

Appendix A

ACFT Maintenance/Prep/Improvement Phase I

1st: Dynamic WU; 2nd: Activation Drills; 3rd: Workout; 4th: Finisher; 5th: Stretch																	
Day	Exercise- Circuit Order	WK1				WK2				WK3				WK4			
		Sets	Reps/ Time	Load	Notes	Sets	Reps/ Time	Load	Notes	Sets	Reps/ Time	Load	Notes	Sets	Reps/ Time	Load	Notes
#1	Activation: 2x8ea WK1; 2x10ea WK2; 2x12ea WK3; 2x14ea WK4 Bear Crawls Glute Bridge Marches Side Plank w/ Band Row	Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks				Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks				Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks				Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks			
	A1: Hex Bar Floor 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	7ea				8ea				9ea				10ea			
	A4: World's Greatest Stretch + Rotation	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 Bridge + Curl	8				10				12				14			
	B3: Tall Plank Knee Crosses	8ea				10ea				12ea				14ea			
	B4: 90/90 S-Sit Rotation	5ea				5ea				5ea				5ea			
	Finisher: Hex Bar 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)
#2	Distance Run	25mins Make sure to complete a dynamic w/u beforehand and then about 3-5 min w/u jog. Effort should be around 70-80% of what your normal 2 mile time would be. This day is to help build aerobic capacity to sustain longer distances/times.				30mins Make sure to complete a dynamic w/u beforehand and then about 3-5 min w/u jog. Effort should be around 70-80% of what your normal 2 mile time would be. This day is to help build aerobic capacity to sustain longer distances/times.				35mins Make sure to complete a dynamic w/u beforehand and then about 3-5 min w/u jog. Effort should be around 70-80% of what your normal 2 mile time would be. This day is to help build aerobic capacity to sustain longer distances/times.				40mins Make sure to complete a dynamic w/u beforehand and then about 3-5 min w/u jog. Effort should be around 70-80% of what your normal 2 mile time would be. This day is to help build aerobic capacity to sustain longer distances/times.			
	Groups/Paces:																
	12min/2mile or faster @7:57-8:46/mile																
	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																	
#3	Activation: 2x8ea WK1; 2x10ea WK2; 2x12ea WK3; 2x14ea WK4 (MB Vertical Toss: 2x5 WK1&2, 2x3 WK 3&4 - heavier MB) MB Vertical Toss WTD Dead Bugs Lateral Plank Walks	Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks				Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks				Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks				Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks			
	A1: BB Overhead 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 Row	5ea				6ea				7ea				8ea			
	A3: Hollow Rocks	8				10				12				14			
	A4: Band Pullaparts	12				15				20				25			
	B1: Hex Bar RDL	10				8				6				4			
	B2: Goblet Split Squat	6ea				8ea				10ea				12ea			
	B3: Russian Twists	10ea				12ea				14ea				16ea			
	B4: Single 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	400m Repeats	x4 Make sure to complete a dynamic w/u beforehand and then about 3-5 min w/u jog. Effort should be around 95%+. This day is to help build speed to run the 2 mile faster. Rest = twice as long as it takes to complete the rep (i.e. one 400m repeat takes 1:24 to complete, rest would equal 2:48)				x5 Make sure to complete a dynamic w/u beforehand and then about 3-5 min w/u jog. Effort should be around 95%+. This day is to help build speed to run the 2 mile faster. Rest = twice as long as it takes to complete the rep (i.e. one 400m repeat takes 1:24 to complete, rest would equal 2:48)				x6 Make sure to complete a dynamic w/u beforehand and then about 3-5 min w/u jog. Effort should be around 95%+. This day is to help build speed to run the 2 mile faster. Rest = 1.5x as long as it takes to complete the rep (i.e. one 400m repeat takes 1:24 to complete, rest would equal 2:06)				x7 Make sure to complete a dynamic w/u beforehand and then about 3-5 min w/u jog. Effort should be around 95%+. This day is to help build speed to run the 2 mile faster. Rest = same time it takes to complete the rep (i.e. one 400m repeat takes 1:24 to complete, rest would equal 1:24)			
	Groups/Paces:																
	12min/2mile or faster @1:24																
	14min/2mile @1:38																
	16min/2mile @1:49																
	18min/2mile @1:58																
20min/2mile @2:06																	

Appendix B

ACFT Maintenance/Prep/Improvement Phase II

1st: Dynamic WU; 2nd: Activation Drills; 3rd: Workout; 4th: Finisher; 5th: Stretch																	
Day	Exercise- Circuit Order	WK1				WK2				WK3				WK4			
		Sets	Reps/ Time	Load	Notes	Sets	Reps/ Time	Load	Notes	Sets	Reps/ Time	Load	Notes	Sets	Reps/ Time	Load	Notes
#1	Activation: 2x8ea WK1; 2x10ea WK2; 2x12ea WK3; 2x14ea WK4 Downward Dog Toe Taps Fire Hydrants Straight Leg Sit Up w/ Plate	Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks				Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks				Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks				Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks			
	A1: BB Push 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: 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		
	A4: World's Greatest Stretch + Rotation		5ea				5ea				5ea				5ea		
	B1: Hex Bar Deadlift	4	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 a set	4	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	4	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	4	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	4	8ea			4	10ea		Same weight as week prior or inc.	4	12ea		Same weight as week prior or inc.	4	14ea		Same weight as week prior or inc.
	B3: KB Pull Throughs	4	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				5ea				5ea				5ea		
	Finisher: Sprint Drag Carry	1	90lbs			2	90lbs			1	115lbs			2	115lbs		
#2	Distance Run Groups/Paces: 12min/2mile or faster @7:57-8:46/mile 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	30mins	Make sure to complete a dynamic w/u beforehand and then about 3-5 min w/u jog. Effort should be around 70-80% of what your normal 2 mile time would be. This day is to help build aerobic capacity to sustain longer distances/times.			35mins	Make sure to complete a dynamic w/u beforehand and then about 3-5 min w/u jog. Effort should be around 70-80% of what your normal 2 mile time would be. This day is to help build aerobic capacity to sustain longer distances/times.			40mins	Make sure to complete a dynamic w/u beforehand and then about 3-5 min w/u jog. Effort should be around 70-80% of what your normal 2 mile time would be. This day is to help build aerobic capacity to sustain longer distances/times.			45mins	Make sure to complete a dynamic w/u beforehand and then about 3-5 min w/u jog. Effort should be around 70-80% of what your normal 2 mile time would be. This day is to help build aerobic capacity to sustain longer distances/times.		
	Activation: 2x8 WK1; 2x10 WK2; 2x12 WK3; 2x14 WK4 (SPT: 2x3 WK1&2, 2x5 WK 3&4) (KB Bottoms Up Press: 2x5ea WK 1&2, 2x6ea WK 3&4) Standing Power Throw 4-Way Dead Bugs KB Bottoms Up Press	Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks				Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks				Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 mins between blocks				Activation should take no more than 5 mins to complete and the entire workout should be completed in under 60 mins; 1-3 mins rest in between sets and 2-4 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	4	8			4	10			4	12			4	15		
	A3: WTD Tall Plank		20s		25lbs+		30s				40s				50s		
	A4: Band Face Pulls		12				15				20				25		
B1: Hex Bar Staggered Stance RDL	4	6ea			4	5ea		Inc. weight	4	4ea		Inc. weight	4	3ea		Inc. weight	
B2: Goblet Squat		8				10		Same weight as week prior or inc.		12		Same weight as week prior or inc.		15		Same weight as week prior or inc.	
B3: Flutter Kicks		10ea				12ea				15ea				20ea			
B4: Ankle Rocks		5-10ea				5-10ea				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/2mile or faster @3:01 14min/2mile @3:29 16min/2mile @3:54 18min/2mile @4:12 20min/2mile @4:28	x2	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 day is to help build speed to run the 2 mile faster. Rest = same time it takes to complete the rep (i.e. one 800m repeat takes 3:01 to complete, rest would equal 3:01)			x3	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 day is to help build speed to run the 2 mile faster. Rest = same time it takes to complete the rep (i.e. one 800m repeat takes 3:01 to complete, rest would equal 3:01)			x4	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 day is to help build speed to run the 2 mile faster. Rest = same time it takes to complete the rep (i.e. one 800m repeat takes 3:01 to complete, rest would equal 3:01)			x5	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 day is to help build speed to run the 2 mile faster. Rest = same time it takes to complete the rep (i.e. one 800m repeat takes 3:01 to complete, rest would equal 3:01)		

Minimal Equipment, 4 Week

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

Appendix D

Minimal Equipment Program

Minimal Equipment Program														
1st Dynamic WU, 2nd Prep Drills: Squat Stretch, Single Leg Hip Bridges, Single leg line hops ... 2x 10 ea. Exercise			WK1			WK2			WK3			WK4		
Day	Exercise- Circuit Order	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	
#1	A1. Tuck Jumps	4	4	Knees to Chest, Continuous	5	5	Knees to Chest, Continuous	5	5	Knees to Chest, Continuous	6	6	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	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 width 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		25sec.	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	Wear Ruck on your front Add weight biweekly		10	Wear Ruck on your back, Add weight biweekly		12	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.			25sec. Ea.			30 sec. ea.		
	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 until 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 until the next minute begin then add 2 more	15	1min.x 15 min.	For ea. Minute add 2 burpees, Ex. 1 min. = 2 burpees, complete w/in the minute and rest until 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 until the next minute begin then add 2 more	
#2	A1. FWD Frog Hops	6	6	Body Weight	6	6	Body Weight	6	6	Hold an object at chest, can be weighed or unweighted	6	6	Hold object at chest, can be weighed or unweighted	
	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	5	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/ other 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, active Core & 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	5	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	15	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 person down & back then switch	
#3	A1. Squat Jumps	4	5		4	6		5	5		5	6		
	A2. Partner Pendulums		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/ transition	
	B2. Rucksack High Row	4	10	Row to chest, add weight biweekly	4	12	Row to chest, add weight biweekly	5	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		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.		

Appendix E

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

TEMPO KIT WORKOUT 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	
#1	Goblet Squat w/ 4 sec pause	3	x8 / 4 sec down	3	x8 / 4 sec down	3	x8 / 4 sec down	3	x8 / 4 sec down	3	x5 / 3 sec			
	Tempo TRX Row + 4 sec hold		x8 / 4 sec down		x8 / 4 sec down		x10 / 4 sec down		x8 / 3 sec					
	Tempo Push Ups + 4 sec hold		x5 / 4 sec down		x5 / 4 sec down		x8 / 4 sec down		x5 / 3 sec					
	Weighted Plank		x1min		x1min		x75 sec		x1 min					
	Tempo KB RDL+ 4 sec pause	3	x8 / 4 sec down	3	x8 / 4 sec down	3	x8 / 4 sec down	3	x8 / 4 sec down	3	x6 / 3 sec down			
	Tempo Single Arm Row + 4 sec hold		x8ea / 4 sec down		x8ea / 4 sec down		x10ea / 4 sec down		x8ea / 3 sec down					
	Tempo Banded Pull Apart		x10 / 4 sec in		x10 / 4 sec in		x12 / 4 sec down		x10 3 sec in					
	Hollow Hold		x1min		x1min		x75 sec		x1 min					
	Weighted ISO Lunge	3	x1min ea	3	x1min ea	3	x75 sec ea	3	x75 sec ea	3	x1 min			
	Weighted Wallsit		x1min		x1min		x75 sec		x1 min					
	Banded Deadbug		x12 ea		x12 ea		x15ea		x12 ea					
	Alternating Leg Raises		x15		x15		x15		x15					
	#2	Tempo Staggered KB RDL + 4 sec pause	3	x5ea / 4 sec down	3	x5ea / 4 sec down	3	x6ea / 4 sec down	3	x6ea / 4 sec down	3	x6ea / 4 sec down		
		Tempo Single Arm KB Row + 4 sec hold		x8ea / 4 sec down		x8ea / 4 sec down		x10ea / 4 sec down		x10ea / 4 sec down				
Tempo TRX Push Ups + 4 sec hold		x5 / 4 sec down		x5 / 4 sec down		x8 / 4 sec down		x8 / 4 sec down						
Sidewys Crawl		x15yd ea		x15yd ea		x15yd ea		x15yd ea						
Tempo KB Sumo Good Morning		3	x8 / 4 sec down	3	x8 / 4 sec down	3	x8 / 4 sec down	3	x8 / 4 sec down	3	x8 / 4 sec down			
Tempo Banded Bicep Curl + 4 sec hold			x10 / 4 sec down		x10 / 4 sec down		x12 / 4 sec down		x12 / 4 sec down					
Tempo Banded Tricep Extension + 4 sec hold			x10 / 4 sec up		x10 / 4 sec up		x12 / 4 sec up		x12 / 4 sec up					
Plank Up Downs			x15		x15		x20		x20					
Weighted ISO Push Up Hold		3	x30s	3	x30s	3	x40 sec	3	x40 sec	3	x40 sec			
Bodyweight Single Leg ISO Hamstring Hold			x45 sec ea		x45 sec ea		x1min ea		x1min ea					
Weighted Side Plank Dips			x15 ea		x15 ea		x20ea		x20ea					
Windshield Wipers			x15 ea		x15 ea		x20ea		x20ea					
FINISHER WEEK 1														
FINISHER WEEK 2														
FINISHER WEEK 3														
FINISHER WEEK 4														
Day	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	5	x30m	5	x30m	
	KB Suitcase Carry		x30m ea		x30m ea		x30m ea		x30m ea					

Appendix G

PERFORMANCE IMPROVEMENT PHASE I

1st 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
#1	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.		4	20 sec.	
	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 REPS	(7 SECONDS ECCENTRIC)	4	2-4 REPS	(7 SECONDS ECCENTRIC)
	B4. DYNAMIC BLACKBURN	4	10		4	10		4	10		4	10	
#2	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.	
	A4. 90/90 ROTATIONS	4	5 ea.		4	5 ea.		4	5 ea.		4	5 ea.	
	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. 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

PERFORMANCE IMPROVEMENT PHASE II													
1st 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
#1	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.	
	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	
#2	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	
	A4. 90/90 ROTATIONS	4	5 ea.		4	5 ea.		4	5 ea.		4	5 ea.	
	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

PERFORMANCE IMPROVEMENT PHASE III													
1st 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
#1	A1. HEX BAR DEADLIFT	4	5		4	5		4	3		4	3	
	A2. BROAD JUMPS	4	5		4	5		4	5		4	5	
	A3. PLANK	4	45 sec.		4	45 sec.		4	45 sec.		4	45 sec.	
	A4. 90-90 ROTATIONS	4	5 ea.		4	5 ea.		4	5 ea.		4	5 ea.	
	B1. BENCH PRESS	4	5		4	5		4	3		4	3	
	B2. KB GOBLET PRESS	4	8ea.		4	8ea.		4	8ea.		4	8ea.	
	B3. PULL-UPS	4	6..		4	8..		4	8..		4	8..	
	B4. DYNAMIC BLACKBURN	4	10		4	10		4	10		4	10	
#2	A1. BACK SQUAT	4	5	(SQUAT TO BALL)	4	5	(SQUAT TO BALL)	4	3	(SQUAT TO BALL)	4	3	(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	12		4	12		4	12		4	12	
	A4. 90/90 ROTATIONS	4	5 ea.		4	5 ea.		4	5 ea.		4	5 ea.	
	B1. WTD PUSH-UPS	4	8		4	8		4	8		4	8	
	B2. SIDE PLANK	4	45 sec.		4	45 sec.		4	45 sec.		4	45 sec.	
	B3. BOTTOMS UP KB PRESS	4	12		4	12		4	12		4	12	
	B4. BB RDL	4	8		4	8		4	6		4	6	

Appendix J

GiAB Program

1st Dynamic WU, 2nd Prep Drills: Mini Band Lateral Walks, RB Pull Aparts + OH Pull Aparts, Single Leg Hip Bridges, Single Leg Lacross Ball Drop Catches.. 2x 10 ea. Exercise																			
WK1					WK2					WK3					WK4				
Day	Exercise- Circuit Order	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes	Sets	Reps/ Time	Notes						
#1	A1. KB RDL --> Single Arm Row	4	5ea.	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 ea. Row						
	A2. Med Ball or Ruck Slams		5	Use whole body		6	Use whole body		6	Use whole body		6	Use whole body						
	B1. TRX Side 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		10	Keep elbows in		12	Keep elbows in		15	Keep elbows in		12	Keep elbows in						
	C1. RB Push-Ups		10	RB goes across back		12	RB goes across back		15	RB goes across back		12	RB goes across back						
	C2. Mini Band Supined Runners	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, legs lifted off the ground, drive one knee towards chest at a time						
	D1. Sled or Buddy Drag	5	20m	Sled: add weight, 20m & switch	6	20m	Sled: add weight, 20m & switch	7	20m	Sled: add weight, 20m & switch	8	20m	Sled: add weight, 20m & switch						
#2	A1. KB or Ruck Squat to Overhead Press	4	6	Hold 1 KB at chest, 1st squat then press OH	4	8	Hold 1 KB at chest, 1st squat then press OH	4	10	Hold 1 KB at chest, 1st squat then press OH	5	10	Hold 1 KB at chest, 1st squat then press OH						
	A2. Laying Knee Tucks		10			12			15			15							
	B1. KB or Rucksack Split Squat	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, Stay in the lunge pos.						
	B2. RB w/ Handles High Rows		10	Pull to chest		12	Pull to chest		15	Pull to chest		12	Pull to chest						
	C1. Hip Bridge Hold + KB Pull 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 Dips		10			12			15			12							
	D1. Mountain Climber + Superman Hold Tabatta	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.= Continuous						
#3	A1. TRX Reverse Lunge --> Knee Drive Jump	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 knee towards chest coming off the ground						
	A2. Seated TRX Pull- Up		8	Sit on Ground, legs long, palms facing outward		10	Sit on Ground, legs long, palms facing outward		12	Sit on Ground, legs long, palms facing outward		12	Sit on Ground, legs long, palms facing outward						
	B1. RB Squat	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						
	B2. RB w/ Handles Front Raises		10	Standing tall.		12	Standing tall.		15	Standing tall.		12	Standing tall.						
	C1. KB Alternating Floor Press	4	6ea.	1 arm stays in the air while the other comes down	4	7ea.	1 arm stays in the air while the other comes down	4	8ea.	1 arm stays in the air while the other comes down	5	6ea.	1 arm stays in the air while the other comes down						
	C2. Mini Band Hip Bridge Marches		10ea.	Mini band at knees		12ea.	Mini band at knees		15ea.	Mini band at knees		12ea.	Mini band at knees						
	D1. Side Shuffle--> KB Forward 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	2 to the R & 2 to the L , Shuffle 5m turn & Run 15m.						
Endurance Day 1		WK1	WK2	WK3	WK4														
Run x Walk		2min Run x 1min Walk x 15 min	2min Run x 30sec walk x 15 min	2min Run x 30sec walk x 20 min	2min Run x 30sec walk x 25 min														
Endurance Day 2		WK1	WK2	WK3	WK4														
20m sprint x walk back		1x8x walk back is rest	1x10x walk back is rest	1x12x walk back is rest	1x15x walk back is rest														

Bodyweight Circuit Training

Warmup (x10 ea.)- Knee Hug Lunge, Worlds Greatest Stretch, Lateral Lunges, Quad Pull, Leg Cradle, Straight Leg Kicks, Forward Arm Circles, Backward Arm Circles, Arnold Presses, Arm Swings

Day	Exercise- Circuit Order	WK1			WK2			WK3			WK4		
		Sets	Reps/	Notes	Sets	Reps/	Notes	Sets	Reps/	Notes	Sets	Reps/	Notes
#1	A1-Hand Release Pushup	4	:30	Rest 1:00 Between Rounds	4	:40	Rest 1:00 Between Rounds	4	:50	Rest 1:00 Between Rounds	4	:50	Rest 1:00 Between Rounds
	A2-Short Lever Side Plank		:20ea.			:30ea.							
	A3-Glute Bridge March		:30			:40			:50			1:00	
	B1- Bear Crawl	4	:30	Rest 1:00 Between Rounds	4	:45	Rest 1:00 Between Rounds	4	:50	Rest 1:00 Between Rounds	4	:50	Rest 1:00 Between Rounds
	B2-Walking Lunge		:30			:40			:50				
	B3-Prone Row Iso Hold		:20			:30			:40			:50	
	GPP1-Suitcase Carry	3	25M ea.	Use Ruck / water jug / plate carrier for loaded carries	3	25M ea.	Use Ruck / water jug / plate carrier for loaded carries	4	25M ea.	Use Ruck / water jug / plate carrier for loaded carries (1:00 rest between rounds)	4	25M ea.	Use Ruck / water jug / plate carrier for loaded carries (1:00 rest between rounds)
GPP2-Front Loaded Carry	50M		50M			50M							
GPP3-Lateral Shuffle	25M ea.		25M ea.			25M ea.							
#3	A1-Close Grip Pushup	4	:30	Rest 1:00 Between Rounds	4	:40	Rest 1:00 Between Rounds	4	:50	Rest 1:00 Between Rounds	4	:50	Rest 1:00 Between Rounds
	A2-Plank		:40			:50			:50				
	A3-Bodyweight Squat		:30			:40			:50			1:00	
	B1- Backwards Bear Crawl	3	25M	Rest 1:00 Between Rounds	3	25M	Rest 1:00 Between Rounds	4	25M	Rest 1:00 Between Rounds	4	25M	Rest 1:00 Between Rounds
	B2-Broad Jump		x5			x6			x6				
	B3- Side Plank		:30ea.			:40ea.			:40ea.			1:00	
	GPP1- Backwards Run	3	50M	Rest 1:00 Between Rounds	3	50M	Rest 1:00 Between Rounds	4	50M	Rest 1:00 Between Rounds	4	50M	Rest 1:00 Between Rounds
GPP2- Carioca	25M ea.		25M ea.			25M ea.							
GPP3- Burpees	10		10			10							

Day	Pre Run Warmup: 10M Ea.- Knee Hug Lunge, Worlds Greatest Stretch, Heel Walks, Toe Walks, Pogo Hops, Butt Kicks, A-Skips, High Knees																								
	ANAEROBIC					WEEK 1					WEEK 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				
#2	Warmup	1	400	Sub 2:15	Low	Lap / shuttle	1	400	Sub 2:15	Low	Lap / shuttle	1	400	Sub 2:10	Low	Lap / shuttle	1	400	Sub 2:10	Low	Lap / 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						
#4	AEROBIC																								
	SEQUENCE	REPEATS	DIST.	PACE	RPE	NOTES	REPEATS	DIST.	PACE	RPE	NOTES	REPEATS	DIST.	PACE	RPE	NOTES	REPEATS	DIST.	PACE	RPE	NOTES				
Distance Run	1	3200	Sub 18:00	Moderate	any route / shuttle	1	3200	Sub 18:00	Moderate	"	1	4000	Sub 22:30	Moderate	"	1	4000	Sub 22:30	Moderate	"					
#5	ANAEROBIC																								
	SEQUENCE	REPEATS	DIST.	PACE	RPE	NOTES	REPEATS	DIST.	PACE	RPE	NOTES	REPEATS	DIST.	PACE	RPE	NOTES	REPEATS	DIST.	PACE	RPE	NOTES				
	Warmup	1	400	Sub 2:15	Low	Lap / shuttle	1	400	Sub 2:15	Low	Lap / shuttle	1	400	Sub 2:15	Low	Lap / shuttle	1	400	Sub 2:15	Low	Lap / shuttle				
Intervals	3	600	Sub 2:50	High	"	3	600	Sub 2:50	High	"	3	600	Sub 2:40	High	"	5	600	Sub 2:40	High	"					
Cooldown	1	400	N/A			1	400	N/A			1	400	N/A			1	400	N/A							

GPP BODYWEIGHT

GPP BODYWEIGHT														
		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	
#1	Jump Squat	3	x5		3	x5		3	x5		3	x5		
	Bodyweight Squat		x15			x15			x6ea / 4 sec down			x6ea / 4 sec down		
	Push Ups		x10-15			x10-15			x6ea / 4 sec down			x6ea / 4 sec down		
	Backpack Row		x15			x15			x8ea			x8ea		
	Bodyweight Reverse Lunge	3	x12ea		3	x12ea		3	x5ea		3	x5ea		
	Y's / T's		x10ea			x10ea			x8			x8		
	Dips		x10-15			x10-15			x10ea / 4 sec down			x10ea / 4 sec down		
	Towel ISO Curl		x20 sec			x20 sec			x10ea / 4 sec down			x10ea / 4 sec down		
	Shoulder Taps	3	x12ea		3	x12ea		4	x12ea		4	x12ea		
	Hollow Hold		x30 sec			x30 sec			x40m			x40m		
	Lying Leg Raises		x15			x15			x15			x15		
	Supermans		x15			x15			x15			x15		
	#2	Split Squat Jump	3	x4ea		3	x4ea		3	x5ea		3	x5ea	
		Bodyweight Good Mornings		x12ea			x12ea			x12			x12	
Incline Push Up		x10-15			x10-15			x10-15			x10-15			
Backpack Single Arm Row		x15ea			x15ea			x15ea			x15ea			
Bodyweight Lateral Lunge		3	x10ea		3	x10ea		3	x10ea / 4 sec down		3	x10ea / 4 sec down		
Blackburns			x12ea			x12ea			x15			x15		
Towel Tricep Extension			x12ea			x12ea			x10			x10		
Backpack Bicep Curls			x12ea			x12ea			x10			x10		
Flutter Kicks		3	x30 sec		3	x30 sec		4	x30 sec		4	x30 sec		
Side Plank			x30 sec ea			x30 sec ea			x30 sec ea			x30 sec ea		
Plank	x45 sec			x45 sec			x45 sec			x45 sec				
Deadbugs	x12ea			x12ea			x12ea			x12ea				
FINISHER WEEK 1														
FINISHER WEEK 2														
FINISHER WEEK 3														
FINISHER WEEK 4														
Day	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	4	x30m		4	x30m		5	x30m		5	x30m		
	Backpack / IOTV Suitcase Carry		x30m ea			x30m ea			x30m ea			x30m ea		

GPP BODYWEIGHT 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
#1	Snap Down + Jump Squat	3	x5		3	x5		3	x5		3	x5	
	Bodyweight Squat w/ 5 sec Pause		x15			x15			x6ea / 4 sec down			x6ea / 4 sec down	
	Push Ups		x10-15			x10-15			x6ea / 4 sec down			x6ea / 4 sec down	
	Backpack Row + 5 sec Hold		x15			x15			x8ea			x8ea	
	Bodyweight Forward Lunge	3	x12ea		3	x12ea		3	x5ea		3	x5ea	
	Y's / T's		x10ea			x10ea			x8			x8	
	Dips		x10-15			x10-15			x10ea / 4 sec down			x10ea / 4 sec down	
	Towel ISO Curl		x20 sec			x20 sec			x10ea / 4 sec down			x10ea / 4 sec down	
	Shoulder Taps	3	x12ea		3	x12ea		4	x12ea		4	x12ea	
	Hollow Hold Rock		x30 sec			x30 sec			x40m			x40m	
	Scissor Kicks		x15			x15			x15			x15	
	Alternating Supermans		x15			x15			x15			x15	
#2	Split Squat Jump	3	x4ea		3	x4ea		3	x5ea		3	x5ea	
	Bodyweight Staggered RDL		x12ea			x12ea			x12			x12	
	Decline Push Up		x10-15			x10-15			x10-15			x10-15	
	Backpack Single Arm Row + 5sec Hold		x15ea			x15ea			x15ea			x15ea	
	Bodyweight Bowlers Lunge	3	x10ea		3	x10ea		3	x10ea / 4 sec down		3	x10ea / 4 sec down	
	Blackburns		x12ea			x12ea			x15			x15	
	Towel Tricep Extension		x12ea			x12ea			x10			x10	
	Backpack Bicep Curls		x12ea			x12ea			x10			x10	
	Flutter Kicks	3	x30 sec		3	x30 sec		4	x30 sec		4	x30 sec	
	Side Plank Dips		x30 sec ea			x30 sec ea			x30 sec ea			x30 sec ea	
	Plank Up Downs		x45 sec			x45 sec			x45 sec			x45 sec	
	Deadbugs		x12ea			x12ea			x12ea			x12ea	
FINISHER WEEK 1													
FINISHER WEEK 2													
FINISHER WEEK 3													
FINISHER WEEK 4													
Day	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	4	x30m		4	x30m		5	x30m		5	x30m	
	Backpack / IOTV Suitcase Carry		x30m ea			x30m ea			x30m ea			x30m ea	

Conditioning Plan Warm-up / Agility

Conditioning Plan Warm-up / Agility												
	Pre Lift Warmup			Pre Run/ Ruck Warmup			Agility 1			Agility 2		
	Sets	Distance	Drill	Sets	Distance	Drill	Sets	Distance	Drill	Sets	Distance	Drill
Warm-up's	1	10 Meters	Walking Lunges	1	10 Meters	Walking Lunges	2 (L&R)	20 Meters	Shuttle Run (70/80%)	2 (L&R)	20 Meters	Shuttle Run
			Spiderman lunge + rotation			Spiderman lunge + rotation			Prone Starts			90 Turn + Sprint
			Leg Cradle			Heel Walks			Kneeling Starts			180 Turn + Sprint
			Quad Pull			Toe Walks			Kneeling + Switch			Lateral Shuffle + Sprint
			Lateral Lunge			Heel to Toe			Deceleration (stop on line)			Backpedal + Sprint
			Straight Leg Kicks			Pogo Hops						
			Walking Hamstring			Single Leg Pogos						
			Forward Arm Circles			A skip						
			Backward Arm Circles			High Knees						
			Arm Swings									

Aerobic 4 WK plan

	WK1 (RUN)			WK2 (RUN)			WK3 (RUN)			WK4 (RUN)		
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

Anaerobic 4 WK plan

	WK1			WK2			WK3			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

Ruck 4 WK plan

	WK1			WK2			WK3			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	RUCK	Additional notes
Progression	As the weeks progress increase the distance. You can also decrease the pace requirement. This should be done be no more than 10% with either variable and each variable should not be adjusted simultaneously.	As the weeks progress, decrease the work: rest ratio from 1:5 to 1:3. Also, the amount of repeats can be increased, however nothing more than 10 % increase and the work: rest ratio should not be adjusted simultaneously.	As the weeks progress, increase the distance or the weight. You can also decrease the pace requirement. This should be done be no more than 10% with either variable and each variable should not be adjusted simultaneously.	These programs can be run sequentially, but need to account for rest, recovery as well as strength training and mission requirements.

STICKS & BRICKS PHASE 1

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

STICKS & BRICKS PHASE 2

Week 1

DAY 1		DAY 2			DAY 3			DAY 4			DAY 5		
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY	REST AND RECOVER.	MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY	
MAX EFFORT LOWER			MAX EFFORT UPPER				DYNAMIC EFFORT LOWER			DYNAMIC EFFORT UPPER			
FRONT SQUAT	1X3 RM	RIR 1	INCLINE BENCH PRESS	1X3 RM	RIR 1		A1. SPRINTS	4X20M	65% 1 RM	A1. INCLINE CLOSE GRIP BENCH PRESS	12X2	65% 1 RM	
	2X5	-15%		2X5	-15%		B1. CONVENTIONAL DEADLIFT	12X2		FAST!	A2. PUSH UP TO PLATE	5X3	EXPLOSIVE
BARBELL/DB/KB BULGARIAN SPLITS SQUATS	5X5	RIR 1-3	BARBELL CALIFORNIA PRESS	5X5	RIR 1-3		B2. MED BALL SLAM TO VERTICAL JUMP	5X3		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	3X12	RIR 2-5	BARBELL PENDLAY ROWS	4X6	RIR 2-5		GOBLET SQUAT	3X10	RIR 3-5	WEIGHTED DIPS		RIR 1-3	
HANGING LEG RAISES	3X 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		DAY 2			DAY 3			DAY 4			DAY 5		
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY	REST AND RECOVER.	MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY	
MAX EFFORT LOWER			MAX EFFORT UPPER				DYNAMIC EFFORT LOWER			DYNAMIC EFFORT UPPER			
CONVENTIONAL DEADLIFT	1X3 RM	RIR 1	BARBELL FLOOR PRESS	1X3 RM	RIR 1		A1. SPRINTS	3X20M, 1X30M	70% 1 RM	A1. INCLINE CLOSE GRIP BENCH PRESS	10X2	70% 1 RM	
	1X5	-15%		2X5	-15%		B1. CONVENTIONAL DEADLIFT	10X2		FAST!	A2. PUSH UP TO PLATE	5X3	EXPLOSIVE
BARBELL/DB/KB BULGARIAN SPLITS SQUATS	5X5	RIR 1-3	BARBELL CALIFORNIA PRESS	5X5	RIR 1-3		B2. MED BALL SLAM TO VERTICAL JUMP	5X3		SEATED DB/KB OVERHEAD PRESS	4X12	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	4X10 EA	RIR 1-3	
LANDMINE SQUAT	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 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

DAY 1		DAY 2			DAY 3			DAY 4			DAY 5		
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY	REST AND RECOVER.	MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY	
MAX EFFORT LOWER			MAX EFFORT UPPER				DYNAMIC EFFORT LOWER			DYNAMIC EFFORT UPPER			
BACK SQUAT	1X3 RM	RIR 1	CLOSE GRIP BENCH PRESS	1X3 RM	RIR 1		A1. SPRINTS	2X20M, 2X30M	72-75% 1 RM	A1. INCLINE CLOSE GRIP BENCH PRESS	8X2	72-75% 1 RM	
	2X5	-15%		2X5	-15%		B1. CONVENTIONAL DEADLIFT	8X2		FAST!	A2. PUSH UP TO PLATE	5X4	EXPLOSIVE
BARBELL/DB/KB BULGARIAN SPLITS SQUATS	5X5	RIR 1-3	BARBELL CALIFORNIA PRESS	5X5	RIR 1-3		B2. MED BALL SLAM TO VERTICAL JUMP	5X3		SEATED DB/KB OVERHEAD PRESS	5X10	RIR 1-3	
TRAP BAR RDL	4X8	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	5X10	RIR 2-5	BARBELL PENDLAY ROWS	5X6	RIR 2-5		GOBLET SQUAT	4X10	RIR 3-5	WEIGHTED DIPS	4X10	RIR 1-3	
HANGING LEG RAISES	4X 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		DAY 2			DAY 3			DAY 4			DAY 5		
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY	REST AND RECOVER.	MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY	
MAX EFFORT LOWER			MAX EFFORT UPPER				DYNAMIC EFFORT LOWER			DYNAMIC EFFORT UPPER			
TRAP BAR DEADLIFT	1X3 RM	RIR 1	BENCH PRESS	1X3 RM	RIR 1		A1. SPRINTS	2X20M, 3X30M	75-80% 1 RM	A1. INCLINE CLOSE GRIP BENCH PRESS	6X2	75-80% 1 RM	
	2X5	-15%		2X5	-15%		B1. CONVENTIONAL DEADLIFT	6X2		FAST!	A2. PUSH UP TO PLATE	5X4	EXPLOSIVE
BARBELL/DB/KB BULGARIAN SPLITS SQUATS	5X5	RIR 1-3	BARBELL CALIFORNIA PRESS	5X5	RIR 1-3		B2. MED BALL SLAM TO VERTICAL JUMP	5X3		SEATED DB/KB OVERHEAD PRESS	5X12	RIR 1-3	
TRAP BAR RDL	4X8	RIR 2-5	WEIGHTED PULL UPS	4X6	RIR 2-5		SUMO DEADLIFT	3X12	RIR 2-4	LANDMINE ROW	6X10 EA	RIR 1-3	
LANDMINE SQUAT	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 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		

STICKS & BRICKS PHASE 3

Week 1														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY	REST AND RECOVER.	MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY		
MAX EFFORT LOWER			MAX EFFORT UPPER				DYNAMIC EFFORT LOWER			DYNAMIC EFFORT UPPER				
FRONT 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		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		
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	3X8			
			WEIGHTED CRUNCHES	4X8	RIR 1-3				WEIGHTED PLANKS	3X 30 SEC				
Week 2														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY	REST AND RECOVER.	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		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														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY	REST AND RECOVER.	MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY		
MAX EFFORT LOWER			MAX EFFORT UPPER				DYNAMIC EFFORT LOWER			DYNAMIC EFFORT UPPER				
BACK SQUAT	1X3	RIR 1	CLOSE GRIP BENCH PRESS	1X3 RM	RIR 1		A1. SPRINTS	5X40 M	FAST!	A1. BARBELL PAUSED BENCH PRESS	8X2	72-75% 1 RM		
	2X5	-15%		2X5	-15%		B1. BOX SQUAT	8X2	72-75% 1 RM	A2. BANDED PUSH UPS	6X3			
BARBELL STIFF LEG DEADLIFT	5X5	RIR 1-3	BARBELL SPOTTO PRESS	5X5	RIR 1-3		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	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	RIR 1-3		KB JEFFERSON CURL	4X6	RIR 4-5	CHIN UPS	5X8			
			WEIGHTED CRUNCHES	4X8	RIR 1-3				WEIGHTED PLANKS	4X 30 SEC				
Week 4														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
MOVEMENTS	VOLUME	INTENSITY	MOVEMENTS	VOLUME	INTENSITY	REST AND RECOVER.	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 RM		
	2X5	-15%		2X5	-15%		B1. BOX SQUAT	6X2	75-80% 1 RM	A2. BANDED PUSH UPS	6X3			
BARBELL STIFF LEG DEADLIFT	5X5	RIR 1-3	BARBELL SPOTTO PRESS	5X5	RIR 1-3		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			
			WEIGHTED CRUNCHES	4X8	RIR 1-3				WEIGHTED PLANKS	4X 30 SEC				

Pre-Deployment PT Programs

Lift Days [Monday/Wednesday/Friday]

Lift Day 1: Monday		Week 1 - Base		Week 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		Week 1 - Base		Week 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		Week 1 - Base		Week 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 [Tuesday/Thursday]									
Run Day 1: Tuesday - Capability		Week 1 - Base		Week 2 - Load		Week 3 - Perform		Week 4 - Deload	
Tempo Runs		3x4		3x6		3x8		3x4	
Set 1: 80m Set 2: 100m Set 3: 120m		75 second running clock 3 minutes of rest between sets		75 second running clock 3 minutes of rest between sets		75 second running clock 3 minutes of rest between sets		75 second running clock 3 minutes of rest between sets	
Run Day 2: Thursday - Capacity		Week 1 - Base		Week 2 - Load		Week 3 - Perform		Week 4 - Deload	
Mile Runs		3 Miles		3.5 Miles		4 Miles		2 Miles	
		Run at 7/10 PaceZone 2		Run at 7/10 PaceZone 2		Run at 7/10 PaceZone 2		Run at 7/10 PaceZone 2	

Deployment PT Programs									
Lift Days [Monday/Wednesday/Friday]									
Lift Day 1: Monday		Week 1 - Base		Week 2 - Load		Week 3 - Perform		Week 4 - Deload	
Movement	Exercise	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps
Lower Body Push	Cross Arm Front 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 Elevator		4x4		4x4		4x4		4x4
Lower Body Pull	Barbell Deadlift	50/55	1x10/2x10	50/55/60	1x10/1x10/1x10	55/60/65	1x10/1x10/1x10	40/50/60	1x10/1x10/1x10
Core	Hanging Knee Raise		3x10		3x10		3x10		3x5
Upper Body Push	Barbell Overhead Press		3x8		3x8		3x6		3x5
Upper Body Pull	Bent Over Band Row		3x10		3x10		3x8		3x8
Lift Day 2: Wednesday		Week 1 - Base		Week 2 - Load		Week 3 - Perform		Week 4 - Deload	
Movement	Exercise	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps
Upper Body Push	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
Upper Body Mobility	Preacher Stretch		3x5		3x5		3x5		3x5
Upper Body Pull	Barbell Bent Over Row		4x6		4x5		4x4		3x5
Carry	KB Farmer's Carry		4x10 yards		4x10 yards		4x10 yards		3x10 yards
Lower Body Push	Barbell Split Squat		3x5 each		3x5 each		3x4 each		3x5 each
Lower Body Pull	Staggered Stance KB RDL		3x6 each		3x6 each		3x5 each		3x5 each
Lift Day 3: Friday		Week 1 - Base		Week 2 - Load		Week 3 - Perform		Week 4 - Deload	
Movement	Exercise	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps	%	Sets/Reps
Lower Body Pull	Hex Bar RDL <i>[use 90% of HXBDL 1RM]</i>	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 Cyclist Squats		4x6		4x5		4x4		3x5
Core	Russian Twists		3x5 each		3x5 each		3x5 each		3x5 each
Upper Body Pull	Meadow Row		3x8 each		3x8 each		3x6 each		3x6 each
Lower Body Pull	Banded KB Swings		3x10		3x8		3x8		3x10
Cardio Days [Tuesday/Thursday]									
Run Day 1: Tuesday - Capability		Week 1 - Base		Week 2 - Load		Week 3 - Perform		Week 4 - Deload	
<u>Tempo Jump Ropes</u>		3x4		3x6		3x8		3x4	
Set 1: 20 seconds on, 40 seconds off Set 2: 30 seconds on, 30 seconds off Set 3: 40 seconds on, 20 seconds off		75 second running clock		75 second running clock		75 second running clock		75 second running clock	
		3 minutes of rest between sets		3 minutes of rest between sets		3 minutes of rest between sets		3 minutes of rest between sets	
Run Day 2: Thursday - Capacity		Week 1 - Base		Week 2 - Load		Week 3 - Perform		Week 4 - Deload	
<u>Lunges</u>		2x[4x100m]		2x[4x150m]		2x[4x200m]		4x100m	
Lunge at 7/10 RPE Rest 1 min between reps Rest 3 minutes between sets									

Post-Deployment PT Programs									
Lift Days [Monday/Wednesday/Friday]									
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	6/10	4x10	7/10	4x10	8/10	4x8	5/10	3x10
Lower Body Push	KB Goblet Squat		3x8		3x8		3x8		3x8
Lower Body Pull	KB RDL		3x12		3x12		3x10		3x12
Lower Body Pu	Single Leg Glute Bridge		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 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	6/10	4x10	7/10	4x10	8/10	4x8	5/10	3x10
Upper Body Mobility	Dowel Belly Backs		3x5		3x5		3x5		3x5
Upper Body Pull	Barbell Bent Over Row		3x12		3x12		3x10		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
Lift Day 3: Friday		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 Pull	Hex Bar RDL	6/10	4x10	7/10	4x10	8/10	4x8	5/10	3x10
Glute Medius	Lateral Step Ups		3x4 each		3x4 each		3x4 each		3x5 each
Lower Body Push	Barbell Split Squat		3x6 each		3x6 each		3x5 each		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		3x10		3x12		3x10
Run Days [Tuesday/Thursday]									
Run Day 1: Tuesday - Capability		Week 1 - Base		Week 2 - Load		Week 3 - Perform		Week 4 - Deload	
<p><u>Tempo Runs</u></p> <p>Set 1: 80m Set 2: 100m Set 3: 120m</p>		3x4		3x6		3x8		3x4	
		<i>75 second running clock</i>		<i>75 second running clock</i>		<i>75 second running clock</i>		<i>75 second running clock</i>	
		<i>3 minutes of rest between sets</i>		<i>3 minutes of rest between sets</i>		<i>3 minutes of rest between sets</i>		<i>3 minutes of rest between sets</i>	
Run Day 2: Thursday - Capacity		Week 1 - Base		Week 2 - Load		Week 3 - Perform		Week 4 - Deload	
<p><u>Mile Runs</u></p>		3 Miles		3.5 Miles		4 Miles		2 Miles	
		<i>Run at 7/10 Pace Zone 2</i>		<i>Run at 7/10 Pace Zone 2</i>		<i>Run at 7/10 Pace Zone 2</i>		<i>Run at 7/10 Pace Zone 2</i>	