ACET Maintenance/Pren/Improvement Phase I

			Activiation D	rills; 3rd : \	Workout; 4th:			WK1			WK2				WK3				WK4
		: Stretch					Reps/ Time Load	Notes	Sets	D	Notes	Sets	D / T		Notes	Sets	/ =:		Notes
Day		rcise- Circui		Nea WK2	; 2x12ea WK3;	Sets	Reps/ Time Load	Notes	Sets	Reps/ Time Load	Notes	Sets	Reps/ Time	road	Notes	Sets	Reps/ Time	Load	Notes
	2x1	4ea WK4	Glute Bi March	ridge S	Side Plank w/ Band Row		it should be completed in u	than 5 mins to complete and the entire nder 60 mins; 1-3 mins rest in between sets ns between blocks		ut should be completed in u	e than 5 mins to complete and the entire nder 60 mins; 1-3 mins rest in between sets ins between blocks			ompleted in ur	than 5 mins to complete and the entire nder 60 mins; 1-3 mins rest in between sets ns between blocks			ompleted in u	e than 5 mins to complete and the entire nder 60 mins; 1-3 mins rest in between sets ins between blocks
	A1:	Hex Bar Flo	or Press	,			8	1-3 RIR (reps in reserve)		6	1-3 RIR (reps in reserve)		5		1-3 RIR (reps in reserve)		4		1-3 RIR (reps in reserve)
	A2:	Single Arm	(SA) KB Row				8ea			10ea	Same weight as WK1 or increase		12ea		Same weight as week prior or increase		14ea		Same weight as week prior or increase
	A3:	Pallof Press	5			4	7ea		4	8ea		4	9ea			4	10ea		
#1	A4:	World's Gre	eatest Stretc	h + Rotatio	on		5ea			5ea			5ea				5ea		
	B1:	BB Deadlift					10	1-3 RIR (reps in reserve)		8	1-3 RIR (reps in reserve)		6		1-3 RIR (reps in reserve)		4		1-3 RIR (reps in reserve)
	B2:	MB Leg Brid	dge + Curl			4	8		4	10		4	12			4	14		
			Inee Crosses			•	8ea		,	10ea		•	12ea]	14ea		
		90/90 S-Sit					5ea			5ea			5ea				5ea		
		isher: Hex B	ar Carry			1	x50m D&B	(Males: 45+25 ea side; Females: 35+ ea side)	2	x50m D&B	(Males: 45+25 ea side; Females: 35+ ea side)	1	x50m D&B		(Males: 45+35 ea side; Females: 45+ ea side)	2	x50m D&B		(Males: 45+35 ea side; Females: 45+ ea side)
		tance Run																	
		oups/Paces:	r faster @7:5	7.0.46/	:1-														
			9:09-10:04/i		ile .		min w/u ing Effort shoul	ynamic w/u beforehand and then about 3-5 d be around 70-80% of what your normal 2			dynamic w/u beforehand and then about 3-5 d be around 70-80% of what your normal 2				ynamic w/u beforehand and then about 3-5 d be around 70-80% of what your normal 2				dynamic w/u beforehand and then about 3-5 d be around 70-80% of what your normal 2
#2			10:11-11:14			25mins	mile time would be. This d	ay is to help build aerobic capacity to sustain ger distances/times.	30mins	mile time would be. This o	ay is to help build aerobic capacity to sustain nger distances/times.	35mins		ould be. This da	ay is to help build aerobic capacity to sustain ger distances/times.	40mins		ould be. This d	ay is to help build aerobic capacity to sustain ager distances/times.
			10:58-12:01				10.1	ger distances, times.			ger distances, ames.			1011	ger distances, times.			101	ger distances/ times.
			11:37-12:44																
	2x1 WK	4ea WK4 (N 3&4 - heav	ИВ Vertical T	oss: 2x5 V	; 2x12ea WK3; WK1&2, 2x3 Lateral Plank Walks		it should be completed in u	than 5 mins to complete and the entire nder 60 mins; 1-3 mins rest in between sets ns between blocks		ut should be completed in u	e than 5 mins to complete and the entire nder 60 mins; 1-3 mins rest in between sets ins between blocks			ompleted in ur	than 5 mins to complete and the entire nder 60 mins; 1-3 mins rest in between sets ns between blocks			ompleted in u	than 5 mins to complete and the entire nder 60 mins; 1-3 mins rest in between sets ins between blocks
	A1:	BB Overhea	ad Press				8	2-3 RIR (reps in reserve)		6	2-3 RIR (reps in reserve)		5		2-3 RIR (reps in reserve)		4		2-3 RIR (reps in reserve)
	A2:	Single Arm	(SA) TRX Rov	v			5ea			6ea			7ea	+			8ea		
	A3:	Hollow Roc	:ks			4	8		4	10		4	12			4	14		
#3	A4:	Band Pullar	parts				12			15			20				25		
	B1:	Hex Bar RD	L				10			8			6				4		
	B2:	Goblet Split	t Squat				6ea			8ea			10ea				12ea		
	B3:	Russian Tw	ists			4	10ea		4	12ea		4	14ea			4	16ea		
	B4:	Single Leg (Leg (SL) Bridge Hold				15s hold ea			20s hold ea			25s hold ea				30s hold ea		
	Finisher: WTD Plank into T-Pushups			1	25lbs+ & 30	WTD Plank for 1-2 min w/ 25lbs+, right after you take the plate off and perform 30 T-Pushups; this can be broken up however you want	1	25lbs+ & 40	WTD Plank for 1:30-2:30 min w/ 25lbs+, right after you take the plate off and perform 40 T-Pushups; this can be broken up however you want	1	25lbs+ & 50		WTD Plank for 2-3 min w/ 25lbs+, right after you take the plate off and perform 50 T-Pushups; this can be broken up however you want	1	25lbs+ & 60		WTD Plank for 2:30-3:30 min w/ 25lbs+, right after you take the plate off and perform 60 T-Pushups; this can be broken up however you want		
#4	12n 14n 16n 18n	om Repeats oups/Paces: nin/2mile or nin/2mile @ nin/2mile @ nin/2mile @ nin/2mile @ nin/2mile @	r faster @1:2 01:38 01:49 01:58	4		x4	min w/u jog. Effort shoul speed to run the 2 mile complete the rep (i.e. on	ynamic w/u beforehand and then about 3-5 d be around 95%+. This day is to help build faster. Rest = twice as long as it takes to 400m repeat takes 1:24 to complete, rest would equal 2:48)	х5	min w/u jog. Effort shou speed to run the 2 mile	dynamic w/u beforehand and then about 3-5 Id be around 95%+. This day is to help build e faster. Rest = twice as long as it takes to e 400m repeat takes 1:24 to complete, rest would equal 2:48)	х6	min w/u jo speed t	og. Effort should o run the 2 mile the rep (i.e. one	ynamic w/u beforehand and then about 3-5 d be around 95%+. This day is to help build e faster. Rest = 1.5x as long as it takes to 4.400m repeat takes 1:24 to complete, rest would equal 2:06)	x7	min w/u jo speed to re	g. Effort shou in the 2 mile f	dynamic w/u beforehand and then about 3-5 d be around 95% This day is to help build sster. Rest = same time it takes to complete eat takes 1:24 to complete, rest would equal 1:24)

							ACFT Main		ce/Prep/Improvement P	hase I						
	ynamic WU; 2nd: Activiation Dri	ills; 3rd:		w	K1			w	K2			wĸ	3			WK4
	out; 4th: Finisher; 5th: Stretch Exercise- Circuit Order		Sets Reps/Time	Load	Notes	Sets	Reps/ Time	Load	Notes	Sets	Reps/ Time	Load	Notes	Sets	Reps/ Time	Load Notes
	Activation: 2x8ea WK1; 2x10ea 2x12ea WK3: 2x14ea WK4	WK2;														
		Contabate .			n 5 mins to complete and the entire				n 5 mins to complete and the entire ler 60 mins; 1-3 mins rest in between				5 mins to complete and the entire under 60 mins: 1-3 mins rest in			more than 5 mins to complete and the entire ed in under 60 mins: 1-3 mins rest in between
	Downward Dog Toe Taps Fire Hydrants	Straight Leg Sit Up w/ Plate			between blocks				s between blocks				nins between blocks	WO I NO L		1 2-4 mins between blocks
	A1: BB Push Press	Plate	8		1-3 RIR (reps in reserve)		6		1-3 RIR (reps in reserve)		5		1-3 RIR (reps in reserve)		4	1-3 RIR (reps in reserve)
					, ,,,				, , , , , , , , , , , , , , , , , , , ,				, ,			()
	A2: Sled Rows		10		45lbs+ on sled, row sled		12		45lbs+ on sled, row sled		15		45lbs+ on sled, row sled		20	45lbs+ on sled, row sled
	A3: Vertical Pallof Press		4 7ea			4	8ea			-4	9ea			4	10ea	
#1	A4: World's Greatest Stretch + R	Rotation	5ea				5ea				5ea				5ea	
	B1: Hex Bar Deadlift		4+4		Cluster set. Perform 4 reps then set the bar down for 10-20s, then period perform 4 more reps to complete one set for 8 total reps in		3+3		Cluster set. Perform 3 reps then set the bar down for 10-20s, then perform 3 more reps to complete one set for 6 total reps in a set		2+2		Cluster set. Perform 2 reps then set the bar down for 10-20s, then perform 2 more reps to complete one set for 4 total reps in a set		1+1+1	Cluster set. Perform 1 rep then set the bar down for 10-20s, then perform 1 more rep to complete one set for 3 total reps in a set
	B2: Reverse Lunge		8ea		a set		10ea		Same weight as week prior or inc.		12ea		Same weight as week prior or inc.		14ea	Same weight as week prior or inc.
	B3: KB Pull Throughs		8ea		Front Leaning Rest position, KB outside of armpit, opposite hand/arm reaches under to grab KB and pull through to other side; repeat	4	10ea		Front Leaning Rest position, KB outside of armpit, opposite hand/arm reaches under to grab KB and pull through to other side; repeat	-4	12ea		Front Leaning Rest position, KB outside of armpit, opposite hand/arm reaches under to grab KB and pull through to other side; repeat	4	14ea	Front Leaning Rest position, KB outside of armpit, opposite hand/arm reaches under to grab KB and pull through to other side; repeat
	B4: 90/90 S-Sit Rotation		5ea		repeat		5ea		repeat		5ea		repeat		5ea	repeat
	Finisher: Sprint Drag Carry		1 90lbs			2	90lbs			1	115lbs			2	115lbs	
	Distance Run							ı	1				1.			1
#2	Groups/Paces: 12min/2mile or faster @7:57-8: 14min/2mile @9:09-10:04/mile 16min/2mile @10:11-11:14/mile 18min/2mile @10:58-12:01/mile 20min/2mile @11:37-12:44/mile	le le	30mins about 3-5 min w/s	u jog. Effo mile time	dynamic w/u beforehand and then rt should be around 70-80% of what would be. This day is to help build ustain longer distances/times.	35mins	about 3-5 min w/u your normal 2 r	i jog. Effo nile time	dynamic w/u beforehand and then rt should be around 70-80% of what would be. This day is to help build ustain longer distances/times.	40mins	about 3-5 min w/u j your normal 2 mi	jog. Effort le time w	ynamic w/u beforehand and then should be around 70-80% of what ould be. This day is to help build stain longer distances/times.	45mins	about 3-5 min w/u your normal 2 n	mplete a dynamic w/u beforehand and then jog. Effort should be around 70-80% of what nile time would be. This day is to help build acity to sustain longer distances/times.
	Activation: 2x8 WK1; 2x10 WK2 2x14 WK4 (SPT: 2x3 WK18.2, 2x (KB Bottoms Up Press: 2x5ea W 2x6ea WK 3&4) Standing 4- Way Dead Power Throw Bugs	c5 WK 3&4) VK 1&2,	workout should be comple	ted in und	n 5 mins to complete and the entire er 60 mins; 1-3 mins rest in between between blocks		it should be complet	ed in und	n 5 mins to complete and the entire ler 60 mins; 1-3 mins rest in between s between blocks		kout should be com	pleted in	5 mins to complete and the entire under 60 mins; 1-3 mins rest in nins between blocks		t should be complet	more than 5 mins to complete and the entire ed in under 60 mins; 1-3 mins rest in between 12-4 mins between blocks
	A1: BB Incline Bench Press		8		2-3 RIR (reps in reserve)		6		2-3 RIR (reps in reserve)		5		2-3 RIR (reps in reserve)		4	2-3 RIR (reps in reserve)
	A2: TRX Row A3: WTD Tall Plank		4 8 20s		25lbs+	4	10 30s			4	12 40s			4	15 50s	
#3	A3: WTD Tall Plank A4: Band Face Pulls		20s 12	-	+cuius+		30s 15				40s 20				50s 25	
	B1: Hex Bar Staggered Stance RD	DL	6ea				5ea		Inc. weight		4ea		Inc. weight		3ea	Inc. weight
	B2: Goblet Squat		8	-			10		Same weight as week prior or inc.	1.	12		Same weight as week prior or inc.		15	Same weight as week prior or inc.
	B3: Flutter Kicks		10ea			4	12ea			4	15ea			4	20ea	
	B4: Ankle Rocks		5-10ea				5-10ea			1	5-10ea				5-10ea	
	Finisher: T-Pushups		1 AMRAP		Complete as many as possible without stopping	1	AMRAP		Complete as many as possible without stopping; try to beat previous total reps	2	AMRAP		Complete as many as possible without stopping	2	AMRAP	Complete as many as possible without stopping; try to beat previous total reps
#4	800m Repeats Groups/Paces: 12min/Zmile or faster @3:01 14min/Zmile @3:29 16min/Zmile @3:54 18min/Zmile @4:12 20min/Zmile @4:28	Make sure to complete a dynamic w/u beforehand and then about 3-5 min w/u jog. Effort should be around 97-100%. This of about 3-5 min w/u jog. Effort should be around 97-100%. This of is to help build speed to run the 2 mile faster. Rest = same time 2 mile @4:12 takes to complete the rep (i.e. one 800m repeat takes 3:01 to complete, rest would equal 3:01)			х3	about 3-5 min w/u is to help build spe takes to complet	jog. Effort ed to run e the rep	dynamic w/u beforehand and then t should be around 97-100%. This day the 2 mile faster. Rest = same time it (i.e. one 800m repeat takes 3:01 to set would equal 3:01)	х4	about 3-5 min w/u day is to help build time it takes to co	jog. Effor speed to mplete th	mamic w/u beforehand and then t should be around 97-100%. This run the 2 mile faster. Rest = same e rep (i.e. one 800m repeat takes rest would equal 3:01)	х5	about 3-5 min w/u is to help build spe takes to complete	mplete a dynamic w/u beforehand and then log. Effort should be around 97-100%. This day ed to run the 2 mile faster. Rest = same time it e the rep (i.e. one 800m repeat takes 3:01 to mplete, rest would equal 3:01)	

	DYNAMIC WARM-UP		WK 1		WK 2		WK 3		WK 4
Day	Exercises	Sets	Reps/ Time	Sets	Reps/ Time	Sets	Reps/Time	Sets	Reps/Time
	A1) Sled Pull		50yds		50yds		50yds		50yds
	A2) Banded Lateral Walks	3	20 ea.	4	20 ea.	5	20 ea.	6	20 ea.
	A3) Deadbugs		10 ea.		10 ea.		10 ea.		10 ea.
	B1) KB RDL		15		15		15		15
#1	B2) Banded Goodmornings	3	25	4	25	5	25	6	25
	B3) Planks		45 sec.		45 sec.		45 sec.		45 sec.
	C1) KB Goblet Squat		10		10		10		10
	C2) Banded Facepull	3	15	4	15	5	15	6	15
	C3) Mtn. Climbers		20 ea.		20 ea.		20 ea.		20 ea.
						_		_	
	DYNAMIC WARM-UP		WK 1		WK 2		WK 3		WK 4
Day	Exercises	Sets	Reps/ Time	Sets	Reps/ Time	Sets	Reps/Time	Sets	Reps/Time
	A1) Sandbag Deadlift		10		10		10		10
	A2) Banded Monster Walks	3	20 ea.	4	20 ea.	5	20 ea.	6	20 ea.
	A3) Side Planks		30 sec/ea.		30 sec/ea.		30 sec/ea.		30 sec/ea.
	B1) Sandbag Front Squat		10		10		10		10
#2	B2) SA KB OH Press	3	10 ea.	4	10 ea.	5	10 ea.	6	10 ea.
	B3) Plank Shoulder Taps		20 ea.		20 ea.		20 ea.		20 ea.
	C1) Sandbag Reverse Lunge		8 ea.		8 ea.		8 ea.		8 ea.
	C2) SA KB Row	3	15 ea.	4	15 ea.	5	15 ea.	6	15 ea.
I	C3) V-Ups	1	20	1	20	1	20	l .	20

Minimal Equipment, 4 Week

Appendix D

						Minimal Equipment Program					
Dynamic WU, 2nd Prep Drills: Squat tch, Single Leg Hip Bridges, Single leg hops 2x 10 ea. Exercise			WK1			WK2		WK3			WK4
Exercise- Circuit Order A1. Tuck Jumps	Sets	Reps/ Time 4	Notes Knees to Chest, Continuous	Sets	Reps/ Time	Notes Knees to Chest, Continuous	Sets Reps/ Time 5	Notes Knees to Chest, Continuous	Sets	Reps/ Time	Notes Knees to Chest, Continuous
A2. Depth Drops off box	4	4	Work on landing technique, Chest up, Feet shoulder width apart, FALL into the landing, Active core & glutes	4	5	Work on landing technique, Chest up, Feet shoulder width apart, FALL into the landing, Active core & glutes	5	Work on landing technique, Chest up, Feet shoulder width apart, FALL into the landing, Active core & glutes	5	5	Work on landing technique, Chest up, Feet shoulder w apart, FALL into the landing, Active core & glutes
A3. Object OH Flutter Kicks		20sec.	Hold an object above your head	_	25sec.	Hold an object above your head		Hold an object above your head	-	30sec.	Hold an object above your head
B1. Rucksack Squats		10	Wear Ruck on your front, Add weight biweekly		12		25sec.		_	12	
						Wear Ruck on your front Add weight biweekly	10	Wear Ruck on your back, Add weight biweekly			Wear Ruck on your back, Add weight biweekly
B2. Bent Over Ruck Sack Row	4	10	Add weight biweekly	4	12	Add weight biweekly	5 12	Add weight biweekly	5	15	Add weight biweekly
B3.Side Plank		20sec. Ea.			25sec. Ea.	Add weight biweekly	12	Aud weight biweekly	1	30 sec. ea.	Add weight biweekly
C1. Burpee Challenge	10	1 min. x10 min	For ea. Minute add 2 burpees, Ex. 1 min. = 2 burpees, complete w/in the minute and rest unit! the next minute begin then add 2 more	12	1 min.x 12min	For ea. Minute add 2 burpees, Ex. 1 min. = 2 burpees, complete w/in the minute and rest unit! the next minute begin then add 2 more	25sec. Ea. 1min.x 15 min. 15	For ea. Minute add 2 burpees, Ex. 1 min. = 2 burpees, complete w/in the minute and rest unit! the next minute begin then add 2 more	16	1min.x 16 min.	For ea. Minute add 2 burpees, Ex. 1 min. = 2 burpees complete w/in the minute and rest unitl the next mir begin then add 2 more
A1. FWD Frog Hops		6	Body Weight		6	Body Weight	6	Hold an object at chest, can be weigthed or unweighted		6	Hold objext at chest, can be weigthed or unweighter
A2. Single Arm Water Can Push-ups	4	6ea.	One hand on the water can or any elevated object w/ other hand on the ground	4	8 ea.	One hand on the water can or any elevated object w/ other hand on the ground	8 ea.	One hand on the water can or any elevated object w/ other hand on the ground	5	10 ea.	One hand on the water can or any elevated object w hand on the ground
A3. Bird Dog		6ea.	On hands & knees, extend OPP hand w/ Opp Knee		6ea.	On hands & knees, extend OPP hand w/ Opp Knee	6ea.	On hands & knees, extend OPP hand w/ Opp Knee		6ea.	On hands & knees, extend OPP hand w/ Opp Knee
B1. Rucksack RDL		8	Wear Ruck on your front, Add weight biweekly, active Core & resist weight pulling FWD		10	Wear Ruck on your front, Add weight biweekly, active Core & resist weight pulling FWD	8	Wear Ruck on your front, Add weight biweekly, active Core & resist weight pulling FWD		10	Wear Ruck on your front, Add weight biweekly, activ resist weight pulling FWD
B2. Standing Ruck Press Out	4	8	Adjust weight accordingly, Add weight biweekly	4	10	Adjust weight accordingly, Add weight biweekly	8	Adjust weight accordingly, Add weight biweekly	5	10	Adjust weight accordingly, Add weight biweekly
B3. Crab Walk		5m	Down & Back		5m	Down & Back	5m	Down & Back		5m	Down & Back
C1. Partner Single Arm Water Jug Carriers	10	1ea.x 20m	1 down & back = 1 set @ 20m down and 20m back, 1 person down & back then switch	12	1ea.x 20m	1 down & back = 1 set @ 20m down and 20m back 1 person down & back then switch	5m	1 down & back = 1 set @ 20m down and 20m back1 person down & back then switch	15	1ea.x20m	1 down & back = 1 set @ 20m down and 20m back1 down & back then switch
A1. Squat Jumps		5			6		5			6	
A2. Partner Pendulums	4	10	Do not let legs touch the ground	4	12	Do not let legs touch the ground	5 12	Do not let legs touch the ground	-5	15	Do not let legs touch the ground
B1. Forward Lunge> Reverse Lunge		6total	3 FWD + 3 Rev. Body weight, ensure balance w/ transition		6total	3 FWD + 3 Rev. Body weight, ensure balance w/ transition	6total	3 FWD + 3 Rev. Body weight, ensure balance w/ transition	+	6total	3 FWD + 3 Rev. Body weight, ensure balance w/ tran
B2. Rucksack High Row	4	10	Row to chest, add weight biweekly	4	12	Row to chest, add weight biweekly	10	Row to chest, add weight biweekly	-5	12	Row to chest, add weight biweekly
C1. Rucksack Floor Press		8	Knees bent, feet flat on the ground		10	Knees bent, feet flat on the ground	8	Knees bent, feet flat on the ground	t	10	Knees bent, feet flat on the ground
C2. Nordic Hamstring Curls	4	6	Controlled, 3 sec. to get to floor	4	6	Controlled, 4 sec. to get to floor	5 6	Controlled, 5 sec. to get to floor	-5	6	Controlled, 6 sec. to get to floor
D1. Buddy Drag		20m	Ea. Person performs 20m		20m	Ea. Person performs 20m	20m	Ea. Person performs 20m	+	20m	Ea. Person performs 20m
D2.Side to Side Bear Crawl	6	10m ea.	10m to the R. and 10m to the L.	8	10m ea.	10m to the R. and 10m to the L.	10 10m ea.	10m to the R. and 10m to the L.	12	10m ea.	10m to the R. and 10m to the L.

			TEM	IPO K	IT W	ORKOUT PHASE I							
			WEEK 1			WEEK 2			WEEK 3			WEEK 4	
Day	Exercises	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes
	Tempo Goblet Squat		x8 / 4 sec down			x8 / 4 sec down			x8 / 4 sec down			x5 / 3 sec	
	Tempo TRX Row		x8 / 4 sec down			x8 / 4 sec down			x10 / 4 sec down			x8 / 3 sec	
	Tempo Push Ups	- 3	x5 / 4 sec down		3	x5 / 4 sec down		3	x8 / 4 sec down		3	x5 / 3 sec	
	Plank		x1min			x1min			x75 sec			x1 min	
	Tempo KB RDL		x8 / 4 sec down			x8 / 4 sec down			x8 / 4 sec down			x6 / 3 sec down	
#1	Tempo Single Arm Row	3	x8ea / 4 sec down		3	x8ea / 4 sec down		3	x10ea / 4 sec down		3	x8ea / 3 sec down	
#1	Tempo Banded Pull Apart]	x10 / 4 sec in		3	x10 / 4 sec in		3	x12 / 4 sec down		3	x10 3 sec in	
	Hollow Hold		x1min			x1min			x75 sec			x1 min	
	Bodyweight ISO Lunge		x1min ea			x1min ea			x75 sec ea			x1 min	
	Wallsit	3	x1min		3	x1min		3	x75 sec		3	x1 min	
	Deadbug]	x12 ea		3	x12 ea		3	x15ea		3	x12 ea	
	Leg Raises		x15			x15			x15			x15	
	Tempo Staggered KB RDL		x5ea / 4 sec down			x5ea / 4 sec down			x6ea / 4 sec down			x6ea / 4 sec down	
	Tempo Single Arm KB Row	3	x8ea / 4 sec down		3	x8ea / 4 sec down		3	x10ea / 4 sec down		3	x10ea / 4 sec down	
	Tempo TRX Push Ups]	x5 / 4 sec down			x5 / 4 sec down		3	x8 / 4 sec down		3	x8 / 4 sec down	
	Forward / Backward Crawl		x15yd ea			x15yd ea			x15yd ea			x15yd ea	
	Tempo KB Sumo Good Morning		x8 / 4 sec down			x8 / 4 sec down			x8 / 4 sec down			x8 / 4 sec down	
#2	Tempo Banded Bicep Curl	3	x10 / 4 sec down		3	x10 / 4 sec down		3	x12 / 4 sec down		3	x12 / 4 sec down	
#2	Tempo Banded Tricep Extension		x10 / 4 sec up			x10 / 4 sec up		3	x12 / 4 sec up		3	x12 / 4 sec up	
	Plank Up Downs		x15			x15			x20			x20	
	ISO Push Up Hold		x30s			x30s			x40 sec			x40 sec	
	Bodyweight ISO Hamstring Hold	3	x1 min		3	x1 min		3	x75 sec		3	x75 sec	
	Side Plank Dips]	x15 ea		3	x15 ea		3	x20ea		3	x20ea	
	Windshield Wipers		x15 ea			x15 ea			x20ea			x20ea	
	FINSHER WEEK 1					FINSHER WEEK 2			FINSHER WEEK 3			FINSHER WEEK 4	
	Exercises	Sets	Reps/Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes
#1	30 Meter Shuttle Sprints		x8 / 30 sec rest			x10 / 30 sec rest			x12 / 30 sec rest			x8 / 30 sec rest	
	KB Front Rack Carry	3	x30m		3	x30m		3	x30m		3	x30m	
#2	Partner Carry	4	x30m		4	x30m		5	x30m		5	x30m	
#2	KB Farmer Carry]	x30m] "	x30m		, ,	x30m		3	x30m	

			TEN	IPO K	IT W	ORKOUT PHASE II							
			WEEK 1			WEEK 2			WEEK 3			WEEK 4	
Day	Exercises	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes
	Goblet Squat w/ 4 sec pause		x8 / 4 sec down			x8 / 4 sec down			x8 / 4 sec down			x5 / 3 sec	
	Tempo TRX Row + 4 sec hold	3	x8 / 4 sec down		3	x8 / 4 sec down		3	x10 / 4 sec down		3	x8 / 3 sec	
	Tempo Push Ups + 4 sec hold	3	x5 / 4 sec down		3	x5 / 4 sec down		3	x8 / 4 sec down		3	x5 / 3 sec	
	Weighted Plank		x1min			x1min			x75 sec			x1 min	
	Tempo KB RDL+ 4 sec pause		x8 / 4 sec down			x8 / 4 sec down			x8 / 4 sec down			x6 / 3 sec down	
#1	Tempo Single Arm Row + 4 sec hold	3	x8ea / 4 sec down		3	x8ea / 4 sec down		3	x10ea / 4 sec down		3	x8ea / 3 sec down	
#1	Tempo Banded Pull Apart	3	x10 / 4 sec in		3	x10 / 4 sec in		3	x12 / 4 sec down		3	x10 3 sec in	
	Hollow Hold		x1min			x1min			x75 sec			x1 min	
	Weighted ISO Lunge		x1min ea			x1min ea			x75 sec ea			x1 min	
	Weighted Wallsit	3	x1min		3	x1min		3	x75 sec		3	x1 min	
	Banded Deadbug	3	x12 ea		3	x12 ea		3	x15ea		3	x12 ea	
	Alternating Leg Raises		x15			x15			x15			x15	
	Tempo Staggered KB RDL + 4 sec pause		x5ea / 4 sec down			x5ea / 4 sec down			x6ea / 4 sec down			x6ea / 4 sec down	
	Tempo Single Arm KB Row + 4 sec hold	3	x8ea / 4 sec down		3	x8ea / 4 sec down		3	x10ea / 4 sec down		3	x10ea / 4 sec down	
	Tempo TRX Push Ups + 4 sec hold		x5 / 4 sec down		5	x5 / 4 sec down			x8 / 4 sec down		5	x8 / 4 sec down	
	Sidewys Crawl		x15yd ea			x15yd ea			x15yd ea			x15yd ea	
	Tempo KB Sumo Good Morning		x8 / 4 sec down			x8 / 4 sec down			x8 / 4 sec down			x8 / 4 sec down	
#2	Tempo Banded Bicep Curl + 4 sec hold	3	x10 / 4 sec down		3	x10 / 4 sec down		3	x12 / 4 sec down		3	x12 / 4 sec down	
#2	Tempo Banded Tricep Extension + 4 sec hold	3	x10 / 4 sec up		3	x10 / 4 sec up		3	x12 / 4 sec up		3	x12 / 4 sec up	
	Plank Up Downs		x15			x15			x20			x20	
	Weighted ISO Push Up Hold		x30s			x30s			x40 sec			x40 sec	
	Bodyweight Single Leg ISO Hamstring Hold	3	x45 sec ea		3	x45 sec ea		3	x1min ea		3	x1 min ea	
	Weighted Side Plank Dips		x15 ea		3	x15 ea		3	x20ea		3	x20ea	
	Windshield Wipers		x15 ea			x15 ea			x20ea			x20ea	

	FINSHER WEEK					FINSHER WEEK 2		FINSHER WEEK 3			FINSHER WEEK 4	
	Exercises	Sets	Reps/ Time	Notes	Sets	Reps/Time Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes
#1	30 Meter Shuttle Sprints		x8 / 30 sec rest			x10 / 30 sec rest		x12 / 30 sec rest			x8 / 30 sec rest	
	KB Contralateral Carry	3	x30m ea		3	x30m ea	4	x30m ea		4	x30m ea	
#2	Partner Carry	4	x30m		4	x30m	5	x30m		5	x30m	
#2	KB Suitcase Carry		x30m ea		7	x30m ea		x30m ea			x30m ea	

				1	PERI	ORMAN	CE IMPROVEMENT PH	ASE I					
1st [ynamic Warm-up see sheet			WK1			WK2			WK3			WK4
Day		Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes Set	Reps/ Tir	me N	Notes	Sets	Reps/ Time	Notes
	A1. KB DEADLIFT	4	10		4	10	4	10			4	10	
	A2. STANDING POWER THROW	4	5		4	5	4	5			4	5	
	A3. PLANK	4	20 sec.		4	20 sec.	4	20 sec	c.		4	20 sec.	
#1	A4. 90-90 ROTATIONS	4	5 ea.		4	5 ea.	4	5 ea.			4	5 ea.	
	B1. FLOOR PRESS	4	10		4	10	4	10			4	10	
	B2. KB GOBLET SPLIT SQUAT	4	10ea.		4	10ea.	4	10ea.			4	10ea.	
	B3. CHIN-UPS	4	2-4 REPS	(7 SECONDS ECCENTRIC)	4	2-4 REPS	(7 SECONDS ECCENTRIC) 4	2-4 REF	PS	(7 SECONDS ECCENTRIC)	4	2-4 REPS	(7 SECONDS ECCENTRIC)
	B4. DYNAMIC BLACKBURN	4	10		4	10	4	10			4	10	
	A1. KB GOBLET SQUAT	4	10		4	10	4	10			4	10	
	A2. PRISONER SQUAT JUMPS	4	5		4	5	4	5			4	5	
	A3. SIDE PLANK	4	20 sec ea.		4	8ea.	4	10 ea			5	8ea.	
#2	A4. 90/90 ROTATIONS	4	5 ea.		4	5 ea.	4	5 ea.			4	5 ea.	
#2	B1. WTD PUSH-UPS	4	3-5 REPS	(7 SECONDS ECCENTRIC)	4	3-5 REPS	(7 SECONDS ECCENTRIC) 4	3-5 REF	PS	(7 SECONDS ECCENTRIC)	4	3-5 REPS	(7 SECONDS ECCENTRIC)
	B2. 2 PT KB ROW	4	15		4	15	4	15			4	15	
	B3. BOTTOMS UP KB PRESS	4	10		4	10	4	10			4	10	
	B4. BAND PULL-APARTS	4	8		4	8	4	8			4	8	

PERFORMANCE IMPROVEMENT PHASE II

1st I	Dynamic Warm-up see sheet			WK1			WK2			WK3			WK4
Day	Exercise- Circuit Order	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes
	A1. HEX BAR DEADLIFT	4	8		4	8		4	6		4	6	
	A2. PRISONER SQUAT JUMPS	4	5		4	5		4	5		4	5	
	A3. PLANK	4	30 sec.		4	30 sec.		4	30 sec.		4	30 sec.	
	A4. 90-90 ROTATIONS	4	5 ea.		4	5 ea.		4	5 ea.		4	5 ea.	
#1	B1. BENCH PRESS	4	8		4	8		4	6		4	6	
	B2. KB GOBLET REVERSE LUNGE	4	10ea.		4	10ea.		4	10ea.		4	10ea.	
	B3. CHIN-UPS	4	3-5 REPS	(7 SECONDS ECCENTRIC)	4	3-5 REPS		4	3-5 REPS		4	3-5 REPS	
	B4. DYNAMIC BLACKBURN	4	10		4	10		4	10		4	10	
	A1. ZOMBIE SQUAT	4	10	(SQUAT TO BALL)	4	10	(SQUAT TO BALL)	4	8	(SQUAT TO BALL)	4	8	(SQUAT TO BALL)
	A2. STANDING POWER THROW	4	5	(10-12 LBS MEDBALL)	4	5	(10-12 LBS MEDBALL)	4	5	(10-12 LBS MEDBALL)	4	5	(10-12 LBS MEDBALL)
	A3. TRX ROW	4	10		4	10		4	10		4	10	
#2	A4. 90/90 ROTATIONS	4	5 ea.		4	5 ea.		4	5 ea.		4	5 ea.	
#2	B1. WTD PUSH-UPS	4	3-5 REPS	(7 SECONDS ECCENTRIC)	4	3-5 REPS	(7 SECONDS ECCENTRIC)	4	3-5 REPS	(7 SECONDS ECCENTRIC)	4	3-5 REPS	(7 SECONDS ECCENTRIC)
	B2. SIDE PLANK	4	30 sec.		4	30 sec.		4	30 sec.		4	30 sec.	
	B3. BOTTOMS UP KB PRESS	4	10		4	10		4	10		4	10	
	B4. KB RDL	4	10		4	10		4	10		4	10	

PERFORMANCE IMPROVEMENT PHASE III 1st Dynamic Warm-up see sheet WK1 WK2 WK3 WK4 Sets Reps/Time Notes Sets Reps/Time Notes Sets Reps/Time Notes Sets Reps/Time Notes Day Exercise- Circuit Order A1. HEX BAR DEADLIFT A2. BROAD JUMPS A3. PLANK 45 sec. 45 sec. 45 sec. 45 sec. A4. 90-90 ROTATIONS 5 ea. 5 ea. 5 ea. 5 ea. #1 **B1. BENCH PRESS B2. KB GOBLET RFESS** 8ea. 8ea. 8ea. 8ea. B3. PULL-UPS 8.. 8.. 6.. 8.. **B4. DYNAMIC BLACKBURN** A1. BACK SQUAT (SQUAT TO BALL) (SQUAT TO BALL) (SQUAT TO BALL) (SQUAT TO BALL) A2. STANDING POWER THROW (10-12 LBS MEDBALL) (10-12 LBS MEDBALL) (10-12 LBS MEDBALL) (10-12 LBS MEDBALL) A3. TRX ROW A4. 90/90 ROTATIONS 5 ea. 5 ea. 5 ea. 5 ea. #2 B1. WTD PUSH-UPS **B2. SIDE PLANK** 45 sec. 45 sec. 45 sec. 45 sec. B3. BOTTOMS UP KB PRESS B4. BB RDL

										iAB Program						
	namic WU, 2nd F + OH Pull Aparts op Catches 2x	s, Single Leg Hi	ip Bridges, Sing				WK1			WK2			WK3			WK4
ıy	Exercise- Circu	uit Order			Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes
	A1. KB RDL>	> Single Arm Re	ow		4	Sea.	1KB, Come back to starting pos. after ea. Row	4	6ea.	1KB, Come back to starting pos. after ea. Row	4	8 ea.	1KB, Come back to starting pos. after ea. Row	5	8ea.	1KB, Come back to starting pos. after Row
	A2. Med Ball o	or Ruck Slams				5	Use whole body		6	Use whole body		6	Use whole body		6	Use whole body
	B1. TRX Side I	Lunge			4	5ea.	Hang on to both handles	4	6ea.	Hang on to both handles	4	8 ea.	Hang on to both handles	5	8ea.	Hang on to both handles
	B2. TRX Row				1 "	10	Keep elbows in	4	12	Keep elbows in	4	15	Keep elbows in	. 3	12	Keep elbows in
#1	C1. RB Push-U	Jps				10	RB goes across back		12	RB goes across back		15	RB goes across back		12	RB goes across back
	C2. Mini Band	d Supined Run	ners		4	10ea.	Mini band around Feet, lay on back, legs lifted off the ground, drive one knee towards chest at a time	4	12ea.	Mini band around Feet, lay on back, legs lifted off the ground, drive one knee towards chest at a time	4	15ea.	Mini band around Feet, lay on back, legs lifted off the ground, drive one knee towards chest at a time	5	12ea.	Mini band around Feet, lay on back lifted off the ground, drive one knew towards chest at a time
	D1. Sled or Bu	uddy Drag			5	20m	Challanda arriba 20 a 0 a 11 da	6	20m	Challand a chall 20 a Challand	7	20m	State and a state of the state	8	20m	Challed the state 20 and a state
	A1. KB or Ruck	k Squat to Ove	rhead Press		4	6	Sled: add weight, 20m & switch Hold 1 KB at chest, 1st squat then press OH	4	8	Sled: add weight, 20m & switch Hold 1 KB at chest, 1st squat then press OH	4	10	Sled: add weight, 20m & switch Hold 1 KB at chest, 1st squat then press OH	5	10	Sled: add weight, 20m & switch Hold 1 KB at chest, 1st squat then I
	A2. Laying Kne	ee Tucks			1	10		7	12		7	15			15	011
	B1. KB or Ruck	ksack Split Squ	at		4	6ea.	KB at side or Rucksack on back, Stay in the lunge pos.	4	8ea.	KB at side or Rucksack on back, Stay in the lunge pos.	4	10 ea.	KB at side or Rucksack on back, Stay in the lunge pos.	5	8ea.	KB at side or Rucksack on back, St the lunge pos.
#2	B2. RB w/ Han	ndles High Row	vs			10	Pull to chest		12	Pull to chest		15	Pull to chest		12	Pull to chest
-	C1. Hip Bridge	e Hold + KB Pu	ill Over		4	10	Hold the Hip bridge pos. while performing the pull over	4	12	Hold the Hip bridge pos. while performing the pull over	4	15	Hold the Hip bridge pos. while performing the pull over	5	12	Hold the Hip bridge pos. while performing the pull over
	C2. Tricep Dip					10			12			15			12	
	D1. Mountain	n Climber + Sup	erman Hold Ta	batta	6	20sec. Ea.	Mountain Climbers x 20sec> Superman Hold x 20 sec.= Continuous	7	20sec. Ea.	Mountain Climbers x 20sec> Superman Hold x 20 sec.= Continuous	8	20sec. Ea.	Mountain Climbers x 20sec> Superman Hold x 20 sec.= Continuous	10	20sec. Ea.	Mountain Climbers x 20sec> Superman Hold x 20 sec.= Continue
	A1. TRX Rever	rse Lunge> K	nee Drive Jum	p	4	5ea.	Lunge> while coming up drive knee towards chest coming off the ground	4	6ea.	Lunge> while coming up drive knee towards chest coming off the ground	4	8 ea.	Lunge> while coming up drive knee towards chest coming off the ground	5	6ea.	Lunge> while coming up drive kn towards chest coming off the grou
	A2. Seated TR	RX Pull- Up				8	Sit on Ground, legs long, palms facing		10	Sit on Ground, legs long, palms facing		12	Sit on Ground, legs long, palms facing		12	Sit on Ground, legs long, palms fac
	B1. RB Squat					10	outward		12	outward		15	outward		12	outward
#3			icac		4	10	RB sits across collar bone	4	12	RB sits across collar bone	4	15	RB sits behind neck	- 5	12	RB sits behind neck
		ating Floor Pre			4	6ea.	Standling tall, 1 arm stays in the air while the other comes down	4	7ea.	Standling tall, 1 arm stays in the air while the other comes down	4	8ea.	Standling tall, 1 arm stays in the air while the other comes down	5	6ea.	Standling tall, 1 arm stays in the air while the oth comes down
	C2. Mini Band	d Hip Bridge M	larches			10ea.	Mini band at knees		12ea.	Mini band at knees		15ea.	Mini band at knees		12ea.	Mini band at knees
	D1. Side Shuff	fle> KB Forwa	ard Runs		4	2 ea.x 60 sec. rest b/w sets	2 to the R & 2 to the L , Shuffle 5m turn & Run 15m.	5	2ea.x 60 sec. rest b/w sets	2 to the R & 2 to the L , Shuffle 5m turn & Run 15m.	6	2 ea.x 60 sec. rest b/w sets	2 to the R & 2 to the L , Shuffle 5m turn & Run 15m.	7	2 ea.x 60 sec. rest b/w sets	
lura	ance Day 1	WK1	WK2	WK3	WK4											
n x	Walk	2min Run x	2min Run x	2min Run x	2min Run x											
		1min Walk x 15 min	30sec walk x 15 min	30sec walk x 20 min	30sec walk x 25 min											
lura	ance Day 2	WK1	WK2	WK3	WK4											
	print x walk	1x8x walk	1x10x walk	1x12x walk	1x15x walk back	1										
ck		back is rest	back is rest	back is rest	is rest											

Bodyweight Circuit Training

	Warmup (x10 ea.)- Knee H	ug Lung	e, World	ds Greatest Stretch	, Latteral I	unges, (Quad Pull, Leg Crad	le, Strai	ght Leg	Kicks, Forward Arm Circles, Backwar	d Arm Circl	es, Arno	ld Presses, Arm Swings
Day	Exercise- Circuit Order		,	NK1		W	/K2			WK3			WK4
,		Sets	Rens/	Notes	Sets	Rens/	Notes	Sets	Rens/	Notes	Sets	Rens/	Notes
	A1-Hand Release Pushup		:30			:40			:50			:50	
	A2-Short Lever Side Plank	4	:20ea.	Rest 1:00 Between Rounds	4	:25ea.	Rest 1:00 Between Rounds	4	:30ea.	Rest 1:00 Between Rounds	4	:30ea.	Rest 1:00 Between Rounds
	A3-Glute Bridge March		:30	keep toes off ground throughout		:40	keep toes off ground throughout		:50	keep toes off ground throughout		1:00	keep toes off ground throughout
#1	B1- Bear Crawl		:30	Rest 1:00		:45	Rest 1:00		1:00			1:15	
	B2-Walking Lunge	4	:30	Between Rounds	4	:40	Between Rounds	4	:50	Rest 1:00 Between Rounds	4	1:00	Rest 1:00 Between Rounds
	B3-Prone Row Iso Hold		:20	between Rounus		:30	between Rounus		:40			:50	
	GPP1-Suitcase Carry		25M ea.	Use Ruck / water		25M ea.	Use Ruck / water		25M ea.	Use Ruck / water jug / plate carrier		25M ea.	Use Ruck / water jug / plate carrier
	GPP2-Front Loaded Carry	3	50M	jug / plate carrier	3	50M	jug / plate carrier	4	50M	for loaded carries (1:00 rest	4	50M	for loaded carries (1:00 rest
	GPP3-Latteral Shuffle		25M ea.	for loaded carries		25M ea.	for loaded carries		25M ea.	between rounds)		25M ea.	between rounds)
	A1-Close Grip Pushup		:30	B 14.00		:40	D 1400		:50			:50	
	A2-Plank	4	:40	Rest 1:00 Between Rounds	4	:50	Rest 1:00 Between Rounds	4	1:00	Rest 1:00 Between Rounds	4	1:00	Rest 1:00 Between Rounds
	A3-Bodyweight Squat		:30	between Rounus		:40	between Rounus		:50			1:00	
	B1- Backwards Bear Crawl		25M	Rest 1:00		25M	Rest 1:00		25M			25M	
#3	B2-Broad Jump	3	x5	Between Rounds	3	х6	Between Rounds	4	x5	Rest 1:00 Between Rounds	4	х6	Rest 1:00 Between Rounds
#3	B3- Side Plank		:30ea.	between Rounus		:40ea.	between Rounus		:40ea.			1:00	
	GPP1- Backwards Run		50M			50M			50M			50M	
	GPP2- Carioca	3	25M	Rest 1:00	3	25M	Rest 1:00	4	25M	Rest 1:00 Between Rounds	4	25M	Rest 1:00 Between Rounds
	GFF2- Cdl loca	3	ea.	Between Rounds	3	ea.	Between Rounds	4	ea.	Nest 1.00 between Rounds	+	ea.	nest 1.00 between Rounds
	GPP3- Burpees		10			10			10			15	

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Da	y Pr	re Run Warmup: 10N	1 Ea Knee	Hug Lui	nge, Wo	rlds Greatest Stret	ch, Heel W	alks, Toe Walks, Pogo Hop	s, Butt k	(icks, A-S	Skips, High Knees											
		ANAEROBIC			W	EEK 1				V	VEEK 2		WEEK 3							WEEK	4	
		SEQUENCE	REPEATS	DIST.	PACE	RPE	NOTES	REPEATS	DIST.	PACE	RPE	NOTES	REPEATS	DIST.	PACE	RPE	NOTES	REPEATS	DIST.	PACE	RPE	NOTES
					Sub		Lap/			Sub		Lap/			Sub		Lap/			Sub		Lap/
#	2	Warmup	1	400	2:15	Low	shuttle	1	400	2:15	Low	shuttle	1	400	2:10	Low	shuttle	1	400	2:10	Low	shuttle
		Intervals	4	400	Sub 1:50	High		5	400	Sub 1:50	High		5	400	Sub 1:45	High		5	400	Sub 1:45	High	"
		Cooldown walk	1	400	N/A			1	400				1	400	N/A			1	400	N/A		
Ē		AEROBIC			w	EEK 1				v	VEEK 2		Week 3							WEEK	4	
		SEQUENCE	REPEATS	DIST.			NOTES	REPEATS	DIST.	PACE		NOTES		DIST.	PACE	RPF	NOTES	REPEATS	DIST			NOTES
			NEI EMIS	2.51.	.,			KLI LAIJ	2.31.				NEI EATS	2.51.	· ACE			ILI LAIS		.,		
#	4						2001															
		Distance			Sub		any route /			Sub					Sub					Sub		
	L	Run	1	3200	18:00	Moderate	shuttle	1	3200	18:00	Moderate		1	4000		Moderate		1	4000		Moderate	
H				3200			Jiidttie	1	3200				1		22.30	iviouerate			4500			
		ANAEROBIC			W	EEK 1				v	VEEK 2	1	WEEK 3		T					WEEK	4	
		SEQUENCE	REPEATS	DIST.	PACE	RPE	NOTES	REPEATS	DIST.	PACE	RPE	NOTES	REPEATS	DIST.	PACE	RPE	NOTES	REPEATS	DIST.	PACE	RPE	NOTES
#	5	Warmup	1	400	Sub 2:15	Low	Lap /	1	400	Sub 2:15	Low	Lap /	1	400	Sub 2:15	Low	Lap /	1	400	Sub 2:15	Low	Lap /
					Sub			-		Sub			_	500	Sub					Sub		
		Intervals	3	600	2:50	High		3	600	2:50	High		3	600	2:40	High	-	5	600	2:40	High	
		Cooldown	1	400	N/A			1	400	N/A			1	400	N/A			1	400	N/A		

				GPP	BODYWEI	ЭНТ						
			WEEK 1		WEEK 2			WEEK 3			WEEK 4	
Day	Exercises	Sets	Reps/ Time	Notes Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes
	Jump Squat		x5		x5			x5			x5	
	Bodyweight Squat	3	x15	3	x15		3	x6ea / 4 sec down		3	x6ea / 4 sec down	
	Push Ups		x10-15		x10-15			x6ea / 4 sec down		J	x6ea / 4 sec down	
	Backpack Row		x15		x15			x8ea			x8ea	
	Bodyweight Reverse Lunge		x12ea		x12ea			x5ea			x5ea	
#1	Y's / T's	3	x10ea	3	x10ea		3	x8		3	x8	
71	Dips		x10-15		x10-15		3	x10ea / 4 sec down		J	x10ea / 4 sec down	
	Towel ISO Curl		x20 sec		x20 sec			x10ea / 4 sec down			x10ea / 4 sec down	
	Shoulder Taps		x12ea		x12ea			x12ea			x12ea	
	Hollow Hold	3	x30 sec	3	x30 sec		4	x40m		4	x40m	
	Lying Leg Raises	3	x15	3	x15		4	x15		4	x15	
	Supermans		x15		x15			x15			x15	
	Split Squat Jump		x4ea		x4ea			x5ea			x5ea	
	Bodyweight Good Mornings	3	x12ea	3	x12ea		3	x12		3	x12	
	Incline Push Up	3	x10-15		x10-15		3	x10-15		3	x10-15	
	Backpack Single Arm Row		x15ea		x15ea			x15ea			x15ea	
	Bodyweight Lateral Lunge		x10ea		x10ea			x10ea / 4 sec down			x10ea / 4 sec down	
#2	Blackburns	3	x12ea	3	x12ea		3	x15		3	x15	
#2	Towel Tricep Extension	3	x12ea		x12ea		3	x10		J	x10	
	Backpack Bicep Curls		x12ea		x12ea			x10			x10	
	Flutter Kicks		x30 sec		x30 sec			x30 sec			x30 sec	
	Side Plank	3	x30 sec ea	3	x30 sec ea		4	x30 sec ea		4	x30 sec ea	
	Plank	J 3	x45 sec	3	x45 sec		+	x45 sec		4	x45 sec	\Box
	Deadbugs		x12ea		x12ea			x12ea			x12ea	

	FINSHER W	EEK 1			FINSHER WEEK	2		FINSHER WEEK 3			FINSHER WEEK 4	
	Exercises	Sets	Reps/ Time	Notes Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes
#1	30 Meter Shuttle Sprints		x8 / 30 sec rest		x10 / 30 sec rest			x12 / 30 sec rest			x8 / 30 sec rest	
	Backpack / IOTV Overhead Carry	3	x30m	3	x30m		3	x30m		3	x30m	
#2	Partner Carry		x30m	1	x30m		5	x30m		5	x30m	
#4	Backpack / IOTV Suitcase Carry	+	x30m ea	4	x30m ea		3	x30m ea		3	x30m ea	

			GPI	P BO	DYW	EIGHT PHA	SE II						
			WEEK 1			WEEK 2			WEEK 3			WEEK 4	
Day	Exercises	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes
	Snap Down + Jump Squat		x5			x5			x5			x5	
	Bodyweight Squat w/ 5 sec Pause	3	x15		3	x15		3	x6ea / 4 sec down		3	x6ea / 4 sec down	
	Push Ups	3	x10-15		3	x10-15		3	x6ea / 4 sec down		3	x6ea / 4 sec down	
	Backpack Row + 5 sec Hold		x15			x15			x8ea			x8ea	
	Bodyweight Foward Lunge		x12ea			x12ea			x5ea			x5ea	
#1	Y's / T's	3	x10ea		3	x10ea		3	x8		3	x8	
#1	Dips		x10-15		3	x10-15		3	x10ea / 4 sec down		3	x10ea / 4 sec down	
	Towel ISO Curl		x20 sec			x20 sec			x10ea / 4 sec down			x10ea / 4 sec down	
	Shoulder Taps		x12ea			x12ea			x12ea			x12ea	
	Hollow Hold Rock	3	x30 sec		3	x30 sec		4	x40m		4	x40m	
	Scissor Kicks	3	x15		3	x15		4	x15		4	x15	
	Alternating Supermans		x15			x15			x15			x15	
	Split Squat Jump		x4ea			x4ea			x5ea			x5ea	
	Bodyweight Staggered RDL	3	x12ea		3	x12ea		3	x12		3	x12	
	Decline Push Up		x10-15		3	x10-15		3	x10-15		3	x10-15	
	Backpack Single Arm Row + 5sec Hold		x15ea			x15ea			x15ea			x15ea	
	Bodyweight Bowlers Lunge		x10ea			x10ea			x10ea / 4 sec down			x10ea / 4 sec down	
#2	Blackburns	3	x12ea		3	x12ea		3	x15		3	x15	
#2	Towel Tricep Extension	3	x12ea		3	x12ea		3	x10		3	x10	
	Backpack Bicep Curls		x12ea			x12ea			x10			x10	
	Flutter Kicks		x30 sec			x30 sec			x30 sec			x30 sec	
	Side Plank Dips	3	x30 sec ea		3	x30 sec ea		4	x30 sec ea		4	x30 sec ea	
	Plank Up Downs	3	x45 sec		٥	x45 sec		4	x45 sec		4	x45 sec	
	Deadbugs		x12ea			x12ea			x12ea			x12ea	

	FINSHER WEEK	1				FINSHER WEEK	2		FINSHER WEEK 3			FINSHER WEEK 4	
	Exercises	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes
#1	30 Meter Shuttle Sprints		x8 / 30 sec rest			x10 / 30 sec rest			x12 / 30 sec rest			x8 / 30 sec rest	
	Single Arm Backpack / IOTV Overhead Carry	3	x30m ea		3	x30m ea		4	x30m ea		4	x30m ea	
#2	Partner Carry		x30m		1	x30m		5	x30m		5	x30m	
#2	Backpack / IOTV Suitcase Carry	-	x30m ea		7	x30m ea		3	x30m ea		3	x30m ea	

				Con	ditioning	Plan Warm-	up / Agili	ty				
		Pre Lift Wa	rmup		Pre Run/ Ruck V	/armup		Agilit	ty 1		Agility	2
	Sets	Distance	Drill	Sets	Distance	Drill	Sets	Distance	Drill	Sets	Distance	Drill
			Walking Lunges			Walking Lunges			Shuttle Run (70/80%)			Shuttle Run
			Spiderman lunge + rotation			Spiderman lunge + rotation			Prone Starts			90 Turn + Sprint
			Leg Cradle			Heel Walks			Kneeling Starts			180 Turn + Sprint
s ₋ c		S	Quad Pull		S.	Toe Walks		S.	Kneeling + Switch		S	Lateral Shuffle + Sprint
Warm-up's	1	10 Meters	Lateral Lunge	1	Meters	Heel to Toe	2 (L&R)	20 Meters	Deceleration (stop on line)	2 (L&R)	20 Meters	Backpedal + Sprint
,aru	-	≥ 0	Straight Leg Kicks	_	10 M	Pogo Hops	Z (LCIII)	Σ 0		Z (Lan)	≥ 0	
8		Ŧ.	Walking Hamstring		1	Single Leg Pogos		ō			7	
			Forward Arm Circles			A skip						
			Backward Arm Circles			High Knees						
			Arm Swings									
					Aero	bic 4 WK pla	an					
		WK1 (RU	N)		WK2 (RUN			WK3 (RUN)		WK4 (RU	JN)
Aerobic Conditioning	Repeats	Distance (m)	Pace	Repeats	Distance (m)	Pace	Repeats	Distance (m)	Pace	Repeats	Distance (m)	Pace
Run Specific Warmup	1	3200	<9:00 / mi	1	3200	<9:00 / mi	1	4000	<9:00 / mi	1	4000	<9:00 / mi
					Anaei	robic 4 WK p	lan					
		WK1			WK2			Wk	(3		WK4	
Anaerobic Conditioning	Repeats	Distance (m)	Pace / Work: Rest	Repeats	Distance (m)	Pace / Work: Rest	Repeats	Distance (m)	Pace / Work: Rest	Repeats	Distance (m)	Pace / Work: Rest
Run Specific Warmup + Agility Drills	5	400	<2:00 / 1:5	6	400	<2:00 / 1: 5	6	400	<2:00 / 1: 5	8	400	<2:00 / 1: 5
					Rud	ck 4 WK plan						
		WK1			WK2			Wk	(3		WK4	
Ruck	Distance (mi)	Weight	Pace	Distance (mi)	Weight	Pace	Distance (mi)	Weight	Pace	Distance (mi)	Weight	Pace
Ruck Warmup	4 mile	NMT 35LBS	15 min mile	4-5 mile	NMT 35LBS	15 min mile	4-5 mile	NMT 35LBS	15 min mile	5 mile	NMT 35LBS	15 min mile
						Notes						
		Run			Aerobic			RUG	CK		Additional	notes
Progression	also decrease done be no m	the pace requi	e the distance. You can rement. This should be rith either variable and djusted simultaneously.	s should be ariable and sirrors are and the work; rest ratio should not be ariable and sirrors are and the work; rest ratio should not be and mission requirement. This should be done be no more than 10% with either variable and mission requirement.						well as strength training		

			ST	TCK	S &	BRICKS	PHASE 1					
						Week 1						
MOVEMENTS	DAY 1 VOLUME	INTENSITY	DAY 2 MOVEMENTS		INTENSITY	DAY 3	MOVEMENTS	DAY 4 VOLUME	INTENSITY	MOVEMENTS DAY	VOLUME	INTENSITY
MAX EFFORT LOWER	VOLUME	INTENSITY	MAX EFFORT UPPER	VOLUME	INTENSITY		DYNAMIC EFFORT LOWER	VOLOIVIE	INTENSITY	DYNAMIC EFFORT UPPER	VOLUME	INTENSITY
FRONT SQUAT	1X5 RM	RIR 1	INCLINE BENCH PRESS	1X5 RM	RIR1		A1. SPRINTS	1X20,1X30M, 1X40M		A1. BARBELL WIDE GRIP BENCH PRESS	12x2	65% 1 RM
	2X5	-15%		2X5	-15%		B1. ZERCHER SQUAT	12x2	65% 1 RM	A2. PLYO PUSH UP	5X5	FAST!
BARBELL RDL	4X6	RIR 1-3	BARBELL/KB/DB SKULL CRUSHERS	5X5		REST AND RECOVER.	B2. VERTICAL JUMP	5X3	FAST!	DB/KB Z PRESS	4X10	RIR1-4
KB WALKING LUNGES	4X12 EA	RIR 1-3	PULL UPS	4X6			KB/DB STEP UPS	4X10 EA	RIR 2-4	DB/KB 1 ARM ROW	4X10	RIR 1-4
BANDED PRONE OR SEATEDHAMSTRING CURLS	4X20	30-45 SEC REST BETWEEN SETS	BARBELL BENT OVER ROWS	4X12			BARBELL GLUTE BRIDGE	4X10	RIR 2-4	DIPS	4X8	RIR 1-3
WEIGHTED PLANK	3X MAX TIME		KB RUSSIAN TWISTS	4X15			BARBELL GOOD MORNING	3X10	RIR 3-5	SEATED DB/KB/BARBELL	4X12	RIR 1-3
							SIDE PLANK	2X MAX TIME		SHRUGS WEIGHTED SIT UPS	4X10	
						Week 2						
	DAY 1		DAY 2			DAY 3		DAY 4		DAY	5	
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY		MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY
MAX EFFORT LOWER			MAX EFFORT UPPER				DYNAMIC EFFORT LOWER			DYNAMIC EFFORT UPPER		
CONVENTIONAL DEADLIFT	1X5 RM	RIR 1	BARBELL FLOOR PRESS	1X5 RM	RIR1		A1. SPRINTS	2X20,1X30M, 1X40M		A1. BARBELL WIDE GRIP BENCH PRESS	10x2	70% 1 RM
	1X5	-15%		2X5	-15%		B1. ZERCHER SQUAT	10x2	70% 1 RM	A2. PLYO PUSH UP	5X5	FAST!
BARBELL RDL	4X6	RIR 1-3	BARBELL/KB/DB SKULL CRUSHERS	5X5		REST AND RECOVER.	B2. VERTICAL JUMP	5X3	FAST!	DB/KB Z PRESS	4X12	RIR1-4
KB/BABRELL/DB WALKING	4X12 EA	RIR 1-3	PULL UPS	5X6		REST AND RECOVER.	KB/DB STEP UPS	4X12 EA	RIR 2-4	DB/KB 1 ARM ROW	4X12	RIR 1-4
LUNGES BANDED PRONE OR SEATEDHAMSTRING CURLS	4X20	30-40 SEC REST BETWEEN SETS	BARBELL BENT OVER ROWS	4X12			BARBELL GLUTE BRIDGE	4X12	RIR 2-4	DIPS	4X10	RIR 1-3
WEIGHTED PLANK	3X MAX TIME	BEAT LAST WEEK'S TIME	KB RUSSIAN TWISTS	4X12			BARBELL GOOD MORNING	3X12	RIR 3-5	SEATED DB/KB/BARBELL	5X12	RIR 1-3
							SIDE PLANK	2X MAX TIME		SHRUGS WEIGHTED SIT UPS	4X10	HEAVIER
						Week 3						
	DAY 1		DAY 2			DAY 3		DAY 4		DAY	5	
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY		MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY
MAX EFFORT LOWER			MAX EFFORT UPPER				DYNAMIC EFFORT LOWER			DYNAMIC EFFORT UPPER		
BACK SQUAT	1X5 RM	RIR 1	CLOSE GRIP BENCH PRESS	1X5 RM	RIR1		A1. SPRINTS	2X20, 2X30M, 1X40M		A1. BARBELL WIDE GRIP BENCH PRESS	8x2	72-75% 1 RM
	2X5	-15%		2X5	-15%		B1. ZERCHER SQUAT	8x2	72-75% 1 RM	A2. PLYO PUSH UP	5X5	FAST!
BARBELL RDL	4X6	RIR 1-3	BARBELL/KB/DB SKULL	5X5		REST AND RECOVER.	B2. VERTICAL JUMP	5X3	FAST!	DB/KB Z PRESS	5X10	RIR1-4
KB WALKING LUNGES	4X10 EA	RIR 1-3	CRUSHERS PULL UPS	5X8		11201711121120012111	KB/DB STEP UPS	5X10 EA	RIR 2-3	DB/KB 1 ARM ROW	5X12	RIR 1-4
BANDED PRONE OR	4X25	30-45 SEC REST BETWEEN	BARBELL BENT OVER ROWS	4X10			BARBELL GLUTE BRIDGE	4X15	RIR 2-3	DIPS	5X8	RIR 1-3
SEATEDHAMSTRING CURLS WEIGHTED PLANK	3X MAX TIME	SETS BEAT LAST WEEK'S TIME	KB RUSSIAN TWISTS	4X10			BARBELL GOOD MORNING	4X10	RIR 3-5	SEATED DB/KB/BARBELL	6X12	RIR 1-3
		DEAT END TWEETO TIME					SIDE PLANK	3X MAX TIME		SHRUGS WEIGHTED SIT UPS	4X12	
			·	·		Week 4						
	DAY 1		DAY 2			DAY 3		DAY 4		DAY	5	
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY		MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY
MAX EFFORT LOWER			MAX EFFORT UPPER				DYNAMIC EFFORT LOWER			DYNAMIC EFFORT UPPER		
TRAP BAR DEADLIFT	1X5 RM	RIR 1	BENCH PRESS	1X5 RM	RIR1		A1. SPRINTS	1X20, 3X30M, 1X40M		A1. BARBELL WIDE GRIP BENCH PRESS	6x2	75-80% 1 RM
	2X5	-15%		2X5	-15%		B1. ZERCHER SQUAT	6x2	75-80% 1 RM	A2. PLYO PUSH UP	5X5	FAST!
BARBELL RDL	4X6	RIR 1-3	BARBELL/KB/DB SKULL CRUSHERS	5X5		REST AND RECOVER.	B2. VERTICAL JUMP	5X3	FAST!	DB/KB Z PRESS	5X12	RIR1-4
KB WALKING LUNGES	4X10 EA	RIR 1-3	PULL UPS	5X8+			KB/DB STEP UPS	5X12 EA	RIR 2-3	DB/KB 1 ARM ROW	5X12	RIR 1-4
BANDED PRONE OR	4X25	30-45 SEC REST BETWEEN	BARBELL BENT OVER ROWS	4X8			BARBELL GLUTE BRIDGE	5X12	RIR 2-3	DIPS	5X10	RIR 1-3
SEATEDHAMSTRING CURLS WEIGHTED PLANK	3X MAX TIME	SETS	KB RUSSIAN TWISTS	4X10			BARBELL GOOD MORNING	4X12	RIR 3-5	SEATED DB/KB/BARBELL	7X12	RIR 1-3
WEIGHTED PLANK	3A IVIAA TIIVIE	BEAT LAST WEEK'S TIME	CICIWI NAICCON DA	4810			SIDE PLANK	3X MAX TIME	KIK 3-5	SHRUGS WEIGHTED SIT UPS	4X12	HEAVIER
				l	l		SIDE PLAINK	3A IVIAA I IIVIE		WEIGHTED SIT UPS	4/1/2	HEAVIER

					ICK	C O DDICK	e duvee 4					
				31	ICN	S & BRICK	S PHASE A	_				
						Week 1						
MOVEMENTS VO	VOLUME II	NTENSITY	MOVEMENTS DA		INTENSITY	DAY 3	MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY
MAX EFFORT LOWER	VOLUIVIE II	NIENSIIT	MAX EFFORT UPPER	VOLUME	INTENSITY		DYNAMIC EFFORT LOWER	VOLUME	INTENSITY	DYNAMIC EFFORT UPPER	VOLOME	INTENSITY
FRONT SQUAT 1X	1X3 RM	RIR 1	INCLINE BENCH PRESS	1X3 RM	RIR 1		A1. SPRINTS	4X20M		A1. INCLINE CLOSE GRIP BENCH PRESS	12X2	65% 1 RM
	2X5	-15%		2X5	-15%		B1. CONVENTIONAL DEADLIFT	12X2	65% 1 RM	A2. PUSH UP TO PLATE	5X3	EXPLOSIVE
BARBELL/DB/KB BULGARIAN SPLITS SQUATS	5X5	RIR 1-3	BARBELL CALIFORNIA PRESS	5X5	RIR 1-3	REST AND RECOVER.	B2. MED BALL SLAM TO VERTICAL JUMP	5X3	FAST!	SEATED DB/KB OVERHEAD PRESS	3X12	RIR 1-3
TRAP BAR RDL	3X8	RIR 2-5	WEIGHTED PULL UPS	4X6	RIR 2-5		SUMO DEADLIFT	2X12	RIR 2-4	LANDMINE ROW	3X10 EA	RIR 1-3
LANDMINE SQUAT 3	3X12	RIR 2-5	BARBELL PENDLAY ROWS	4X6	RIR 2-5		GOBLET SQUAT	3X10	RIR 3-5	WEIGHTED DIPS	3X8	RIR 1-3
HANGING LEG RAISES 3X MA	MAX REPS		BANDED/CABLE TRICEP PUSHDOWNS	4X15	RIR 1-3		BARBELL GOOD MORNINGS (3 SEC PAUSE)	3X10	RIR 3-5	DB/KB UPRIGHT ROW	3X15	RIR 1-4
			REVERSE CRUNCHES	2X MAX REPS			DB/KB SIDE BENDS	3X10 EA	RIR 1-3	V UPS	2X MAX REPS	RIR 0
						Week 2						
DAY 1			DA	Y 2		DAY 3		AY 4			AY 5	
	VOLUME II	NTENSITY	MOVEMENTS MAX EFFORT UPPER		INTENSITY	2,,,,,	MOVEMENTS DYNAMIC EFFORT LOWER	VOLUME	INTENSITY	MOVEMENTS DYNAMIC EFFORT UPPER	VOLUME	INTENSITY
CONVENTIONAL DEADLIFT 1X	1X3 RM	RIR 1	BARBELL FLOOR PRESS	1X3 RM	RIR 1		A1. SPRINTS	3X20M, 1X30M		A1. INCLINE CLOSE GRIP BENCH PRESS	10X2	70% 1 RM
	1X5	-15%		2X5	-15%		B1. CONVENTIONAL DEADLIFT	10X2	70% 1 RM	A2. PUSH UP TO PLATE	5X3	EXPLOSIVE
SPLITS SQUATS		RIR 1-3	BARBELL CALIFORNIA PRESS	5X5	RIR 1-3	REST AND RECOVER.	B2. MED BALL SLAM TO VERTICAL JUMP	5X3	FAST!	SEATED DB/KB OVERHEAD PRESS	4X12	RIR 1-3
TION DAILINGE		RIR 2-5	WEIGHTED PULL UPS	4X6	RIR 2-5		SUMO DEADLIFT	2X12	RIR 2-4	LANDMINE ROW	4X10 EA	RIR 1-3
LANDMINE SQUAT 4	4X12	RIR 2-5	BARBELL PENDLAY ROWS	4X6	RIR 2-5		GOBLET SQUAT	3X12	RIR 3-5	WEIGHTED DIPS	4X8	RIR 1-3
HANGING LEG RAISES 3X MA	MAX REPS		BANDED/CABLE TRICEP PUSHDOWNS	4X20	RIR 1-3		BARBELL GOOD MORNINGS (3 SEC PAUSE)	3X10	RIR 3-5	DB/KB UPRIGHT ROW	4X15	RIR 1-4
			REVERSE CRUNCHES	2X MAX REPS			DB/KB SIDE BENDS	3X12 EA	RIR 1-3	V UPS	3XAMRAP	RIR 0
						Week 3						
DAYA			DA	v 2		DAY 3		NAV 4		-	AV E	
MOVEMENTS VO MAX EFFORT LOWER	VOLUME II	NTENSITY	MOVEMENTS MAX EFFORT UPPER		INTENSITY	DAY 3	MOVEMENTS DYNAMIC EFFORT LOWER	VOLUME	INTENSITY	MOVEMENTS DYNAMIC EFFORT UPPER	VOLUME	INTENSITY
BACK SQUAT 1X	1X3 RM	RIR 1	CLOSE GRIP BENCH PRESS	1X3 RM	RIR 1		A1. SPRINTS	2X20M, 2X30M		A1. INCLINE CLOSE GRIP BENCH PRESS	8X2	72-75% 1 RM
:	2X5	-15%		2X5	-15%		B1. CONVENTIONAL DEADLIFT	8X2	72-75% 1 RM		5X4	EXPLOSIVE
BARBELL/DB/KB BULGARIAN SPLITS SQUATS	5X5	RIR 1-3	BARBELL CALIFORNIA PRESS	5X5	RIR 1-3	REST AND RECOVER.	B2. MED BALL SLAM TO VERTICAL JUMP	5X3	FAST!	SEATED DB/KB OVERHEAD PRESS	5X10	RIR 1-3
THE WEST COLUMN		RIR 2-5	WEIGHTED PULL UPS	4X6	RIR 2-5		SUMO DEADLIFT	3X12	RIR 2-4	LANDMINE ROW	5X10 EA	RIR 1-3
LANDMINE SQUAT 5	5X10		BARBELL PENDLAY ROWS	5X6	RIR 2-5		GOBLET SQUAT	4X10	RIR 3-5	WEIGHTED DIPS	4X10	RIR 1-3
HANGING LEG RAISES 4X MA	MAX REPS		BANDED/CABLE TRICEP PUSHDOWNS	5X15	RIR 1-3		BARBELL GOOD MORNINGS (3 SEC PAUSE)	4X10	RIR 3-5	DB/KB UPRIGHT ROW	5X15	RIR 1-4
			REVERSE CRUNCHES	3X MAX REPS			DB/KB SIDE BENDS	4X12 EA	RIR 1-3	V UPS	4XAMRAP	RIR 0
						Week 4						
DAY 1			DA	Y 2		DAY 3		DAY 4			AY 5	
MOVEMENTS VO	VOLUME II	NTENSITY	MOVEMENTS		INTENSITY		MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY
MAX EFFORT LOWER TRAP BAR DEADLIFT 1X	1X3 RM	RIR 1	MAX EFFORT UPPER BENCH PRESS	1X3 RM	RIR 1		A1. SPRINTS	2X20M, 3X30M		DYNAMIC EFFORT UPPER A1. INCLINE CLOSE GRIP BENCH PRESS	6X2	75-80% 1 RM
:	2X5	-15%		2X5	-15%		B1. CONVENTIONAL DEADLIFT	6X2	75-80% 1 RM	A2. PUSH UP TO PLATE	5X4	EXPLOSIVE
BARBELL/DB/KB BULGARIAN SPLITS SQUATS	5X5	RIR 1-3	BARBELL CALIFORNIA PRESS	5X5	RIR 1-3	REST AND RECOVER.	B2. MED BALL SLAM TO VERTICAL JUMP	5X3	FAST!	SEATED DB/KB OVERHEAD PRESS	5X12	RIR 1-3
TRAP BAR RDL	4X8	RIR 2-5	WEIGHTED PULL UPS	4X6	RIR 2-5	0.7415 112001211	SUMO DEADLIFT	3X12	RIR 2-4	LANDMINE ROW	6X10 EA	RIR 1-3
LANDMINE SQUAT 5	5X10	RIR 2-5	BARBELL PENDLAY ROWS	5X6	RIR 2-5		GOBLET SQUAT	4X12	RIR 3-5	WEIGHTED DIPS	4X12	RIR 1-3
HANGING LEG RAISES 4X MA	MAX REPS		BANDED/CABLE TRICEP PUSHDOWNS	5X20	RIR 1-3		BARBELL GOOD MORNINGS (3 SEC PAUSE)	4X8	RIR 3-5	DB/KB UPRIGHT ROW	6X15	RIR 1-4
			REVERSE CRUNCHES	3X MAX REPS			DB/KB SIDE BENDS	4X10 EA	RIR 1-3	V UPS	5XAMRAP	RIR 0

			ST	ICK:	5 & I	<u>BRICKS I</u>	PHASE 3					
						Week 1						
MONE	PAY		TUESDAY			WEDNESDAY	THU	JRSDAY		FR	IDAY	
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY		MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY
MAX EFFORT LOWER			MAX EFFORT UPPER				DYNAMIC EFFORT LOWER			DYNAMIC EFFORT UPPER		
RONT SQUAT	1X3 RM	RIR 1	INCLINE BENCH PRESS	1X3 RM	RIR 1		A1. SPRINTS	3X40 M	FAST!	A1. BARBELL PAUSED BENCH PRESS	12X2	65% 1 RM
	2X5	-15%		2X5	-15%		B1. BOX SQUAT	12X2	65% 1 RM	A2. BANDED PUSH UPS	6X3	FAST
BARBELL STIFF LEG DEADLIFT	5X5	RIR 1-3	BARBELL SPOTTO PRESS	5X5	RIR 1-3		B2. VERTICAL JUMP	5X3		INCLINE BENCH PRESS	2X12	RIR 2-3
GOBLET SQUATS (5 SEC DOWN)	4X8	RIR 2-5	WEIGHTED CHIN UPS	4X8	RIR 1-2	REST AND RECOVER.	HIGH BAR SQUAT	2X12	RIR 3-5	TRAP BAR PENDLEY ROW	3X12	RIR 1-3
BARBELL GOOD MORNING	4X8	RIR 2-4	SEATED KB/DB/BARBELL TRICEP EXTENSIONS	4X10	RIR 1-2		SINGLE LEG KB RDL	3X10 EA	RIR 2-3	BARBELL SKULL CRUSHERS	3X12	RIR 1-3
	3X MAX REPS	RIR 0	BARBELL LANDMINE ROW	4X10 4X10	RIR 1-2		KB JEFFERSON CURL	3X6	RIR 2-3	CHIN UPS	3X8	KIK 1-3
HANGING SIDE LEG RAISES	3X WAX KEF3	KIKU	WEIGHTED CRUNCHES	4X10 4X8	RIR 1-3		NB JEFFERSON CORL	3/0	KIK 4-5	WEIGHTED PLANKS	3X 30 SEC	
						Wook 2						
MONE	PAY		TUESDAY			WEDNESDAY	THU	JRSDAY		FR	IDAY	
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY		MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY
MAX EFFORT LOWER			MAX EFFORT UPPER				DYNAMIC EFFORT LOWER			DYNAMIC EFFORT UPPER		
CONVENTIONAL DEADLIFT	1X3	RIR 1	BARBELL FLOOR PRESS	1X3 RM	RIR 1		A1. SPRINTS	4X40 M	FAST!	A1. BARBELL PAUSED BENCH PRESS	10X2	70% 1 RM
	2X5	-15%		2X5	-15%		B1. BOX SQUAT	10X2	70% 1 RM	A2. BANDED PUSH UPS	6X3	
BARBELL STIFF LEG DEADLIFT	5X5	RIR 1-3	BARBELL SPOTTO PRESS	5X5	RIR 1-3	REST AND RECOVER.	B2. VERTICAL JUMP	5X3		INCLINE BENCH PRESS	2X12	RIR 2-3
GOBLET SQUATS (5 SEC DOWN)	4X8	RIR 2-5	WEIGHTED CHIN UPS	4X8	RIR 1-2		HIGH BAR SQUAT	3X12	RIR 3-5	TRAP BAR PENDLEY ROW	4X12	RIR 1-3
BARBELL GOOD MORNING	4X8	RIR 2-4	SEATED KB/DB/BARBELL TRICEP EXTENSIONS	4X10	RIR 1-2		SINGLE LEG KB RDL	4X10 EA	RIR 2-3	BARBELL SKULL CRUSHERS	4X12	RIR 1-3
HANGING SIDE LEG RAISES	3X MAX REPS	RIR 0	BARBELL LANDMINE ROW	4X10	RIR 1-3		KB JEFFERSON CURL	3X6	RIR 4-5	CHIN UPS	4X8	
			WEIGHTED CRUNCHES	4X8	RIR 1-3					WEIGHTED PLANKS	3X 30 SEC	
						Week 3						
MONE	···		TUESDAY			WEDNESDAY		JRSDAY			IDAY	
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY	-	MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY
MAX EFFORT LOWER BACK SQUAT	1X3	RIR 1	MAX EFFORT UPPER CLOSE GRIP BENCH PRESS	1X3 RM	RIR 1		DYNAMIC EFFORT LOWER A1. SPRINTS		FAST!	A1. BARBELL PAUSED BENCH	8X2	72-75% 1 R
BACK SQUAT	2X5		CLOSE GRIP BENCH PRESS	_				5X40 M		PRESS	6X3	72-75% T R
BARBELL STIFF LEG DEADLIFT	5X5	-15% RIR 1-3	BARBELL SPOTTO PRESS	2X5 5X5	-15% RIR 1-3		B1. BOX SQUAT B2. VERTICAL JUMP	8X2 5X3	72-75% 1 RM	A2. BANDED PUSH UPS INCLINE BENCH PRESS	6X3 3X12	RIR 2-3
GOBLET SQUATS (5 SEC DOWN)	4X8	RIR 2-5	WEIGHTED CHIN UPS	4X8	RIR 1-3	REST AND RECOVER.	HIGH BAR SQUAT	3X12	RIR 3-5	TRAP BAR PENDLEY ROW	5X12	RIR 2-3
BARBELL GOOD MORNING	4X8	RIR 2-4	SEATED KB/DB/BARBELL TRICEP EXTENSIONS	4X10	RIR 1-2		SINGLE LEG KB RDL	4X12 EA	RIR 2-3	BARBELL SKULL CRUSHERS	5X12	RIR 1-3
HANGING SIDE LEG RAISES	3X MAX REPS	RIR 0	BARBELL LANDMINE ROW	4X10 4X10	RIR 1-2		KB JEFFERSON CURL	4X6	RIR 4-5	CHIN UPS	5X8	KIIK 1-5
HANGING SIDE LEG RAISES	3X WAX INEF 3	KIKU	WEIGHTED CRUNCHES	4X10 4X8	RIR 1-3		NB JEFFERSON CORL	4//0	KIK 4-5	WEIGHTED PLANKS	4X 30 SEC	
						Wash 4						
MONE	AY		TUESDAY			Week 4 WEDNESDAY	THI	JRSDAY		FR	IDAY	
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY		MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY
MAX EFFORT LOWER			MAX EFFORT UPPER				DYNAMIC EFFORT LOWER			DYNAMIC EFFORT UPPER		
TRAP BAR DEADLIFT	1X3	RIR 1	BENCH PRESS	1X3 RM	RIR 1		A1. SPRINTS	6X40 M	FAST!	A1. BARBELL PAUSED BENCH PRESS	6X2	75-80% 1 R
	2X5	-15%		2X5	-15%		B1. BOX SQUAT	6X2	75-80% 1 RM		6X3	
BARBELL STIFF LEG DEADLIFT	5X5	RIR 1-3	BARBELL SPOTTO PRESS	5X5	RIR 1-3	REST AND RECOVER.	B2. VERTICAL JUMP	5X3		INCLINE BENCH PRESS	3X12	RIR 2-3
GOBLET SQUATS (5 SEC DOWN)	4X8	RIR 2-5	WEIGHTED CHIN UPS	4X8	RIR 1-2		HIGH BAR SQUAT	3X12	RIR 3-5	TRAP BAR PENDLEY ROW	5X12	RIR 1-3
BARBELL GOOD MORNING	4X8	RIR 2-4	SEATED KB/DB/BARBELL TRICEP EXTENSIONS	4X10	RIR 1-2		SINGLE LEG KB RDL	5X10 EA	RIR 2-3	BARBELL SKULL CRUSHERS	6X12	RIR 1-3
HANGING SIDE LEG RAISES	3X MAX REPS	RIR 0	BARBELL LANDMINE ROW	4X10	RIR 1-3		KB JEFFERSON CURL	4X6	RIR 4-5	CHIN UPS	6X8	
		l	WEIGHTED CRUNCHES	4X8	RIR 1-3	I .		I		WEIGHTED PLANKS	4X 30 SEC	

	Pre-D	eplo	yment	PT F	Prograi	ms			
			[Monday/We						
	Lift Day 1: Monday	Weel	(1 - Base	Wee	k 2 - Load	Week	3 - Perform	Week	4 - Deload
Movement	Exercise	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps
Lower Body Push	Barbell Back Squat	65/70/75	2x3/2x3/2x2	70/75/80	2x3/2x3/2x2	75/80/85	2x3/2x2/2x1	40/50/60	2x5/2x5/2x5
Lower Body Mobility	Rack Squat Hold		4x20 seconds		4x20 seconds		4x20 seconds		4x20 seconds
Lower Body Pull	Barbell RDL [use 1RM of BB Back Squat]	50/55	1x10/2x10	50/55/60	1x10/1x10/1x10	55/60/65	1x10/1x10/1x10	40/50/60	1x10/1x10/1x10
Core	Straight Leg Sit-Up		3x10		3x8		3x6		3x5
Upper Body Push	BB Floor Press		3x8		3x8		3x6		3x6
Upper Body Pull	Single Arm KB Row		3x10each		3x10each		3x8each		3x5
	Lift Day 2: Wednesday	Weel	(1 - Base	Wee	k 2 - Load	Week	3 - Perform	Week	4 - Deload
Movement	Exercise	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps
Upper Body Push	Barbell Bench Press	65/70/75	2x3/2x3/2x2	70/75/80	2x3/2x3/2x2	75/80/85	2x3/2x2/2x1	40/50/60	2x5/2x5/2x5
Upper Body Mobility	Scap Push Up to Pike		3x5		3x5		3x5		3x5
Upper Body Pull	Barbell Pendlay Row		4x6		4x5		4x4		3x5
Core	Side Plank		4x20 sec each		4x20 sec each		4x20 sec each		3x20 sec each
Lower Body Push	Walking Lunges		3x20 yards		3x20 yards		3x20 yards		2x10 yards
Lower Body Pull	KB Swings		3x12		3x12		3x10		2x10
	Lift Day 3: Friday	Weel	(1 - Base		k 2 - Load	Week	3 - Perform	Week	4 - Deload
Movement	Exercise	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps
Lower Body Pull	Hex Bar Deadlift	65/70/75	2x3/2x3/2x2	70/75/80	2x3/2x3/2x2	75/80/85	2x3/2x2/2x1	40/50/60	2x5/2x5/2x5
Glute Medius	Lateral Monster Walks		4x5each		4x5each		4x5each		3x5 each
Lower Body Push	Barbell Frankenstein Squats		4x6		4x5		4x4		3x5
Med Ball	Med Ball Slams		3x10		3x10		3x8		2x10
Upper Body Pull	Chin-Ups		3xAMRAP		xAMRAP, 2x5		xAMRAP, 2x4		2x5
Lower Body Pull	Med Ball Leg Curls		3x12		3x12		3x10		2x10
		Run [Days [Tuesda	y/Thursd	ay]				
Run	Day 1: Tuesday - Capability	Weel	(1 - Base	Wee	k 2 - Load	Week	3 - Perform	Week	4 - Deload
	Tempo Runs		3x4		3x6		3x8		3x4
	Set 1: 80m	•)X4		3XU		3XO		3 X4
	Set 2: 100m	75 second	running clock	75 secon	d running clock	75 secon	d running clock	75 secon	d running clock
	Set 3: 120m	3 minutes	of rest between		of rest between		of rest between		of rest between
	Get 3. 120111		sets	3 minutes	sets	3 minutes	sets	3 minutes	sets
Run	Day 2: Thursday - Capacity		(1 - Base	Wee	k 2 - Load	Week	3 - Perform	Week	4 - Deload
		3 Miles		3.5 Miles		4 Miles		2 Miles	
	Mile Runs	Run at 7/10	0 PaceZone 2	Run at 7/1	10 PaceZone 2			Run at 7/1	10 PaceZone 2

	Denlo	vment	PT Pr	ograms	:			
Lift Day 1: Monday					Wook 3	- Perform	Week 4	- Deload
								Sets/Reps
						1		2x5/2x5/2x5
· ·		4x4		4x4		4x4		4x4
Barbell Deadlift	50/55	1x10/2x10	50/55/60	1x10/1x10/1x10	55/60/65	1x10/1x10/1x10	40/50/60	1x10/1x10/1x10
Hanging Knee Raise		3x10		3x10		3x10		3x5
Barbell Overhead Press		3x8		3x8		3x6		3x5
Bent Over Band Row		3x10		3x10		3x8		3x8
Lift Day 2: Wednesday	Week '	- Base	Week	2 - Load	Week 3	- Perform	Week 4	- Deload
Exercise	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps
Barbell Incline Bench Press	65/70/75	2x3/2x3/2x2	70/75/80	2x3/2x3/2x2	75/80/85	2x3/2x2/2x1	40/50/60	2x5/2x5/2x5
Preacher Stretch		3x5		3x5		3x5		3x5
Barbell Bent Over Row		4x6		4x5		4x4		3x5
KB Farmer's Carry		4x10 yards		4x10 yards		4x10 yards		3x10 yards
Barbell Split Squat		3x5 each		3x5 each		3x4 each		3x5 each
Staggered Stance KB RDL		3x6 each		3x6 each		3x5 each		3x5 each
Lift Day 3: Friday	Week '	- Base	Week	2 - Load	Week 3	- Perform	Week 4	- Deload
Exercise	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps
Hex Bar RDL [use 90% of HXBDL 1RM]	65/70/75	2x3/2x3/2x2	70/75/80	2x3/2x3/2x2	75/80/85	2x3/2x2/2x1	40/50/60	2x5/2x5/2x5
Lateral Monster Walks		4x5each		4x5each		4x5each		3x5 each
Barbell Cyclist Squats		4x6		4x5		4x4		3x5
Russian Twists		3x5 each		3x5 each		3x5 each		3x5 each
Meadow Row		3x8 each		3x8 each		3x6 each		3x6 each
Banded KB Swings		3x10		3x8		3x8		3x10
	С	ardio Days [T	uesday/Thurs	day]				
Day 1: Tuesday - Capability	Week '	- Base	Week	2 - Load	Week 3	- Perform	Week 4	- Deload
empo Jump Ropes	3	x4	3	x 6	3	x8	3	x4
Set 1: 20 seconds on, 40 seconds off Set 2: 30 seconds on, 30 seconds off Set 3: 40 seconds on, 20 seconds off		Ū		J		· ·		running clock
Day 2: Thursday, Canacity								
Lunges Lunge at 7/10 RPE Rest 1 min between reps								Joom
	Hanging Knee Raise Barbell Overhead Press Bent Over Band Row Lift Day 2: Wednesday Exercise Barbell Incline Bench Press Preacher Stretch Barbell Bent Over Row KB Farmer's Carry Barbell Split Squat Staggered Stance KB RDL Lift Day 3: Friday Exercise Hex Bar RDL [use 90% of HXBDL 1RM] Lateral Monster Walks Barbell Cyclist Squats Russian Twists Meadow Row Banded KB Swings Day 1: Tuesday - Capability empo Jump Ropes 10 seconds on, 40 seconds off 10 seconds on, 20 seconds off 10 seconds on, 20 seconds off Day 2: Thursday - Capacity Lunges Lunges Lunge at 7/10 RPE	Lift Lift Day 1: Monday Exercise Cross Arm Front Squat Rack Squat Elevator Barbell Deadlift Hanging Knee Raise Barbell Overhead Press Bent Over Band Row Lift Day 2: Wednesday Exercise Barbell Incline Bench Press Preacher Stretch Barbell Bent Over Row KB Farmer's Carry Barbell Split Squat Staggered Stance KB RDL Lift Day 3: Friday Exercise Week Hex Bar RDL [use 90% of HXBDL 1RM] Lateral Monster Walks Barbell Cyclist Squats Russian Twists Meadow Row Banded KB Swings Coay 1: Tuesday - Capability Lunges Lunges Lunge at 7/10 RPE Lest 1 min between reps	Lift Day 1: Monday Week 1 - Base Exercise Cross Arm Front Squat Rack Squat Elevator Barbell Deadlift Hanging Knee Raise Bent Over Band Row Sets/Reps Barbell Overhead Press Bent Over Band Row Sets/Reps Barbell Overhead Press Bent Over Band Row Sets/Reps Bereit Deadlift Barbell Overhead Press Bent Over Band Row Sets/Reps Barbell Incline Bench Press Barbell Incline Bench Press Barbell Split Squat Staggered Stance KB RDL Staggered Stance KB RDL Staggered Stance KB RDL Staggered Stance KB RDL Staggered Stagust Russian Twists Says Barbell Cyclist Squats Russian Twists Meadow Row Banded KB Swings Sets/Reps Barbell Split Squat Staggered Stance KB RDL Staggered Stance KB RDL Staggered Stance KB RDL Staggered Stance Split Squat Says Barbell Split Squat Says Barbell Split Squat Staggered Stance KB RDL Staggered Stance KB RDL Staggered Stance KB RDL Staggered Stance KB RDL Staggered Stance Split Split Squat Staggered Stance Split Split Squat Staggered Stance Split	Lift Day 1: Monday Exercise Exercise Cross Arm Front Squat Barbell Deadlift Hanging Knee Raise Bent Over Band Row Barbell Incline Bench Press Brearbell Split Squat Barbell Stance KB RDL Lift Day 3: Friday Lateral Monster Walks Barbel Cyclist Squats Russian Twists Day 1: Tuesday - Capability Lunges Lunges Lunges Exercise Exercise Bent Over Row KB Farmer's Carry Barbell Barbell Split Squat Staggered Stance KB RDL Cardio Days [Tuesday/Thurs- Week 1 - Base Week Sets/Reps Week Sets/Reps Week 4x6 KB Farmer's Carry Barbell Split Squat Staggered Stance KB RDL Lateral Monster Walks Barbell Cyclist Squats Cardio Days [Tuesday/Thurs- Week 1 - Base Week Sets/Reps An invites of rest between sets Jaminutes of rest between sets Jaminutes of rest between sets Lunges Lunge at 7/10 RPE Lunge at 7/10 RPE Lest 1 min between reps	Lift Days [Monday/Wednesday/Friday] Lift Day 1: Monday	Lift Day 1: Monday	Lift Day 1: Monday	Lift Day's (Monday/Wednesday/Friday) Week 1- Base Week 2- Load Week 3- Perform Week 4 Exercise 9, Sets/Reps 5, Sets/Reps 5, Sets/Reps 6, Sets/Reps 6, Sets/Reps 6, Sets/Reps 6, Sets/Reps 6, Sets/Reps 7, Sets/Reps 7, Sets/Reps 7, Sets/Reps 7, Sets/Reps 8, Sets/Reps 1, April 1, Ap

	P	ost-De	ploym	ent P	T Prog	rams			
			ft Days [Mond						
Lift	Day 1: Monday	Week	1 - Base	Week	2 - Load	Week 3	- Perform	Week 4	- Deload
Movement	Exercise	RPE	Sets/Reps	RPE	Sets/Reps	RPE	Sets/Reps	RPE	Sets/Reps
Lower Body Push	Barbell Box Squat		4x10		4x10		4x8		3x10
Lower Body Push	KB Goblet Squat		3x8		3x8		3x8		3x8
Lower Body Pull	KB RDL	6/10	3x12	7/10	3x12	8/10	3x10	5/10	3x12
Lower Body Pu	Single Leg Glute Bridge	0, 10	3x6 each	.,	3x6 each		3x6 each		3x6 each
Upper Body Push	Hands Release Push Up		3x10		3x10		3x12	_	3x10
Upper Body Pull	Band Pull Aparts		3x10		3x10		3x12		3x10
Lift D	Day 2: Wednesday	Week	1 - Base	Week	2 - Load	Week 3	- Perform	Week 4	- Deload
Movement	Exercise	RPE	Sets/Reps	RPE	Sets/Reps	RPE	Sets/Reps	RPE	Sets/Reps
Upper Body Push	Barbell Close Grip Bench Press		4x10		4x10		4x8	-	3x10
Upper Body Mobility	Dowel Belly Backs		3x5		3x5		3x5	-	3x5
Upper Body Pull	Barbell Bent Over Row	6/10	3x12	7/10	3x12	8/10	3x10	5/10	3x12
Core	Side Hip Bridge		3x6 each		3x6 each		3x6 each	-	3x6 each
Lower Body Push	KB Step Ups		3x6 each		3x6 each		3x5 each	_	3x6 each
Lower Body Pull	Barbell Glute Bridge		3x8		3x8		3x6		3x8
	ft Day 3: Friday		1 - Base		2 - Load		- Perform		- Deload
Movement	Exercise	RPE	Sets/Reps	RPE	Sets/Reps	RPE	Sets/Reps	RPE	Sets/Reps
Lower Body Pull	Hex Bar RDL		4x10		4x10		4x8	_	3x10
Glute Medius	Lateral Step Ups		3x4 each		3x4 each		3x4 each	_	3x5 each
Lower Body Push	Barbell Split Squat	6/10	3x6 each	7/10	3x6 each	8/10	3x5 each	5/10	3x5 each
Core	Leg Tucks		3x6		3x6		3x8	_	3x6
Upper Body Pull	Pull-Ups		3xAMRAP		3x6		3x5	_	3x4
Lower Body Pull	Band Leg Curls		3x8	T	3x10		3x12		3x10
				Tuesday/Thu					
Run Day 1	1: Tuesday - Capability	Week	1 - Base	Week	2 - Load	Week 3	- Perform	Week 4	- Deload
Ī	empo Runs	3	x4	3:	x6	3:	x 8	3:	x 4
	Set 1: 80m Set 2: 100m Set 3: 120m		running clock est between sets		running clock		running clock		
Run Day	2: Thursday - Capacity		1 - Base		2 - Load		- Perform		- Deload
	<u>Mile Runs</u>	3 N	liles	3.5	Viiles	4 N	liles	2 M	iles
			ne 2		ne 2		ne 2		ne 2