

Tier 1 Development Program 2.0 - NSWDG - CAG - Training Program

SOF Prep Training c. 2020

SOF Prep Training our Tier 1 Development Training System v 2.0

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

Jumprope

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

Day 1:

Warm Up: 1 Mile Run, 2 Rounds 20 Pull Ups, 30 Push 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 Front 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)

50 Alt Lunges with Sandbag 30# Front Rack

50 Step Ups Sandbag Front Rack

800m Run With Sandbag on Shoulder Alternate at 400m Mark

5 Min Plank

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: 4 x 200m Runs at 65% Full Sprint Pace, 5 Min Plank in Leaning Rest, 5 Min Wall Sit, 100 4 Count Jumping Jack, 50 Ice Skaters

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

Strength: Work Up to 3 Rep Max Push Press Your 3 Rep Max

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

High Intensity:

AFAP: 2 Rounds

50 Burpees Over Sandbag 30#
50m Down and Back Shuttle Sprint
50 Sandbag Ground to Overhead 30#
50m Down and Back Shuttle Sprint
50 Push Ups
50m Down and Back Shuttle Sprint

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 20 Pull Ups, 20 Knees to Elbow, 20 Jumping Squats

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

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

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

High Intensity:

Complete 3 rounds for time of:

400m Bear Crawl with Ruck On 10% Of Bodyweight

800m Sprint No RUCK

400m Low Crawl With Ruck

100 Burpees

Mindset Training: 150 Sandbag Get 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 400m 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. Then Perform 3 Sets of Burnout Reps of Strict Pull Ups. 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:

20 Deadlifts with 100% of your Bodyweight

20 Power Cleans with 65% of your Bodyweight

20 Dumbbell Thrusters with 20% of your Bodyweight Total

Mindset Training: 200 Sandbag Get Ups with 20# Bag or Ruck.

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. Then: 25 Leg Levers, 25 Burpees, 5 Minute Wall Sit, 5 Minute Plank Hold

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 Front 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:

2 Minute Sprint on Bike or Rower

2 Minute Burpees

2 Minute Airsquats

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 9:

Warm Up: 4 x 100m Runs at 65% Full Sprint Pace, Mobility Drills Between Each 100m. Then 100 Sit Ups, 100 Air Squats, 100 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: 60% of 1 Rep Max Push 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

Sprint 200m

20x overhead squat with Sandbag or Ruck

50m Bear Crawl Dragging Ruck or Sandbag

Mindset Training: 10 Minutes on the Clock Chin Over 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 25 Pull Ups, 25 Broad Jumps, 50m Crab Walk

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 Sumo 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
150 4 Count Mtn Climbers
Run 1.5 miles

Mindset Training: 100 Alternating Lunges Holding 20# Plate or Object in Front Rack Position Every Time you sent the plate down. 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 12:

Warm Up: 4 x 200m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run. 2 Minute Handstand Hold Against Wall, 50 Sit Ups, 50 Hand Release Push Ups

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

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

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

High Intensity:

Complete 20-15-10 reps for time of:

Ground to Overhead (45#)

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

Thrusters (45#)

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: 8 x 200M Starting at 50% Pace Work up to 80% Pace on Last 200. Recover and stretch carefully between 200s. 50 Push Ups, 20 Pull Ups, 5 Min Plank

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 Front 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 Push Ups
9x Burpees
35x Strict pull ups
12x Ground to Overhead 40 - 60# Sandbag or Object
20x Burpee Pull Ups
15x 4 Count Mtn Climbers

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: 8 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 Push 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

Sprint 200m

21x ManMakers with 25# Dumbbells

25x 4 Count Mtn Climbers

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:

Pull Ups
Sit Ups
Leg Levers
Star Jumps
Plank Hold
HandStand Hold Against Wall
Mtn Climbers
Flutter Kicks
Smurf Jacks
8 Count Body Builders

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 Hand Release Burpee Pull Ups.

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. 5 Sets of 5 Strict Pull Ups, 66% of your Average Burn Out Score.

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

High Intensity:

5 Rounds For Time Maintain FORM!!!

10 Deadlifts Body Deadlift

10 8 Count Body Builders

10 Sandbag Get Ups 50# Bag

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 400M Starting at 50% Pace Work up to 80% Pace on Last 400. Recover and stretch carefully between 400s. Then: 100 Burpees Pull Ups 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 Front 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 Low Crawl Pushing Sandbag

Endurance: 5 Mile LSD (Long Slow Distance) Bike or Row 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 Push 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

20 Man Makers 30# Dumbbells or Kettlebells

20 Ground to Overhead with Barbell No Weight 45#

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

Mindset Training: 20 Minute Towel Hang From Bar. Every Time you drop off the Bar. 10 Sit Ups, 10 Push Ups. 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 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 Sumo 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 Hand Release Push Ups

10 Pull Ups

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

Mindset Training: 1 Mile Bear Crawl No Weight.

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 400m Start at a Jog and work up to 80% Full Sprint Stretch for 1 minute between each run. 5 Rounds 10 Pull Ups, 10 Sit Ups, 10 Jumping AirSquats, 30 Second Chin Over Bar Hold.

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. 5 Sets of 5 Reps Strict Pull Ups, 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 Ground to Overhead (weight you can go unbroken)

Run 400m

10x DB Thrusters (weight you can go unbroken)

Mindset Training: 20 Minute Plan Hold Every Time You Drop Your Knees 10 Hollow Rocks

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: 2 x 2 Mile Run Between Each Run. Stretch and Hydrate and Complete 100 Air Squats

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 Front 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

100m Crab Walk with Sandbag or Ruck on Lap 20#
20 Burpees Over Sandbag
100m Bear Crawl with Sandbag or Ruck on Back 20#
20 Sandbag Ground to Overhead with Overhead Squat

Endurance: 5 Mile LSD (Long Slow Distance) Row, 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 Hill 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 Push 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 with Ruck On 20#
50 Alt Step Ups 20" with 20# Dumbbells each hand
10 Ruck Thrusters
50 Broad Jumps
Repeat Rounds for 30 Mins.

Mindset Training: 1 Mile Farmer Carry with 35# Kettlebells

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 Sumo 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 Hand Release Push Ups

5 Jumping Air Squats

Rest Remainder of the Minute GO HARD!

Mindset Training: 800m Pinch Grip Plate Carry 25# Plates

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 200m 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. 5 Sets of 5 Reps Strict Pull Ups, 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)

50m Farmer Walk with 50% of your body weight total

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: 1 Mile Run Then, 50 Pull Ups, 50 4 Count Jumping Jacks, 50 Burpees with Strict Pushups (don't flop down) Then 800m Run

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 Front 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: 1 Hour Low Impact Cardio Swim, Bike, Row or Elliptical

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 Push 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 Sumo 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: 30 Minutes of 1 Min Plank Hold 1 Min Rest.

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: 2 Mile 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. 5 Sets of 5 Reps Strict Pull Ups, 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 Front 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 Double Fran

21-15-9

Pull Ups Strict

Thrusters with 45# 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:

10 Calorie Row Sub in 20 Burpees if No Rower

400m Run

100m 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 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 Sumo 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 Man Makers 20# Dumbbells GO FAST Keep Form.

50 Curtis P's 45# Bar

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 800m 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. 5 Sets of 5 Reps Strict Pull Ups, 92% of your Average Burn Out Score.

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

High Intensity:

5 Rounds for Time:

10 Burpee Pull Ups

10 Jumping Air Squats

10 Jumping Lunges

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 Front 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)

100m Pinch Grip Plate Carry 25# Each Hand

25m Bear Hug Plate Carry 3 45# Plates If Possible

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 Box Jumps Step Down 24"

-400m run

-15x Hang Power Clean 95#

-800m run

-15x Ground to Overhead 45# Dumbbells

-400m run

-30x Box Jumps Step Down 24"

Mindset Training: 20 Minutes on the Clock Plank Hold - Every Time you drop to your knees 5 Pull Ups 5 Air Squats (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 Sumo Deadlift Record Your 3 Rep Max

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

High Intensity:

Complete 3 rounds for time of:

- 20x Alt Lunges with 65# Sandbag Front Rack
- 20x 65# Sandbag Ground to OverHead
- 20x Step Ups 65# Sandbag On Back Rack

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 400m 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. Perform 3 Sets of Burnout Reps of Strict Pull Ups Journal each Set and Figure out the Average

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

High Intensity:

Complete as many rounds as possible in 20 minutes of:

- 15x Power Cleans Sandbag 65#
- 6x strict dips
- 9x Burpee Over Box 24" (Do Burpee Jump Onto Box and then Jump Down and do Burpee)

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: Find 3 Rep Max of Your Back Squat Then: 5 Sets of 5 Reps: 65% 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: Find your 3 Rep Max of Your Bench Press (USE A SPOTTER) Then 5 Sets of 5 Reps: 65% of 1 Rep Max Bench Press. Use Barbell or Dumbbells. 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

Bear Crawl 100m

20x Ground to Overhead with 50% of your bodyweight

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

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: Find your 3 Rep Max of your Deadlift then: 5 Sets of 5 Reps: 65% 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 800m
100 push ups
Run 800m
50 Pull Ups
200m Alt Lunges

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 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: Find your Average Score of Burnout Dips by doing 3 Burnout Sets. Then 5 Sets of 65% of your Burnout Score.

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

High Intensity:

Complete 20-15-10 reps for time of:

Curtis P's with 65# Bar 2 10's

Bar 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 100M Bear Crawls. 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: 70% 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:

20 4 Count Mtn Climbers
20 Sandbag Get Ups
20 4 Count Arm Haulers
50m Crab Walk Ruck On Lap

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 50m Low Crawl 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: 70% of 1 Rep Max Bench 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 90#

25x 4 MTN 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 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: 70% 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
Smurf Jacks
Sit Ups
Star jumps
Alt Lunges
Arm Haulers
Leg Levers
Sit Ups
Pull Ups
Air Squats
Plank Hold
Wall Sit
Handstand Hold Against Wall
Burpees

Mindset Training: 50 Curtis P's For Time with 50# Sandbag or Object 400m Farmer Walk with 45# Kettlebells

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 70% of your Burnout Score Dips from Dip Bar. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

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

High Intensity:

5 Rounds For Time

10x Deadlifts 180#

10 Push Press 90#

25x Box Jumps 20# (step back down)

50m Bear Crawl

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: 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. 15% of Body Weight. Every 5 Minutes Complete 10 standing broad jumps.

High Intensity: 10 Rounds

20x Alt Lunges with Sandbag, Alt Shoulder as you Alternate Lunges

15x Burpee Pull Ups

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: 80% of 1 Rep Max Bench 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#)

100x Pull Ups

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

Mindset Training: 1 Mile Bear Crawl. Every 5 Minutes. 5 Burpees.

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: 80% 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 ManMakers with 40# Dumbbells

10x Box Jump 30" Step Down

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 80% of your Burnout Score Dips from Dip Bar. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

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 Strict Press 135#
Low Crawl 100m
4 Min Handstand Hold Against Wall

Mindset Training: Tread water for 30 minutes. (make sure a lifeguard and swim buddy is present) Or 60 Minutes of Jumping Rope If you Can do Double Unders DO EM!

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: 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 standing broad jumps.

High Intensity:

3 Rounds

10 Pull Ups
20 Jumping Squats
30 Push Ups Hand Release
40 4 Count Flutter Kicks
50 Sit Ups
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: 80% of 1 Rep Max Bench 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

Murph

For time:

1 mile Run

100 Pull-ups

200 Push-ups

300 Squats

1 mile Run

In memory of Navy Lieutenant Michael Murphy, 29, of Patchogue, N.Y., who was killed in Afghanistan June 28th, 2005.

This workout was one of Mike's favorites and he'd named it "Body Armor". From here on it will be referred to as "Murph" in honor of the focused warrior and great American who wanted nothing more in life than to serve this great country and the beautiful people who make it what it is.

Partition the pull-ups, push-ups, and squats as needed. Start and finish with a mile run. If you've got a twenty pound vest or body armor, wear it.

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: 80% 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:

"ADAMBROWN"

Two rounds for time of:

295 pound Deadlift, 24 reps

24 Box jumps, 24 inch box

24 Wallball shots, 20 pound ball

195 pound Bench press, 24 reps

24 Box jumps, 24 inch box

24 Wallball shots, 20 pound ball

145 pound Clean, 24 reps

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 80% of your Burnout Score Dips from Dip Bar. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

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: 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

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: 90% of 1 Rep Max Bench 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 90% of your Burnout Score Dips from Dip Bar. 2 - 3 Minutes of Recovery Between Sets. No Rush Here.

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

High Intensity:

Complete 3 rounds for time:

Danny Dietz Hero Workout

For Time

1 mile Run

26 Power Cleans (185/135 lb)

80 Push-Ups

1 minute Rest

600 meter Run

28 Front Squats (185/135 lb)

50 Pull-Ups

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!