



## **160TH SOAR(A) GREEN PLATOON PREPARATION NOTES AND DISCLAIMERS**

Heed the advice of medical professionals before beginning any training program.  
Do not begin or continue if health contraindications exist.

Common movements were chosen for this program. If a movement is unfamiliar, seek out local Strength & Conditioning / physical training professionals. Additionally, various digital resources exist online. While potentially useful, always consider if the source is reputable.

Substitute any movement based on equipment constraints. However, movements selected utilize commonly available equipment.

Substitute any movement based on pre-existing minor issues/injuries. While more agreeable options likely exist, please consider if those pre-existing issues will effect your ultimate success/failure of Green Platoon.

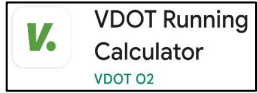
Supplement this program with movements to address your personal shortcomings. Additionally, plus/minus weight and add warmup sets as needed.

It is beneficial to know your current 2-mile time and 3 rep max deadlift weight. If those values are unknown, insert a diagnostic Week 0 to determine.

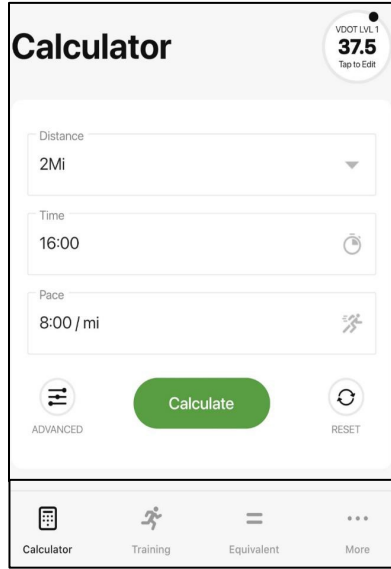
"VDOT Running Calculator" is a free, digital resource available in the app store of most smart devices. Download is recommended. See next page for usage.



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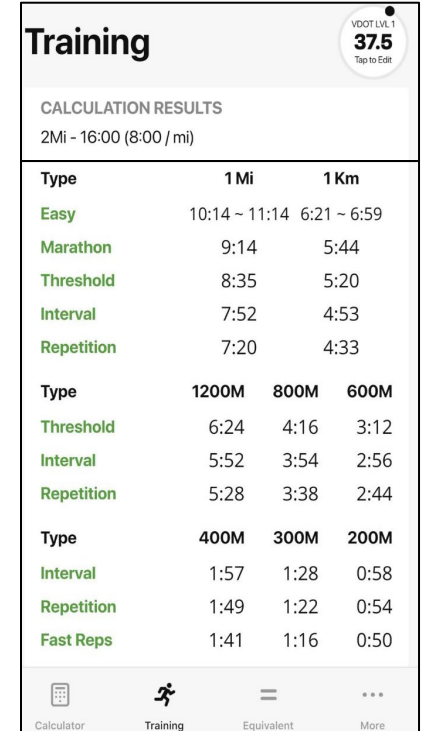


1. Select 2 mile distance →
2. Enter 2 mile time →
3. Press Calculate →



4. Press Training ↑

5. Listed paces will be referenced during the 8-week Green Platoon Preparation



If a smart device is unavailable or VDOT app usage is impossible, reference the following table for goal times/ pacing:

2 mile Time	Marathon	Threshold	Interval		Repetition		
	1 mile	1 mile	1 mile	1200m	800m	400m	200m
20:00	11:23	10:10	8:59	6:42	4:12	2:06	1:03
18:00	10:19	9:24	8:27	6:18	3:56	1:58	:59
16:00	9:14	8:35	7:52	5:52	3:38	1:49	:54
14:00	8:08	7:37	7:01	5:14	3:17	1:38	:49
12:00	7:01	6:36	6:05	4:32	2:49	1:24	:42

NAME: \_\_\_\_\_



**160TH SOAR(A)  
GREEN PLATOON PREPARATION  
WEEKS 1 - 4**

MONDAY	Week 1	Week 2	Week 3	Week 4
Dynamic Warmup	8-10 min			
<b>CONDITIONING</b>	Rest between rounds = 3x finishing time			
Shuttle Run (25yd & back = 1 lap)	6 laps 3 Rounds	5 laps 4 Rounds	4 laps 5 Rounds	3 laps 4 Rounds
<b>PREHAB</b>				
Ensure activation around hips, knees, and ankles				
<b>STRENGTH / POWER</b>	Full recovery between sets			
Squat Variation	Back Squat	Front Squat	Back Squat	Front Squat
% of 3RM Deadlift:	5 x 3   68%	5 x 2   58%	5 x 3   72%	5 x 2   58%
KB Swing	3 x 8			
<b>STRENGTH ENDURANCE</b>	Breath recovery b/w rounds			
Situps	4 Rounds x :30 each	3 Rounds x :45 each	2 Rounds x :60 each	1 Round x :90 each
Mountain Climbers				
<b>ACCESSORY</b>				
KB Farmers Walk	2 KB @ sides x 250yd	1 KB @ side x 125yd each	1 KB Overhead x 125yd each	2 KB @ sides x 250yd

TUESDAY	Week 1	Week 2	Week 3	Week 4
Dynamic Warmup	8-10 min			
<b>PREHAB</b>				
Ensure activation of rotator cuff and upper back				
<b>STRENGTH / POWER</b>	Full recovery between sets			
Hand Release Pushups	2 x 10 1 x max	2 x 12 1 x max	3 x 10 1 x max	1 x max
Negative Pullups	3 x 6	3 x 8	4 x 6	2 x 10
Controlled decent:	3 seconds	3 seconds	5 seconds	5 seconds
<b>STRENGTH ENDURANCE</b>	Breath recovery b/w rounds			
Cable Rotations	x 6ea	x 8ea	x 10ea	x 10ea
Inverted Rows	x 8	x 10	x 12	x 15
Lateral Bearcrawl	x 10ea	x 12ea	x 15ea	x 25ea
Side Plank	x :20ea 3 Rounds	x :30ea 3 Rounds	x :40ea 3 Rounds	x :45ea 1 Round

WEDNESDAY	Week 1	Week 2	Week 3	Week 4
Dynamic Warmup	8-10 min			
<b>PREHAB</b>				
Ensure activation of anything that needs attention				
<b>CONDITIONING</b>	VDOT Repetition goal times / pacing for each distance Equal distance recovery jog/walk between work reps			
Run	2 x 200m	6 - 10 x 400m	2 x 200m	2 x 200m
	1 x 400m		2 x 400m	1 x 800m
	Repeat 3 - 5 times		1 x 800m 2 x 400m 2 x 200m	Repeat 3 times
<b>REGENERATION</b>				
1/2 Kneel Wall Dorsiflexion	2-3 x 10ea			
Soft Tissue / Mobility	Foam Roll			
Flexibility	Static Stretch			

THURSDAY	Week 1	Week 2	Week 3	Week 4
Dynamic Warmup	8-10 min			
<b>PREHAB</b>				
Ensure activation around hips, knees, and ankles				
Ensure activation of rotator cuff and upper back				
<b>STRENGTH / POWER</b>	Full recovery between sets			
Deadlift	35% x 12			4 x 6
% of 3RM Deadlift listed hex or straight bar	55% x 10			75%
	70% x max reps			
	70% x max reps			
Glute Ham Raise or Leg Curl	3 x 6	3 x 8	4 x 6	2 x 10
Pullups	3 x 6	3 x 8	4 x 6	1 x max reps
	Weighted, bodyweight, or assisted as needed			BW only
<b>WORK CAPACITY</b>	No recovery between rounds			
1 arm DB Row	x 6ea	x 6ea	x 6ea	x 6ea
1 arm DB Shoulder Press	x 6ea	x 6ea	x 6ea	x 6ea
Band or Cable Pallof Press	x 8ea	x 10ea	x 12ea	x 10ea
MB Slam	x 8	x 10	x 12	x 10
DB Bench Press	x 10	x 12	x 15	x 10
	3 Rounds	3 Rounds	3 Rounds	2 Rounds

FRIDAY	Week 1	Week 2	Week 3	Week 4
Dynamic Warmup	8-10 min			
<b>PREHAB</b>				
Ensure activation of anything that needs attention				
<b>CONDITIONING</b>				
Ruck or Run	<u>Ruck</u> 4 - 6 miles 30 - 40# < 15:00 / mi goal pace	<u>Run</u> 3 - 5 x 1 mi 1:00 rests Threshold VDOT Pace	<u>Ruck</u> 6 - 8 miles 30 - 40# < 15:00 / mi goal pace	<u>Run</u> 40 minutes Threshold VDOT Pace
<b>REGENERATION</b>				
1/2 Kneel Wall Dorsiflexion	2-3 x 10ea			
Soft Tissue / Mobility	Foam Roll			
Flexibility	Static Stretch			

**NOTES:**  
Weights are approximate, ± where needed  
Add warmup sets where needed  
  
KB = kettlebell  
MB = medball  
DB = dumbbell

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**160TH SOAR(A)  
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WEEKS 5 - 8**

MONDAY	Week 5	Week 6	Week 7	Week 8
Dynamic Warmup	8-10 min			
PREHAB				
Ensure activation around hips, knees, and ankles				
STRENGTH / POWER	Full recovery between sets			
Deadlift	40%	x 10	Work to	
% of 3RM Deadlift listed	60%	x 6	comfy	
hex or straight bar	80%	x max reps	4 - 6RM	
	80%	x max reps		
Glute Ham Raise or Leg Curl	3 x 6	3 x 8	4 x 6	2 x 10
Front Plank	4 x :30	3 x :45	2 x :60	1 x max
CONDITIONING				
Low Impact Cardio Interval (bike, rower, etc)	30 second sprint + 30 seconds rest			
	6 Rounds	8 Rounds	10 Rounds	4 Rounds

TUESDAY	Week 5	Week 6	Week 7	Week 8
Dynamic Warmup	8-10 min			
PREHAB				
Ensure activation of rotator cuff and upper back				
STRENGTH / POWER	Full recovery between sets			
Resisted Pushups	2 x 10	2 x 12	3 x 10	2 x max
*see notes	1 x max	1 x max	1 x max	
Chinups	1 x max			
Plus:	50% more	60% more	70% more	70% more
WORK CAPACITY	No recovery between rounds			
DB Arnold Press	x 6ea			x 10ea
DB Supported Row	x 6ea			x 10ea
Band Pull Aparts	x 10			x 20
1 KB Farmers Walk	x 25yd ea			x 50yd ea
*see notes	3 Rounds	3 Rounds	3 Rounds	1 Round

WEDNESDAY	Week 5	Week 6	Week 7	Week 8
Dynamic Warmup	8-10 min			
PREHAB				
Ensure activation of anything that needs attention				
CONDITIONING				
Run	4 - 5 x 1200m	6 - 10 x 400m	3 - 5 x 1 mile	40 minutes
VDOT Pacing:	Interval	Repetition	Interval	Threshold
Rest / Recovery:	3:00 rests	400m jog/walk	3:00 rests	-
REGENERATION				
1/2 Kneel Wall Dorsiflexion	2-3 x 10ea			
Soft Tissue / Mobility	Foam Roll			
Flexibility	Static Stretch			

THURSDAY	Week 5	Week 6	Week 7	Week 8
Dynamic Warmup	8-10 min			
PREHAB				
Ensure activation around hips, knees, and ankles				
Ensure activation of rotator cuff and upper back				
STRENGTH / POWER	Full recovery between sets (unless otherwise noted)			
Squat Jump	4 x 6		2 x 4	
	unloaded	5 lb DB's	10 lb DB's	unloaded
Pushups	4 x 8-10	5 x 8-10	6 x 8-10	3 x 8-10
	:45 rest	:45 rest	:45 rest	:30 rest
Elevated Reverse Lunge	4 x 6ea			2 x 8ea
				easy weight
1 leg Romanian Deadlift	3 x 8ea	4 x 6ea	4 x 6ea	3 x 8ea
				easy weight
WORK CAPACITY	No recovery between rounds			
Lat Pulldown	x 6			x 10
Overhead Pallof Press	x 6ea			x 6ea
Seated Row	x 6			x 6
Plank Hip Rotations	x :30			x :60
	3 Rounds			1 Round
STRENGTH ENDURANCE				
Pushups	2 x 8-10	3 x 8-10	4 x 8-10	
	:45 rest	:45 rest	:45 rest	

FRIDAY	Week 5	Week 6	Week 7	Week 8
Dynamic Warmup	8-10 min			
PREHAB				
Ensure activation of anything that needs attention				
CONDITIONING				
Ruck or Run	Ruck	Run	Ruck	Run
	8 - 10 miles	2 x 2 mi	10 - 12 miles	40 minutes
	30 - 40#	2:00 rests	30 - 40#	
	< 15:00 / mi goal pace	Threshold VDOT Pace	< 15:00 / mi goal pace	Marathon VDOT Pace
REGENERATION				
1/2 Kneel Wall Dorsiflexion	2-3 x 10ea			
Soft Tissue / Mobility	Foam Roll			
Flexibility	Static Stretch			

NOTES:	
Weights are approximate, ± where needed	
Add WU sets where needed	
Resisted Pushups	
Use a band behind your back or wear a 20-30 lb weight vest or ruck	
1 KB Farmers Walk	KB = kettlebell
40 lb. KB	MB = medball
Hand @ side	DB = dumbbell
Airborne shuffle pace	