	70%	10	75%	8	80%	8
	65%	12	70%	10	75%	8	80%	8
	65%	12	70%	10	75%	8	80%	8
Clapping Push-ups		5		5		5		5
		5		5		5		5
		5		5		5		5
		5		5		5		5
Rest 1:30 after each triset								
DB Incline Bench	30 lbs	12	35 lbs	10	40 lbs	12	45 lbs	10
	30 lbs	12	35 lbs	10	40 lbs	12	45 lbs	10
	30 lbs	12	35 lbs	10	40 lbs	12	45 lbs	10
Glute-Ham Raises		12		12		12		12
		12		12		12		12
		12		12		12		12
Knees to Chest		12		14		16		18
		12		14		16		18
		12		14		16		18
Rest 1:00 after each triset								
DB Shoulder Press	30 lbs	12	35 lbs	10	40 lbs	12	45 lbs	10
	30 lbs	12	35 lbs	10	40 lbs	12	45 lbs	10
	30 lbs	12	35 lbs	10	40 lbs	12	45 lbs	10
DB Lateral Lunges	10 lbs	12	15 lbs	10	20 lbs	8	25 lbs	6
	10 lbs	12	15 lbs	10	20 lbs	8	25 lbs	6
	10 lbs	12	15 lbs	10	20 lbs	8	25 lbs	6
Toes to Bar		10		10		10		10
		10		10		10		10
		10		10		10		10
Dips		10		10		10		10
		10		10		10		10
		10		10		10		10
Rest 1:00 after each triset								

Thursday	Week 5	Week 6	Week 7	Week 8
Non-impact Conditioning (Row, Cycle, Assault Bike, Swim) Evening Training	3x 5 min rounds Rest 5 min between rounds	5x 5 min rounds Rest 5 min between rounds	3x 8 min rounds Rest 5 min between rounds	5x 8 min rounds Rest 5 min between rounds
Friday	**Week 5**	**Week 6**	**Week 7**	**Week 8**
Conditioning (Ruck March)	3 mile Ruck @ 40 lbs (Dry) Maintain less than 15 min miles walking (Do not run)	5 mile Ruck @ 45 lbs (Dry) Maintain less than 15 min miles walking (Do not run)	5 mile Ruck @ 55 lbs (Dry) Maintain less than 15 min miles walking (Do not run)	7 mile Ruck @ 55 lbs (Dry) Maintain less than 15 min miles walking (Do not run)

Note: Do 125 push-ups and 125 sit-ups after each conditioning day (Monday, Wednesday, and Friday). Execute in the least number of sets possible, alternating between the exercises.

Monday	Week 9		Week 10		Week 11		Week 12	
	% 1RM	Reps	% 1RM	Reps	% 1RM	Reps	% 1RM	Reps
Bulgarian Split Squat	30%	12	30%	12	35%	10	35%	10
	30%	12	30%	12	35%	10	35%	10
	30%	12	30%	12	35%	10	35%	10
	30%	12	30%	12	35%	10	35%	10
Weighted Pull-ups	15 lbs	5	15 lbs	6	20 lbs	7	20 lbs	8
	15 lbs	5	15 lbs	6	20 lbs	7	20 lbs	8
	15 lbs	5	15 lbs	6	20 lbs	7	20 lbs	8
	15 lbs	5	15 lbs	6	20 lbs	7	20 lbs	8
Rest 2:00 after each superset								
KB Frontrack Walking Lunges	35 lbs	10 ea	35 lbs	10 ea	35 lbs	12 ea	35 lbs	12 ea
	35 lbs	10 ea	35 lbs	10 ea	35 lbs	12 ea	35 lbs	12 ea
	35 lbs	10 ea	35 lbs	10 ea	35 lbs	12 ea	35 lbs	12 ea
Barbell Bent-Over Row	95 lbs	12	95 lbs	12	105 lbs	10	105 lbs	10
	95 lbs	12	95 lbs	12	105 lbs	10	105 lbs	10
	95 lbs	12	95 lbs	12	105 lbs	10	105 lbs	10
Seated Oblique Twist w/ KB	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea
	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea
	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea
Rest 1:00 after each triset								
Back Extension	5 lbs	10	10 lbs	10	15 lbs	10	20 lbs	10
	5 lbs	10	10 lbs	10	15 lbs	10	20 lbs	10
	5 lbs	10	10 lbs	10	15 lbs	10	20 lbs	10
Burpees		10		10		10		10
		10		10		10		10
		10		10		10		10
Hanging Leg Raises		10		10		10		10
		10		10		10		10
		10		10		10		10
Rest 1:00 after each triset								

Tuesday	Week 9	Week 10	Week 11	Week 12
Conditioning (Ruck March)	SPFT (2 min push-ups, 2 min sit-ups, 2 mile run)	4 mile Ruck @ 65 lbs (Dry) Maintain less than 15 min miles walking (Do not run)	5 mile Ruck @ 60 lbs (Dry) Maintain less than 15 min miles walking (Do not run)	5 mile Ruck @ 65 lbs (Dry) Maintain less than 15 min miles walking (Do not run)

Wednesday	Week 9	Week 10	Week 11	Week 12
Non-impact Conditioning (Row, Cycle, Assault Bike, Swim)	3x 12 min rounds Rest 5 min between rounds	5x 8 min rounds Rest 5 min between rounds	3x 15 min rounds Rest 5 min between rounds	5x 12 min rounds Rest 5 min between rounds

Thursday	Week 9		Week 10		Week 11		Week 12	
	% 1RM	Reps	% 1RM	Reps	% 1RM	Reps	% 1RM	Reps
Reverse Hypers		10		12		14		16
		10		12		14		16
		10		12		14		16
		10		12		14		16
Single Arm DB Bench	45 lbs	12	50 lbs	10	55 lbs	8	60 lbs	8
	45 lbs	12	50 lbs	10	55 lbs	8	60 lbs	8
	45 lbs	12	50 lbs	10	55 lbs	8	60 lbs	8
	45 lbs	12	50 lbs	10	55 lbs	8	60 lbs	8
Rest 2:00 after each superset								
Glute Ham Raises		12		12		12		12
		12		12		12		12
		12		12		12		12
DB Single Arm Shoulder Press	25 lbs	12	30 lbs	10	35 lbs	10	40 lbs	8
	25 lbs	12	30 lbs	10	35 lbs	10	40 lbs	8
	25 lbs	12	30 lbs	10	35 lbs	10	40 lbs	8
Seated Oblique Twist w/ KB	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea
	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea
	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea	35 lbs	12 ea
Rest 1:00 after each triset								
Pull-ups		5		6		7		8
		5		6		7		8
		5		6		7		8
Push-ups		12		14		16		18
		12		14		16		18
		12		14		16		18
Sit-ups		16		18		20		22
		16		18		20		22
		16		18		20		22
Rest 1:00 after each triset								

Thursday	Week 9	Week 10	Week 11	Week 12
Conditioning (Intervals) Evening Training Session 2 Percentages Based off Week 9 SPFT 2-mile	6x 400m @ 105% Rest 1:00 between intervals	8x 400m @ 110% Rest 1:00 between intervals	2x 800m @ 105% 4x 400m @ 110% Rest 1:00 between intervals	3x 800m @ 105% 6x 400m @ 110% Rest 1:00 between intervals

Friday	Week 9	Week 10	Week 11	Week 12
Conditioning (Ruck March)	4 mile Ruck @ 60 lbs (Dry) Maintain less than 15 min miles walking (Do not run)	4 mile Ruck @ 65 lbs (Dry) Maintain less than 15 min miles walking (Do not run)	5 mile Ruck @ 60 lbs (Dry) Maintain less than 15 min miles walking (Do not run)	5 mile Ruck @ 65 lbs (Dry) Maintain less than 15 min miles walking (Do not run)

Note: Do 150 push-ups and 150 sit-ups after each conditioning day (Tuesday, Wednesday, and Friday). Execute in the least number of sets possible, alternating between the exercises.

Monday	Week 13	Week 14
	3 Rounds for Time	3 Rounds for Time
METCON (conduct with 24 lbs KBs)	20 Step-ups	20 Step-ups
	12 KB Swings	12 KB Swings
	20 Lunges	20 Lunges
	12 Bent-over row	12 Bent-over row
	10 Thrusters	10 Thrusters
Non-impact conditioning Row Cycle Assault Bike	15 minutes conditioning	15 minutes conditioning
No Rest between rounds; Complete the circuit for time		

Tuesday	Week 13	Week 14
Conditioning (Long Slow Distance)	30 min easy jog (60-70%)	20 min easy jog (60-70%)

Wednesday	Week 13	Week 14
	10 Rounds for Time	10 Rounds for Time
METCON	5 Pull-ups	5 Pull-ups
	10 Push-ups	10 Push-ups
	15 Sit-ups	15 Sit-ups
	20 Airsquats	20 Airsquats
Non-impact conditioning Row Cycle Assault Bike	15 minutes conditioning	15 minutes conditioning
No Rest between rounds; Complete the circuit for time		

Thursday	Week 13	Week 14
Non-impact Conditioning (Row, Cycle, Assault Bike, Swim)	3x 12 min rounds Rest 3 min between rounds	3x 5 min rounds Rest 5 min between rounds

Friday	Week 13	Week 14
Conditioning (Ruck)	4 mile Ruck @ 55 lbs (Dry) Maintain less than 15 min miles walking (Do not run)	Rest

Note: Do 100 push-ups and 100 sit-ups after the conditioning day on Tuesday and Thursday of Week 13. Execute in the least number of sets possible, alternating between the exercises. Rest after conditioning days on Week 14. This should provide a complete taper prior to start of the course.