

Tier 1 Development Program - NSWDG - CAG - Training Program

SOF Prep Training c. 2019

SOF Prep Presents our Tier 1 Development Training System.

This is an advanced Tactical Fitness Training System designed for Top Level Operators or those aspiring to become a Tier 1 Operator.

The Naval Special Warfare Development Group (NSWDG), commonly known as DEVGRU (DEvelopment GRoUp) or SEAL Team Six

The 1st Special Forces Operational Detachment-Delta (SFOD-D), commonly referred to as Delta Force, Combat Applications Group (CAG), "The Unit", Army Compartmented Element (ACE), or within JSOC as Task Force Green

90 Day Tactical Fitness Plan

Strength, Power, Endurance, Swimming, Mindset and Mental Toughness.

Disclaimer: This program is extremely rigorous and physically demanding. You must be in peak physical shape before you even start this program. This program is designed to prep you for the physical standards of a Tier 1 Operator. You still need extremely high ASVAB scores, and other tests in the military process to even be considered for these Tier 1 groups. Anyone can complete this training, it is just mental and physical fitness. Train SMART! This program is ideal for any branch if you want to be in the top 1% of fitness. It will prep you for any PST or PRT or readiness test in the world.

FAQ:

Yes, ANYONE can attempt to complete this training, the Tier 1 category means this is our most intense fitness plan. Workouts will be 60 - 120 minutes (or more). You will need to be physically and mentally ready to complete them.

You will be completing strength cycles, endurance cycles, and high intensity cycles all in the same day. Lots of volume.

This program has more advanced movements and we do not provide coaching on these. This is a fitness program, not a "how to do the movement" program. At this level, you should know how to complete these movements.

This is an advanced level program. You can scale it if needed but we are designing this for our top level athletes.

Equipment Needed:

You will need access to a full range of Functional Training Gear for this program.

Pull Up Bar

Ruck Pack + Weight or Weight Vest

Heavy Sandbag 50% of your Body Weight

Barbell + Weight (amount depends on your 1 RM Deadlift)

Assorted Dumbbells

Squat Rack and Bench (you can go from the ground it's just way harder and not safe with heavy weight)

Cardio Equipment - Any of the following: Rower, Bike, Treadmill, Elliptical

Pool - You can sub in other training if your goal doesn't involve swimming

Jump rope

Rings or TRX

Dip Bar

Plyo Box or Step Up

PT Area

Rucking Trails

Running Area - Track or App to measure distances.

Be ready to Adapt, Improve, and Overcome

These workouts are intense! Overtraining will result in loss of performance and health issues. Always listen to your body, follow rest days, do not skip the recovery or rest days. If you are injured, let that part of your body recover. Pushing through the pain during this phase of your career is not wise. Always consult a proper channel with questions. Learn proper form from a coach. Scale as needed. Train SMART!

If you have questions please email: SOFPrep01@gmail.com

Remember: Google and Youtube are your friend. Use the tools at your disposal to answer questions. Exhaust all resources before calling HQ for Support. Part of this training is solving problems and learning through mistakes. Train smart. Be Smart. Be Safe. GET SOME!

Day 1:

Warm Up: 1 Mile Run, 50 Push Ups, 20 Pull Ups, 50 4 Count Flutter Kicks

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: Work up to 3 Rep Max of Back Squat Record Your 3 Rep Max

Ruck: 30 Min High Output Ruck March with Weight Vest or Ruck Pack. 10% of Body Weight.

High Intensity:

5 Rounds As Fast As Possible (AFAP)

20 Sandbag Ground to Shoulder Alternating 40# or You Call It

20 Box Jumps with Step Down 24"

20 V Ups

10 Pull Ups (No Kipping)

10 Knees to Elbows (No Kipping)

Endurance: 3 Mile LSD (Long Slow Distance) Run 60% of your Full Sprint Pace

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 2:

Warm Up: 2 x 400m Runs at 65% Full Sprint Pace, 5 Min Plank in Leaning Rest, 5 Min Wall Sit

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: Work Up to 3 Rep Max Strict Press Record Your 3 Rep Max

Swim, Row or Bike: 30 Minutes of Swim, Bike or Row 75% of Full Sprint Pace

High Intensity:

AFAP:

- 30x burpee box jump (24in)
- 400m run
- 15x power clean (95#)
- 800m run
- 15x deadlift (95#)
- 400m run
- 30x burpee box jump (20in)

Mindset Training: 20 Minutes on the Clock Plank Hold - Every Time you drop to your knees 5 Burpees (keep clock running)

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 3:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 4:

Warm Up: Bike or Row for 15 Minutes 60% Full Pace, Then: 3 Rounds 10 Pull Ups, 20 Push Ups, 30 Sit Ups, 40 Jumping Jacks

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: Work Up to 3 Rep Max Deadlift Record Your 3 Rep Max

Ruck: 30 Minute Ruck with 25% of your Bodyweight.

High Intensity:

Complete 3 rounds for time of:

- 20x burpee pull up (6" above reach)
- 20x sandbag get ups (65#)
- 20x box jump (24in)

Mindset Training: 150 Sandbag Step Ups (Carry the bag how you want) 40#

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 5:

Warm Up: 4 x 200m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: Perform 3 Sets of Burnout Reps of Ring Rows. Journal each Set and Figure out the Average Record for later date

Swim, Row or Bike: 15 Minute of 90% Full Sprint Effort

High Intensity:

Complete as many rounds as possible in 20 minutes of:

- 15x hang power clean (95#)
- 6x strict dips
- 9x box jump with step down (24in)

Mindset Training: Bar Hang 4x for 1 Minute. Wall Sit 4x for 2 Minutes. Bottom of Squat Hold 4x for 1 Minute

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 6:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 7:

Rest Day Hydrate, Fuel and Relax. Clean Gear, organize for the next week of training. Set yourself up for success.

Week 2

Day 8:

Warm Up: 4 x 400M Starting at 50% Pace Work up to 80% Pace on Last 400. Recover and stretch carefully between 400s. 50 Push Ups, 20 Pull Ups, 50 Curl Ups.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 60% of 1 Rep Max Back Squat. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Min High Output Ruck March with Weight Vest or Ruck Pack. 10% of Body Weight.

High Intensity: Complete as many rounds as possible in 15 minutes of:

10x Calories on rower

20x Dips (Strict)

30x Pull Ups. (Strict)

Endurance: 3 Mile LSD (Long Slow Distance) Run 60% of your Full Sprint Pace

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 9:

Warm Up: 4 x 200m Runs at 65% Full Sprint Pace, 6 Min Plank in Leaning Rest, 6 Min Wall Sit

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 60% of 1 Rep Max Strict Press. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Swim, Row or Bike: 30 Minutes of Swim, Bike or Row 75% of Full Sprint Pace

High Intensity: 5 Rounds

Run 400m

20x overhead squat with Sandbag or Ruck

Mindset Training: 10 Minutes on the Clock Bar Hang - Every Time you drop 5 Burpees (keep clock running)

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 10:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 11:

Warm Up: Bike or Row for 15 Minutes 60% Full Pace, Then: 3 Rounds 10 Pull Ups, 20 Push Ups, 30 Sit Ups, 40 Leg Levers

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 60% of 1 Rep Max Deadlift. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Minute Ruck with 25% of your Bodyweight.

High Intensity:

Run 1.5 miles

150x burpee

Run 1.5 miles

Mindset Training: 100 Alternating Lunges Holding 20# Plate or Object in Front Rack Position

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 12:

Warm Up: 4 x 100m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run. 50 Burpees, 20 Pull Ups, 50 Air Squats

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps Ring Row, 60% of your Average Burn Out Score. (if you average is 40 reps complete 5 x 5 of 24 Reps.

Swim, Row or Bike: 15 Minutes of 90% Full Sprint Effort

High Intensity:

Complete 20-15-10 reps for time of:

Power clean (105#)

Bar facing burpees (jump over the barbell or weight and do a burpee)

Mindset Training: Leg Holds Max Effort: Put 5 Minutes on the clock and hold your legs 6 inches off the deck. Every time your heels touch, add 10 Push Ups. After 5 Minutes pay the man with your earned Push Ups.

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 13:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available. Always have a swim buddy present with Ice Bath Recovery

Day 14:

Rest Day Hydrate, Fuel and Relax. Clean Gear, organize for the next week of training. Set yourself up for success.

Week 3

Day 15:

Warm Up: 4 x 800M Starting at 50% Pace Work up to 80% Pace on Last 800. Recover and stretch carefully between 800s. 50 Push Ups, 20 Pull Ups, 50 Curl Ups.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 66% of 1 Rep Max Back Squat. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Min High Output Ruck March with Weight Vest or Ruck Pack. 10% of Body Weight. Every 5 Minutes Complete 10 Squats and 10 Push Ups.

High Intensity: Complete as many rounds as possible in 20 minutes of:

50x Strict Pull ups
9x Jumping Squats
35x Strict pull ups
12x Ground to Overhead 40 - 60# Sandbag or Object
20x strict pull ups
15x Jumping Squats

Endurance: 3 Mile LSD (Long Slow Distance) Run 60% of your Full Sprint Pace

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 16:

Warm Up: 4 x 100m Sprints. Start at 50% work up to 80% Stretch in between each sprint and perform Range of Motion Drills. 6 Minute Leaning Rest Plank Hold.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 66% of 1 Rep Max Strict Press. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Swim, Row or Bike: 30 Minutes of Swim, Bike or Row 75% of Full Sprint Pace

High Intensity: 5 Rounds

Run 400m
21x Sandbag Get Ups 50#
25x 4 Count Flutter Kicks (1,2,3,1 - 1,2,3,2) Cadence

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Mindset Training: Ice Bath or Cold Shower For Recovery. Always have a swim buddy present with an Ice Bath Session. (don't stretch cold)

Day 17:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 18:

Warm Up: Bike or Row for 15 Minutes 60% Full Pace, Then: 3 Rounds 10 Pull Ups, 20 Push Ups, 30 Sit Ups, 50 4 Count Mtn Climbers (1,2,3,1 - 1,2,3,2 Cadence)

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 66% of 1 Rep Max DeadLift. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Minute Ruck with 25% of your Bodyweight.

High Intensity:

PT Training 45 Minutes On the Clock 2 Minutes of Each Movement Repeat List Until Time Runs Out:

Push Ups
Sit Ups
Alt Lunges
Arm Haulers
Leg Levers
Sit Ups
Pull Ups
Air Squats
Plank Hold
Wall Sit
Star Jumps
Burpees

Mindset Training: 100 Curtis P's For Time with 50# Sandbag or Object

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 19:

Warm Up: 4 x 400m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run. 50 Burpees, 20 Pull Ups, 50 Air Squats

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps Ring Row, 66% of your Average Burn Out Score. (if you average is 40 reps complete 5 x 5 of 24 Reps.

Swim, Row or Bike: 17 Minutes of 90% Full Sprint Effort

High Intensity:

5 Rounds For Time

10x Power Cleans 95# Heavy Object

25x 4 Count Mtn Climbers

25m Shuttle Sprint

Mindset Training: Stomach Feet Back - With your ruck on, set a timer to beep every 3 seconds for 5 Minutes. Perform Dropping to your Stomach and Back and getting back up again. Fall Down, Get Up for 5 Minutes. Then low crawl with ruck on for 100 Yards.

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 20:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available. Always have a swim buddy present with Ice Bath Recovery

Day 21:

Rest Day Hydrate, Fuel and Relax. Clean Gear, organize for the next week of training. Set yourself up for success.

Week 4

Day 22:

Warm Up: 4 x 200M Starting at 50% Pace Work up to 80% Pace on Last 200. Recover and stretch carefully between 200s. Then: 100 Burpees or Max Effort in 10 Minutes.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 72% of 1 Rep Max Back Squat. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Min High Output Ruck March with Weight Vest or Ruck Pack. 10% of Body Weight. Every 5 Minutes Complete 10 standing broad jumps.

High Intensity: 10 Rounds

16x Ground to Shoulder with Sandbag Alternating Each Side

10x burpee box jump over sandbag

100m sprint with sandbag on shoulder

Endurance: 3 Mile LSD (Long Slow Distance) Run 60% of your Full Sprint Pace

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 23:

Warm Up: 10 x 100m Sprints. Start at 50% work up to 80% Stretch in between each sprint and perform Range of Motion Drills. 6 Minute Leaning Rest Plank Hold with 20# weight on back or wear your ruck or vest.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 72% of 1 Rep Max Strict Press. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Swim, Row or Bike: 30 Minutes of Swim, Bike or Row 75% of Full Sprint Pace

High Intensity: 30 Minutes on the Clock

100x weighted push ups (24#)

50x weighted pull ups 10#

50m Sandbag Toss (throw sandbag run up to it and repeat)

Mindset Training: 200 Weighted Alternating Step Ups 20 inches with 20# plate or object in each hand.

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 24:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 25:

Warm Up: Bike or Row for 15 Minutes 70% Full Pace, Then: 3 Rounds 10 Pull Ups, 20 Push Ups, 30 Sit Ups, 50 4 Count Mtn Climbers (1,2,3,1 - 1,2,3,2 Cadence) 50 4 Count Flutter Kicks.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 72% of 1 Rep Max DeadLift. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Minute Ruck with 25% of your Bodyweight.

High Intensity: EMOM (Every Minute on the Minute) 20 minutes

10 Air Squats

10 Arm Haulers

Rest Until Next Minute Starts (Pays to be a Winner)

Mindset Training: 100 Strict Pull Ups (break up as needed but hit 100 and don't KIP!)

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 26:

Warm Up: 4 x 200m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run. 50 Burpees, 20 Pull Ups, 50 Air Squats

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps Ring Row, 72% of your Average Burn Out Score.

Swim, Row or Bike: 22 Minutes of 90% Full Sprint Effort

High Intensity:

Complete 3 rounds for time:

Row or Bike 500m
10x DB Renegade Rows (35#/25#)
Run 400m
10x DB Curtis P's (35#/25#)

Mindset Training: 100 Weighted Push Ups with a 25# Sandbag or Plate on Your Back

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 27:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical.
15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available. Always have a swim buddy present with Ice Bath Recovery

Day 28:

Rest Day Hydrate, Fuel and Relax. Clean Gear, organize for the next week of training. Set yourself up for success.

Week 5

Day 29

Warm Up: 4 x 800M Starting at 50% Pace Work up to 80% Pace on Last 800. Recover and stretch carefully between 800s.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 77% of 1 Rep Max Back Squat. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Min High Output Ruck March with Weight Vest or Ruck Pack. 10% of Body Weight. Every 5 Minutes Complete 10 standing broad jumps.

High Intensity:

3 Rounds

10 Pull Ups

20 Sit Ups

30 Push Ups

40 Arm Haulers

50 4 Count Mtn Climbers

800m Sanbag Run with Bag on Back Rack (30 - 50#)

Endurance: 3 Mile LSD (Long Slow Distance) Run 60% of your Full Sprint Pace

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 30:

Warm Up: 10 x 50m Sprints. Start at 50% work up to 80% Stretch in between each sprint and perform Range of Motion Drills. 5 Min Bar Hang, Count up every time you drop and perform 10 Air Squats and 10 Push Ups for Every Drop. Drop 5 Times = 50 of each.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 77% of 1 Rep Max Strict Press. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Swim, Row or Bike: 30 Minutes of Swim, Bike or Row 75% of Full Sprint Pace

High Intensity: 30 Minutes on the Clock

50 Alt Lunges

50 Alt Step Ups 20" with 30# Weight Back Rack

50 Hollow Rocks

50 Broad Jumps

Repeat Rounds for 30 Mins.

Mindset Training: 10 Minute Wall Sit. Every Time you Break. 25 Burpees to be paid after the 10 Mins.

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 31:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 32:

Warm Up: Bike or Row for 15 Minutes 70% Full Pace, Then: 3 Rounds 10 Pull Ups, 20 Push Ups, 30 Sit Ups, 50 4 Count Mtn Climbers (1,2,3,1 - 1,2,3,2 Cadence) 50 4 Count Flutter Kicks.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 77% of 1 Rep Max DeadLift. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Minute Ruck with 25% of your Bodyweight.

High Intensity: EMOM (Every Minute on the Minute) 20 minutes

5 Pull Ups Strict

5 Push Ups

5 Air Squats

Rest Remainder of the Minute GO HARD!

Mindset Training: 800m Bear Crawl

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 33:

Warm Up: 4 x 400m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run. Then, 50 Sandbag Get Ups 40#

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps Ring Row, 77% of your Average Burn Out Score.

Swim, Row or Bike: 28 Minutes of 90% Full Sprint Effort

High Intensity:

Complete 3 rounds for time:

50m Low Crawl

50m Shuttle Sprint (down 25m touch cone or line back)

50 Push Ups

50 Knees to Elbows Hanging from a Bar

Mindset Training: 800m Walking Lunge with 40# Sandbag Front Rack

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 34:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available. Always have a swim buddy present with Ice Bath Recovery

Day 35:

Rest Day Hydrate, Fuel and Relax. Clean Gear, organize for the next week of training. Set yourself up for success.

Week 6:

Day 36:

****DELOAD WEEK FOR HIGH INTENSITY SEGMENT****

Warm Up: 4 x 100M Starting at 50% Pace Work up to 80% Pace on Last 100. Recover and stretch carefully between 100s. Then, 50 Pull Ups, 50 4 Count Jumping Jacks, 50 Burpees with Strict Pushups (don't flop down)

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 85% of 1 Rep Max Back Squat. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Min High Output Ruck March with Weight Vest or Ruck Pack. 10% of Body Weight. Every 5 Minutes Complete 10 standing broad jumps.

High Intensity:

Deload Week on High Intensity. No Action.

Endurance: 3 Mile LSD (Long Slow Distance) Run 60% of your Full Sprint Pace

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 37:

Warm Up: 10 x 25m Hill Sprints Walk Backwards back down hill. Start at 50% work up to 80% Stretch in between each sprint and perform Range of Motion Drills. 10 Minute Wall Sit with 40# sandbag on lap.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 85% of 1 Rep Max Strict Press. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Swim, Row or Bike: 30 Minutes of Swim, Bike or Row 80 % of Full Sprint Pace

High Intensity:

Deload Week No Action

Mindset Training: 100 Dumbbell Thrusters with 25% of your Bodyweight (pick a random object that is awkward to hold)

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 38

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 39

Warm Up: Bike or Row for 15 Minutes 70% Full Pace, Then: 7 Min Plank in Leaning Rest, 7 Min Wall Sit

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 85% of 1 Rep Max DeadLift. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Minute Ruck with 25% of your Bodyweight.

High Intensity:

Deload Week No Action

Mindset Training: 400m Burpee Broad Jumps

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 40:

Warm Up: 4 x 400m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run. Then, 50 Sandbag Get Ups 40#

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps Ring Row, 85% of your Average Burn Out Score.

Swim, Row or Bike: 28 Minutes of 90% Full Sprint Effort

High Intensity:

Deload Week No Action

Mindset Training: Ice Bath or Cold Shower (make sure you have a swim buddy present for the ice bath)

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 41:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available. Always have a swim buddy present with Ice Bath Recovery

Day 42:

Rest Day Hydrate, Fuel and Relax. Clean Gear, organize for the next week of training. Set yourself up for success.

Week 7:

Last Strength Week. Focus 100% on Strength Training

Day 43:

Warm Up: 4 x 100M Starting at 50% Pace Work up to 80% Pace on Last 100. Recover and stretch carefully between 100s. Then: 2 Rounds 10 Pull Ups, 20 Push Ups, 30 Sit Ups, 40 Squats.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 92% of 1 Rep Max Back Squat. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

LSD Run: 3 Miles Track, Trail or Field (Avoid Pavement)

High Intensity:

Crossfit Fran

21-15-9

Pull Ups Strict

Thrusters with 95# Object

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 44:

Warm Up: 10 x 25m Hill Sprints Walk Backwards back down hill. Start at 50% work up to 80% Stretch in between each sprint and perform Range of Motion Drills.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 92% of 1 Rep Max Strict Press. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Swim, Row or Bike: 30 Minutes of Swim, Bike or Row 80 % of Full Sprint Pace

High Intensity:

4 Rounds:
20 Burpees
20 Broad Jumps
20m Bear Crawl
20M Backwards Run

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 45:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 46:

Warm Up: Bike or Row for 15 Minutes 70% Full Pace, Then: 7 Min Plank in Leaning Rest, 7 Min Wall Sit

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 92% of 1 Rep Max DeadLift. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Minute Ruck with 25% of your Bodyweight.

High Intensity:

50 Sandbag Get Ups 20# Light Bag and GO FAST!

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 47:

Warm Up: 4 x 200m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps Ring Row, 92% of your Average Burn Out Score.

Swim, Row or Bike: 15 Minutes of 90% Full Sprint Effort

High Intensity:

5 Rounds for Time:

20 Pull Ups

20 Air Squats

Mindset Training: Ice Bath or Cold Shower (make sure you have a swim buddy present for the ice bath)

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 48:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available. Always have a swim buddy present with Ice Bath Recovery

Day 49:

Rest Day Hydrate, Fuel and Relax. Clean Gear, organize for the next week of training. Set yourself up for success.

Week 8 Test WEEK!

For this week we will be revisiting our 3RM's and comparing our scores to week 1.

Day 50

Warm Up: 1 Mile Run, 50 Push Ups, 20 Pull Ups, 50 4 Count Flutter Kicks

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: Work up to 3 Rep Max of Back Squat Record Your 3 Rep Max

Ruck: 30 Min High Output Ruck March with Weight Vest or Ruck Pack. 10% of Body Weight.

High Intensity:

5 Rounds As Fast As Possible (AFAP)

20 Sandbag Ground to Shoulder Alternating 40# or You Call It

20 Box Jumps with Step Down 24"

20 V Ups

10 Pull Ups (No Kipping)

10 Knees to Elbows (No Kipping)

Endurance: 3 Mile LSD (Long Slow Distance) Run 60% of your Full Sprint Pace

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 51:

Warm Up: 2 x 400m Runs at 65% Full Sprint Pace, 5 Min Plank in Leaning Rest, 5 Min Wall Sit

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: Work Up to 3 Rep Max Strict Press Record Your 3 Rep Max

Swim, Row or Bike: 30 Minutes of Swim, Bike or Row 75% of Full Sprint Pace

High Intensity:

AFAP:

-30x burpee box jump (24in)

-400m run

-15x power clean (95#)

-800m run

-15x deadlift (95#)

-400m run

-30x burpee box jump (20in)

Mindset Training: 20 Minutes on the Clock Plank Hold - Every Time you drop to your knees 5 Burpees (keep clock running)

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 52

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 53

Warm Up: Bike or Row for 15 Minutes 60% Full Pace, Then: 3 Rounds 10 Pull Ups, 20 Push Ups, 30 Sit Ups, 40 Jumping Jacks

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: Work Up to 3 Rep Max Deadlift Record Your 3 Rep Max

Ruck: 30 Minute Ruck with 25% of your Bodyweight.

High Intensity:

Complete 3 rounds for time of:

- 20x burpee pull up (6" above reach)

- 20x sandbag get ups (65#)

- 20x box jump (24in)

Mindset Training: 150 Sandbag Step Ups (Carry the bag how you want) 40#

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 54

Warm Up: 4 x 200m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: Perform 3 Sets of Burnout Reps of Ring Rows. Journal each Set and Figure out the Average Record for later date

Swim, Row or Bike: 15 Minute of 90% Full Sprint Effort

High Intensity:

Complete as many rounds as possible in 20 minutes of:

- 15x hang power clean (95#)

- 6x strict dips

-9x box jump with step down (24in)

Mindset Training: Bar Hang 4x for 1 Minute. Wall Sit 4x for 2 Minutes. Bottom of Squat Hold 4x for 1 Minute

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 55

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 56:

Rest Day Hydrate, Fuel and Relax. Clean Gear, organize for the next week of training. Set yourself up for success.

Week 9 Complete Deload Week

This is a complete Deload Week. You have completed a ton of work over the past 8 weeks. It's time to let your body recover. Each day pick a low impact activity from the options and keep your body moving. The goal here is to RECOVER! Don't skip this step. Failure to recover can lead to massive loss of performance, injury and illness. Train SMART!

Day 57:

Deload Week Active Recovery: 20 minute Swim, Bike or Row followed by a complete stretch with foam roll.

Day 58:

5 Mile LSD Run at 65% Pace. Shoot for 8 - 9 minute miles. Keep it easy.

Day 59:

Ruck Day! With 10% of your body weight ruck out 30 minutes and turn around and ruck back. Find a trail or uneven terrain with elevation changes if possible.

Day 60:

100% Rest Day. Foam Roll. Massage. Ice Bath if desired.

Day 61:

Deload Week Active Recovery: 20 minute Swim, Bike or Row followed by a complete stretch with foam roll.

Day 62:

5 Mile LSD Run at 65% Pace. Shoot for 8 - 9 minute miles. Keep it easy.

Day 63:

100% Rest Day. Foam Roll. Massage. Ice Bath if desired.

Week 10: The Final Countdown!

Day 64

Warm Up: 4 x 400M Starting at 50% Pace Work up to 80% Pace on Last 400. Recover and stretch carefully between 400s. 50 Push Ups, 20 Pull Ups, 50 Curl Ups.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 75% of 1 Rep Max Back Squat. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Mindset Training: 1 Hour Swim with CSS in a pool. (make sure you hydrate frequently and that a lifeguard and or swim buddy is present)

Ruck: 30 Min High Output Ruck March with Weight Vest or Ruck Pack. 10% of Body Weight.

High Intensity:

100 Pull Ups

100 Sit Ups

100 Push Ups

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 65

Warm Up: 4 x 200m Runs at 65% Full Sprint Pace, 6 Min Plank in Leaning Rest, 6 Min Wall Sit

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 75% of 1 Rep Max Strict Press. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Swim, Row or Bike: 30 Minutes of Swim, Bike or Row 75% of Full Sprint Pace

High Intensity: 5 Rounds

Run 200m

20x Ground to Overhead with 50% of your bodyweight

Mindset Training: 10 Minutes on the Clock Bar Hang - Every Time you drop 5 Burpees Stop the Clock when you drop.

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 66:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical.
15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 67

Warm Up: Bike or Row for 15 Minutes 60% Full Pace, Then: 3 Rounds 10 Pull Ups, 20 Push Ups, 30 Sit Ups, 40 Leg Levers

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 75% of 1 Rep Max Deadlift. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Minute Ruck with 25% of your Bodyweight.

High Intensity:

Run 1 mile
200 push ups
100 Pull Ups
Run 1 mile

Mindset Training: 100 Alternating Lunges Holding 25# Plate or Object Overhead

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 68

Warm Up: 4 x 100m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run. 50 Burpees, 20 Pull Ups, 50 Air Squats

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps Ring Row, 75% of your Average Burn Out Score. (if you average is 40 reps complete 5 x 5 of 30 Reps.

Swim, Row or Bike: 15 Minutes of 90% Full Sprint Effort

High Intensity:

Complete 20-15-10 reps for time of:

Sandbag Getups 50#

Bag facing burpees (jump over the barbell or weight and do a burpee)

Mindset Training: Leg Holds Max Effort: Put 10 Minutes on the clock and hold your legs 6 inches off the deck. Every time your heels touch, add 10 Push Ups. After 10 Minutes pay the man with your earned Push Ups.

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 69:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available. Always have a swim buddy present with Ice Bath Recovery

Day 70:

Rest Day Hydrate, Fuel and Relax. Clean Gear, organize for the next week of training. Set yourself up for success.

Week 11:

Day 71

Warm Up: 4 x 800M Starting at 50% Pace Work up to 80% Pace on Last 800. Recover and stretch carefully between 800s. 50 Push Ups, 20 Pull Ups, 50 Curl Ups.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 80% of 1 Rep Max Back Squat. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Min High Output Ruck March with Weight Vest or Ruck Pack. 10% of Body Weight. Every 5 Minutes Complete 10 Squats and 10 Push Ups.

High Intensity: Complete as many rounds as possible in 40 minutes of:

25x Strict Pull ups
9x Jumping Squats
35x Strict pull ups
12x Ground to Overhead 40 - 60# Sandbag or Object
20x Knees to Elbow (hanging from a bar)
15x Jumping Squats

Endurance: 5 Mile LSD (Long Slow Distance) Run 60% of your Full Sprint Pace

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 72:

Warm Up: 4 x 100m Sprints. Start at 50% work up to 80% Stretch in between each sprint and perform Range of Motion Drills. 10 Minute Leaning Rest Plank Hold.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 85% of 1 Rep Max Strict Press. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Swim, Row or Bike: 30 Minutes of Swim, Bike or Row 75% of Full Sprint Pace

High Intensity: 5 Rounds

Run 400m

21x Deadlifts 135#

25x 4 MTN Climbers (1,2,3,1 - 1,2,3,2) Cadence

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Mindset Training: Ice Bath or Cold Shower For Recovery. Always have a swim buddy present with an Ice Bath Session. (don't stretch cold)

Day 73:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 74:

Warm Up: Bike or Row for 15 Minutes 60% Full Pace, Then: 3 Rounds 10 Pull Ups, 20 Push Ups, 30 Sit Ups, 50 4 Count Flutter Kicks (1,2,3,1 - 1,2,3,2 Cadence)

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 85% of 1 Rep Max DeadLift. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Minute Ruck with 25% of your Bodyweight.

High Intensity:

PT Training 60 Minutes On the Clock 2 Minutes of Each Movement Repeat List Until Time Runs Out:

Push Ups
Sit Ups
Alt Lunges
Arm Haulers
Leg Levers
Sit Ups
Pull Ups
Air Squats
Plank Hold
Wall Sit
Star Jumps
Burpees

Mindset Training: 100 Curtis P's For Time with 50# Sandbag or Object

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 75:

Warm Up: 4 x 400m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run. 50 Burpees, 20 Pull Ups, 50 Air Squats

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps Ring Row, 85% of your Average Burn Out Score. (if you average is 40 reps complete 5 x 5 of 24 Reps.

Swim, Row or Bike: 20 Minutes of 90% Full Sprint Effort

High Intensity:

5 Rounds For Time

10x Power Cleans 95# Heavy Object

25x Box Jumps 20# (step back down)
50m Shuttle Sprint

Mindset Training: Stomach Feet Back - With your ruck on, set a timer to beep every 3 seconds for 5 Minutes. Perform Dropping to your Stomach and Back and getting back up again. Fall Down, Get Up for 5 Minutes. Then low crawl with ruck on for 100 Yards.

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 76:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available. Always have a swim buddy present with Ice Bath Recovery

Day 77:

Rest Day Hydrate, Fuel and Relax. Clean Gear, organize for the next week of training. Set yourself up for success.

Week 12:

Day 78:

Warm Up: 4 x 200M Starting at 50% Pace Work up to 80% Pace on Last 200. Recover and stretch carefully between 200s. Then: 100 Burpees or Max Effort in 10 Minutes.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 90% of 1 Rep Max Back Squat. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Min High Output Ruck March with Weight Vest or Ruck Pack. 15% of Body Weight. Every 5 Minutes Complete 10 standing broad jumps.

High Intensity: 10 Rounds

20x Ground to Shoulder with Sandbag Alternating Each Side

15x burpee box jump over sandbag

100m sprint with sandbag on shoulder

Endurance: 5 Mile LSD (Long Slow Distance) Run 60% of your Full Sprint Pace

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 79:

Warm Up: 10 x 100m Sprints. Start at 50% work up to 80% Stretch in between each sprint and perform Range of Motion Drills. 6 Minute Leaning Rest Plank Hold with 20# weight on back or wear your ruck or vest.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 90% of 1 Rep Max Strict Press. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Swim, Row or Bike: 30 Minutes of Swim, Bike or Row 75% of Full Sprint Pace

High Intensity: 30 Minutes on the Clock

100x weighted push ups (24#)

50x weighted pull ups 10#

50m Sandbag Toss (throw sandbag run up to it and repeat)

Mindset Training: 200 Weighted Alternating Step Ups 20 inches with 20# plate or object in each hand. (pinch grip with plates? Try it)

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 80:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 81:

Warm Up: Bike or Row for 15 Minutes 70% Full Pace, Then: 3 Rounds 10 Pull Ups, 20 Push Ups, 30 Sit Ups, 50 4 Count Mtn Climbers (1,2,3,1 - 1,2,3,2 Cadence) 50 4 Count Flutter Kicks.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 90% of 1 Rep Max DeadLift. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Minute Ruck with 25% of your Bodyweight.

High Intensity:

Complete 3 rounds for time of:

20x burpee pull up (6" above reach)

20x sandbag get ups (65#)

20x box jump (24in)

Mindset Training: 1 Hour Sitting Staring at a wall doing nothing. No Phone. No Music. Sit and stare at the wall.

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 82:

Warm Up: 4 x 200m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run. 50 Burpees, 20 Pull Ups, 50 Air Squats

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps Ring Row, 90% of your Average Burn Out Score.

Swim, Row or Bike: 22 Minutes of 90% Full Sprint Effort

High Intensity:

Complete 3 rounds for time:

Row or Bike 500m

10x DB Renegade Rows (35#/25#)

Run 400m

10x DB Curtis P's (35#/25#)

Mindset Training: Tread water for 30 minutes. (make sure a lifeguard and swim buddy is present)

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 83:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available. Always have a swim buddy present with Ice Bath Recovery

Day 84:

Rest Day Hydrate, Fuel and Relax. Clean Gear, organize for the next week of training. Set yourself up for success.

Week 13

Day 85:

Warm Up: 4 x 800M Starting at 50% Pace Work up to 80% Pace on Last 800. Recover and stretch carefully between 800s.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 90% of 1 Rep Max Back Squat. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Min High Output Ruck March with Weight Vest or Ruck Pack. 10% of Body Weight. Every 5 Minutes Complete 10 standing broad jumps.

High Intensity:

3 Rounds

10 Pull Ups

20 Sit Ups

30 Push Ups

40 Arm Haulers

50m Shuttle Sprint

800m Sanbag Run with Bag on Back Rack (30 - 50#)

Endurance: 3 Mile LSD (Long Slow Distance) Run 60% of your Full Sprint Pace

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 86:

Warm Up: 10 x 50m Sprints. Start at 50% work up to 80% Stretch in between each sprint and perform Range of Motion Drills. 5 Min Bar Hang, Count up every time you drop and perform 10 Air Squats and 10 Push Ups for Every Drop. Drop 5 Times = 50 of each.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 90% of 1 Rep Max Strict Press. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Swim, Row or Bike: 30 Minutes of Swim, Bike or Row 75% of Full Sprint Pace

High Intensity: 30 Minutes on the Clock

50 Alt Lunges

50 Alt Step Ups 20" with 30# Weight Back Rack

50 Hollow Rocks

50 Broad Jumps

Repeat Rounds for 30 Mins.

Mindset Training: 10 Minute Wall Sit. Every Time you Break. 25 Burpees to be paid after the 10 Mins.

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 87:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 88:

Warm Up: Bike or Row for 15 Minutes 70% Full Pace, Then: 3 Rounds 10 Pull Ups, 20 Push Ups, 30 Sit Ups, 50 4 Count Mtn Climbers (1,2,3,1 - 1,2,3,2 Cadence) 50 4 Count Flutter Kicks.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 90% of 1 Rep Max DeadLift. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Minute Ruck with 25% of your Bodyweight.

High Intensity: EMOM (Every Minute on the Minute) 30 minutes

5 Pull Ups Strict

5 Push Ups

5 Air Squats

Rest Remainder of the Minute GO HARD!

Mindset Training: 1000m Bear Crawl

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 89:

Warm Up: 4 x 100m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run. 50 Burpees, 20 Pull Ups, 50 Air Squats

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps Ring Row, 90% of your Average Burn Out Score. (if you average is 40 reps complete 5 x 5 of 24 Reps.

Swim, Row or Bike: 20 Minutes of 90% Full Sprint Effort

High Intensity:

Complete 20-15-10 reps for time of:

Power clean (105#)

Bar facing burpees (jump over the barbell or weight and do a burpee)

Mindset Training: 1000m Farmer Walk with 2 40# Objects Every time you set down the weight.
20 Burpees

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 90:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available. Always have a swim buddy present with Ice Bath Recovery

Day 91:

Rest Day Hydrate, Fuel and Relax. Clean Gear, organize for the next week of training. Set yourself up for success.

Final WEEK!!! HOOOYAAHHH!

Day 92:

Warm Up: 4 x 800M Starting at 50% Pace Work up to 80% Pace on Last 800. Recover and stretch carefully between 800s.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 95% of 1 Rep Max Back Squat. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 30 Min High Output Ruck March with Weight Vest or Ruck Pack. 10% of Body Weight. Every 5 Minutes Complete 10 standing broad jumps.

High Intensity:

3 Rounds

20 Pull Ups

40 Sit Ups

60 Push Ups

80 Arm Haulers
100 4 Count Mtn Climbers
800m Sanbag Run with Bag on Back Rack (30 - 50#)

Endurance: 3 Mile LSD (Long Slow Distance) Run 60% of your Full Sprint Pace

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 93:

Warm Up: 10 x 50m Sprints. Start at 50% work up to 80% Stretch in between each sprint and perform Range of Motion Drills. 15 Min Leaning Rest Plank Hold with 10 Push Ups every 5 Minutes.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 95% of 1 Rep Max Strict Press. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Swim, Row or Bike: 30 Minutes of Swim, Bike or Row 75% of Full Sprint Pace

High Intensity: 30 Minutes on the Clock

50 Alt Lunges
50 Alt Step Ups 20" with 30# Weight Back Rack
50 Hollow Rocks
50 Broad Jumps
Repeat Rounds for 30 Mins.

Mindset Training: 15 Minute Wall Sit. Every Time you Break. 25 Burpees to be paid after the 10 Mins.

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 94:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available.

Day 95:

Warm Up: Bike or Row for 15 Minutes 70% Full Pace, Then: 3 Rounds 10 Pull Ups, 20 Push Ups, 30 Sit Ups, 50 4 Count Mtn Climbers (1,2,3,1 - 1,2,3,2 Cadence) 50 4 Count Flutter Kicks.

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps: 95% of 1 Rep Max DeadLift. Use 1 RM Calculator from 3 Rep Max Score. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

Ruck: 60 Minute Ruck with 25% of your Bodyweight.

High Intensity: EMOM (Every Minute on the Minute) 40 minutes

5 Pull Ups Strict

5 Push Ups

5 Air Squats

Rest Remainder of the Minute GO HARD!

Mindset Training: 1600m Bear Crawl

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 96:

Warm Up: 4 x 400m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run. Then, 50 Sandbag Get Ups 40#

Stretching and Mobility: Perform a complete stretching routine of your choice. DO NOT SKIP THIS STEP

Strength: 5 Sets of 5 Reps Ring Row, 95% of your Average Burn Out Score.

Swim, Row or Bike: 28 Minutes of 90% Full Sprint Effort

High Intensity:

Complete 3 rounds for time:

50m Low Crawl

50m Shuttle Sprint (down 25m touch cone or line back)

50 Push Ups

50 Knees to Elbows Hanging from a Bar

Mindset Training: 1000m Walking Lunge with 40# Sandbag Front Rack

Cool Down: Perform a complete stretching routine of your choice. Foam Roll. Hydrate and Fuel your Body DO NOT SKIP THIS STEP

Day 97:

Low Impact Recovery Day 45 Minutes of Low Impact Training. Swim, Row, Bike, Elliptical. 15 Minute Full Body Stretch with Foam Roll. Ice Bath for recovery if available. Always have a swim buddy present with Ice Bath Recovery.

Day 98:

Rest Day Hydrate, Fuel and Relax. Clean Gear, organize for the next week of training. Set yourself up for success.

Day 99:

3 Hour Pool Swim with Lifeguard and Swim Buddy. This is a timed challenge. Use the CSS and swim laps for 3 hours. Hydrate and fuel as needed. Stretch Cramps out as needed.

Day 100:

26 Mile Ruck Challenge with 25 Pounds. GET SOME!

