

# **TABLE OF CONTENTS**

Disclaimer1
Introduction2
Personal Fitness Assessment3
Running Shoe and Boot Assessment4
Selecting a Running Shoe5
Physical Training Standards6
PT Warm-Up Routine7
4x36 Run Prep Chart8
8-Week PT Prep Plan9
Body Weight Circuit Training Routine14
12-Week PT Prep Plan16
Recovery23
Recovery Checklist24
Summary25
Resources26
Energy Inventory27
Goal Setting28
Easy Straight Bar Loading Chart29
Easy Hex/Trap Bar Loading Chart30
Body Weight Percentages Chart 115-175lbs31
Body Weight Percentages Chart 180-240lbs32

### **DISCLAIMERS**

It is advised that if you are experiencing pain in any body area, have sustained a recent injury, or have been experiencing a chronic injury that has not completely resolved: Please seek professional medical advice from your medical officer, a physical therapist, or a physician.

Do not begin or continue with any physical training program if you have any health contraindications (a condition or circumstance that suggests or indicates that you should not exercise), have pain, or have a current injury.

### INTRODUCTION

Enlisted Combat Skills is a mentally and physically demanding selection course. You will be evaluated, tested and assessed on multiple fitness and physical training domains throughout the Enlisted Combat Skills selection course.

To help you prepare for the physical challenges in Enlisted Combat Skills we advise you to thoroughly read through this document. It is advised that you have an understanding of your current fitness levels to include, but not limited to, your most recent ACFT performance measures and your ability to ruck over distance.

This document includes both an 8-week and a 12-week physical training program. To achieve a good baseline fitness level prior to starting the Enlisted Combat Skills selection course, choose one of the physical training programs to follow and complete.

Why prepare for Green Platoon?

"If you don't have time to do it right, when will you have time to do it over?"

"Success occurs when opportunity meets preparation"

### PRIOR TO BEGINNING THIS PT PROGRAM

### Personal Fitness Assessment:

If you have not completed an US Army ACFT in the past six months, it is advised that you complete a diagnostic ACFT.

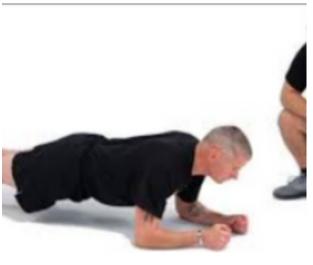
It is beneficial to know your most recent:

- 2-mile run time
- · Hand-Release Push-up total
- 3-repetition Hex Bar Deadlift weight
- · Plank Hold maximum time









### PRIOR TO BEGINNING THIS PT PROGRAM

### **Running Shoe and Boot Assessment:**

If you have running shoes and boots older than 1 year, please assess the integrity of each.

- 1. Is the tread on the bottom of the shoe or boot worn more than 50% or worn unevenly?
- 2. Look inside your shoes/boots, is the inside portion where your heal sits worn out or torn?
- 3. Do your running shoes pass all three of the Selecting a Running Shoe Tests?

If you answer 'Yes" to #1 or #2, or 'No' to #3

You should consider replacing your shoes or boots. It is recommended replacing any footwear a minimum of 6-weeks prior to reporting to Green Platoon.





### PRIOR TO BEGINNING THIS PT PROGRAM

### **Three Tests When Selecting a Running Shoe**

### 1. Shoe Liner Test



- Pull both liners out of your running shoes.
- Place the liners on the ground.
- Stand on top of the liners with equal weight on both feet.

Does your foot should fit within the liner and not hang over any part of the liner? Does your foot match the shape of the liner?

### 2. Toe Break Test



Squeeze your running shoe from the front & back.

Does your shoe bend where your toes end? - It should.

### 3. Heel Counter Test





Squeeze the heel of your running shoe between your thumb and fingers. Does the heel collapse?

Good = Some give but does not collapse

### WELL ROUNDED PHYSICAL TRAINING STANDARDS

Physical training standards are essential to assess your current training status and to plan towards achieving your own goals and meeting the requirements of the US Army.

You should be able to successfully pass every event in the US Army ACFT.

- · 3-repetition Maximum Trap Bar Deadlift
- Standing Power Throw
- · Hand-Release Push-Up
- Sprint-Drag-Carry
- Plank
- Two-Mile Run

Below are some additional physical training standards used to assess individual baseline fitness in the US Army in addition to the ACFT.

You should be able to complete the following events:

- 4 mile ruck in 1 hour
- 4 mile run in 36 minutes
- 8 mile ruck in 2 hours

### THE WARM UP DRILLS

Complete this PT Warm-Up Routine before every PT session.

Double Leg Hip Bridges x10
Push-Up Position to Down-Dog Position x10
Bear Crawl (Hips Low) x20 meters
Walking Knee Hugs x10 each
Walking Leg Cradles x10 each
Walking Butt Kickers x10 each
Standing Leg Swings x10 each
Walking World's Greatest Stretch x10 each
Spiderman Crawl x20 meters
Walking Lunges with Arm Up x20 meters
Running High Knees x20 meters
Running Butt Kickers x20 meters
Lateral Shuffle-Right x20 meters
Lateral Shuffle-Left x20 meters
High Knee Skipping x20 meters
Bear Crawl (Hips Low) x20 meters
2x 50% effort Jog x20 meters
2x 75% effort Run x20 meters
2x 85% effort Run x20 meters

Perform a minimum of one-time through.

Strength training session warm-ups should be a minimum of 8 mins Running session warm-ups should be a minimum of 10-15 mins

### 4 x 36 RUN PREP CHART

Use the below chart for determining pacing for all running conditioning PT sessions.

4 Mile	2 Mile	1 Mile	1/2 Mile	1/4 Mile
Time	Time	Pace	Pace	Pace
>36:00	>18:00	>9:00	4:35	2:20
36:00:00	18:00	9:00	4:30	2:15
34:00:00	17:00	8:30	4:15	2:07
32:00:00	16:00	8:00	4:00	2:00
30:00:00	15:00	7:30	3:45	1:52
28:00:00	14:00	7:00	3:30	1:45
26:00:00	13:00	6:30	3:15	1:37
24:00:00	12:00	6:00	3:00	1:30

### How to use the chart:

- If the PT session calls for running 1/2 mile distance intervals, find the 2-mile time that corresponds closest to your most recent 2-mile ACFT Test.
- For a 2-mile time of 16:00 minutes the 1/2-mile pace is 4:00 minutes
  - 1-mile Interval time allowance is +/- 10 secs
  - 1/2-mile Interval time allowance is +/- 7 secs
  - 1/4-mile Interval time allowance is +/- 5 secs
- Adding in the time allowance for a 1/2-mile interval (+/- 7 seconds), your goal is to run each 1/2-mile run between 3:53-4:07 minutes

### Why Run Timed Intervals?

Running shorter distances at higher intensities with a prescribed rest break will significantly improve your long-distance runs. The ability to run a short distance, such as a 1/2-mile, in the same time for multiple repetitions improves aerobic conditioning, the ability to recover faster, and the mindset to know you can acheive a goal time to run a longer distance.

### **8 WEEK PT PLAN**

On the next two pages is an eight-week physical training program to better prepare you for the physical and mental rigors of Enlisted Combat Skills selection course. If you have at least eight-weeks to start preparing prior to reporting, it is highly recommended you engage in a consistent and progressive physical training program to develop the mental and physical capabilities to succeed during the Enlisted Combat Skills selection course.

It is highly recommended you prepare for the Enlisted Combat Skills selection course for a minimum of eight-weeks.

It is by no means the only way to prepare. However, if you do not have a program and are unsure of where to start, it is recommended you follow this program from start to completion.

### **Daily Exercise Program guidelines.**

Each day is set up with exercises grouped together in Blocks that are designed to be completed as mini-circuits. Perform the first exercise for the written number of repetitions, then perform the second and third exercises in order followed by the rest break written. After the rest break begin the next set. Complete all sets and reps for all exercises in each block before going on to the next Block of exercises.

### **Health and Fitness Disclaimer:**

It is advised that if you are experiencing pain in any body area, have sustained a recent injury, or have been experiencing a chronic injury that has not completely resolved:

Please seek professional medical advice from your medical officer, a physical therapist, or a physician.

### 8 Week Training Plan: Phase 1 Weeks 1-2

			Wee	k 1			Wee	k 2	
	DAY 1	Sets	Reps	%	Rest	Sets	Reps	%	Rest
v	Vertical Jump	3	2			3	2		
Block	Vertical Med Ball Throw	3	2	8 lb		3	2	8 lb	
ΑE	Underhand FWD Med Ball Throw	3	1	8 lb	30 sec	3	1	8 lb	30 sec
				0.15	30 300			0.15	30 300
Block	DB/KB Reverse Lunges *	4	12, 10, 8, 6			4	12, 10, 8, 6		
B B	Bench Press *	4	12, 10, 8, 6		20	4	12, 10, 8, 6		20
	Bicep Curls *	4	12, 10, 8, 6		30 sec	4	12, 10, 8, 6		30 sec
Block	Bear Crawl Side-to-Side in Place	4	30 sec			4	40 sec		
C Blc	Staggered Stance Romanian Deadlifts *	4	12, 10, 8, 6			4	12, 10, 8, 6		
_	1-Arm DB/KB Rows *	4	12, 10, 8, 6		30 sec	4	12, 10, 8, 6		30 sec
쑹	1-Arm KB Suitcase Carry (slow walk)	2	60 sec each	~33% BW		2	75 sec each	~33% BW	
Block	Standard Push-Ups (3 sec hold at bottom)	2	Max#			2	Max#		
٥									
	DAY 2	Sets	Reps	%	Rest	Sets	Reps	%	Rest
쑹	1 Mile Repeat Runs	2		80%	4 min	3		80-85%	4 min
Block	Goal = Run each in same time +/- 10 sec								
٧									
×	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
Block									
8									
	DAY 3	Sets	Reps	%	Rest	Sets	Reps	%	Rest
×	1/2 Mile Repeat Runs	3		80%	3 mins	3		80-85%	3 mins
Block	Goal = Run each in same time +/- 7 sec								
۷									
¥	300m Shuttle Run (Cones 25m apart)	2		80%	60 sec	2		80-85%	60 sec
Block	Sprint Down & Back 6 times			3070	00 300			00 03/0	00 300
8	Goal = Run each in 65-75sec								
		1	15 20 mins			1	15 20 mins		
Block	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
<u>₩</u>									
ū									
O	DAY 4	Sats	Rons	%	Rost	Sets	Rons	%	Rest
O	DAY 4	Sets	Reps	%	Rest	Sets	Reps	%	Rest
O	Broad Jump	3	1		Rest	3	1		Rest
A Block	Broad Jump Vertical Med Ball Throw	3	1 2	8 lb		3	1 2	8 lb	
Block	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw	3 3 3	1 2 1		Rest 30 sec	3 3 3	1 2 1		Rest 30 sec
A Block C	Broad Jump Vertical Med Ball Throw	3	1 2	8 lb		3	1 2	8 lb	
Block A Block C	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw	3 3 3	1 2 1	8 lb		3 3 3	1 2 1	8 lb	
A Block C	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats	3 3 3 4	1 2 1 8	8 lb		3 3 3 4	1 2 1 8	8 lb	
B Block A Block C	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns	3 3 3 4 4	1 2 1 8 8	8 lb	30 sec	3 3 3 4 4	1 2 1 8	8 lb	30 sec
Block B Block A Block C	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs	3 3 3 4 4 4	1 2 1 8 8	8 lb	30 sec	3 3 3 4 4 4	1 2 1 8 8	8 lb	30 sec
B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press	3 3 3 4 4 4 4	1 2 1 8 8 8	8 lb	30 sec	3 3 4 4 4 4	1 2 1 8 8 8 8	8 lb	30 sec
C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts	3 3 4 4 4 4	1 2 1 8 8 8 8	8 lb	30 sec 30 sec	3 3 3 4 4 4 4 4	1 2 1 8 8 8 8	8 lb	30 sec 30 sec
Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns	3 3 4 4 4 4 4 4	1 2 1 8 8 8 8 8 8	8 lb	30 sec 30 sec	3 3 4 4 4 4 4	1 2 1 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	8 lb	30 sec 30 sec
Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)	3 3 3 4 4 4 4 4 4 2	1 2 1 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	8 lb	30 sec 30 sec	3 3 3 4 4 4 4 4 4 4 2	1 2 1 8 8 8 8 8 8 8 8 40	8 lb	30 sec 30 sec
Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)	3 3 3 4 4 4 4 4 4 2	1 2 1 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	8 lb	30 sec 30 sec	3 3 3 4 4 4 4 4 4 4 2	1 2 1 8 8 8 8 8 8 8 8 40	8 lb	30 sec 30 sec
D Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches	3 3 3 4 4 4 4 4 4 2 2	1 2 1 8 8 8 8 8 8 8 6 8 8 35 35	8 lb 8 lb	30 sec 30 sec 30 sec	3 3 3 4 4 4 4 4 4 2 2	1 2 1 8 8 8 8 8 8 8 40 40	8 lb 8 lb	30 sec 30 sec
Block D Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches	3 3 3 4 4 4 4 4 4 2 2	1 2 1 8 8 8 8 8 8 6 8 35 35 35 Reps	8 lb 8 lb	30 sec 30 sec 30 sec	3 3 3 4 4 4 4 4 4 2 2	1 2 1 8 8 8 8 8 8 8 40 40	8 lb 8 lb	30 sec 30 sec 30 sec
Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test	3 3 3 4 4 4 4 4 4 2 2	1 2 1 8 8 8 8 8 8 6 8 35 35 35 Reps	8 lb 8 lb	30 sec 30 sec 30 sec	3 3 3 4 4 4 4 4 4 2 2	1 2 1 8 8 8 8 8 8 8 40 40	8 lb 8 lb	30 sec 30 sec 30 sec
ABlock DBlock CBlock BBlock ABlock C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck	3 3 3 4 4 4 4 4 4 2 2	1 2 1 8 8 8 8 8 8 6 8 35 35 35 Reps	8 lb 8 lb	30 sec 30 sec 30 sec	3 3 4 4 4 4 4 4 2 2	1 2 1 8 8 8 8 8 6 8 8 40 40 Reps	8 lb 8 lb	30 sec 30 sec 30 sec
ABlock DBlock CBlock BBlock ABlock C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck	3 3 3 4 4 4 4 4 4 2 2	1 2 1 8 8 8 8 8 8 6 8 35 35 35 Reps	8 lb 8 lb	30 sec 30 sec 30 sec	3 3 3 4 4 4 4 4 4 2 2 2 Sets	1 2 1 8 8 8 8 8 6 8 40 40 Reps	8 lb 8 lb	30 sec 30 sec 30 sec 5 min
Block D Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as	3 3 3 4 4 4 4 4 4 2 2	1 2 1 8 8 8 8 8 8 6 8 35 35 35 Reps	8 lb 8 lb	30 sec 30 sec 30 sec	3 3 4 4 4 4 4 2 2 Sets	1 2 1 8 8 8 8 8 6 8 8 40 40 Reps	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min ast pace,
B Block A Block D Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times	3 3 3 4 4 4 4 4 2 2 2 Sets	1 2 1 8 8 8 8 8 8 6 8 8 35 35 8 Reps 4 miles	8 lb 8 lb	30 sec 30 sec 30 sec	3 3 4 4 4 4 4 2 2 Sets  Coruck 2 rest 5	1 2 1 8 8 8 8 8 8 6 8 40 40 40 Reps 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min ast pace,
B Block A Block D Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as	3 3 3 4 4 4 4 4 4 2 2	1 2 1 8 8 8 8 8 8 6 8 35 35 35 Reps	8 lb 8 lb	30 sec 30 sec 30 sec	3 3 4 4 4 4 4 2 2 Sets	1 2 1 8 8 8 8 6 8 40 40 Reps 2 miles 2 miles with 2	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min ast pace,
Block A Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times	3 3 3 4 4 4 4 4 2 2 2 Sets	1 2 1 8 8 8 8 8 8 6 8 8 35 35 8 Reps 4 miles	8 lb 8 lb	30 sec 30 sec 30 sec	3 3 4 4 4 4 4 2 2 Sets  Coruck 2 rest 5	1 2 1 8 8 8 8 8 8 6 8 40 40 40 Reps 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min ast pace,
B Block A Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 3 4 4 4 4 4 2 2 Sets 1	1 2 1 8 8 8 8 8 8 8 6 8 35 35 8 Reps 4 miles	8 lb 8 lb	30 sec  30 sec  Rest	3 3 4 4 4 4 4 2 2 Sets  2 Go ruck 2 rest 5	1 2 1 8 8 8 8 8 8 6 8 40 40 40 Reps 2 miles 2 miles with 2 5 mins, then r 1520 mins	8 lb 8 lb 8 lb 8 lb 90% 5-35lb at a fuck 2 miles	30 sec  30 sec  30 sec  Fest  5 min ast pace back.
C Block B Block A Block D Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 3 4 4 4 4 4 2 2 Sets 1	1 2 1 8 8 8 8 8 8 6 8 35 35 8 Reps 4 miles 1520 mins	8 lb 8 lb	30 sec 30 sec 30 sec	3 3 4 4 4 4 4 4 2 2 Sets  Sets	1 2 1 8 8 8 8 8 8 6 8 8 40 40 40 Reps 2 miles 2 miles with 2 5 mins, then r 1520 mins	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min ast pace,
C Block B Block A Block D Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 3 4 4 4 4 4 2 2 Sets 1	1 2 1 8 8 8 8 8 8 8 6 8 35 35 8 Reps 4 miles	8 lb 8 lb	30 sec  30 sec  Rest	3 3 4 4 4 4 4 2 2 Sets  2 Go ruck 2 rest 5	1 2 1 8 8 8 8 8 8 6 8 40 40 40 Reps 2 miles 2 miles with 2 5 mins, then r 1520 mins	8 lb 8 lb 8 lb 8 lb 90% 5-35lb at a fuck 2 miles	30 sec  30 sec  30 sec  5 min ast pace, back.
Block C Block B Block A Block D Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 3 4 4 4 4 4 2 2 Sets 1	1 2 1 8 8 8 8 8 8 6 8 35 35 8 Reps 4 miles 1520 mins	8 lb 8 lb	30 sec  30 sec  Rest	3 3 4 4 4 4 4 4 2 2 Sets  Sets	1 2 1 8 8 8 8 8 8 6 8 8 40 40 40 Reps 2 miles 2 miles with 2 5 mins, then r 1520 mins	8 lb 8 lb 8 lb 8 lb 90% 5-35lb at a fuck 2 miles	30 sec  30 sec  30 sec  5 min ast pace, back.
C Block B Block A Block D Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as possible in similar times  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 3 4 4 4 4 4 2 2 Sets 1	1 2 1 8 8 8 8 8 8 6 8 8 35 35 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	8 lb 8 lb	30 sec  30 sec  Rest	3 3 3 4 4 4 4 4 2 2 Sets  1 Sets 1	1 2 1 8 8 8 8 8 6 8 8 40 40 8 8 9 15 15 15 15 15 15 15 15 15 15 15 15 15	8 lb 8 lb 8 lb 8 lb 90% 5-35lb at a fuck 2 miles	30 sec  30 sec  30 sec  5 min ast pace, back.
ABlock CBlock BBlock ABlock DBlock CBlock BBlock ABlock C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 3 4 4 4 4 4 2 2 Sets 1	1 2 1 8 8 8 8 8 8 6 8 35 35 8 Reps 4 miles 1520 mins	8 lb 8 lb	30 sec  30 sec  Rest	3 3 4 4 4 4 4 4 2 2 Sets  Sets	1 2 1 8 8 8 8 8 8 6 8 8 40 40 40 Reps 2 miles 2 miles with 2 5 mins, then r 1520 mins Reps	8 lb 8 lb 8 lb 8 lb 90% 5-35lb at a fuck 2 miles	30 sec  30 sec  30 sec  5 min ast pace, back.
Block C Block B Block A Block D Block C Block B Block A Block C	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as possible in similar times  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 3 4 4 4 4 4 2 2 Sets 1	1 2 1 8 8 8 8 8 8 6 8 8 35 35 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	8 lb 8 lb	30 sec  30 sec  Rest	3 3 3 4 4 4 4 4 2 2 Sets  1 Sets 1	1 2 1 8 8 8 8 8 6 8 8 40 40 8 8 9 15 15 15 15 15 15 15 15 15 15 15 15 15	8 lb 8 lb 8 lb 8 lb 90% 5-35lb at a fuck 2 miles	30 sec  30 sec  30 sec  Fest  5 min ast pace, back.



### Notes:

\*DAY 1 - Week 1 descending repetition explanation:

> 1st set = 12 reps 2nd set = 10 reps 3rd set = 8 reps 4th set = 6 reps

### Abbreveation Legend:

### 8 Week Training Plan: Phase 1 Weeks 3-4

Vertical Jump				Wee	k 3		Week 4			
Vertical Med Ball Throw   Dischard FWD Med Ball Throw   Dischard		DAY 1	Sets	Reps	%	Rest	Sets	Reps	%	Rest
2008   2008   2009	쏭	Vertical Jump					3	3		
2008   2008   2009	읆	Vertical Med Ball Throw					3	2	8 lb	
Bench Press *	٧	Underhand FWD Med Ball Throw		**	*		3	2	8 lb	30 sec
Bench Press *		DB/KB Reverse Lunges *					4	10, 8, 8, 6		
Book   Court   Section   Court   Section   Court   Section   Sec	300			Tod	ay		4			
Bear Crawl Side to Side in Place   Staggered Stance Romanian Deadlifts   1.4m DB/KR Rows *   4   10,8,8,6   30   50   50   50   50   50   50   50	8			•						30 sec
State   Stat		,								50 500
## 1-Arm RB/RB Rows**  ## 1-Arm RB/RB Rows**    Sets   Reps   Sets   Rep	90			_						
LARM KB Sultcase Carry (slow walk)   Standard Push-tips (3 sec hold at bottom)	C B			On pag	3C 14					20.000
Standard Push-Ups (3 see hold at bottom)		·		**	*				. 222/ 211/	30 SEC
March   Marc	ock	, , , , ,							~33% BW	
1 Mile Repeat Runs	D BI	Standard Push-Ups (3 sec hold at bottom)					2	Max #		
1 Mile Repeat Runs		2472			0/				0/	
Stretch/ Foam Roll/ Yoga				керѕ				Keps		
Stretch   Foam Roll   Yoga	ock	·	3		80-85%	4 min	3		80-85%	4 min
Stretch   Foam Roll   Yoga	A BI	Goal = Run each in same time +/- 10 sec								
## DAY 3   Sets   Reps   %   Rest   Sets   Rep										
## DAY 3   Sets   Reps   Mest   Sets   Reps   Mest   Sets   Reps   Mest   Reps   Reps   Mest   Reps   Reps	ğ	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
Table   Tabl	Blo									
1/2 Mile Repeat Runs   4   85-90%   3 mins   4   85-90%   60 sec   2   85-90%   60 sec	ш									
March   Section   Sectio				Reps		Rest		Reps		Rest
Stretch   Foam Roll   Yoga	Ř	1/2 Mile Repeat Runs	4		85-90%	3 mins	4		85-90%	3 mins
300m Shuttle Run (Cones 25m apart)   2	\ BK	Goal = Run each in same time +/- 7 sec								
Sprint Down & Back 6 times   Goal = Run each in 65-75sec   Goal	`									
Stretch   Foam Roll   Yoga   1   15-20 mins   1   15-20	쑹	300m Shuttle Run (Cones 25m apart)	2		85-90%	60 sec	2		85-90%	60 sec
Stretch   Foam Roll   Yoga   1   15-20 mins   1   15-20	8	Sprint Down & Back 6 times								
DAY 4   Sets   Reps   %   Rest   Sets   Reps	8	Goal = Run each in 65-75sec								
Broad Jump	×	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
Broad Jump	Boc									
Broad Jump   3   2	J									
Vertical Med Ball Throw   3   3   8 lb										
Variable		DAY 4	Sets	Reps	%	Rest	Sets	Reps	%	Rest
Variable	×			·	%	Rest	Sets	Reps	%	Rest
Front Squate	Block	Broad Jump	3	2		Rest	Sets	Reps	%	Rest
Pull-Ups or Lat Pulldowns	A Block	Broad Jump Vertical Med Ball Throw	3	2	8 lb		Sets			Rest
Plank Up/Downs	4	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw	3 3 3	2 3 2	8 lb		Sets			Rest
Neeling 1-Arm DB/kB Overhead Press   4   8	4	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats	3 3 3 4	2 3 2 8	8 lb		Sets	**	*	Rest
Trap Bar Deadlifts	Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns	3 3 3 4 4	2 3 2 8	8 lb	30 sec	Sets	** Tod Comple	* lay :te the	Rest
Tricep Extensions/Pressdowns	B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs	3 3 3 4 4 4	2 3 2 8 8	8 lb	30 sec	Sets	** Tod Comple Body Weig	* lay ete the ht Circtuit	Rest
BW Step-Ups (fast)   2   50	lock B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs Kneeling 1-Arm DB/KB Overhead Press	3 3 3 4 4 4 4	2 3 2 8 8 12	8 lb	30 sec	Sets	** Tod Comple Body Weig Training	* lay ete the ht Circtuit Routine	Rest
Crunches   2   40	Block B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs Kneeling 1-Arm DB/KB Overhead Press Trap Bar Deadlifts	3 3 3 4 4 4 4 4	2 3 2 8 8 12 8 6	8 lb	30 sec 30 sec	Sets	** Tod Comple Body Weig Training	* lay ete the ht Circtuit Routine	Rest
YOUR   A Mile Ruck Self Test	C Block B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs Kneeling 1-Arm DB/KB Overhead Press Trap Bar Deadlifts Tricep Extensions/Pressdowns	3 3 3 4 4 4 4 4 4	2 3 2 8 8 12 8 6	8 lb	30 sec 30 sec	Sets	** Tod Comple Body Weig Training on pa	* day ete the ht Circtuit Routine ge 14	Rest
YOUR   A Mile Ruck Self Test	C Block B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs Kneeling 1-Arm DB/KB Overhead Press Trap Bar Deadlifts Tricep Extensions/Pressdowns BW Step-Ups (fast)	3 3 3 4 4 4 4 4 4 4 2	2 3 2 8 8 12 8 6 12 50	8 lb	30 sec 30 sec	Sets	** Tod Comple Body Weig Training on pa	* day ete the ht Circtuit Routine ge 14	Rest
YOR   Wile Ruck Self Test	C Block B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs Kneeling 1-Arm DB/KB Overhead Press Trap Bar Deadlifts Tricep Extensions/Pressdowns BW Step-Ups (fast)	3 3 3 4 4 4 4 4 4 4 2	2 3 2 8 8 12 8 6 12 50	8 lb	30 sec 30 sec	Sets	** Tod Comple Body Weig Training on pa	* day ete the ht Circtuit Routine ge 14	Rest
	C Block B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs Kneeling 1-Arm DB/KB Overhead Press Trap Bar Deadlifts Tricep Extensions/Pressdowns BW Step-Ups (fast) Crunches	3 3 3 4 4 4 4 4 4 2 2	2 3 2 8 8 12 8 6 12 50	8 lb 8 lb	30 sec 30 sec 30 sec		** Tod Comple Body Weig Training on pa <sub>l</sub>	* lay te the ht Circtuit Routine ge 14 *	
2 Mile Repeat Ruck   2   2 miles   95%   5 min	D Block C Block B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs Kneeling 1-Arm DB/KB Overhead Press Trap Bar Deadlifts Tricep Extensions/Pressdowns BW Step-Ups (fast) Crunches  DAY 5	3 3 3 4 4 4 4 4 4 2 2	2 3 2 8 8 12 8 6 12 50	8 lb 8 lb	30 sec 30 sec 30 sec		** Tod Comple Body Weig Training on pa <sub>l</sub>	* lay te the ht Circtuit Routine ge 14 *	
2 Mile Repeat Ruck   2   2 miles   95%   5 min	D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test	3 3 3 4 4 4 4 4 4 2 2	2 3 2 8 8 12 8 6 12 50	8 lb 8 lb	30 sec 30 sec 30 sec	Sets	** Tod Comple Body Weig Training on pa	* lay lete the ht Circtuit Routine ge 14 *	
Stretch/ Foam Roll/ Yoga   1   1520 mins   1	D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test	3 3 3 4 4 4 4 4 4 2 2	2 3 2 8 8 12 8 6 12 50	8 lb 8 lb	30 sec 30 sec 30 sec	Sets	** Tod Comple Body Weig Training on pa	* lay lete the ht Circtuit Routine ge 14 *	
Stretch/ Foam Roll/ Yoga   1   1520 mins   1	A Block D Block C Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck	3 3 4 4 4 4 4 4 2 2	2 3 2 8 8 12 8 6 12 50 40	8 lb 8 lb	30 sec 30 sec 30 sec	Sets	** Tod Comple Body Weig Training on pa	* lay lete the ht Circtuit Routine ge 14 *	
Stretch/ Foam Roll/ Yoga   1   1520 mins   1	A Block D Block C Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck	3 3 3 4 4 4 4 4 2 2 Sets	2 3 2 8 8 12 8 6 12 50 40 Reps	8 lb 8 lb	30 sec 30 sec 30 sec 5 min	Sets	** Tod Comple Body Weig Training on pa	* lay lete the ht Circtuit Routine ge 14 *	
DAY 6 Sets Reps % Rest Sets Reps % Rest Long Easy Run (On Your Own) 1 3545 mins 1 4050 mins	A Block D Block C Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as	3 3 4 4 4 4 4 2 2 Sets	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles 2 miles with 2	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace,	Sets	** Tod Comple Body Weig Training on pa	* lay lete the ht Circtuit Routine ge 14 *	
DAY 6         Sets         Reps         %         Rest         Sets         Reps         %         Rest           Long Easy Run (On Your Own)         1         3545 mins         1         4050 mins	A Block D Block C Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times	3 3 4 4 4 4 4 2 2 Sets  Go ruck rest	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace,	Sets 1	Tod Comple Body Weig Training on pap *** Reps	* lay lete the ht Circtuit Routine ge 14 *	
DAY 6         Sets         Reps         %         Rest         Sets         Reps         %         Rest           Long Easy Run (On Your Own)         1         3545 mins         1         4050 mins	B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times	3 3 4 4 4 4 4 2 2 Sets  Go ruck rest	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace,	Sets 1	Tod Comple Body Weig Training on pap *** Reps	* lay lete the ht Circtuit Routine ge 14 *	
Long Easy Run (On Your Own) 1 3545 mins 1 4050 mins	B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times	3 3 4 4 4 4 4 2 2 Sets  Go ruck rest	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace,	Sets 1	Tod Comple Body Weig Training on pap *** Reps	* lay lete the ht Circtuit Routine ge 14 *	
A Bloc	B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 2 2 Sets  2 Go ruck rest:	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace, back.	1 1	*** Tod Comple Body Weig Training on pa  **  Reps  5 miles	* iay ete the ht Circtuit Routine ge 14 *	Rest
	C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 3 4 4 4 4 4 2 2 2 Sets  2 Go ruck: rest: 1	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace, back.	Sets  1  1  Sets	**  Tod Comple Body Weig Training on pag  **  Reps  5 miles	* iay ete the ht Circtuit Routine ge 14 *	Rest
	C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 3 4 4 4 4 4 2 2 2 Sets  2 Go ruck: rest: 1	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace, back.	Sets  1  1  Sets	**  Tod Comple Body Weig Training on pag  **  Reps  5 miles	* iay ete the ht Circtuit Routine ge 14 *	Rest
Stretch/ Foam Roll/ Yoga   1   1520 mins   1	C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 3 4 4 4 4 4 2 2 2 Sets  2 Go ruck: rest: 1	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace, back.	Sets  1  1  Sets	**  Tod Comple Body Weig Training on pag  **  Reps  5 miles	* iay ete the ht Circtuit Routine ge 14 *	Rest
	C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 3 4 4 4 4 4 2 2 2 Sets  2 Go ruck: rest: 1	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace, back.	Sets  1  1  Sets	**  Tod Comple Body Weig Training on pag  **  Reps  5 miles	* iay ete the ht Circtuit Routine ge 14 *	Rest
"	A Block C Block B Block A Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as possible in similar times  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 3 4 4 4 4 4 2 2 Sets  1 Sets 1	2 3 2 8 8 8 12 8 6 12 50 40  Reps  2 miles 2 miles with 2 5 mins, then r 1520 mins  Reps 3545 mins	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace, back.	Sets  1  1  Sets  1	** Tod Comple Body Weig Training on pa  **  Reps  5 miles  1520 mins  Reps  4050 mins	* iay ete the ht Circtuit Routine ge 14 *	Rest
	A Block C Block B Block A Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as possible in similar times  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 3 4 4 4 4 4 2 2 Sets  1 Sets 1	2 3 2 8 8 8 12 8 6 12 50 40  Reps  2 miles 2 miles with 2 5 mins, then r 1520 mins  Reps 3545 mins	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace, back.	Sets  1  1  Sets  1	** Tod Comple Body Weig Training on pa  **  Reps  5 miles  1520 mins  Reps  4050 mins	* iay ete the ht Circtuit Routine ge 14 *	Rest



### Notes:

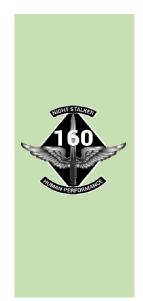
\*DAY 1 - Week 1 descending repetition explanation:

> 1st set = 12 reps 2nd set = 10 reps 3rd set = 8 reps 4th set = 6 reps

### Abbreveation Legend:

### 8 Week Training Plan: Phase 1 Weeks 5-6

			Wee	k 5			Wee	k 6	
	DAY 1	Sets	Reps	%	Rest	Sets	Reps	%	Rest
송	Vertical Jump	3	4						
Block	Vertical Med Ball Throw	3	3	10 lb					
٧	Underhand BWD Med Ball Throw	3	2	10 lb	30 sec		**	*	
쏭	Plank Series (Lt Side-Front-Rt Side)	5	20 sec each						
Block	Trap Bar Deadlift	5	5				Tod	•	
8	Incline Bench DB/KB Rows	5	10		60 sec		Comple Body Weig		
;k	Front Squats (Barbell or 2 Kettlebells)	4	5				Training		
Block	DB Alternating Bench Press	4	8				on pa		
C	DB Curl-n-Press	4	12		60 sec		**		
ķ	6 inch Flutter Kicks	1	45 sec				**	•	
Block	BW Isometric Squats (5 sec hold at bottom)	1	25						
O									
	DAY 2	Sets	Reps	%	Rest	Sets	Reps	%	Rest
×	1 Mile Repeat Runs	4		90-100%	3 min	4		90-100%	3 min
Block	Goal = Run each in same time +/- 10 sec								
٧									
×	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
Block									
В									
	DAY 3	Sets	Reps	%	Rest	Sets	Reps	%	Rest
송	1/2 Mile Repeat Runs	3	ļ	90-100%	2 mins	4		90-100%	2 mins
Block	Goal = Run each in same time +/- 7 sec								
٧									
송	300m Shuttle Run (Cones 25m apart)	2		90-100%	2 min	2		95-100%	2 min
Block	Sprint Down & Back 6 times								
8	Goal = Run each in 60-75sec								
зķ	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
C Block									
)									
	DAY 4	C-4-	D	%	Rest	Sets	Reps	%	Rest
	DAY 4	Sets	Reps	70	rest	3613	керз	70	Nest
Š	Broad Jump	3	2 2	76	Rest	3	3	76	Nest
N Block				10 lb	rest			10 lb	Nest
A Block	Broad Jump	3	2		30 sec	3	3		30 sec
4	Broad Jump Vertical Med Ball Throw	3	2 2			3	3		
Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw	3 3 3	2 2 2	10 lb	30 sec	3 3 3	3 3 3	10 lb	30 sec
4	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw DB/KB Goblet Squats	3 3 3 5	2 2 2 2 15	10 lb	30 sec 0 sec	3 3 3 5	3 3 3 20	10 lb	30 sec 0 sec
B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw DB/KB Goblet Squats DB/KB Step Ups	3 3 3 5 5	2 2 2 2 15 8 each	10 lb 35-70 lbs 20-25 lbs	30 sec 0 sec 0 sec	3 3 3 5 5	3 3 3 20 10 each	10 lb 35-70 lbs 20-25 lbs	30 sec 0 sec 0 sec
Block B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges	3 3 3 5 5 5	2 2 2 15 8 each 8 each	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 60 sec	3 3 3 5 5 5	3 3 3 20 10 each	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 60 sec
B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *	3 3 3 5 5 5 4	2 2 2 15 8 each 8 each Max #	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 60 sec 2 mins	3 3 3 5 5 5 4	3 3 3 20 10 each 10 each Max #	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 60 sec 2 mins
C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows *	3 3 3 5 5 5 4 4	2 2 2 15 8 each 8 each Max # = # of Push	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 60 sec 2 mins 1 min	3 3 3 5 5 5 4 4	3 3 20 10 each 10 each Max # = # of Push	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 60 sec 2 mins 1 min
Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows *  6 inch Flutter Kicks	3 3 3 5 5 5 4 4	2 2 2 15 8 each 8 each Max # = # of Push 30 sec	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 60 sec 2 mins 1 min	3 3 3 5 5 5 4 4 4	3 3 20 10 each 10 each Max # = # of Push 40 sec	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 60 sec 2 mins 1 min
C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)	3 3 3 5 5 5 4 4 4 1	2 2 2 15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec	10 lb 35-70 lbs 20-25 lbs 20-25 lbs ups done	30 sec 0 sec 0 sec 60 sec 2 mins 1 min	3 3 3 5 5 5 4 4 4 1	3 3 20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec	10 lb 35-70 lbs 20-25 lbs 20-25 lbs ups done	30 sec 0 sec 0 sec 60 sec 2 mins 1 min
Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)	3 3 3 5 5 5 4 4 4	2 2 2 15 8 each 8 each Max # = # of Push 30 sec 3 mins	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 60 sec 2 mins 1 min	3 3 3 5 5 5 4 4 4	3 3 20 10 each 10 each Max # = # of Push 40 sec 4 mins	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 60 sec 2 mins 1 min
D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)	3 3 3 5 5 5 4 4 4 1	2 2 2 15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec	10 lb 35-70 lbs 20-25 lbs 20-25 lbs ups done	30 sec 0 sec 0 sec 60 sec 2 mins 1 min	3 3 3 5 5 5 4 4 4 1	3 3 20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec	10 lb 35-70 lbs 20-25 lbs 20-25 lbs ups done	30 sec 0 sec 0 sec 60 sec 2 mins 1 min
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A Block C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  3 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 3 5 5 5 4 4 4 1 1 Sets  2 Go ruck rest 1	2 2 15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec  Reps  3 miles with 2 5 mins, then r 1520 mins	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  95-100% 5-35lb at a fuck 3 miles	30 sec 0 sec 0 sec 60 sec 2 mins 1 min 1 min Rest	3 3 3 5 5 5 4 4 4 1 1 1 Sets	3 3 3 20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec  Reps  8 miles	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  90-95%	30 sec 0 sec 0 sec 60 sec 2 mins 1 min 1 min
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### Notes:

\*Day #4 - Block C:

-Perform 1 set of Push Ups for as many reps as possible, then rest 2 mins.

-Next perform

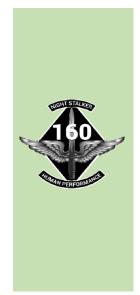
1 set of TRX/Bar Inverted
Rows for the # of reps just
completed for the previous
set of Push Ups.

-Repeat the same procedure for the remaining sets in Block C.

### Abbreveation Legend:

### 8 Week Training Plan: Phase 1 Weeks 7-8

			Wee	k 7		Week 8				
	DAY 1	Sets	Reps	%	Rest	Sets	Reps	%	Rest	
×	Vertical Jump	3	5			3	2			
Block	Vertical Med Ball Throw	3	2	10 lb		3	2	10 lb		
Ā	Underhand BWD Med Ball Throw	3	2	10 lb	30 sec	3	1	10 lb	30 sec	
	Plank Series (Lt Side-Front-Rt Side)	5	30 sec each			5	25 sec each			
Block										
B B	Trap Bar Deadlift	5	4		60	5	4		60	
	Incline Bench DB/KB Rows	5	10		60 sec	5	10		60 sec	
C Block	Front Squats (Barbell or 2 Kettlebells)	4	5			4	5			
ĕ	DB Alternating Bench Press	4	8			4	8			
	DB Curl-n-Press	4	20		60 sec	4	20		60 sec	
ş	6 inch Flutter Kicks	1	75 sec			1	90 sec			
D Block	BW Isometric Squats (5 sec hold at bottom)	1	35			1	30			
_										
	DAY 2	Sets	Reps	%	Rest	Sets	Reps	%	Rest	
ᇂ	1 Mile Repeat Runs	4		90-100%	3 min	3		95-100%	3 min	
Block	Goal = Run each in same time +/- 10 sec									
۷										
×	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins			
B Block										
8										
	DAY 3	Sets	Reps	%	Rest	Sets	Reps	%	Rest	
×	1/2 Mile Repeat Runs	4		90-100%	2 mins	3		85-90%	2 mins	
Block	Goal = Run each in same time +/- 7 sec		-				-			
٧										
*	300m Shuttle Run (Cones 25m apart)	2		95-100%	2 min	2		90-100%	2 min	
Block	Sprint Down & Back 6 times									
8	Goal = Run each in 60-75sec									
J	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins			
C Block	Stretchy Foani Nony Foga		15 20 111113				15 20 111113			
CB										
	DAY 4	Sets	Reps	%	Rest	Sets	Reps	%	Rest	
*			Reps 3	%	Rest	Sets	Reps	%	Rest	
Slock	Broad Jump	3	3		Rest	Sets	Reps	%	Rest	
A Block	Broad Jump Vertical Med Ball Throw	3	3	% 10 lb		Sets			Rest	
⋖	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw	3 3 3	3 3 3	10 lb	30 sec	Sets	Reps		Rest	
A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw DB/KB Goblet Squats	3 3 3 5	3 3 3 20	10 lb 35-70 lbs	30 sec 0 sec	Sets	**	*	Rest	
A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw DB/KB Goblet Squats DB/KB Step Ups	3 3 3 5 5	3 3 3 20 10 each	10 lb 35-70 lbs 20-25 lbs	30 sec 0 sec 0 sec	Sets		* ay	Rest	
B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges	3 3 3 5 5 5	3 3 3 20 10 each	10 lb 35-70 lbs	30 sec 0 sec 0 sec 30 sec	Sets	**	* ay te the	Rest	
B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *	3 3 3 5 5 5 5	3 3 3 20 10 each 10 each Max#	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 30 sec 2 mins	Sets	** Comple Body Weig Training	* ay te the ht Circtuit Routine	Rest	
Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows *	3 3 3 5 5 5 5 5	3 3 20 10 each 10 each Max # = # of Push	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 30 sec 2 mins 1 min	Sets	** Tod Comple Body Weig	* ay te the ht Circtuit Routine	Rest	
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D Block C Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  3 Mile Repeat Ruck	3 3 3 5 5 5 5 5 1 1 Sets	3 3 20 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  95% 5-35lb at a f	30 sec 0 sec 0 sec 30 sec 2 mins 1 min 1 min Rest	Sets	** Tod Comple Body Weig Training on pag **	* ay te the ht Circtuit Routine ge 14 *		
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A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  3 Mile Repeat Ruck  Goal = complete each ruck in same time	3 3 3 5 5 5 5 5 1 1 1 Sets 2 Go ruck rest	3 3 20 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec  Reps 3 miles with 2 5 mins, then r	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  95% 5-35lb at a f	30 sec 0 sec 0 sec 30 sec 2 mins 1 min 1 min Rest	Sets 1	** Tod Comple Body Weig Training on pag  **  Reps 4 miles	* ay te the ht Circtuit Routine ge 14 *		
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A Block C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  3 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 3 5 5 5 5 5 1 1 1 Sets 2 Go ruck rest: 1	3 3 20 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec  Reps  3 miles with 2 5 mins, then r 1520 mins	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  95% 5-35lb at a fuck 3 miles	30 sec 0 sec 0 sec 30 sec 2 mins 1 min 1 min Rest	Sets 1 1 Sets	**  Tod Comple Body Weig Training on pag  **  Reps 4 miles	* ay te the ht Circtuit Routine ge 14 *	Rest	
A Block C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  3 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 3 5 5 5 5 5 1 1 1 Sets 1	3 3 20 10 each 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec  Reps 3 miles with 2 5 mins, then r 1520 mins 5060 mins	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  95% 5-35lb at a fuck 3 miles	30 sec 0 sec 0 sec 30 sec 2 mins 1 min 1 min Rest	Sets	**  Tod Comple Body Weig Training on pag  **  Reps 4 miles  1520 mins  Reps 45 mins	* ay te the ht Circtuit Routine ge 14 *	Rest	
C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  3 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 3 5 5 5 5 5 1 1 1 Sets 1	3 3 20 10 each 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec  Reps 3 miles with 2 5 mins, then r 1520 mins 5060 mins	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  95% 5-35lb at a fuck 3 miles	30 sec 0 sec 0 sec 30 sec 2 mins 1 min 1 min Rest	Sets	**  Tod Comple Body Weig Training on pag  **  Reps 4 miles  1520 mins  Reps 45 mins	* ay te the ht Circtuit Routine ge 14 *	Rest	



### Notes:

\*Day #4 - Block C:

-Perform 1 set of Push Ups for as many reps as possible, then rest 2 mins.

-Next perform

1 set of TRX/Bar Inverted
Rows for the # of reps just
completed for the previous
set of Push Ups.

-Repeat the same procedure for the remaining sets in Block C.

### Abbreveation Legend:

### **BODY WEIGHT CIRCUIT TRAINING ROUTINE**

This is a body weight circuit training routine. You should complete this during the 8-week or 12-week comprehensive training plan where it states to perform the Body Weight Circuit Training Routine.

You will be instructed to perform this training routine periodically to improve your overall fitness and conditioning levels.

### **Body Weight Circuit Routine:**

Air squats x 20
Push ups x 10
Iron Mike Lunges x 10 each leg
Flutter kicks x 20
Iron Mike Lunges x 10 each leg
Sit ups x 20
Push ups x 10
Air squats x 20

Bear crawl x 2 min continuous without stopping

Rest x 1 min

Run x 2 min(1 min out/1 min back) quick

Rest x 2 min + drink water

Repeat

\*\*\*\*\*\*\*\*\*

Repeat for a total time of 55 mins

### **Health and Fitness Disclaimer:**

It is advised that if you are experiencing pain in any body area, have sustained a recent injury, or have been experiencing a chronic injury that has not completely resolved:

Please seek professional medical advice from your medical officer, a physical therapist, or a physician.

### **BODY WEIGHT CIRCUIT TRAINING ROUTINE**

Once you have completed the body weight circuit training routine, it is advised to perform a 15 minute cool down and stretching routine to improve recovery.

### Minimum Stretching Routine:

- Calves
- Hamstrings
- Quadriceps
- Glutes
- Hip Flexors

You should hold each stretch for 1-2 minutes per leg.

- When you hold a stretch, you should feel a mild stretch in the muscle.
- You should not hold or push into a stretch if it hurts or you feel pain.
- You should take deep breaths in and out to help reduce muscle tension.
- Do not hold your breath when stretching as this will be counterproductive to stretching.

### **Health and Fitness Disclaimer:**

It is advised that if you are experiencing pain in any body area, have sustained a recent injury, or have been experiencing a chronic injury that has not completely resolved:

Please seek professional medical advice from your medical officer, a physical therapist, or a physician.

### **12 WEEK PT PLAN**

On the next two pages is an twelve-week physical training program to better prepare you for the physical and mental rigors of Enlisted Combat Skills selection course. If you have at least twelve-weeks to start preparing prior to reporting, it is highly recommended you engage in a consistent and progressive physical training program to develop the mental and physical capabilities to succeed during the Enlisted Combat Skills selection course.

It is highly recommended you prepare for the Enlisted Combat Skills selection course.

It is by no means the only way to prepare. However, if you do not have a program and are unsure of where to start, it is recommended you follow this program from start to completion.

### **Daily Exercise Program guidelines.**

Each day is set up with exercises grouped together in Blocks that are designed to be completed as mini-circuits. Perform the first exercise for the written number of repetitions, then perform the second and third exercises in order followed by the rest break written. After the rest break begin the next set. Complete all sets and reps for all exercises in each block before going on to the next Block of exercises.

### **Health and Fitness Disclaimer:**

It is advised that if you are experiencing pain in any body area, have sustained a recent injury, or have been experiencing a chronic injury that has not completely resolved:

Please seek professional medical advice from your medical officer, a physical therapist, or a physician.

### 12 Week Training Plan: Phase 1 Weeks 1-2

			Wee	k 1			Wee	k 2	
	DAY 1	Sets	Reps	%	Rest	Sets	Reps	%	Rest
ķ	Vertical Jump	3	2			3	2		
Block	Vertical Med Ball Throw	3	2	6-10 lb		3	2	6-10 lb	
۷									
k	DB/KB Goblet Squats	4	20	35-55 lbs	0 sec	4	20	35-55 lbs	0 sec
Block	DB/KB Step Ups	4	10 each	20 lbs	0 sec	4	10 each	20 lbs	0 sec
8	DB/KB Reverse Lunges	4	10 each	20 lbs	60 sec	4	10 each	20 lbs	30 sec
v	Standard Push-Ups	4	15			4	15		
Block	TRX/Bar Inverted Rows	4	15			4	15		
2	Flutter Kicks	4	30 sec		30 sec	4	30 sec		30 sec
J	Bear Crawl (hips stay low)	1	1 mins			1	1 mins		
Block	Dead Hang (from pull up bar)	1	60 sec			1	60 sec		
DE	bead Hally (Horri pail up bar)	-	00 300				00 300		
	DAY 2	Sets	Reps	%	Rest	Sets	Reps	%	Rest
¥	Run Day	1	2 miles	80%		1	2 miles		
Block	Train Day		2 1111103	3070			263		
A E									
	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
B Block	Street, Four Rolly Toga	1	13 20 1111115			1	13 20 1111115		
BB									
	DAY 3	Sets	Reps	%	Rest	Sets	Reps	%	Rest
¥	1/4 Mile Repeat Runs	4		80%	2 mins	4		80%	2 mins
Block	Goal = Run each in same time +/- 5 sec			3070	25	·		0070	2
A B	Tan each in sume time 1/ 5 sec	l							
	200m Shuttle Pun (Cones 25m apart)	2		80-85%	60sec	3		80-85%	60 sec
Block	200m Shuttle Run (Cones 25m apart)			80-83%	bosec	3		80-83%	oo sec
B B	Sprint Down & Back 4 times								
	Goal = Run each in 60-75sec		45 20 :			4	45 20 :		
Block	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
CBI									
	DAY 4	Sets	Rens	%	Rest	Sets	Rens	%	Rest
<u> </u>	DAY 4	Sets	Reps	%	Rest	Sets	Reps	%	Rest
lock	Broad Jump	3	2		Rest	3	2		Rest
A Block				% 6-10 lb	Rest			% 6-10 lb	Rest
⋖	Broad Jump Vertical Med Ball Throw	3	2 2		Rest	3	2 2		Rest
⋖	Broad Jump Vertical Med Ball Throw DB/KB Lateral Goblet Split Squats	3 3	2 2 8 each		Rest	3 3	2 2 8 each		Rest
⋖	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns	3 3 4 4	2 2 8 each 8 each			3 3 4 4	2 2 8 each 8 each		
B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold	3 3 4 4 4	2 2 8 each 8 each 30 sec each		Rest 30 sec	3 3 4 4 4	2 2 8 each 8 each 40 sec		Rest 30 sec
B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts	3 3 4 4 4 4	2 2 8 each 8 each 30 sec each 6			3 3 4 4 4 4	2 2 8 each 8 each 40 sec 6		
ock B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises	3 3 4 4 4 4 4	2 2 8 each 8 each 30 sec each 6 12		30 sec	3 3 4 4 4 4 4	2 2 8 each 8 each 40 sec 6 12		30 sec
C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks	3 3 4 4 4 4 4 4	2 2 8 each 8 each 30 sec each 6 12 20 sec each	6-10 lb		3 3 4 4 4 4 4 4	2 2 8 each 8 each 40 sec 6 12 25 sec each	6-10 lb	
C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry	3 3 4 4 4 4 4 4 4	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec		30 sec	3 3 4 4 4 4 4 4 1	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec		30 sec
Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks	3 3 4 4 4 4 4 4	2 2 8 each 8 each 30 sec each 6 12 20 sec each	6-10 lb	30 sec	3 3 4 4 4 4 4 4	2 2 8 each 8 each 40 sec 6 12 25 sec each	6-10 lb	30 sec
C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)	3 3 4 4 4 4 4 4 1 1	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40	6-10 lb	30 sec	3 3 4 4 4 4 4 4 1	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40	6-10 lb	30 sec 30 sec
D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)	3 3 4 4 4 4 4 1 1 Sets	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40	6-10 lb  75% BW	30 sec	3 3 4 4 4 4 4 4 1	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec	6-10 lb	30 sec
D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test	3 3 4 4 4 4 4 4 1 1	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40	6-10 lb	30 sec	3 3 4 4 4 4 4 4 1	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40	6-10 lb	30 sec 30 sec
Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)	3 3 4 4 4 4 4 1 1 Sets	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40	6-10 lb  75% BW	30 sec	3 3 4 4 4 4 4 4 1	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40	6-10 lb	30 sec 30 sec
A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck	3 3 4 4 4 4 4 1 1 Sets	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40	6-10 lb  75% BW	30 sec	3 3 4 4 4 4 4 1 1 Sets	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40	6-10 lb  75% BW	30 sec 30 sec
A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck	3 3 4 4 4 4 4 1 1 Sets	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40	6-10 lb  75% BW	30 sec	3 3 4 4 4 4 4 1 1 2 Sets	2 2 8 each 40 sec 6 12 25 sec each 90 sec 40	6-10 lb  75% BW  %	30 sec 30 sec Rest
Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck	3 3 4 4 4 4 4 1 1 Sets	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40	6-10 lb  75% BW	30 sec	3 3 4 4 4 4 4 1 1 Sets	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40 Reps	75% BW % 90% 5-35lb at a f	30 sec 30 sec  Rest 5 min ast pace,
Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time	3 3 4 4 4 4 4 1 1 1 Sets	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40	6-10 lb  75% BW	30 sec	3 3 4 4 4 4 4 1 1 Sets  2 Go ruck rest.	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40  Reps 2 miles with 2 5 mins, then r	75% BW % 90% 5-35lb at a f	30 sec 30 sec  Rest 5 min ast pace,
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Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time	3 3 4 4 4 4 4 1 1 1 Sets	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40	6-10 lb  75% BW	30 sec	3 3 4 4 4 4 4 1 1 Sets  2 Go ruck rest.	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40  Reps 2 miles with 2 5 mins, then r	75% BW % 90% 5-35lb at a f	30 sec 30 sec  Rest 5 min ast pace,
B Block A Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 1 1 1 Sets 1	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40 Reps 4 miles	75% BW  % 100%	30 sec  30 sec	3 3 4 4 4 4 4 1 1 Sets  2 Go ruck rest. 1	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40  Reps 2 miles with 2 5 mins, then r 1520 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles l	30 sec  30 sec  Rest  5 min fast pace, back.
C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 1 1 1 Sets 1	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40  Reps 4 miles	6-10 lb  75% BW  % 100%	30 sec	3 3 4 4 4 4 4 1 1 1 Sets  2 Go ruck rest 1	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40  Reps 2 miles with 2 5 mins, then r 1520 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles l	30 sec 30 sec  Rest 5 min ast pace,
C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 1 1 1 Sets 1	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40 Reps 4 miles	75% BW  % 100%	30 sec  30 sec	3 3 4 4 4 4 4 1 1 Sets  2 Go ruck rest. 1	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40  Reps 2 miles with 2 5 mins, then r 1520 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles l	30 sec  30 sec  Rest  5 min fast pace, back.
C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 1 1 1 Sets 1	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40  Reps 4 miles	6-10 lb  75% BW  % 100%	30 sec  30 sec	3 3 4 4 4 4 4 1 1 1 Sets  2 Go ruck rest 1	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40  Reps 2 miles with 2 5 mins, then r 1520 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles l	30 sec  30 sec  Rest  5 min fast pace, back.
Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 4 4 4 4 4 1 1 1 Sets 1	2 2 8 each 8 each 90 sec each 90 sec 40 Reps 4 miles 1520 mins Reps 3040 mins	6-10 lb  75% BW  % 100%	30 sec  30 sec	3 3 4 4 4 4 4 1 1 Sets 1	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40 Reps 2 miles with 2 5 mins, then r 1520 mins 8eps 3040 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles l	30 sec  30 sec  Rest  5 min fast pace, back.
A Block C Block B Block A Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 1 1 1 Sets 1	2 2 8 each 8 each 30 sec each 6 12 20 sec each 90 sec 40  Reps 4 miles	6-10 lb  75% BW  % 100%	30 sec  30 sec	3 3 4 4 4 4 4 1 1 1 Sets  2 Go ruck rest 1	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40  Reps 2 miles with 2 5 mins, then r 1520 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles l	30 sec  30 sec  Rest  5 min fast pace, back.
C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 4 4 4 4 4 1 1 1 Sets 1	2 2 8 each 8 each 90 sec each 90 sec 40 Reps 4 miles 1520 mins Reps 3040 mins	6-10 lb  75% BW  % 100%	30 sec  30 sec	3 3 4 4 4 4 4 1 1 Sets 1	2 2 8 each 8 each 40 sec 6 12 25 sec each 90 sec 40 Reps 2 miles with 2 5 mins, then r 1520 mins 8eps 3040 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles l	30 sec  30 sec  Rest  5 min fast pace, back.



Notes:

### Abbreveation Legend:

### 12 Week Training Plan: Phase 1 Weeks 3-4

			Wee	k 3			Wee	k A	
	DAY 1	Sets	Reps	%	Rest	Sets	Reps	<b>%</b>	Rest
¥	Vertical Jump	3	3			3	3		
Block	Vertical Med Ball Throw	3	3	6-10 lb		3	3	6-10 lb	
A	Vertical Med Ball Till OW	3	3	0-10 10		3	3	0-10 10	
v	DB/KB Goblet Squats	5	20	35-55 lbs	0 sec	5	20	35-55 lbs	0 sec
B Block	DB/KB Step Ups	5	10 each	20 lbs	0 sec	5	10 each	20 lbs	0 sec
8	DB/KB Reverse Lunges	5	10 each	20 lbs	15 sec	5	10 each	20 lbs	0 sec
	Standard Push-Ups	5	12	20 .00	15 500	5	15	20100	0 300
Block	TRX/Bar Inverted Rows	5	12			5	15		
CB	Flutter Kicks	5	30 sec		30 sec	5	30 sec		30 sec
					30 360				30 360
D Block	Bear Crawl (hips stay low)	1	2 mins			1	2 mins		
D B	Dead Hang (from pull up bar)	1	75 sec			1	75 sec		
	DAY 2	Sets	Reps	%	Rest	Sets	Reps	%	Rest
J	Run Day	1	3 miles			1	3 miles		
A Block	Kun Day		3 miles				3 miles		
AB									
	Stratch / Foom Doll / Year	1	1520 mins			1	15 20 mins		
B Block	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
B B									
	DAY 3	Sets	Reps	%	Rest	Sets	Reps	%	Rest
v	1/4 Mile Repeat Runs	6	,	80%	2 mins	6		80%	2 mins
Block	Goal = Run each in same time +/- 5 sec	U		0070	2 1111113	- 0		0070	2 1111113
A	Godi – Nan Cach III Same time 17 3 Sec								
	200m Shuttle Run (Cones 25m apart)	3		80-85%	60 sec	4		80-85%	60 sec
Block	200m Shuttle Run (Cones 25m apart)	3		00-03%	60 Sec	4		00-03/0	60 SEC
B B	Sprint Down & Back 4 times Goal = Run each in 60-75sec								
			45 20 :			_	45 20 :		
C Block	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
CBI									
	DAY 4	Sets	Reps	%	Rest	Sets	Reps	%	Rest
	DAY 4	Sets	Reps	%	Rest	Sets	Reps	%	Rest
	Broad Jump	3	3		Rest	Sets	Reps	%	Rest
A Block				% 6-10 lb	Rest	Sets			Rest
A Block	Broad Jump Vertical Med Ball Throw	3	3		Rest	Sets	Reps		Rest
A Block	Broad Jump Vertical Med Ball Throw DB/KB Lateral Goblet Split Squats	3 3	3 3 8 each		Rest	Sets	**	*	Rest
Block	Broad Jump Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats Pull-ups/ Lat Pulldowns	3 3 4 4	3 3 8 each 8 each			Sets		* ay	Rest
B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold	3 3 4 4 4	3 3 8 each 8 each 50 sec		Rest 30 sec	Sets	** Tod Comple Body Weigl	* ay te the nt Circtuit	Rest
ock B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts	3 3 4 4 4 4	3 3 8 each 8 each 50 sec 6			Sets	** Tod Comple Body Weigl Training I	* ay te the nt Circtuit Routine	Rest
B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises	3 3 4 4 4 4 4	3 3 8 each 8 each 50 sec 6 12		30 sec	Sets	** Tod Comple Body Weigl	* ay te the nt Circtuit Routine	Rest
C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks	3 3 4 4 4 4 4 4	3 3 8 each 50 sec 6 12 30 sec each	6-10 lb		Sets	** Tod Comple Body Weigl Training I	* te the nt Circtuit Routine ge 14	Rest
C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry	3 3 4 4 4 4 4 4 1	3 8 each 8 each 50 sec 6 12 30 sec each 90 sec		30 sec	Sets	Tod Comple Body Weigl Training I on pag	* te the nt Circtuit Routine ge 14	Rest
Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks	3 3 4 4 4 4 4 4	3 3 8 each 50 sec 6 12 30 sec each	6-10 lb	30 sec	Sets	Tod Comple Body Weigl Training I on pag	* te the nt Circtuit Routine ge 14	Rest
Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)	3 3 4 4 4 4 4 4 1 1	3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50	6-10 lb	30 sec		** Tod Comple Body Weigl Training I on pag	* ay te the nt Circtuit Routine te 14 *	
D Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)	3 3 4 4 4 4 4 4 1	3 8 each 8 each 50 sec 6 12 30 sec each 90 sec	6-10 lb	30 sec	Sets	Tod Comple Body Weigl Training I on pag	* te the nt Circtuit Routine ge 14	Rest
D Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test	3 3 4 4 4 4 4 4 1 1	3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50	6-10 lb	30 sec	Sets	Tod Comple Body Weigl Training I on pag **	*  ay te the nt Circtuit Routine ge 14 *	
Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)	3 3 4 4 4 4 4 4 1 1	3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50	6-10 lb	30 sec		** Tod Comple Body Weigl Training I on pag	* ay te the nt Circtuit Routine te 14 *	
A Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck	3 3 4 4 4 4 4 1 1 Sets	3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50	75% BW	30 sec 30 sec	Sets	Tod Comple Body Weigl Training I on pag **	*  ay te the nt Circtuit Routine ge 14 *	
A Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck	3 3 4 4 4 4 4 1 1 1 Sets	3 3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50	6-10 lb  75% BW  %	30 sec 30 sec Rest	Sets	Tod Comple Body Weigl Training I on pag **	*  ay te the nt Circtuit Routine ge 14 *	
Block D Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck	3 3 4 4 4 4 4 1 1 Sets	3  8 each 8 each 50 sec 6 12 30 sec each 90 sec 50  Reps	75% BW % 90% 5-35lb at a f	30 sec 30 sec Rest 5 min ast pace,	Sets	Tod Comple Body Weigl Training I on pag **	*  ay te the nt Circtuit Routine ge 14 *	
Block A Block D Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks 2-Arm KB Carry Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time	3 3 4 4 4 4 4 1 1 Sets  2 Go ruck rest.	3 3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50  Reps 2 miles with 2 5 mins, then recommended to the recommendation of the recom	75% BW % 90% 5-35lb at a f	30 sec 30 sec Rest 5 min ast pace,	Sets 1	Tod Comple Body Weigl Training I on pag  **  Reps  4 miles	*  ay te the nt Circtuit Routine ge 14 *	
B Block A Block D Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck	3 3 4 4 4 4 4 1 1 Sets	3  8 each 8 each 50 sec 6 12 30 sec each 90 sec 50  Reps	75% BW % 90% 5-35lb at a f	30 sec 30 sec Rest 5 min ast pace,	Sets	Tod Comple Body Weigl Training I on pag **	*  ay te the nt Circtuit Routine ge 14 *	
B Block A Block D Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks 2-Arm KB Carry Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time	3 3 4 4 4 4 4 1 1 Sets  2 Go ruck rest.	3 3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50  Reps 2 miles with 2 5 mins, then recommended to the recommendation of the recom	75% BW % 90% 5-35lb at a f	30 sec 30 sec Rest 5 min ast pace,	Sets 1	Tod Comple Body Weigl Training I on pag  **  Reps  4 miles	*  ay te the nt Circtuit Routine ge 14 *	
Block A Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks 2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 1 1 1 Sets  2 Go ruck. rest. 1	3 3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50  Reps 2 miles with 2 5 mins, then r 1520 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles	30 sec  30 sec  Rest  5 min fast pace, back.	1 1	Tod Comple Body Weigl Training I on pag  **  Reps  4 miles	*  ay te the nt Circtuit Routine ge 14  *	Rest
C Block B Block A Block D Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 1 1 1 Sets  2 Go ruck rest 1	3 3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50  Reps 2 miles with 2 5 mins, then r 1520 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles	30 sec 30 sec Rest 5 min ast pace,	Sets  1  1  Sets	Tod Comple Body Weigl Training I on pag  **  Reps  4 miles	* ay te the nt Circtuit Routine te 14 *	
C Block B Block A Block D Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks 2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 1 1 1 Sets  2 Go ruck. rest. 1	3 3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50  Reps 2 miles with 2 5 mins, then r 1520 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles	30 sec  30 sec  Rest  5 min fast pace, back.	1 1	Tod Comple Body Weigl Training I on pag  **  Reps  4 miles	*  ay te the nt Circtuit Routine ge 14  *	Rest
B Block A Block D Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 1 1 1 Sets  2 Go ruck rest 1	3 3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50  Reps 2 miles with 2 5 mins, then r 1520 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles	30 sec  30 sec  Rest  5 min fast pace, back.	Sets  1  1  Sets	Tod Comple Body Weigl Training I on pag  **  Reps  4 miles	* ay te the nt Circtuit Routine te 14 *	Rest
A Block C Block B Block A Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 4 4 4 4 4 1 1 1 Sets  2 Go ruck rest 1	3 3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50 Reps 2 miles with 2 5 mins, then r 1520 mins Reps 3545 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles	30 sec  30 sec  Rest  5 min fast pace, back.	1 1 Sets 1	Tod Comple Body Weigl Training I on pag  **  Reps  4 miles  1520 mins  Reps  3545 mins	*  ay te the nt Circtuit Routine te 14  *	Rest
A Block C Block B Block A Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises  Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 1 1 1 Sets  2 Go ruck rest 1	3 3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50  Reps 2 miles with 2 5 mins, then r 1520 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles	30 sec  30 sec  Rest  5 min fast pace, back.	Sets  1  1  Sets	Tod Comple Body Weigl Training I on pag  **  Reps  4 miles	*  ay te the nt Circtuit Routine te 14  *	Rest
C Block B Block A Block D Block C Block B Block A Block	Broad Jump  Vertical Med Ball Throw  DB/KB Lateral Goblet Split Squats  Pull-ups/ Lat Pulldowns  Plank Hold  Trap Bar Deadlifts  DB Front Shoulder Raises Side Planks  2-Arm KB Carry  Air Squats (fast to parellel depth)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 4 4 4 4 4 1 1 1 Sets  2 Go ruck rest 1	3 3 8 each 8 each 50 sec 6 12 30 sec each 90 sec 50 Reps 2 miles with 2 5 mins, then r 1520 mins Reps 3545 mins	6-10 lb  75% BW  %  90% 5-35lb at a fuck 2 miles	30 sec  30 sec  Rest  5 min fast pace, back.	1 1 Sets 1	Tod Comple Body Weigl Training I on pag  **  Reps  4 miles  1520 mins  Reps  3545 mins	*  ay te the nt Circtuit Routine te 14  *	Rest



Notes:

### Abbreveation Legend:

### 12 Week Training Plan: Phase 2 Weeks 5-6

Week 5	Week 6	
DAY 1 Sets Reps % Rest Sets	Reps %	Rest
✓ Vertical Jump 3 2 3	2	
Vertical Jump         3         2         3           Vertical Med Ball Throw         3         2         8 lb         3	2 8 lb	
Underhand FWD Med Ball Throw 3 1 8 lb 30 sec 3	1 8 lb	30 sec
	12, 10, 8, 6	
š	12, 10, 8, 6	
m l	12, 10, 8, 6	30 sec
		30 360
Bear Crawl Side-to-Side in Place 4 30 sec 4 Staggered Stance Romanian Deadlifts * 4 12, 10, 8, 6 4	40 sec	
	12, 10, 8, 6	20
	12, 10, 8, 6	30 sec
	75 sec each ~33% BW	
Standard Push-Ups (3 sec hold at bottom) 2 Max # 2	Max#	
DAY 2 Sets Reps % Rest Sets	Dans 9/	Doct
	Reps %	Rest
1 Mile Repeat Runs 2 80% 4 min 3  Goal = Run each in same time +/- 10 sec	80-85%	4 min
Goal = Run each in same time +/- 10 sec		
Stretch/ Foam Roll/ Yoga	1520 mins	
¥		
	Dane of	Descri
DAY 3 Sets Reps % Rest Sets	Reps %	Rest
1/2 Mile Repeat Runs 3 80% 3 mins 3  Goal = Run each in same time +/- 7 sec	80-85%	3 mins
Goal = Run each in same time +/- 7 sec		
300m Shuttle Run (Cones 25m apart) 2 80% 60 sec 2	80-85%	60 sec
Sprint Down & Back 6 times		
Goal = Run each in 65-75sec		
돌 Stretch/ Foam Roll/ Yoga 1 1520 mins 1 1	1520 mins	
Stretch/ Foam Roll/ Yoga 1 1520 mins 1 1		
DAY 4 Sets Reps % Rest Sets	Reps %	Rest
	Reps %	Rest
Broad Jump   3   1   3     3		Rest
	1	Rest 30 sec
Broad Jump   3   1   3	1 2 8 lb	
Broad Jump   3   1   3   3	1 2 8 lb 1 8 lb	
Broad Jump   3   1   3	1 2 8 lb 1 8 lb 8	
Broad Jump   3   1   3   3   4   5   5   5   5   5   5   5   5   5	1 2 8 lb 1 8 lb 8 8 8	30 sec
Broad Jump   3   1   3	1 2 8 lb 1 8 lb 8 8 8 8 8	30 sec
Broad Jump   3   1   3   3   4   5   5   5   5   5   5   5   5   5	1 2 8 lb 1 8 lb 8 8 8 8 8 8	30 sec
Broad Jump   3	1 2 8 lb 1 8 lb 8 8 8 8 8 6	30 sec 30 sec
Broad Jump   3	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	30 sec 30 sec
State   Stat	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 8 8 40	30 sec
Broad Jump   3	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 8 8 40	30 sec
Section   Sect	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 8 40 40 40	30 sec 30 sec 30 sec
Broad Jump   3	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 8 40 40 40	30 sec 30 sec 30 sec
Section   Sect	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 8 40 40 40	30 sec 30 sec 30 sec
Second Jump   3	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 8 40 40 40	30 sec 30 sec 30 sec
Set   Set	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 8 40 40 40 Reps %	30 sec 30 sec 30 sec 5 min
Broad Jump   3	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	30 sec  30 sec  30 sec  5 min est pace,
Broad Jump   3	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	30 sec  30 sec  30 sec  5 min est pace,
Broad Jump   3	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9	30 sec  30 sec  30 sec  5 min ast pace,
Broad Jump   3	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9	30 sec  30 sec  30 sec  5 min ast pace,
Broad Jump   3	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9	30 sec  30 sec  30 sec  5 min ast pace,
Broad Jump   3	1	30 sec  30 sec  30 sec  5 min ast pace, pack.
Note   Property of the prope	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	30 sec  30 sec  30 sec  5 min ast pace, pack.
Broad Jump   3	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	30 sec  30 sec  30 sec  5 min ast pace, pack.
Broad Jump   3	1 2 8 lb 1 8 lb 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	30 sec  30 sec  30 sec  5 min ast pace, pack.
Broad Jump   3	1	30 sec  30 sec  30 sec  5 min ast pace, pack.



### Notes:

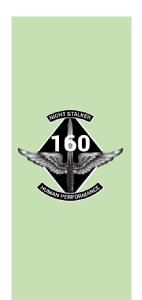
\*DAY 1 - Week 1 descending repetition explanation:

> 1st set = 12 reps 2nd set = 10 reps 3rd set = 8 reps 4th set = 6 reps

### Abbreveation Legend:

### 12 Week Training Plan: Phase 2 Weeks 7-8

			Wee	k 7			Wee	k 8	
	DAY 1	Sets	Reps	%	Rest	Sets	Reps	%	Rest
×	Vertical Jump					3	3		
Block	Vertical Med Ball Throw					3	2	8 lb	
⋖	Underhand FWD Med Ball Throw		**	*		3	2	8 lb	30 sec
¥	DB/KB Reverse Lunges *					4	10, 8, 8, 6		
B Block	Bench Press *		Tod	ay		4	10, 8, 8, 6		
В	Bicep Curls *		Comple			4	10, 8, 8, 6		30 sec
×	Bear Crawl Side-to-Side in Place		Body Weigl Training			4	60 sec		
Block	Staggered Stance Romanian Deadlifts *		on pag			4	10, 8, 8, 6		
С	1-Arm DB/KB Rows *		**			4	10, 8, 8, 6		30 sec
×	1-Arm KB Suitcase Carry (slow walk)		**	•		2	90 sec each	~33% BW	
Block	Standard Push-Ups (3 sec hold at bottom)					2	Max#		
D									
	DAY 2	Sets	Reps	%	Rest	Sets	Reps	%	Rest
Block	1 Mile Repeat Runs	3		80-85%	4 min	3		80-85%	4 min
A Blo	Goal = Run each in same time +/- 10 sec								
Block	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
B Blo									
	DAY2	Code	Dom	0/	Doort	Code	Dom	96	Dort
	DAY 3	Sets	Reps	%	Rest	Sets	Reps	%	Rest
Block	1/2 Mile Repeat Runs	4		85-90%	3 mins	4		85-90%	3 mins
A BI	Goal = Run each in same time +/- 7 sec								
		_				_			
Block	300m Shuttle Run (Cones 25m apart)	2		85-90%	60 sec	2		85-90%	60 sec
B B	Sprint Down & Back 6 times								
	Goal = Run each in 65-75sec		45 20 :				45 20 :		
Block	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
C BI									
	DAY 4	Sets	Reps	%	Rest	Sets	Reps	%	Rest
×	DAY 4 Broad Jump	Sets 3	Reps 2	%	Rest	Sets	Reps	%	Rest
Block				% 8 lb	Rest	Sets	Reps	%	Rest
A Block	Broad Jump	3	2		Rest 30 sec	Sets	Reps		Rest
٧	Broad Jump Vertical Med Ball Throw	3	2	8 lb		Sets			Rest
Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw	3 3 3	2 3 2	8 lb		Sets	**	* ay	Rest
B Block A Block	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats	3 3 3 4	2 3 2 8	8 lb		Sets	** Tod Comple	* ay te the	Rest
k B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns	3 3 3 4 4	2 3 2 8	8 lb	30 sec	Sets	** Tod Comple Body Weig	* ay te the ht Circtuit	Rest
k B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs	3 3 3 4 4 4	2 3 2 8 8	8 lb	30 sec	Sets	** Tod Comple	* ay te the ht Circtuit Routine	Rest
B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs Kneeling 1-Arm DB/KB Overhead Press	3 3 3 4 4 4 4	2 3 2 8 8 12 8	8 lb	30 sec	Sets	** Tod Comple Body Weig Training on pa	* ay te the ht Circtuit Routine ge 14	Rest
C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts	3 3 4 4 4 4 4	2 3 2 8 8 12 8 6	8 lb	30 sec 30 sec	Sets	** Tod Comple Body Weig Training	* ay te the ht Circtuit Routine ge 14	Rest
C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns	3 3 3 4 4 4 4 4 4	2 3 2 8 8 12 8 6	8 lb	30 sec 30 sec	Sets	** Tod Comple Body Weig Training on pa	* ay te the ht Circtuit Routine ge 14	Rest
k B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches	3 3 3 4 4 4 4 4 4 2 2	2 3 2 8 8 12 8 6 12 50	8 lb 8 lb	30 sec 30 sec 30 sec		** Tod Comple Body Weig Training on paş	* ay te the ht Circtuit Routine ge 14 *	
D Block C Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs Kneeling 1-Arm DB/KB Overhead Press Trap Bar Deadlifts Tricep Extensions/Pressdowns BW Step-Ups (fast) Crunches  DAY 5	3 3 3 4 4 4 4 4 4 4 2	2 3 2 8 8 12 8 6 12 50	8 lb	30 sec 30 sec	Sets	** Tod Comple Body Weig Training on pa	* ay te the ht Circtuit Routine ge 14	Rest
D Block C Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs Kneeling 1-Arm DB/KB Overhead Press Trap Bar Deadlifts Tricep Extensions/Pressdowns BW Step-Ups (fast) Crunches  DAY 5 4 Mile Ruck Self Test	3 3 3 4 4 4 4 4 4 2 2	2 3 2 8 8 12 8 6 12 50	8 lb 8 lb	30 sec 30 sec 30 sec	Sets	Tod Comple Body Weig Training on pag **	* ay te the ht Circtuit Routine ge 14 *	
D Block C Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw Front Squats Pull-Ups or Lat Pulldowns Plank Up/Downs Kneeling 1-Arm DB/KB Overhead Press Trap Bar Deadlifts Tricep Extensions/Pressdowns BW Step-Ups (fast) Crunches  DAY 5	3 3 3 4 4 4 4 4 4 2 2	2 3 2 8 8 12 8 6 12 50	8 lb 8 lb	30 sec 30 sec 30 sec		** Tod Comple Body Weig Training on paş	* ay te the ht Circtuit Routine ge 14 *	
A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck	3 3 4 4 4 4 4 2 2 Sets	2 3 2 8 8 12 8 6 12 50 40	8 lb 8 lb	30 sec 30 sec 30 sec	Sets	Tod Comple Body Weig Training on pag **	* ay te the ht Circtuit Routine ge 14 *	
A Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck	3 3 3 4 4 4 4 4 2 2 Sets	2 3 2 8 8 12 8 6 12 50 40 Reps	8 lb 8 lb	30 sec 30 sec 30 sec 5 min	Sets	Tod Comple Body Weig Training on pag **	* ay te the ht Circtuit Routine ge 14 *	
D Block C Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as	3 3 4 4 4 4 4 2 2 Sets	2 3 2 8 8 12 8 6 12 50 40 <b>Reps</b> 2 miles 2 miles with 2	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace,	Sets	Tod Comple Body Weig Training on pag **	* ay te the ht Circtuit Routine ge 14 *	
B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times	3 3 4 4 4 4 4 2 2 Sets  Go ruck rest	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace,	Sets	Tod Comple Body Weig Training on pag ** Reps	* ay te the ht Circtuit Routine ge 14 *	
B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as	3 3 4 4 4 4 4 2 2 Sets	2 3 2 8 8 12 8 6 12 50 40 <b>Reps</b> 2 miles 2 miles with 2	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace,	Sets	Tod Comple Body Weig Training on pag **	* ay te the ht Circtuit Routine ge 14 *	
A Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times	3 3 4 4 4 4 4 2 2 Sets  Go ruck rest	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace,	Sets	Tod Comple Body Weig Training on pag ** Reps	* ay te the ht Circtuit Routine ge 14 *	
B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 2 2 Sets  2 Go ruck rest:	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace, back.	1 1	Tod Comple Body Weig Training on pag  **  Reps  5 miles	* ay te the ht Circtuit Routine ge 14 *	Rest
C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 2 2 Sets  2 Go ruck : rest: 1	2 3 2 8 8 8 12 8 6 12 50 40  Reps  2 miles 2 miles with 2 5 mins, then r 1520 mins	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace,	Sets  1  1  Sets	Tod Comple Body Weig Training on pag  **  Reps  5 miles	* ay te the ht Circtuit Routine ge 14 *	
C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 2 2 Sets  2 Go ruck rest:	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles 2 miles with 2 5 mins, then r	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace, back.	1 1	Tod Comple Body Weig Training on pag  **  Reps  5 miles	* ay te the ht Circtuit Routine ge 14 *	Rest
B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 4 4 4 4 4 2 2 Sets  2 Go ruck : rest: 1	2 3 2 8 8 8 12 8 6 12 50 40  Reps  2 miles 2 miles with 2 5 mins, then r 1520 mins	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace, back.	Sets  1  1  Sets	Tod Comple Body Weig Training on pag  **  Reps  5 miles	* ay te the ht Circtuit Routine ge 14 *	Rest
A Block C Block B Block A Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as possible in similar times  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 4 4 4 4 4 2 2 Sets  2 Go ruck : rest: 1	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles 2 miles with 2 5 mins, then r 1520 mins Reps 3545 mins	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace, back.	Sets  1  1  Sets	**  Tod Comple Body Weig Training on pag  **  Reps  5 miles  1520 mins  Reps  4050 mins	* ay te the ht Circtuit Routine ge 14 *	Rest
A Block C Block B Block A Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  2 Mile Repeat Ruck  Goal = complete each ruck as fast as  possible in similar times  Stretch/ Foam Roll/ Yoga	3 3 3 4 4 4 4 4 2 2 Sets  1 Sets 1	2 3 2 8 8 8 12 8 6 12 50 40  Reps  2 miles 2 miles with 2 5 mins, then r 1520 mins	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace, back.	Sets  1  Sets  1	Tod Comple Body Weig Training on pag  **  Reps  5 miles	* ay te the ht Circtuit Routine ge 14 *	Rest
C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  Front Squats  Pull-Ups or Lat Pulldowns  Plank Up/Downs  Kneeling 1-Arm DB/KB Overhead Press  Trap Bar Deadlifts  Tricep Extensions/Pressdowns  BW Step-Ups (fast)  Crunches  DAY 5  4 Mile Ruck Self Test  ' distance' Mile Ruck  Goal = complete each ruck as fast as possible in similar times  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 3 4 4 4 4 4 2 2 Sets  1 Sets 1	2 3 2 8 8 12 8 6 12 50 40 Reps 2 miles 2 miles with 2 5 mins, then r 1520 mins Reps 3545 mins	8 lb 8 lb 8 lb %	30 sec  30 sec  30 sec  5 min  ast pace, back.	Sets  1  Sets  1	**  Tod Comple Body Weig Training on pag  **  Reps  5 miles  1520 mins  Reps  4050 mins	* ay te the ht Circtuit Routine ge 14 *	Rest



### Notes:

\*DAY 1 - Week 1 descending repetition explanation:

> 1st set = 12 reps 2nd set = 10 reps 3rd set = 8 reps 4th set = 6 reps

### Abbreveation Legend:

### 12 Week Training Plan: Phase 3 Weeks 9-10

			Wee	k 9			Wee	k 10	
	DAY 1	Sets	Reps	%	Rest	Sets	Reps	%	Rest
×	Vertical Jump	3	4						
Block	Vertical Med Ball Throw	3	3	10 lb					
٧	Underhand BWD Med Ball Throw	3	2	10 lb	30 sec		**	*	
×	Plank Series (Lt Side-Front-Rt Side)	5	20 sec each						
Block	Trap Bar Deadlift	5	5				Tod	-	
8	Incline Bench DB/KB Rows	5	10		60 sec		Comple Pody Wola		
¥	Front Squats (Barbell or 2 Kettlebells)	4	5				Body Weig Training		
Block	DB Alternating Bench Press	4	8				on pa		
Ö	DB Curl-n-Press	4	12		60 sec				
~	6 inch Flutter Kicks	1	45 sec				**	*	
Block	BW Isometric Squats (5 sec hold at bottom)	1	25						
۵	,		_						
	DAY 2	Sets	Reps	%	Rest	Sets	Reps	%	Rest
¥	1 Mile Repeat Runs	4		90-100%	3 min	4		90-100%	3 min
Block	Goal = Run each in same time +/- 10 sec								
۷	,								
¥	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
Block	,,,	_	22711113						
B E									
	DAY 3	Sets	Reps	%	Rest	Sets	Reps	%	Rest
×	1/2 Mile Repeat Runs	3		90-100%	2 mins	4		90-100%	2 mins
Block	Goal = Run each in same time +/- 7 sec								
۷									
×	300m Shuttle Run (Cones 25m apart)	2		90-100%	2 min	2		95-100%	2 min
Block	Sprint Down & Back 6 times								
8	Goal = Run each in 60-75sec								
Ţ	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
Block	ended y real real real real real real real real								
5									
	DAY 4	Sets	Reps	%	Rest	Sets	Reps	%	Rest
¥	Broad Jump	3	2			3	3		
Block	Vertical Med Ball Throw	3	2	10 lb		3	3	10 lb	
₹									30 sec
-	Underhand BWD Med Ball Throw	3	2		30 sec	3	3		
				35-70 lbs				35-70 lbs	
	DB/KB Goblet Squats	5	15	35-70 lbs 20-25 lbs	0 sec	5	20	35-70 lbs	0 sec
ock S	DB/KB Goblet Squats DB/KB Step Ups		15 8 each	20-25 lbs	0 sec		20 10 each	20-25 lbs	0 sec 0 sec
B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges	5 5 5	15 8 each 8 each		0 sec 0 sec 60 sec	5 5 5	20 10 each 10 each		0 sec 0 sec 60 sec
B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups *	5 5 5 4	15 8 each 8 each Max #	20-25 lbs 20-25 lbs	0 sec 0 sec 60 sec 2 mins	5 5 5 4	20 10 each 10 each Max #	20-25 lbs 20-25 lbs	0 sec 0 sec 60 sec 2 mins
Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows *	5 5 5 4 4	15 8 each 8 each Max # = # of Push	20-25 lbs 20-25 lbs	0 sec 0 sec 60 sec 2 mins 1 min	5 5 5 4 4	20 10 each 10 each Max # = # of Push	20-25 lbs 20-25 lbs	0 sec 0 sec 60 sec 2 mins 1 min
C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks	5 5 5 4 4 4	15 8 each 8 each Max # = # of Push 30 sec	20-25 lbs 20-25 lbs	0 sec 0 sec 60 sec 2 mins	5 5 5 4 4 4	20 10 each 10 each Max # = # of Push 40 sec	20-25 lbs 20-25 lbs	0 sec 0 sec 60 sec 2 mins
C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low)	5 5 5 4 4 4 1	15 8 each 8 each Max # = # of Push 30 sec 3 mins	20-25 lbs 20-25 lbs	0 sec 0 sec 60 sec 2 mins 1 min	5 5 5 4 4 4 1	20 10 each 10 each Max # = # of Push 40 sec 4 mins	20-25 lbs 20-25 lbs	0 sec 0 sec 60 sec 2 mins 1 min
Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks	5 5 5 4 4 4	15 8 each 8 each Max # = # of Push 30 sec	20-25 lbs 20-25 lbs	0 sec 0 sec 60 sec 2 mins 1 min	5 5 5 4 4 4	20 10 each 10 each Max # = # of Push 40 sec	20-25 lbs 20-25 lbs	0 sec 0 sec 60 sec 2 mins 1 min
Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low)	5 5 5 4 4 4 1	15 8 each 8 each Max # = # of Push 30 sec 3 mins	20-25 lbs 20-25 lbs	0 sec 0 sec 60 sec 2 mins 1 min	5 5 5 4 4 4 1	20 10 each 10 each Max # = # of Push 40 sec 4 mins	20-25 lbs 20-25 lbs	0 sec 0 sec 60 sec 2 mins 1 min
D Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)	5 5 5 4 4 4 1	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min	5 5 5 4 4 4 1	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min
D Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)  DAY 5 4 Mile Ruck Self Test	5 5 5 4 4 4 1	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min	5 5 5 4 4 4 1 1	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min
Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)	5 5 5 4 4 4 1	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min	5 5 5 4 4 4 1	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min
A Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)  DAY 5 4 Mile Ruck Self Test 'X distance' Mile Ruck	5 5 5 4 4 4 1 1	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min	5 5 5 4 4 4 1 1	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min
A Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)  DAY 5 4 Mile Ruck Self Test 'X distance' Mile Ruck  3 Mile Repeat Ruck	5 5 5 4 4 4 1 1 1	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec	20-25 lbs 20-25 lbs ups done %	0 sec 0 sec 60 sec 2 mins 1 min 1 min Rest	5 5 5 4 4 4 1 1	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min
Block D Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)  DAY 5 4 Mile Ruck Self Test 'X distance' Mile Ruck	5 5 5 4 4 4 1 1 1 Sets	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec	20-25 lbs 20-25 lbs ups done % 95-100% 5-35lb at a f	0 sec 0 sec 60 sec 2 mins 1 min 1 min Rest	5 5 5 4 4 4 1 1	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min
B Block A Block D Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)  DAY 5 4 Mile Ruck Self Test 'X distance' Mile Ruck 3 Mile Repeat Ruck Goal = complete each ruck in same time	5 5 5 4 4 4 1 1 1 Sets	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec  Reps  3 miles with 2 5 mins, then r	20-25 lbs 20-25 lbs ups done % 95-100% 5-35lb at a f	0 sec 0 sec 60 sec 2 mins 1 min 1 min Rest	5 5 5 4 4 4 1 1 1 Sets	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec  Reps 8 miles	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min
B Block A Block D Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)  DAY 5 4 Mile Ruck Self Test 'X distance' Mile Ruck  3 Mile Repeat Ruck	5 5 5 4 4 4 1 1 1 Sets	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec  Reps 3 miles with 2	20-25 lbs 20-25 lbs ups done % 95-100% 5-35lb at a f	0 sec 0 sec 60 sec 2 mins 1 min 1 min Rest	5 5 5 4 4 4 1 1	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min
Block A Block D Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)  DAY 5 4 Mile Ruck Self Test 'X distance' Mile Ruck 3 Mile Repeat Ruck Goal = complete each ruck in same time	5 5 5 4 4 4 1 1 1 Sets	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec  Reps  3 miles with 2 5 mins, then r	20-25 lbs 20-25 lbs ups done % 95-100% 5-35lb at a f	0 sec 0 sec 60 sec 2 mins 1 min 1 min Rest	5 5 5 4 4 4 1 1 1 Sets	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec  Reps 8 miles	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min
B Block A Block D Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)  DAY 5 4 Mile Ruck Self Test 'X distance' Mile Ruck 3 Mile Repeat Ruck Goal = complete each ruck in same time	5 5 5 4 4 4 1 1 1 Sets	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec  Reps  3 miles with 2 5 mins, then r	20-25 lbs 20-25 lbs ups done % 95-100% 5-35lb at a f	0 sec 0 sec 60 sec 2 mins 1 min 1 min Rest	5 5 5 4 4 4 1 1 1 Sets	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec  Reps 8 miles	20-25 lbs 20-25 lbs ups done	0 sec 0 sec 60 sec 2 mins 1 min 1 min
C Block B Block A Block D Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)  DAY 5 4 Mile Ruck Self Test 'X distance' Mile Ruck  3 Mile Repeat Ruck Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	5 5 5 4 4 4 1 1 Sets	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec  Reps  3 miles with 2 5 mins, then r 1520 mins	20-25 lbs 20-25 lbs ups done  %  95-100% 5-35lb at a fuck 3 miles	0 sec 0 sec 60 sec 2 mins 1 min 1 min Rest	5 5 5 4 4 4 1 1 1 Sets	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec  Reps 8 miles	20-25 lbs 20-25 lbs ups done % 90-95%	0 sec 0 sec 60 sec 2 mins 1 min 1 min
C Block B Block A Block D Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)  DAY 5 4 Mile Ruck Self Test 'X distance' Mile Ruck  3 Mile Repeat Ruck Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	5 5 4 4 4 1 1 Sets  2 Go ruck rest 1	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec  Reps  3 miles with 2 5 mins, then r 1520 mins	20-25 lbs 20-25 lbs ups done % 95-100% 5-35lb at a fuck 3 miles (%	0 sec 0 sec 60 sec 2 mins 1 min 1 min Rest	5 5 5 4 4 1 1 Sets 1	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec  Reps 8 miles	20-25 lbs 20-25 lbs ups done  % 90-95%	0 sec 0 sec 60 sec 2 mins 1 min 1 min
B Block A Block D Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)  DAY 5 4 Mile Ruck Self Test 'X distance' Mile Ruck  3 Mile Repeat Ruck Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	5 5 4 4 4 1 1 Sets  2 Go ruck rest 1	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec  Reps  3 miles with 2 5 mins, then r 1520 mins	20-25 lbs 20-25 lbs ups done % 95-100% 5-35lb at a fuck 3 miles (%	0 sec 0 sec 60 sec 2 mins 1 min 1 min Rest	5 5 5 4 4 1 1 Sets 1	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec  Reps 8 miles	20-25 lbs 20-25 lbs ups done  % 90-95%	0 sec 0 sec 60 sec 2 mins 1 min 1 min
ABlock CBlock BBlock ABlock CBlock BBlock	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)  DAY 5 4 Mile Ruck Self Test 'X distance' Mile Ruck  3 Mile Repeat Ruck Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga  DAY 6 Long Easy Run (On Your Own)	5 5 5 4 4 4 1 1 1 Sets  2 Go ruck rest 1	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec  Reps 3 miles with 2 5 mins, then r 1520 mins 45 mins	20-25 lbs 20-25 lbs ups done % 95-100% 5-35lb at a fuck 3 miles (%	0 sec 0 sec 60 sec 2 mins 1 min 1 min Rest	5 5 5 4 4 4 1 1 1 Sets 1	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec  Reps 8 miles  1520 mins  Reps 5060 mins	20-25 lbs 20-25 lbs ups done  % 90-95%	0 sec 0 sec 60 sec 2 mins 1 min 1 min
C Block B Block A Block D Block C Block B Block	DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges Standard Push-Ups * TRX/Bar Inverted Rows * 6 inch Flutter Kicks Bear Crawl (hips stay low) Dead Hang (from pull up bar)  DAY 5 4 Mile Ruck Self Test 'X distance' Mile Ruck  3 Mile Repeat Ruck Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	5 5 4 4 4 1 1 Sets  2 Go ruck rest 1	15 8 each 8 each Max # = # of Push 30 sec 3 mins 60 sec  Reps  3 miles with 2 5 mins, then r 1520 mins	20-25 lbs 20-25 lbs ups done % 95-100% 5-35lb at a fuck 3 miles (%	0 sec 0 sec 60 sec 2 mins 1 min 1 min Rest	5 5 5 4 4 1 1 Sets 1	20 10 each 10 each Max # = # of Push 40 sec 4 mins 90 sec  Reps 8 miles	20-25 lbs 20-25 lbs ups done  % 90-95%	0 sec 0 sec 60 sec 2 mins 1 min 1 min



### Notes:

\*Day #4 - Block C:

-Perform 1 set of Push Ups for as many reps as possible, then rest 2 mins.

-Next perform

1 set of TRX/Bar Inverted
Rows for the # of reps just
completed for the previous
set of Push Ups.

-Repeat the same procedure for the remaining sets in Block C.

### Abbreveation Legend:

### 12 Week Training Plan: Phase 3 Weeks 11-12

		Week 11			Week 12				
	DAY 1	Sets	Reps	%	Rest	Sets	Reps	%	Rest
×	Vertical Jump	3	5			3	2		
Block	Vertical Med Ball Throw	3	2	10 lb		3	2	10 lb	
Ā	Underhand BWD Med Ball Throw	3	2	10 lb	30 sec	3	1	10 lb	30 sec
	Plank Series (Lt Side-Front-Rt Side)	5	30 sec each			5	25 sec each		
Block	Trap Bar Deadlift	5	4			5	4		
8	Incline Bench DB/KB Rows	5	10		60 sec	5	10		60 sec
	·				00 360				00 360
C Block	Front Squats (Barbell or 2 Kettlebells)	4	5			4	5		
C Bl	DB Alternating Bench Press	4	8		60	4	8		60
	DB Curl-n-Press	4	20		60 sec	4	20		60 sec
ock	6 inch Flutter Kicks	1	75 sec			1	90 sec		
D Block	BW Isometric Squats (5 sec hold at bottom)	1	35			1	30		
	DAY 2	Cata	Davis	0/	Doot	Cata	Davis	0/	Do at
	DAY 2	Sets	Reps	%	Rest	Sets	Reps	%	Rest
Block	1 Mile Repeat Runs	4		90-100%	3 min	3		95-100%	3 min
A BI	Goal = Run each in same time +/- 10 sec								
ž	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
B Block									
ш									
	DAY 3	Sets	Reps	%	Rest	Sets	Reps	%	Rest
Block	1/2 Mile Repeat Runs	4		90-100%	2 mins	3		85-90%	2 mins
A Blc	Goal = Run each in same time +/- 7 sec								
츳	300m Shuttle Run (Cones 25m apart)	2		95-100%	2 min	2		90-100%	2 min
Block	Sprint Down & Back 6 times								
8	Goal = Run each in 60-75sec								
×	Stretch/ Foam Roll/ Yoga	1	1520 mins			1	1520 mins		
C Block									
C									
	DAY 4	Sets	Reps	%	Rest	Sets	Reps	%	Rest
ck	DAY 4 Broad Jump	Sets 3	Reps 3	%	Rest	Sets	Reps	%	Rest
Block				% 10 lb	Rest	Sets	Reps	%	Rest
A Block	Broad Jump	3	3		Rest 30 sec	Sets	Reps		Rest
A	Broad Jump Vertical Med Ball Throw	3	3			Sets			Rest
A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw DB/KB Goblet Squats	3 3 3 5	3 3 3 20	10 lb	30 sec 0 sec	Sets		*	Rest
B Block A Block	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw	3 3 3	3 3 3	10 lb	30 sec	Sets	** Tod Comple	* lay ete the	Rest
B Block A	Broad Jump Vertical Med Ball Throw Underhand BWD Med Ball Throw DB/KB Goblet Squats DB/KB Step Ups DB/KB Reverse Lunges	3 3 3 5 5 5	3 3 3 20 10 each	10 lb 35-70 lbs 20-25 lbs	30 sec 0 sec 0 sec 30 sec	Sets	** Tod Comple Body Weig	* lay ite the ht Circtuit	Rest
B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *	3 3 3 5 5 5 5	3 3 3 20 10 each 10 each Max #	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 30 sec 2 mins	Sets	** Comple Body Weig Training	* lay ete the ht Circtuit Routine	Rest
⋖	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows *	3 3 3 5 5 5 5 5	3 3 20 10 each 10 each Max # = # of Push	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 30 sec 2 mins 1 min	Sets	** Tod Comple Body Weig	* lay ete the ht Circtuit Routine	Rest
C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows *  6 inch Flutter Kicks	3 3 5 5 5 5 5 5	3 3 20 10 each 10 each Max # = # of Push 50 sec	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 30 sec 2 mins	Sets	** Comple Body Weig Training	* ete the ht Circtuit Routine ge 14	Rest
C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)	3 3 3 5 5 5 5 5 5 5	3 3 20 10 each 10 each Max # = # of Push 50 sec 5 mins	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 30 sec 2 mins 1 min	Sets	** Tod Comple Body Weig Training on pa	* ete the ht Circtuit Routine ge 14	Rest
Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows *  6 inch Flutter Kicks	3 3 5 5 5 5 5 5	3 3 20 10 each 10 each Max # = # of Push 50 sec	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 30 sec 2 mins 1 min	Sets	** Tod Comple Body Weig Training on pa	* ete the ht Circtuit Routine ge 14	Rest
C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)	3 3 3 5 5 5 5 5 5 5 5	3 3 20 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec	10 lb 35-70 lbs 20-25 lbs 20-25 lbs ups done	30 sec 0 sec 0 sec 30 sec 2 mins 1 min		** Tod Comple Body Weig Training on paí **	*  ay  ate the  th Circtuit  Routine  ge 14  *	
D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)	3 3 3 5 5 5 5 5 5 5	3 3 20 10 each 10 each Max # = # of Push 50 sec 5 mins	10 lb 35-70 lbs 20-25 lbs 20-25 lbs	30 sec 0 sec 0 sec 30 sec 2 mins 1 min	Sets	** Tod Comple Body Weig Training on pag **	* lay ete the ht Circtuit Routine ge 14 *	Rest
D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test	3 3 3 5 5 5 5 5 5 5 5	3 3 20 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec	10 lb 35-70 lbs 20-25 lbs 20-25 lbs ups done	30 sec 0 sec 0 sec 30 sec 2 mins 1 min		** Tod Comple Body Weig Training on paí **	*  ay  ate the  th Circtuit  Routine  ge 14  *	
C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)	3 3 3 5 5 5 5 5 5 5 5	3 3 20 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec	10 lb 35-70 lbs 20-25 lbs 20-25 lbs ups done	30 sec 0 sec 0 sec 30 sec 2 mins 1 min	Sets	** Tod Comple Body Weig Training on pag **	* lay ete the ht Circtuit Routine ge 14 *	
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D Block C Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck	3 3 3 5 5 5 5 5 1 1 Sets	3 3 20 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec  Reps 3 miles with 2	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  95% 5-35lb at a f	30 sec 0 sec 0 sec 30 sec 2 mins 1 min 1 min Rest	Sets	** Tod Comple Body Weig Training on pag **	* lay ete the ht Circtuit Routine ge 14 *	
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B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  3 Mile Repeat Ruck	3 3 3 5 5 5 5 5 1 1 Sets	3 3 20 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec  Reps 3 miles with 2	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  95% 5-35lb at a f	30 sec 0 sec 0 sec 30 sec 2 mins 1 min 1 min Rest	Sets	** Tod Comple Body Weig Training on pag **	* lay ete the ht Circtuit Routine ge 14 *	
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C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  3 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 3 5 5 5 5 5 1 1 1 Sets 2 Go ruck rest: 1	3 3 20 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec  Reps  3 miles with 2 5 mins, then r 1520 mins	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  95% 5-35lb at a fuck 3 miles	30 sec 0 sec 0 sec 30 sec 2 mins 1 min 1 min Rest	Sets 1 1 Sets	*** Tod Comple Body Weig Training on pag  ***  Reps 4 miles	* lay lete the ht Circtuit Routine ge 14  *	
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C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  3 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 3 5 5 5 5 5 1 1 1 Sets 2 Go ruck rest: 1	3 3 20 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec  Reps  3 miles with 2 5 mins, then r 1520 mins	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  95% 5-35lb at a fuck 3 miles	30 sec 0 sec 0 sec 30 sec 2 mins 1 min 1 min Rest	Sets 1 1 Sets	*** Tod Comple Body Weig Training on pag  ***  Reps 4 miles	* lay lete the ht Circtuit Routine ge 14  *	Rest
A Block C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  3 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 3 5 5 5 5 5 1 1 1 Sets 1	3 3 20 10 each 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec  Reps 3 miles with 2 5 mins, then r 1520 mins 5060 mins	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  95% 5-35lb at a fuck 3 miles	30 sec 0 sec 0 sec 30 sec 2 mins 1 min 1 min Rest	Sets	**  Tod Comple Body Weig Training on pag  **  Reps 4 miles  1520 mins  Reps 45 mins	* lay lete the ht Circtuit Routine ge 14  *	Rest
A Block C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  3 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga	3 3 3 5 5 5 5 5 1 1 1 Sets 2 Go ruck rest: 1	3 3 20 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec  Reps  3 miles with 2 5 mins, then r 1520 mins	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  95% 5-35lb at a fuck 3 miles	30 sec 0 sec 0 sec 30 sec 2 mins 1 min 1 min Rest	Sets 1 1 Sets	*** Tod Comple Body Weig Training on pag  ***  Reps 4 miles	* lay lete the ht Circtuit Routine ge 14  *	Rest
C Block B Block A Block D Block C Block B Block A	Broad Jump  Vertical Med Ball Throw  Underhand BWD Med Ball Throw  DB/KB Goblet Squats  DB/KB Step Ups  DB/KB Reverse Lunges  Standard Push-Ups *  TRX/Bar Inverted Rows * 6 inch Flutter Kicks  Bear Crawl (hips stay low)  Dead Hang (from pull up bar)  DAY 5  4 Mile Ruck Self Test  'X distance' Mile Ruck  3 Mile Repeat Ruck  Goal = complete each ruck in same time  Stretch/ Foam Roll/ Yoga  DAY 6  Long Easy Run (On Your Own)	3 3 3 5 5 5 5 5 1 1 1 Sets 1	3 3 20 10 each 10 each 10 each Max # = # of Push 50 sec 5 mins 120 sec  Reps 3 miles with 2 5 mins, then r 1520 mins 5060 mins	10 lb  35-70 lbs 20-25 lbs 20-25 lbs ups done  %  95% 5-35lb at a fuck 3 miles	30 sec 0 sec 0 sec 30 sec 2 mins 1 min 1 min Rest	Sets	**  Tod Comple Body Weig Training on pag  **  Reps 4 miles  1520 mins  Reps 45 mins	* lay lete the ht Circtuit Routine ge 14  *	Rest



### Notes:

\*Day #4 - Block C:

-Perform 1 set of Push Ups for as many reps as possible, then rest 2 mins.

-Next perform

1 set of TRX/Bar Inverted
Rows for the # of reps just
completed for the previous
set of Push Ups.

-Repeat the same procedure for the remaining sets in Block C.

### Abbreveation Legend:

### **RECOVERY**

It is recommended you engage in a regular recovery strategies to reduce the risk of injury, improve performance, and

Examples of recovery strategies may include:

- General static stretching (hold for 1-2 mins or more)
- · Dynamic stretching and mobility programs
- Soft tissue tools such as foam rollers, stick rollers, ball rollers, and stretching straps
- Hydration replenishment
- · Nutritional recovery plans
- Compression socks
- · Proper sleep hygiene
- · Seeing a physician or physical therapist for any injuries









# **Recovery Day Checklist**

# A 24-hour plan to reboot your body



After a tough physical challenge, do as many of the listed tasks as you can to recharge your internal batteries!

1. Rest on your back with legs elevated (15 min)
2. Injury: Cold+Compress+Elevate (20min on/40 off x 3)
3. Get 8 to 10 hours of rest, preferably all at once
4. Drink half your weight in ounces (water or tea)
5. Eat 3 fist-sized portions of dark green veggies
6. Do an easy 30 min cardio flush (run, bike, or swim)
7. Foam roll massage your back, arms, and legs (10 min)
8. Compression socks/sleeves sore body parts at night

### **SUMMARY**

It is highly recommended you prepare with a consistent and progressive physical training program for a minimum of eight-weeks to better prepare you for the physical and mental rigors of the Enlisted Combat Skills selection course.

The mental and physical capabilities needed to succeed during the Enlisted Combat Skills selection course cannot be achieve overnight. Having a well rounded physical training program, engaging in multiple recovery strategies, proper nutrition, and good sleep hygiene will set you up to be successful from the start of the selection course.

You should be able to complete the following physical training standards:

- You should be able to complete a 4 mile ruck in 1 hour
- You should be able to complete a 4 mile run in 36 minutes
- You should be able to complete a 8 mile ruck in 2 hours

### **Health and Fitness Disclaimer:**

It is advised that if you are experiencing pain in any body area, have sustained a recent injury, or have been experiencing a chronic injury that has not completely resolved:

Please seek professional medical advice from your medical officer, a physical therapist, or a physician.

### **RESOURCES**

The following resources can assist you in assessing your current physical training status, setting goals and achieving milestones, and adjusting your physical training based on your current energy fuel tank.

- **Energy Inventory** use this resource to gauge your daily energy levels to determine if you are fatigued, overtraining, or overloading.
  - If you do feel fatigued, sick, excessively sore, or under-recovered, you are advised to consult your medical officer, physical therapist, or NCO.
  - Taking a day off of training to recovery is advised if you feel fatigued, sick, excessively sore, or under-recovered.
- Goal Setting use this resource to assist in setting goals and making long term changes that will have a beneficial impact.
- Get Back on Track use this resource to regain your focus and get back on target.
- Easy Bar Loading Weight Charts use these charts to make it easier to determine how much weight is on the bar or which weight plates you need to put on the bar to equal the weight you need/want to lift.
- Body Weight Percentages Charts use these charts to determine what percentage of your body weight you are lifting or need to lift at.

**ITS A SHRINE** 

TO MY GOALS

# Energy Inventory

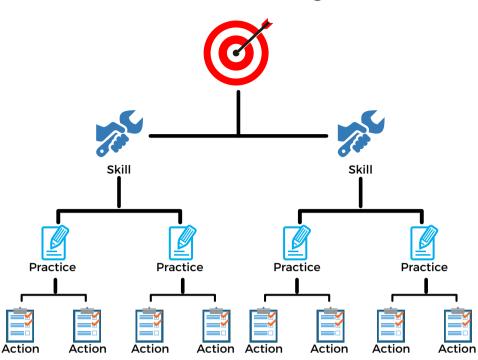
DATE:

NAME:

NOT AT ALL

How is my energy level today?
EXHAUSTED 1 2 3 4 5 6 7 8 9 10 SUPERSTAR
How pain-free am I today?
WORST PAIN EVER 1 2 3 4 5 6 7 8 9 10 NO PAIN, FEELING GREAT
How recovered do I feel Today? (Or, how much do I feel like working out today?)
I'M A WRECK 1 2 3 4 5 6 7 8 9 10 I'M IMMORTAL
How calm and focused am I today?
FREAKING OUT AND FRAZZLED 1 2 3 4 5 6 7 8 9 10 ZEN MASTER
How is my mood and outlook right now?
UTTERLY MISERABLE 1 2 3 4 5 6 7 8 9 10 HOORAY FOR EVERYTHING
How supported do I feel right now by the people around me?
UTTERLY 1 2 3 4 5 6 7 8 9 10 GO TEAM
How supported do I feel right now by my environment?

# **Goal Setting**



<b>o</b>	Goal	Where you want to go
	Skill	The ability or capacity that you need to achieve your goal
	Practice	Something you need to build the skill
	Action	Small, specific tasks or behaviors you need to do consistently. Repeated over time, these become habits.

### Choosing practices and actions: The 5-S Formula

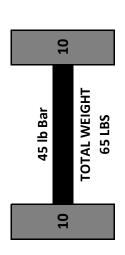
With the above "goals to skills to practice to actions" framework, it can be tricky to figure out how to work to develop practices and the next actions.

Use the 5-S Formula to identify what might be appropriate and successful skills, practices and actions.

### The 5-S Formula:

- 1. Strategic (add value, use strength, remove negative)
- 2. Segment (smaller piece of larger whole)
- 3. Sequential (logical order)
- 4. Simple (9/10 confidence you will do and can be done every day)
- 5. Supported (instructor, coach, mentor, accountability)

# STRAIGHT BAR WEIGHT PLATE CHART



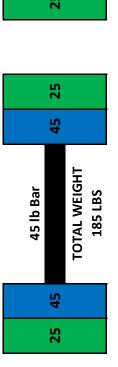


10					
	45				
	45				
45 lb Bar		<b>TOTAL WEIGHT</b>	245 LBS		
	45				
	45				
	10				



25

25				
	45			
	45			
45 lb Bar		<b>TOTAL WEIGHT</b>	275 LBS	
	45			
	45			
	22			



25		35
45		45
45		45
45 lb Bar TOTAL WEIGHT 275 LBS	45 lb Bar	TOTAL WEIGHT 295 LBS
45		45
45		45
25		35

35

45

**TOTAL WEIGHT** 

115 LBS

45 lb Bar

35

45 lb Bar TOTAL WEIGHT	205 LBS	45 lb Bar	TOTAL WEIGHT 225 LBS
45		75	?
35		75	?
35		7	2

		45			
	45				
		45			
TOTAL WEIGHT 295 LBS	45 lb Bar		TOTAL WEIGHT	315 LBS	
		45			
		45			
		45			

45

45

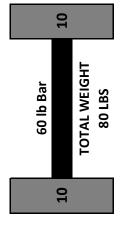
**TOTAL WEIGHT** 

135 LBS

**45 lb Bar** 

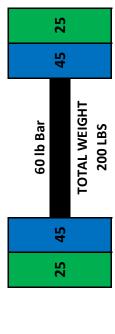
45

# TRAP BAR WEIGHT PLATE CHART





	45 10		
	45		
60 lb Bar		TOTAL WEIGHT	260 LBS
	45		
	45		
	10		



25

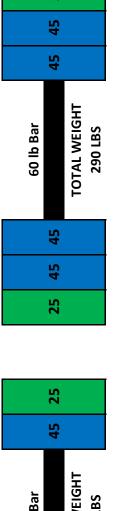
25

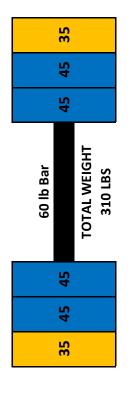
60 lb Bar

**TOTAL WEIGHT** 

110 LBS

	45 45 25				
60 lb Bar		TOTAL WEIGHT	290 LBS		
	45				
45					
	25				





35

45

45

35

60 lb Bar

**TOTAL WEIGHT** 

220 LBS

	35			
60 lb Bar		<b>TOTAL WEIGHT</b>	130 LBS	
	35			

	45 45		
60 lb Bar	4	TOTAL WEIGHT	240 LBS
	45		
	45		

	45								
45									
	45								
60 lb Bar		<b>TOTAL WEIGHT</b>	330 LBS						
	45								
	45								
	45								



# BODY WEIGHT PERCENTAGES CHART (115-175 lbs)

% BW	115	120	125	130	135	140	145	150	155	160	165	170	175
50%	57.5	60.0	62.5	65.0	67.5	70.0	72.5	75.0	77.5	80.0	82.5	85.0	87.5
55%	63.3	66.0	68.8	71.5	74.3	77.0	79.8	82.5	85.3	88.0	90.8	93.5	96.3
60%	69.0	72.0	75.0	78.0	81.0	84.0	87.0	90.0	93.0	96.0	99.0	102.0	105.0
65%	74.8	78.0	81.3	84.5	87.8	91.0	94.3	97.5	100.8	104.0	107.3	110.5	113.8
70%	80.5	84.0	87.5	91.0	94.5	98.0	101.5	105.0	108.5	112.0	115.5	119.0	122.5
75%	86.3	90.0	93.8	97.5	101.3	105.0	108.8	112.5	116.3	120.0	123.8	127.5	131.3
80%	92.0	96.0	100.0	104.0	108.0	112.0	116.0	120.0	124.0	128.0	132.0	136.0	140.0
85%	97.8	102.0	106.3	110.5	114.8	119.0	123.3	127.5	131.8	136.0	140.3	144.5	148.8
90%	103.5	108.0	112.5	117.0	121.5	126.0	130.5	135.0	139.5	144.0	148.5	153.0	157.5
95%	109.3	114.0	118.8	123.5	128.3	133.0	137.8	142.5	147.3	152.0	156.8	161.5	166.3
100%	115.0	120.0	125.0	130.0	135.0	140.0	145.0	150.0	155.0	160.0	165.0	170.0	175.0
105%	120.8	126.0	131.3	136.5	141.8	147.0	152.3	157.5	162.8	168.0	173.3	178.5	183.8
110%	126.5	132.0	137.5	143.0	148.5	154.0	159.5	165.0	170.5	176.0	181.5	187.0	192.5
115%	132.3	138.0	143.8	149.5	155.3	161.0	166.8	172.5	178.3	184.0	189.8	195.5	201.3
120%	138.0	144.0	150.0	156.0	162.0	168.0	174.0	180.0	186.0	192.0	198.0	204.0	210.0
125%	143.8	150.0	156.3	162.5	168.8	175.0	181.3	187.5	193.8	200.0	206.3	212.5	218.8
130%	149.5	156.0	162.5	169.0	175.5	182.0	188.5	195.0	201.5	208.0	214.5	221.0	227.5
135%	155.3	162.0	168.8	175.5	182.3	189.0	195.8	202.5	209.3	216.0	222.8	229.5	236.3
140%	161.0	168.0	175.0	182.0	189.0	196.0	203.0	210.0	217.0	224.0	231.0	238.0	245.0
145%	166.8	174.0	181.3	188.5	195.8	203.0	210.3	217.5	224.8	232.0	239.3	246.5	253.8
150%	172.5	180.0	187.5	195.0	202.5	210.0	217.5	225.0	232.5	240.0	247.5	255.0	262.5
155%	178.3	186.0	193.8	201.5	209.3	217.0	224.8	232.5	240.3	248.0	255.8	263.5	271.3
160%	184.0	192.0	200.0	208.0	216.0	224.0	232.0	240.0	248.0	256.0	264.0	272.0	280.0
165%	189.8	198.0	206.3	214.5	222.8	231.0	239.3	247.5	255.8	264.0	272.3	280.5	288.8
170%	195.5	204.0	212.5	221.0	229.5	238.0	246.5	255.0	263.5	272.0	280.5	289.0	297.5
175%	201.3	210.0	218.8	227.5	236.3	245.0	253.8	262.5	271.3	280.0	288.8	297.5	306.3
180%	207.0	216.0	225.0	234.0	243.0	252.0	261.0	270.0	279.0	288.0	297.0	306.0	315.0
185%	212.8	222.0	231.3	240.5	249.8	259.0	268.3	277.5	286.8	296.0	305.3	314.5	323.8
190%	218.5	228.0	237.5	247.0	256.5	266.0	275.5	285.0	294.5	304.0	313.5	323.0	332.5
195%	224.3	234.0	243.8	253.5	263.3	273.0	282.8	292.5	302.3	312.0	321.8	331.5	341.3
200%	230.0	240.0	250.0	260.0	270.0	280.0	290.0	300.0	310.0	320.0	330.0	340.0	350.0

# **BODY WEIGHT PERCENTAGES CHART (180-240 lbs)**

% BW	180	185	190	195	200	205	210	215	220	225	230	235	240
50%	90.0	92.5	95.0	97.5	100.0	102.5	105.0	107.5	110.0	112.5	115.0	117.5	120.0
55%	99.0	101.8	104.5	107.3	110.0	112.8	115.5	118.3	121.0	123.8	126.5	129.3	132.0
60%	108.0	111.0	114.0	117.0	120.0	123.0	126.0	129.0	132.0	135.0	138.0	141.0	144.0
65%	117.0	120.3	123.5	126.8	130.0	133.3	136.5	139.8	143.0	146.3	149.5	152.8	156.0
70%	126.0	129.5	133.0	136.5	140.0	143.5	147.0	150.5	154.0	157.5	161.0	164.5	168.0
75%	135.0	138.8	142.5	146.3	150.0	153.8	157.5	161.3	165.0	168.8	172.5	176.3	180.0
80%	144.0	148.0	152.0	156.0	160.0	164.0	168.0	172.0	176.0	180.0	184.0	188.0	192.0
85%	153.0	157.3	161.5	165.8	170.0	174.3	178.5	182.8	187.0	191.3	195.5	199.8	204.0
90%	162.0	166.5	171.0	175.5	180.0	184.5	189.0	193.5	198.0	202.5	207.0	211.5	216.0
95%	171.0	175.8	180.5	185.3	190.0	194.8	199.5	204.3	209.0	213.8	218.5	223.3	228.0
100%	180.0	185.0	190.0	195.0	200.0	205.0	210.0	215.0	220.0	225.0	230.0	235.0	240.0
105%	189.0	194.3	199.5	204.8	210.0	215.3	220.5	225.8	231.0	236.3	241.5	246.8	252.0
110%	198.0	203.5	209.0	214.5	220.0	225.5	231.0	236.5	242.0	247.5	253.0	258.5	264.0
115%	207.0	212.8	218.5	224.3	230.0	235.8	241.5	247.3	253.0	258.8	264.5	270.3	276.0
120%	216.0	222.0	228.0	234.0	240.0	246.0	252.0	258.0	264.0	270.0	276.0	282.0	288.0
125%	225.0	231.3	237.5	243.8	250.0	256.3	262.5	268.8	275.0	281.3	287.5	293.8	300.0
130%	234.0	240.5	247.0	253.5	260.0	266.5	273.0	279.5	286.0	292.5	299.0	305.5	312.0
135%	243.0	249.8	256.5	263.3	270.0	276.8	283.5	290.3	297.0	303.8	310.5	317.3	324.0
140%	252.0	259.0	266.0	273.0	280.0	287.0	294.0	301.0	308.0	315.0	322.0	329.0	336.0
145%	261.0	268.3	275.5	282.8	290.0	297.3	304.5	311.8	319.0	326.3	333.5	340.8	348.0
150%	270.0	277.5	285.0	292.5	300.0	307.5	315.0	322.5	330.0	337.5	345.0	352.5	360.0
155%	279.0	286.8	294.5	302.3	310.0	317.8	325.5	333.3	341.0	348.8	356.5	364.3	372.0
160%	288.0	296.0	304.0	312.0	320.0	328.0	336.0	344.0	352.0	360.0	368.0	376.0	384.0
165%	297.0	305.3	313.5	321.8	330.0	338.3	346.5	354.8	363.0	371.3	379.5	387.8	396.0
170%	306.0	314.5	323.0	331.5	340.0	348.5	357.0	365.5	374.0	382.5	391.0	399.5	408.0
175%	315.0	323.8	332.5	341.3	350.0	358.8	367.5	376.3	385.0	393.8	402.5	411.3	420.0
180%	324.0	333.0	342.0	351.0	360.0	369.0	378.0	387.0	396.0	405.0	414.0	423.0	432.0
185%	333.0	342.3	351.5	360.8	370.0	379.3	388.5	397.8	407.0	416.3	425.5	434.8	444.0
190%	342.0	351.5	361.0	370.5	380.0	389.5	399.0	408.5	418.0	427.5	437.0	446.5	456.0
195%	351.0	360.8	370.5	380.3	390.0	399.8	409.5	419.3	429.0	438.8	448.5	458.3	468.0
200%	360.0	370.0	380.0	390.0	400.0	410.0	420.0	430.0	440.0	450.0	460.0	470.0	480.0