



SOF Prep Training Presents

SOF 365 Training System

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[SOF Prep Training](#)

Be An Asset To Your Team

Phase 1: First 180 Day

Strength, Power, Endurance, Mental Fortitude.

First 180 Day Training System Broken Down

Strength (7 Weeks) We target your body core to extremity. Mixing in some minor endurance training with LSD (Long Slow Distance Rucks, Runs or Rows) And quick PT Sessions.

Strength Movements: Ground to Overhead, Back Squat, Dumbbell Bench Press, Ring Rows and Pull Ups.

Power (6 Weeks) We add in explosive functional movements to a HIIT (High Intensity Interval Training) Workout System. Targeting specific areas each day to create a completely balanced training routine.

Strength Cycle 2 (4 Weeks) We circle back to a 30 day strength cycle to build on our new explosive foundation we have built. Setting ourselves up for success in the later stages of the program.

Strength Movements: Deadlift, Front Squat, Weighted Step Ups, Weighted Push Ups and Farmer Walk/Carry

Endurance (4 Weeks) Go the distance... Easy as that. We reduce your tempo down to 50 -70% of "Race Pace" and work on chipping away at mentally and physically challenging workouts.

Mental Fortitude (4 Weeks): With strength, power and endurance come confidence. From confidence comes the ability to conquer any physical or mental challenge that the world presents. Easy Day.

Gear List:

[Barbell with 185 Pounds](#)

[SandBag](#)

[Pull Up Bar](#)

[Step Up](#)

[Rucksack](#)

[Dumbbells](#)

Place to Run or Ruck**Swimming Option Added for BUD/s Candidates****Bike or Rower are Optional****Warm Up Routine:**

Run 200m 50% Pace or Row 200m 50% Pace or Bike 200m 50% Pace

Stretch Top to Bottom

10 Push Ups

10 Sit Ups

Hang from a Pull Up Bar 20 Seconds

10 4 Count Jumping Jacks

Range of Motion Drills.

Cool Down Routine:

Stretch Top to Bottom

Range of Motion Drills

Fuel and Hydrate Post Workout Recovery

You have 2 Options: Weights or Sandbag. Pick your poison. Do not try to do both...

Week 1

Day 1

Warm Up Stretch Top To Bottom

Barbell

Warm Up Ground to Overhead

Work up to 3 Rep Max. Record Weight in Journal

Heavy Sandbag: Pick Your Own Weight.

3 Sets of Ground to Overhead with Sandbag to Failure. Average Results and Journal

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell:

Warm Up Back Squat

Work up to 3 rep Max. Record Weight in Journal

Heavy Sandbag:

3 Sets of Sandbag Back Squats to Failure. Average Results and Journal

Cool Down Stretch Top To Bottom

Day 3

Warm Up Stretch Top To Bottom

Dumbbell

Warm Up Dumbbell Bench Press

Work up to 3 Rep Max Dumbbell Bench Press. Record Reps

Or Scale with 3 Sets to Failure of Max Weight Available. Journal Reps

Heavy Sandbag.

3 Sets of Sandbag Bench Press to Failure. Average Results and Journal

Cool Down Stretch Top To Bottom

Day 4

Warm Up Run 400m 60% Pace

Ruck 5 Miles with 20#

Cool Down Stretch Top To Bottom

Day 5

Warm Up Stretch Top To Bottom

Warm Up Ring Rows

3 Sets of Max Rep Ring Rows with 1 min Rest. Average the results Journal.

Cool Down Stretch Top To Bottom

Day 6

Warm Up Stretch Top To Bottom

Warm Up 3x5 Pull Ups

3 Sets of Max Rep Pull Ups with 1 min Rest. Average the results Journal.

Cool Down Stretch Top To Bottom

Day 7

Active Recovery. Get outside and be active.

Week 2 (Strength Cycle)

Day 1

Warm Up Stretch Top To Bottom

Barbell

Find your 60% of your 1 RM Ground to Overhead.

Example: 3 RM = 185# so 60% would be 118#

[Click Here for 1 RM Calculator.](#)

Warm Up to 60% of your 1 RM and Complete

5 Sets of 5 Reps at 60% Of your 1 RM Ground to Overhead.

Sandbag:

5 Sets of 60% of your Max Rep Average. (Max Rep Average was 20 Reps, Do 5 Sets of 12 Reps)

Cool Down 5 Min

Complete: 25 of the following: 4 Count Flutter Kicks, 4 Count Jumping Jacks, 4 Count Mtn Climbers.

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell

Find your 60% of your 1 RM Back Squat

Warm Up to 60% of your 1 RM and Complete

5 Sets of 5 Reps at 60% Of your 1 RM Back Squat

Sandbag:

5 Sets of 60% of your Max Rep Average.

Cool Down 5 Min:

Run Complete:

1 Mile Run at 60% Pace

Cool Down Stretch Top to Bottom

Day 3

Warm Up Stretch Top To Bottom

Dumbbell

Find your 60% of your 1 RM Dumbbell Bench

Warm Up to 60% of your 1 RM and Complete:

5 Sets of 5 Reps at 60% Of your 1 RM Dumbbell Bench

Sandbag:

5 Sets of 60% of your Max Rep Average Sandbag Bench Press

Cool Down 5 Min:

PT Complete:

3 Rounds of: 10 Air Squats, 10 Box Jumps 20", 20 Push Ups, 20 Sit Ups

Cool Down Top to Bottom Stretch

Day 4:

Ruck Day!

Warm Up And Then

20 Push Ups, 20 Sit Ups, 10 Pull Ups, 20 Air Squats, 50 4 Count Jumping Jacks

Stretch Top To Bottom

Ruck (Rucking is walking under load, weight vest, backpack or rucksack with weight)

1 Hour Ruck with 10% of Body Weight for Beginners or As Heavy as Possible for Advanced.

Cool Down Top to Bottom Stretch

Day 5:

Warm Up

Ring Rows

5 Sets of 60% of your Max Rep Average

Cool Down 5 Min

50 4 Count Mountain Climbers, 50 Arm Haulers, 50 Jumping Squats

Cool Down

Complete Stretch Top to Bottom

Day 6:

Warm Up

Pull Ups

5 Sets of 60% of your Max Rep Average

Cool Down 5 Min

Running:

3 Mile Sprint Run As Fast as Possible AFAP

Cool Down

Complete Stretch Top to Bottom

Day 7:

Active Recovery. Get outside and be active.

Week 3 (Strength Cycle)

Day 1

Warm Up Stretch Top To Bottom

Barbell

Find your 66% of your 1 RM Ground to Overhead.

Warm Up to 66% of your 1 RM and Complete

5 Sets of 5 Reps at 60% Of your 1 RM Ground to Overhead.

Sandbag:

5 Sets of 66% of your Max Rep Average.

Cool Down 5 Min

Complete: 25 of the following: 4 Count Flutter Kicks, 4 Count Jumping Jacks, 4 Count Mtn Climbers.

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell

Find your 66% of your 1 RM Back Squat

Warm Up to 66% of your 1 RM and Complete

5 Sets of 5 Reps at 66% Of your 1 RM Back Squat

Sandbag:

5 Sets of 66% of your Max Rep Average.

Cool Down 5 Min:

Run Complete:

1 Mile Run at 66% Pace

Cool Down Stretch Top to Bottom

Day 3

Warm Up Stretch Top To Bottom

Dumbbell

Find your 66% of your 1 RM Dumbbell Bench

Warm Up to 66% of your 1 RM and Complete:

5 Sets of 5 Reps at 66% Of your 1 RM Dumbbell Bench

Sandbag:

5 Sets of 66% of your Max Rep Average Sandbag Bench Press

Cool Down 5 Min:

PT Complete:

3 Rounds of: 10 Air Squats, 10 Box Jumps 20", 20 Push Ups, 20 Sit Ups

Cool Down Top to Bottom Stretch

Day 4:

Ruck Day!

Warm Up And Then

20 Push Ups, 20 Sit Ups, 10 Pull Ups, 20 Air Squats, 50 4 Count Jumping Jacks

Stretch Top To Bottom

Ruck (Rucking is walking under load, weight vest, backpack or rucksack with weight)

1 Hour Ruck with 10% of Body Weight for Beginners or As Heavy as Possible for Advanced.

Cool Down Top to Bottom Stretch

Day 5:

Warm Up

Ring Rows

5 Sets of 66% of your Max Rep Average

Cool Down 5 Min

50 4 Count Mountain Climbers, 50 Arm Haulers, 50 Jumping Squats

Cool Down Complete Stretch Top to Bottom

Day 6:

Warm Up

Pull Ups

5 Sets of 66% of your Max Rep Average

Cool Down 5 Min

Running:

3 Mile Sprint Run As Fast as Possible AFAP

Cool Down

Complete Stretch Top to Bottom

Day 7:

Active Recovery. Get outside and be active.

Week 4 (Strength Cycle)

Day 1

Warm Up Stretch Top To Bottom

Barbell

Find your 72% of your 1 RM Ground to Overhead.

Warm Up to 72% of your 1 RM and Complete

5 Sets of 5 Reps at 72% Of your 1 RM Ground to Overhead.

Sandbag:

5 Sets of 72% of your Max Rep Average.

Cool Down 5 Min

Complete: 25 of the following: 4 Count Flutter Kicks, 4 Count Jumping Jacks, 4 Count Mtn Climbers.

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell

Find your 72% of your 1 RM Back Squat

Warm Up to 72% of your 1 RM and Complete

5 Sets of 5 Reps at 60% Of your 1 RM Back Squat

Sandbag:

5 Sets of 72% of your Max Rep Average.

Cool Down 5 Min:

Run Complete:

1 Mile Run at 72% Pace

Cool Down Stretch Top to Bottom

Day 3

Warm Up Stretch Top To Bottom

Dumbbell

Find your 72% of your 1 RM Dumbbell Bench

Warm Up to 72% of your 1 RM and Complete:

5 Sets of 5 Reps at 72% Of your 1 RM Dumbbell Bench

Sandbag:

5 Sets of 72% of your Max Rep Average Sandbag Bench Press

Cool Down 5 Min:

PT Complete:

3 Rounds of: 10 Air Squats, 10 Box Jumps 20", 20 Push Ups, 20 Sit Ups

Cool Down Top to Bottom Stretch

Day 4:

Ruck Day!

Warm Up And Then

20 Push Ups, 20 Sit Ups, 10 Pull Ups, 20 Air Squats, 50 4 Count Jumping Jacks

Stretch Top To Bottom

Ruck (Rucking is walking under load, weight vest, backpack or rucksack with weight)

1 Hour Ruck with 10% of Body Weight for Beginners or As Heavy as Possible for Advanced.

Cool Down Top to Bottom Stretch

Day 5:

Warm Up

Ring Rows

5 Sets of 72% of your Max Rep Average

Cool Down 5 Min

50 4 Count Mountain Climbers, 50 Arm Haulers, 50 Jumping Squats

Cool Down

Complete Stretch Top to Bottom

Day 6:

Warm Up

Pull Ups

5 Sets of 72% of your Max Rep Average

Cool Down 5 Min

Running:

3 Mile Sprint Run As Fast as Possible AFAP

Cool Down

Complete Stretch Top to Bottom

Day 7:

Active Recovery. Get outside and be active.

Week 5 (Strength Cycle)

Day 1

Warm Up Stretch Top To Bottom

Barbell

Find your 78% of your 1 RM Ground to Overhead.

Warm Up to 78% of your 1 RM and Complete

5 Sets of 5 Reps at 78% Of your 1 RM Ground to Overhead.

Sandbag:

5 Sets of 78% of your Max Rep Average.

Cool Down 5 Min

Complete: 25 of the following: 4 Count Flutter Kicks, 4 Count Jumping Jacks, 4 Count Mtn Climbers.

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell

Find your 78% of your 1 RM Back Squat

Warm Up to 78% of your 1 RM and Complete

5 Sets of 5 Reps at 78% Of your 1 RM Back Squat

Sandbag:

5 Sets of 78% of your Max Rep Average.

Cool Down 5 Min:

Run Complete:

1 Mile Run at 78% Pace

Cool Down Stretch Top to Bottom

Day 3

Warm Up Stretch Top To Bottom

Dumbbell

Find your 78% of your 1 RM Dumbbell Bench

Warm Up to 78% of your 1 RM and Complete:

5 Sets of 5 Reps at 78% Of your 1 RM Dumbbell Bench

Sandbag:

5 Sets of 60% of your Max Rep Average Sandbag Benchpress

Cool Down 5 Min:

PT Complete:

3 Rounds of: 10 Air Squats, 10 Box Jumps 20", 20 Push Ups, 20 Sit Ups

Cool Down Top to Bottom Stretch

Day 4:

Ruck Day!

Warm Up And Then

20 Push Ups, 20 Sit Ups, 10 Pull Ups, 20 Air Squats, 50 4 Count Jumping Jacks

Stretch Top To Bottom

Ruck (Rucking is walking under load, weight vest, backpack or rucksack with weight)

1 Hour Ruck with 10% of Body Weight for Beginners or As Heavy as Possible for Advanced.

Cool Down Top to Bottom Stretch

Day 5:

Warm Up

Ring Rows

5 Sets of 60% of your Max Rep Average

Cool Down 5 Min

50 4 Count Mountain Climbers, 50 Arm Haulers, 50 Jumping Squats

Cool Down

Complete Stretch Top to Bottom

Day 6:

Warm Up

Pull Ups

5 Sets of 78% of your Max Rep Average

Cool Down 5 Min

Running:

3 Mile Sprint Run As Fast as Possible AFAP

Cool Down

Complete Stretch Top to Bottom

Day 7:

Active Recovery. Get outside and be active.

Week 6 (Strength Cycle)

Day 1

Warm Up Stretch Top To Bottom

Barbell

Find your 84% of your 1 RM Ground to Overhead.

Warm Up to 84% of your 1 RM and Complete

5 Sets of 3 Reps at 84% Of your 1 RM Ground to Overhead.

Sandbag:

5 Sets of 84% of your Max Rep Average.

Cool Down 5 Min

Complete: 50 of the following: 4 Count Flutter Kicks, 4 Count Jumping Jacks, 4 Count Mtn Climbers.

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell

Find your 84% of your 1 RM Back Squat

Warm Up to 84% of your 1 RM and Complete

5 Sets of 5 Reps at 84% Of your 1 RM Back Squat

Sandbag:

5 Sets of 84% of your Max Rep Average.

Cool Down 5 Min:

Run Complete:

1 Mile Run at 84% Pace

Cool Down Stretch Top to Bottom

Day 3

Warm Up Stretch Top To Bottom

Dumbbell

Find your 84% of your 1 RM Dumbbell Bench

Warm Up to 84% of your 1 RM and Complete:

5 Sets of 5 Reps at 84% Of your 1 RM Dumbbell Bench

Sandbag:

5 Sets of 84% of your Max Rep Average Sandbag Benchpress

Cool Down 5 Min:

PT Complete:

3 Rounds of: 40 Air Squats, 20 Box Jumps 20", 40 Push Ups, 40 Sit Ups

Cool Down Top to Bottom Stretch

Day 4:

Ruck Day!

Warm Up And Then

20 Push Ups, 20 Sit Ups, 10 Pull Ups, 20 Air Squats, 50 4 Count Jumping Jacks

Stretch Top To Bottom

Ruck (Rucking is walking under load, weight vest, backpack or rucksack with weight)

1 Hour Ruck with 10% of Body Weight for Beginners or As Heavy as Possible for Advanced.

Cool Down Top to Bottom Stretch

Day 5:

Warm Up

Ring Rows

5 Sets of 84% of your Max Rep Average

Cool Down 5 Min

50 4 Count Mountain Climbers, 50 Arm Haulers, 50 Jumping Squats

Cool Down

Complete Stretch Top to Bottom

Day 6:

Warm Up

Pull Ups

5 Sets of 84% of your Max Rep Average

Cool Down 5 Min

Running:

3 Mile Sprint Run As Fast as Possible AFAP

Cool Down

Complete Stretch Top to Bottom

Day 7:

Active Recovery. Get outside and be active.

Week 7: Test Week! Complete the movements and compare your results to your 1st week of training.

Week 1

Day 1

Warm Up Stretch Top To Bottom

Barbell

Warm Up Ground to Overhead

Work up to 3 Rep Max. Record Weight in Journal

Heavy Sandbag: Use Same Weight you Started out With for Test.

3 Sets of Ground to Overhead with Sandbag to Failure. Average Results and Journal

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell:

Warm Up Back Squat

Work up to 3 rep Max. Record Weight in Journal

Heavy Sandbag: Use Same Weight you Started out With for Test.

3 Sets of Sandbag Back Squats to Failure. Average Results and Journal

Cool Down Stretch Top To Bottom

Day 3

Warm Up Stretch Top To Bottom

Dumbbell

Warm Up Dumbbell Bench Press

Work up to 3 Rep Max Dumbbell Bench Press. Record Reps

Or Scale with 3 Sets to Failure of Max Weight Available. Journal Reps

Heavy Sandbag. Use Same Weight you Started out With for Test.

3 Sets of Sandbag Bench Press to Failure. Average Results and Journal

Cool Down Stretch Top To Bottom

Day 4

Warm Up Run 400m 60% Pace

Ruck 5 Miles with 20#

Cool Down Stretch Top To Bottom

Day 5

Warm Up Stretch Top To Bottom

Warm Up Ring Rows

3 Sets of Max Rep Ring Rows with 1 min Rest. Average the results Journal.

Cool Down Stretch Top To Bottom

Day 6

Warm Up Stretch Top To Bottom

Warm Up 3x5 Pull Ups

3 Sets of Max Rep Pull Ups with 1 min Rest. Average the results Journal.

Cool Down Stretch Top To Bottom

Day 7

Active Recovery. Get outside and be active.

Week 8: Deload Week

A deload is a period of time in which you take things easier in the gym by lifting lighter weights or reducing your training volume. Deloads typically last a week and encourage recovery before another period of harder training with heavier loading. Even if your body doesn't absolutely need to deload, it's a good idea.

Day 1: 3 Mile Long Slow Distance Run (LSD Run)

Day 2: 3 - 5 Mile Ruck with 10% of Body Weight

Day 3: Foam Roll, Massage, Yoga or Hot Tub

Day 4: 3 Rounds: 25 Push Ups, 25 Sit Ups, 25 Air Squats, 10 Pull Ups

Day 5: 1.5 Mile Run 70% Race Pace

Day 6: 3 - 5 Mile Ruck with 10% of your Body Weight

Day 7: Complete Rest.

Power Phase!

First we built your foundation with a strong core and improved overall strength core to extremity. Now we add POWER!! This is your explosive movements. We enable your body to act instantly, implementing max force into any movement. Safely, efficiently. Slow is smooth and smooth is fast!

Key to adding power is perfecting the movement and implementing proper technique. Improper form will not get the desired results. Our explosive power movements are meant to simulate real life movements. They are functional and applicable to scenarios you may encounter in any situation. If you are asked: "Are you an asset to your team?" You will confidently be able to reply and implement.

Week 9: (Power Week 1)

Day 1:

Warm Up: 400m Jog 25 Air Squats, 25 Box Jumps 20", 25 Push Ups, 50 Alt Lunges

Stretch with Range of Motion Drills (ROM Drills)

Complete:

5 Rounds:

10 4 Count Jumping Jacks

20 Sandbag Ground to Shoulder Alternating Sides

10 Sandbag Get Ups

20 Sandbag Underarm Sandbag Tosses

Cool Down: 1 Mile 60% Run

Complete Stretch

Day 2

Warm Up: 1 Mile Jog

Stretch with ROM Drills

Complete:

3 Rounds:

20 Sandbag Deadlifts

20 Sandbag Front Squats

20 Sandbag Ground to Overhead

20 Sandbag Bench Press

Cool Down: 400m Run

Complete Stretch

Day 3

Warm Up: 200m Jog, 3 Rounds: 20 Alternating Step Ups, 10 Sandbag Cleans, 10 Pull Ups

Complete:

100 Alternating Lunges (Advanced Athletes Used 20# Object in Front Rack)

50 Alternating Step Ups (Advanced Athletes Used 20# Object in Front Rack)

100m Bear Crawl

Cool Down: 800m Jog

Complete Stretch

Day 4

Active Recovery Pick One: LSD Run 3 Miles, Swim 2000m, Bike 1 Hour Min, Swim 30 Min any stroke.

Day 5

Warm Up: 20 4 Count Jumping Jacks, 30 Star Jumps, 25 4 Count Flutter Kicks, 25 Push Ups

Complete: 5 Mile Ruck with 10% of Body Weight for Beginners or AHAP for Advanced.

Cool Down, Complete Stretch

Day 6

Warm Up: 1.5 Mile Run Complete Stretch

4 X 400m Sprints GO HARD! 2 Min Rest Between

Cool Down Stretch

Day 7

Rest Day! Recover

Week 10: (Power Week 2)

Day 1

Warm Up: 400m Jog 50 Push Ups (broken up as needed)

5 Rounds:

10 Pull Ups

15 Air Squats

20 Step Ups 20" or Box Jumps 20"

10 Tire Flips or Heavy Sandbag Clean And Throw

Cool Down

Complete Stretch

Day 2

Warm Up: 50m Run, 50m Backward Run, 50m Side Shuffles (25m Each Side) 30 Pull Ups

Complete:

2 Rounds

100 Sledge Strikes with Sledgehammer Or Slam Ball Or Sandbag Slam

50 Jumping Squats

25 Hollow Rocks

Cool Down: 2 Mile Slow Run

Complete Stretch

Day 3

Warm Up: 400m Jog

Complete Stretch

Complete:

10 x 100m Sprints

5 x 200m Sprints

2 x 400m Sprints

1 x 800m Sprint

Cool Down 800m Jog

Stretch

Day 4

Active Recovery Pick One: LSD Run 3 Miles, Swim 2000m, Bike 1 Hour Min, Swim 30 Min any stroke.

Day 5

Warm Up: 10 Sandbag Deadlifts, 20 Step Ups with Sandbag on Shoulder, 30 Front Rack Sandbag Squats

Complete: 5 Mile Ruck with Sandbag on Shoulders (10% of Body Weight for Beginners, AHAP for Advanced)

Day 6:

Warm Up: 4 Rounds: 25m Bear Crawl, 25m Low Crawl, 25m Crab Walk

Complete: (beginners complete 50%)

200m Bear Crawl

50m Crab Walk

100 Burpees

Cool Down Foam Roll

Complete Stretch

Day 7

Rest Day! Recover

Week 11 (Power Week 3)

Day 1

Warm Up: 50 Air Squats, 50 Push Ups, 25 Pull Ups, 50 Sit Ups

Complete Stretch

Complete:

3 Mile Run. Every 5 Min 10 Burpees.

Cool Down: Foam Roll

Complete Stretch

Day 2

Warm Up: 4 Rounds: 25 Sit Ups, 25 Arm Haulers, 25 Jumping Jacks, 25 Squats

Complete Stretch

Complete:

4 Rounds

1 Min Bar Hang (Hang from the Pull Up Bar)

4 Min Plank Hold

8 Min Wall Sit

25 Burpees

Cool Down: 400m Jog

Complete Stretch

Day 3

Warm Up: 1 Mile Jog

Complete Stretch

Complete:

2 Hour Ruck with 10% of your Body Weight or AHAP for Advanced Athletes

Cool Down Foam Roll

Complete Stretch

Day 4

Active Recovery Pick One: LSD Run 3 Miles, Swim 2000m, Bike 1 Hour Min, Swim 30 Min any stroke.

Day 5

Warm Up: 2 Rounds: 200m Run, 10 Hand Release Push Ups, 10 Burpee Pull Ups

Complete Stretch

Complete:

50 Sandbag Get Ups Every 2 Min 10 Push Ups

Cool Down: 200m Jog

Complete Stretch

Day 6

Warm Up: 25 Sandbag Ground to Overhead 20#, 20 Air Squats, 20 Alt Lunges

Complete with 20# Sandbag or Object

100 Alt Lunges

100 Step Ups

100 Sandbag Cleans

100 Push Ups

Cool Down: 400m Jog

Complete Stretch

Day 7

Rest Day! Recover

Week 12 (Power Week 4)

Day 1

Warm Up: 3 Rounds 25m Bear Crawl, 200m Jog, 10 Pull Ups, 20 Sit Ups

Complete Stretch

Complete:

5 Mile Ruck with 20# Weight. Every 10 Min 20 Air Squats and 20 Push Ups with Ruck On

Cool Down: Foam Roll

Complete Stretch

Day 2

Warm Up: 800m Jog ROM Drills

Complete Stretch

Complete:

4 Rounds:

10 Pull Ups with 20# Ruck

4 Min Plank Hold with 20#Ruck

25 Sandbag Ground to Overhead With your Ruck 20#

Cool Down: 400m Jog

Complete Stretch

Day 3:

Warm Up: 1 Min Bar Hang, 3 Min Plank Hold, 25m Crab Walk, 25m Bear Crawl

Complete Stretch

Complete:

10 Min As Many Pull Ups as Possible

10 Min As Many Push Ups as Possible

10 Min As Many Sandbag Step Ups as Possible 20"

10 Min Plank Count Every Knee Touch When done Complete 10 Burpees for Every Touch.

Cool Down: Foam Roll

Complete Stretch

Day 4

Active Recovery Pick One: LSD Run 3 Miles, Swim 2000m, Bike 1 Hour Min, Swim 30 Min any stroke.

Day 5:

Warm Up: 200m Jog

Complete Stretch

4 x 200m Sprints

Rest 5 Min

4 x 200m Sprints

Cool Down: Foam Roll

Complete Stretch

Day 6:

Warm Up: ROM Drills, 200m Jog, Max Effort Handstand Hold Against Wall

Complete Stretch

Complete:

With 40# Sandbag

50 Power Cleans

50 Back Rack Alternating Lunges

50 Sandbag Getups

Cool Down: 400m Jog

Complete Stretch

Day 7

Rest Day! Recover

Week 13 (Power Week 5)

Day 1

Warm Up: Run 1.5 Mile Progressively increase pace.

Complete Stretch

Complete:

5 Rounds:

50 Sledge Strikes

30 Overhead Sandbag Hold Alt Lunges

20 Push Ups with Sandbag on Back

50m Shuttle Sprint (25m out touch line. Back)

Cool Down: 800m Run
Complete Stretch

Day 2

Warm Up: 200m Run, 20 Air Squats, 20 Push Up, 10 Pull Ups, 20 Sit Ups

Complete:

5 rounds:
20 Jumping Squats With 20# On Back Rack
50 4 Count Mtn Climbers
50 4 Count Flutter Kicks
10 Sandbag Overhead Toss (From the ground throw the sandbag over your head behind you sprint to it and repeat)

Cool Down: 5 Min Plank Hold Foam Roll
Complete Stretch

Day 3

Warm Up. 4 Rounds. 50m Jog. 1 Handstand Hold, 3 Min Plank, 6 Min Wall Sit, 10 Burpees.

Complete

Heavy Sandbag Drills Beginner Athletes 30% of Body Weight Advanced 50%

4 Rounds:

400m Backrack Sandbag Carry
20 Ground to Shoulder Alternating (watch your form!)
10 Squats Front Rack
20 Burpees

Cool Down: 800m Jog
Complete Stretch

Day 4

Active Recovery Pick One: LSD Run 3 Miles, Swim 2000m, Bike 1 Hour Min, Swim 30 Min any stroke.

Day 5

Warm Up: 50 Push Ups, 20 Pull Ups, 50 Sit Ups, 400m Jog

Complete:

1 Hour Ruck 10% Body Weight for Beginner. AHAP for Advanced

Every 10 Min 15 Air Squats

Once Done: Max Effort Plank Hold (Time Yourself and See Chart for Bonus)

Time:

0 - 2 Min = 50 Burpees

2 - 4 Min = 40 Burpees

4 - 6 Min = 30 Burpees

6 - 8 Min = 20 Burpees

8 + = 200m Jog

Cool Down: 400m Jog

Complete Stretch Foam Roll

Day 6

Warm Up: 400m Jog ROM Drills 20 Push Ups, 20 Sit Ups, 50% of Your Max Pull Ups (if 10 is your max do 5)

Rest 5 Min

Complete The Following: 2 Min Activity 2 Min Rest PST Self Assessment

1. Push Ups - Max Reps without Knees Touching the Ground or Stopping
2. Sit Ups - Rest at the Top and Keep Fingers on Shoulder Blades
3. Air Squats
4. Pull Ups - No Time Limit. Full Range of Motion

Rest 5 Min

1.5 Mile Sprint!

Journal Results

Cool Down Foam Roll Complete Stretch

Day 7

Rest Day! Recover

Week 14 (Deload Week)

A deload is a period of time in which you take things easier in the gym by lifting lighter weights or reducing your training volume. Deloads typically last a week and encourage recovery before another period of harder training with heavier loading. Even if your body doesn't absolutely need to deload, it's a good idea.

Day 1: 3 Mile Long Slow Distance Run (LSD Run)

Day 2: 3 - 5 Mile Ruck with 10% of Body Weight

Day 3: Foam Roll, Massage, Yoga or Hot Tub

Day 4: 3 Rounds: 25 Push Ups, 25 Sit Ups, 25 Air Squats, 10 Pull Ups

Day 5: 1.5 Mile Run 70% Race Pace

Day 6: 3 - 5 Mile Ruck with 10% of your Body Weight

Day 7: Complete Rest.

Week 15 (Strength Cycle 2) 4 Weeks

Day 1

Warm Up Stretch Top To Bottom

Barbell

Warm Up Deadlift

Work up to 3 Rep Max. Record Weight in Journal

Or Heavy Sandbag: Pick Your Own Weight.

3 Sets of Deadlift with Sandbag to Failure. Average Results and Journal

4 Rounds

100m Weight Carry Back Rack 50% of Body Weight

Max Effort Hang from Pull Up Bar

Max Effort Wall Sit

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell:

Warm Up Front Squat

Work up to 3 rep Max. Record Weight in Journal

Heavy Sandbag:

3 Sets of Sandbag Front Squats to Failure. Average Results and Journal

Ruck 5 Miles

Cool Down Stretch Top To Bottom

Day 3

Warm Up Stretch Top To Bottom

Warm Up Weighted Step Ups (3 x 20 Alt Step Ups No Weight 30 seconds rest between rounds 20")

With Heavy Sandbag 3 Rounds of Weighted Step Ups to Failure 20" You Pick the Weight

50 Sandbag Get Ups

Cool Down 1 Mile Run 60% Stretch Top To Bottom

Day 4

Warm Up Run 400m 60% Pace

Ruck 5 Miles with 20# (if time allows you can ruck any distance, 5 miles is just a suggestion)

Cool Down Stretch Top To Bottom

Day 5

Warm Up Stretch Top To Bottom

Warm Up With Push Ups. (3 x 10 Unweighted)

3 Sets of Weighted Push Ups with 1 min Rest. Average the results Journal. (suggested is 20# ruck or vest)

4 Rounds

25m Walking Lunge Sandbag Front Rack

5 Broad Jumps

50m Sprint

Cool Down Stretch Top To Bottom

Day 6

Warm Up Stretch Top To Bottom

Warm Up Farmer Walk (Use 50% of your final weight. Suggested Weights 55#/35#)

3 Sets of Max Distance Farmers Walk Unbroken (Measure and average the 3 distances)

3 Rounds Of

1 Mile Run

50 Burpees

Cool Down Stretch Top To Bottom

Day 7

Active Recovery. Get outside and be active.

Week 17 (Strength Cycle 2 - Week 2)

Day 1

Warm Up Stretch Top To Bottom

Barbell

Find your 60% of your 1 RM Deadlift

Example: 3 RM = 185# so 60% would be 111#

[Click Here for 1 RM Calculator.](#)

Warm Up to 60% of your 1 RM and Complete

5 Sets of 5 Reps at 60% Of your 1 RM Deadlift
Sandbag:

5 Sets of 60% of your Max Rep Average. (Max Rep Average was 20 Reps, Do 5 Sets of 12 Reps)

Cool Down 5 Min

Complete: 25 of the following: 4 Count Flutter Kicks, 4 Count Jumping Jacks, 4 Count Mtn Climbers.

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell

Find your 60% of your 1 RM Front Squat

Warm Up to 60% of your 1 RM and Complete

5 Sets of 5 Reps at 60% Of your 1 RM Front Squat

Sandbag:

5 Sets of 60% of your Max Rep Average.

Cool Down 5 Min:

Run Complete:

1 Mile Run at 60% Pace, 50 Burpees

Cool Down Stretch Top to Bottom

Day 3

Warm Up Stretch Top To Bottom

3 x 20 Alt Step Ups Unweighted with 30 Seconds Rest Between Each Set

Find your 60% of your Weighted Step Up Average

5 Sets of 60% of your Average Weighted Step Up @ 20# with Your Weight

Cool Down 5 Min:

PT Complete:

4 Rounds of: 20 Air Squats, 20 Box Jumps 20", 20 Push Ups, 20 Sit Ups

Cool Down Top to Bottom Stretch

Day 4:

Ruck Day!

Warm Up And Then

20 Push Ups, 20 Sit Ups, 10 Pull Ups, 20 Air Squats, 50 4 Count Jumping Jacks

Stretch Top To Bottom

1 Hour Ruck with 10% of Body Weight for Beginners or As Heavy as Possible for Advanced.

Cool Down Top to Bottom Stretch

Day 5:

Warm Up Stretch Top To Bottom

Weighted Push Ups

3 Rounds of Regular Pushups With Perfect Form. (stop as soon as you feel form failing)

5 Sets of 60% of your Weight Push Up Average at 20# or Scaled Weight

Cool Down 5 Min

50 4 Count Mountain Climbers, 50 Arm Haulers, 50 Jumping Squats

Cool Down

Complete Stretch Top to Bottom

Day 6:

Warm Up Stretch Top to Bottom

Farmer Walk

Warm Up with 50% of your Farmer Walk Final Weight 50m x 2

5 Sets of 60% of your Max Rep Average

Cool Down 5 Min

Running:

1.5 Mile Sprint Run As Fast as Possible AFAP

Cool Down

Complete Stretch Top to Bottom

Day 7:

Active Recovery. Get outside and be active.

Week 18 (Strength Cycle 2 - Week 3)

Day 1

Warm Up Stretch Top To Bottom

Barbell

Find your 70% of your 1 RM Deadlift

Example: 3 RM = 185# so 60% would be 118#

[Click Here for 1 RM Calculator.](#)

Warm Up to 70% of your 1 RM and Complete

5 Sets of 5 Reps at 60% Of your 1 RM Deadlift
Sandbag:

5 Sets of 70% of your Max Rep Average. (Max Rep Average was 20 Reps, Do 5 Sets of 12 Reps)

Cool Down 5 Min

Complete: 25 of the following: 4 Count Flutter Kicks, 4 Count Jumping Jacks, 4 Count Mtn Climbers.

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell

Find your 70% of your 1 RM Front Squat

Warm Up to 70% of your 1 RM and Complete

5 Sets of 5 Reps at 70% Of your 1 RM Front Squat

Sandbag:

5 Sets of 60% of your Max Rep Average.

Cool Down 5 Min:

Run Complete:

1.5 Mile Run at 70% Pace, 50 Burpees

Cool Down Stretch Top to Bottom

Day 3

Warm Up Stretch Top To Bottom

3 x 20 Alt Step Ups Unweighted with 30 Seconds Rest Between Each Set

Find your 70% of your Weighted Step Up Average

5 Sets of 70% of your Average Weighted Step Up @ 20# with Your Weight

Cool Down 5 Min:

PT Complete:

4 Rounds: 50 Alt Ground to Shoulder with Sandbag, 5 Min Plank Hold, 25 Hollow Rocks

Cool Down Top to Bottom Stretch

Day 4:

Ruck Day!

Warm Up And Then

20 Push Ups, 20 Sit Ups, 10 Pull Ups, 20 Air Squats, 50 4 Count Jumping Jacks

Stretch Top To Bottom

1 Hour Ruck with 10% of Body Weight for Beginners or As Heavy as Possible for Advanced.

Cool Down Top to Bottom Stretch

Day 5:

Warm Up Stretch Top To Bottom

Weighted Push Ups

3 Rounds of Regular Pushups With Perfect Form. (stop as soon as you feel form failing)

5 Sets of 70% of your Weight Push Up Average at 20# or Scaled Weight

Cool Down 5 Min

2 Rounds: 50 Burpees, 50 Push Ups, 50 Sit Ups, 50 Air Squats

Cool Down

Complete Stretch Top to Bottom

Day 6:

Warm Up Stretch Top to Bottom

Farmer Walk

Warm Up with 50% of your Farmer Walk Final Weight 50m x 2

5 Sets of 70% of your Max Rep Average

Cool Down 5 Min

Running:

1.5 Mile Sprint Run As Fast as Possible AFAP

Cool Down

Complete Stretch Top to Bottom

Day 7:

Active Recovery. Get outside and be active.

Week 19 (Strength Cycle 2 - Week 4)

Day 1

Warm Up Stretch Top To Bottom

Barbell

Find your 80% of your 1 RM Deadlift

[Click Here for 1 RM Calculator.](#)

Warm Up to 80% of your 1 RM and Complete

5 Sets of 5 Reps at 80% Of your 1 RM Deadlift
Sandbag:

5 Sets of 80% of your Max Rep Average. (Max Rep Average was 20 Reps, Do 5 Sets of 12 Reps)

Cool Down 5 Min

4 Rounds: 50M Sprint, 50 Mtn Climbers, 50m Bear Crawl, 50 4 Count Flutter Kicks

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell

Find your 80% of your 1 RM Front Squat

Warm Up to 80% of your 1 RM and Complete

5 Sets of 5 Reps at 80% Of your 1 RM Front Squat

Sandbag:

5 Sets of 80% of your Max Rep Average.

Cool Down 5 Min:

Run Complete:

1 Mile Run at 80% Pace, 50 Burpees

Cool Down Stretch Top to Bottom

Day 3:

Warm Up Stretch Top To Bottom

3 x 20 Alt Step Ups Unweighted with 30 Seconds Rest Between Each Set

Find your 80% of your Weighted Step Up Average

5 Sets of 80% of your Average Weighted Step Up @ 20# with Your Weight

Cool Down 5 Min:

PT Complete:

4 Rounds of: 20 Air Squats, 20 Box Jumps 20", 20 Push Ups, 20 Sit Ups

Cool Down Top to Bottom Stretch

Day 4:

Ruck Day!

Warm Up And Then

20 Push Ups, 20 Sit Ups, 10 Pull Ups, 20 Air Squats, 50 4 Count Jumping Jacks

Stretch Top To Bottom

1 Hour Ruck with 10% of Body Weight for Beginners or As Heavy as Possible for Advanced.

Cool Down Top to Bottom Stretch

Day 5:

Warm Up Stretch Top To Bottom

Weighted Push Ups

3 Rounds of Regular Pushups With Perfect Form. (stop as soon as you feel form failing)

5 Sets of 80% of your Weight Push Up Average at 20# or Scaled Weight

Cool Down 5 Min

50 4 Count Mountain Climbers, 50 Arm Haulers, 50 Jumping Squats

Cool Down

Complete Stretch Top to Bottom

Day 6:

Warm Up Stretch Top to Bottom

Farmer Walk

Warm Up with 50% of your Farmer Walk Final Weight 50m x 2

5 Sets of 80% of your Max Rep Average

Cool Down 5 Min

Running:

2X 400M Runs at 60%

1.5 Mile Sprint Run As Fast as Possible AFAP

Cool Down

Complete Stretch Top to Bottom

Day 7:

Active Recovery. Get outside and be active.

Week 20 (Deload Week)

A deload is a period of time in which you take things easier in the gym by lifting lighter weights or reducing your training volume. Deloads typically last a week and encourage recovery before another period of harder training with heavier loading. Even if your body doesn't absolutely need to deload, it's a good idea.

Day 1: 3 Mile Long Slow Distance Run (LSD Run)

Day 2: 3 - 5 Mile Ruck with 10% of Body Weight

Day 3: Foam Roll, Massage, Yoga or Hot Tub

Day 4: 3 Rounds: 25 Push Ups, 25 Sit Ups, 25 Air Squats, 10 Pull Ups

Day 5: 1.5 Mile Run 70% Race Pace

Day 6: 3 - 5 Mile Ruck with 10% of your Body Weight

Day 7: Complete Rest.

Week 21 (Endurance) 6 Week Cycle

Here we go! These workouts may end up going over 1 hour. If you are limited on time, start them and just stop when you are out of time. Try to finish in under an hour.

Scaling: Train Smart. Use less load than you think, and take off weight if it gets too heavy. This is a chipper workout (just chip away at it) DO NOT SPRINT. 60 - 70% effort on these.

Day 1

Sandbag Day!

Warm Up 1 Mile Run

Stretch Top To Bottom

With Sandbag: 200 Step Ups 20", 100 Ground to Shoulder, 100 Back Squats, 1 Mile Sandbag Carry Back Rack

Cool Down 400m Slow Jog Stretch Top to Bottom

Day 2

Challenge Day!

Warm Up 20 Push Ups, 10 Pull Ups, 20 Squats, 20 Alt Lunges, 5 Min Plank
Stretch Top to Bottom

20 Min Bar Hang Advanced Athletes Use a Towel (throw towel over bar and hang on...)

If you drop off the bar, stop the 20 min timer.

Run 200m and do 10 Push Ups Start Timer and Back On the Bar

You are done when you hit 20 Min Total Bar Hanging Time.

Day 3

Ruck Day!

Ruck as far and as long as you can. Don't short change yourself. If you can get 3+ hours in go for it!

Be sure to warm up and stretch before and after.

Day 4

Rest Day During Endurance Training this is an off day. No Training.
Eat Clean and Stretch, Foam Roll, Get a Massage Etc.

Day 5

Run Day!

Warm Up 400m Jog
Complete Stretch Top To Bottom

4 x 1 Mile Runs

Rest 3 Min Between Each 1 Mile Run and Stretch.

Cool Down

Day 6

PT Day!

Warm Up Complete Stretch Top To Bottom

40 Min On the Clock

20 Push Ups
20 Sit Ups
20 Air Squats
20 Alt Lunges
20 Arm Haulers
20 4 Count Flutter Kicks
20 Leg Levers
20 4 Count Jumping Jacks
Repeat this for 40 Min

Cool Down Complete Stretch Top To Bottom

Day 7

Rest Day 2 Get Outside and Be Active

Week 22 (Endurance Week 2)

Day 1

Warm Up Complete Stretch Top To Bottom

Sandbag Day!

Warm Up Rom Drills and 200m Run

Stretch

10 Rounds for Time:

400m Run with Sandbag

50 Alt Step Ups w/SB

20 Alt Walking Lunge with SB Overhead

Rest 2 Min

Max Plank Hold with SB on Back

Max Wall Sit with SB on Lap

Cool Down Foam Roll Stretch Top To Bottom

Day 2

Warm Up Complete Stretch Top To Bottom

Challenge Day!

20 Min Time

Sandbag Get Ups

10 Min Time Cap

Burpees

Cool Down Foam Roll Stretch Top To Bottom

Day 3

Ruck Day!

Ruck as far and as long as you can. Don't short change yourself. If you can get 3+ hours in go for it!

Be sure to warm up and stretch before and after.

Day 4

Rest Day During Endurance Training this is an off day. No Training.
Eat Clean and Stretch, Foam Roll, Get a Massage Etc.

Day 5

Run Day!

Warm Up 400m Jog
Complete Stretch Top To Bottom

4 x 400m Sprints

100 Push Ups

Rest 3 Min Between Each 1 Mile Run and Stretch.

Cool Down

Day 6

PT Day!

Warm Up Complete Stretch Top To Bottom

40 Min On the Clock

20 Push Ups

20 Sit Ups

20 Air Squats

20 Alt Lunges

20 Arm Haulers

20 4 Count Flutter Kicks

20 Leg Levers

20 4 Count Jumping Jacks

Repeat this for 40 Min

Cool Down Complete Stretch Top To Bottom

Day 7

Rest Day 2 Get Outside and Be Active

Week 23 Endurance Week 3

Day 1

Warm Up Stretch Top To Bottom

10K Run with 20 Air Squats, 20 Push Ups, 20 Sit Ups Every 10 Min.
Set your timer and stop every 10 minutes and complete the PT.

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

10k Row or Swim

Cool Down Stretch Top To Bottom

Day 3

Warm Up Stretch Top to Bottom

10K Ruck with 10 - 15% Of your Body weight for Advanced Athletes, 5 - 10% for Beginner.

Cool Down Stretch Top To Bottom

Day 4 Rest Day! Foam Roll, Massage or Stretch

Day 5

Warm Up Stretch Top to Bottom

Stair Workout! Find a good set of stairs. Run Up them for 20 Min!

20 Min on the Clock. Only run the clock when you are climbing the stairs.
Your walk down is rest, stop the clock on the walk down.

Cool Down Stretch Top To Bottom

Day 6

Warm Up Max Effort Plank Hold Stretch Top To Bottom

20 Min Plank: Every Time You Put a Knee Down or Rest Do 5 Burpees.

Cool Down Stretch Top To Bottom

Day 7

Rest Day Foam Roll, Massage or Stretch

Week 24 Endurance Week 4

Day 1

Warm Up Stretch Top To Bottom

Single Mode Mother F#\$*ER

300 Weighted Step Ups 20"/16" With 5 - 10% of Your Body Weight. Carry how you wish.

Reward Chart:

If you complete unbroken: 50 Push Ups

1 Rest or Break: 75 Push Ups

2 - 5 Rests: 100 Push Ups

5+ Rests: Run 1 Mile Do 50 Push Ups and 20 Pull Ups

Cool Down Stretch Top To Bottom

Day 2: Rest Day (We are moving rest days around due to loads and movements)

Day 3:

Warm Up Stretch Top To Bottom

Run/Ruck or Swim

Goal is 2 Hours or More! Go the distance!!

Cool Down Stretch Top To Bottom

Day 4:

Warm Up Stretch Top To Bottom

PT Day 30 Min on the Clock

Start out with:

10 Push Ups

5 Pull Ups

10 Sit Ups

10 Squats

Rest 30 Seconds: Add 1 Rep to Each Movement. Rinse and repeat.

Day 5:

Active Recovery: LSD Run Ruck Swim 1 Hour

Foam Roll, Stretch, Massage

Day 6:

Warm Up Top To Bottom Stretch

Hill Sprint Day!

Find a nice hill.

5 Sprints 50%

5 Sprints 60%

5 Sprints 70%

5 Sprints 80%

5 Sprints 90%

Cool Down Stretch Top To Bottom

Day 7

Rest Day!

Week 24 Endurance Week 4 Test Week!

Day 1:

Warm Up Stretch Top To Bottom

Run 400m at a 60% Pace

Let Heart Rate Recover

1.5 Mile SPRINT! GO 100% Race Pace!

100 Burpees Reward

Cool Down Stretch Top To Bottom

Day 2:

Warm UP Stretch Top To Bottom

Ruck or Swim 2 Hours Moderate Pace

Cool Down Stretch Top to Bottom

Day 3:

Warm Up Complete 10 Push Ups, 5 Pull Ups, 10 Sit Ups, 10 Squats Stretch Top To Bottom

Complete:

2 Min Max Effort Unbroken Push Ups

Rest 2 Min

2 Min Max Effort Curl Ups (Feet Secured Flat Arms Crossed Fingers on Shoulder Blades)

Rest 2 Min

Max Effort Pull Ups

Rest 2 Min

2 Min Max Effort Air Squats

If you PR all: 5 Min Plank

If you PR 3: 7 Min Plank

If you PR 2: 10 Min Plank

If you PR 1: Run 1 Mile 10 Min Plank 100 Push Ups

Day 4:

Warm Up Stretch Top To Bottom

5 rounds:

20 Jumping Squats With 20# On Back Rack

50 4 Count Mtn Climbers

50 4 Count Flutter Kicks

10 Sandbag Overhead Toss (From the ground throw the sandbag over your head behind you sprint to it and repeat)

Cool Down Stretch Top To Bottom

Day 5:

Rest Day

Foam Roll, Stretch, Massage Swim/Row or Bike

Day 6:

Warm Up Stretch Top To Bottom

3 Rounds For Time: 200m Sandbag Overhead Walking Lunge, 50 Sit Ups, 20 Dips. Cool

Cool Down Top To Bottom Stretch

Day 7:

Rest Day!

BONUS Challenge! Here is where you understand Mental Fortitude. You have already completed 180 Days of training... You could just stop... Or YOU PRESS! You get it done. NEVER QUIT!!!

Day 1:

Warm Up, 400m Farmer Carry 40#

10 x 100m Sprints with 25 4 Count Mtn Climbers at Start of each 100m. 1 min rest between each. 5 x 10 Rep Pull Ups. No Kipping!

Cool Down: 1 mile slow run. Top to Bottom Complete Stretch.

Day 2:

2 Mile Run Moderate Pace

100 Sandbag Cleans For Time: Every Time You Rest 25 Push Ups 10 Pull Ups Cool Down: 400m Jog. Top to Bottom Complete Stretch.

Day 3:

Warm Up with 100 4 Count Jumping Jacks, 100 4 Count Flutter Kicks

5 Mile Ruck in rough terrain with as much elevation change as possible. Top to Bottom Complete Stretch.

Day 4:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 5:

Max Effort Pull Ups, Push Ups, Sit Ups Journal Results 4 x 400m Sprint, 1 min rest between rounds, GO HARD! 3 Mile LSF Run Top to Bottom Complete Stretch.

Day 6:

10 Toes To Bar, 10 Burpee Pull Ups, 30 Front Squats with 40# Object

400m Buddy carry or carry the heaviest thing you can find that is close to your body weight. Top to Bottom Complete Stretch.

Day 7:

Warm Up: 3 Rounds of: 10 Sandbag Squat Cleans, 10 Power Cleans, 10 Alt Sandbag Ground to Shoulder

2 Mile Run, 40 Pull Ups, 2 Mile Run
Top to Bottom Complete Stretch.

Day 8:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 9:

Warm Up: 100 4 Count Jumping Jacks 10 Min Wall Sit

30 Min AMRAP: 400m Run, 20 Sandbag Front Squats, 50 Bear Crawl. Cool Down: Top to Bottom Stretch

Day 10:

50 4 Count Mtn Climbers, 50 V Ups

75 Ring Rows, 75 Step Ups 24", 75 4 Count Flutter Kicks 5 Mile Ruck with 50#

Cool Down: Stretch Top to Bottom

Day 11:

Warm Up: 1.5 Mile Run 50 Perfect Push Ups

Run 1.5 Miles for Time. Journal Results.

Rest 20 Min

Run 1.5 Miles for Time. Beat your first time! GO HARD!! Cool Down: Top To Bottom Stretch

Day 12:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 13:

800m Run, 50 Burpees

4 x 1 mile Sprints. GO HARD!! Cool Down: Top To Bottom Stretch

Day 14:

Warm Up: 3 Rounds of: 10 pull ups, 20 sit ups, 30 Squats. 5 Pull Ups Every Min on the Min for 30 Min.

Cool Down: Top To Bottom Stretch

Day 15:

Warm Up: 500m Swim/Row, 75 4 Count Mtn Climbers

4 Rounds for Time: 20 Step ups with 60# Sandbag, 20 Arm Haulers, 20 Sandbag Get Ups. Cool Down: Top To Bottom Stretch

Day 16:

Warm Up: 800m Run, 50 Sit Ups

4 Mile Soft Sand or Trail Run

Cool Down: Top To Bottom Stretch

Day 17:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 18:

Warm Up: 10 Min Plank with a 20# Vest or Pack 10 Min Max Effort Burpees.

Cool Down: Top To Bottom Stretch

Day 19:

Warm Up: 800m Run, 500m Swim/Row.

3 Rounds For Time: 200m Sandbag Overhead Walking Lunge, 50 Sit Ups, 20 Dips. Cool Down: Top To Bottom Stretch

Day 20:

Warm Up: 400m Jog, 5 Pull Ups, 20 Push Ups, 20 Sit Ups, 20 Air Squats. 7 Mile Ruck with 30# Rucksack. Every 15 Min 20 Push Ups

Cool Down: Top to Bottom Stretch

Day 21:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Week 11

Day 22:

Warm Up: 1 Mile Run, 20 Pull Ups, 50 Push Ups.

20 min AMRAP: 50m Front Rack Walking Lunge, 20 Pull Ups, 20 Burpees. Cool Down: Top To Bottom Stretch

Day 23:

Warm Up: 3 mile soft sand run.

20 Min Plank Hold, Every time your knees touch 20 squats. Cool Down: Top to Bottom Stretch

Day 24:

10 min Wall Sit

5 Mile Ruck 40#

Cool Down: Top To Bottom Stretch

Day 25: Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 26:

Warm Up: 1 Mile Run Moderate Pace

Do 10 - 1 Rep (10,9,8... etc) of

Push Ups, Pull Ups, Sit Ups, 4 Count Flutter Kicks, 4 Count Mtn Climbers, Sandbag Get Ups 30#

Cool Down: Top To Bottom Stretch

Day 27:

Warm Up: 100m Crab Walk, 100m Low Crawl, 100m Broad Jump

5 Rounds for Time: Sprint 200m, 20 Pull Ups, 20 Dips, 20 Box Jumps Cool Down: Top To Bottom Stretch

Day 28:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Week 12

Day 29:

250 4 Count Jumping Jacks

4 Mile Trail Run, every 5 mins 10 Burpees. Cool Down: Top To Bottom Stretch

Day 30:

Warm Up: 50 Air Squats, 50 Push Ups, 20 Pull Ups (Strict) 100 Sit Ups

Run 400m, 50 Sandbag Clean and Jerks, 10 Pull Ups, 25 Push Ups With Sandbag on Your Back, 100 Sit Ups

Cool Down: Top To Bottom Stretch

End...



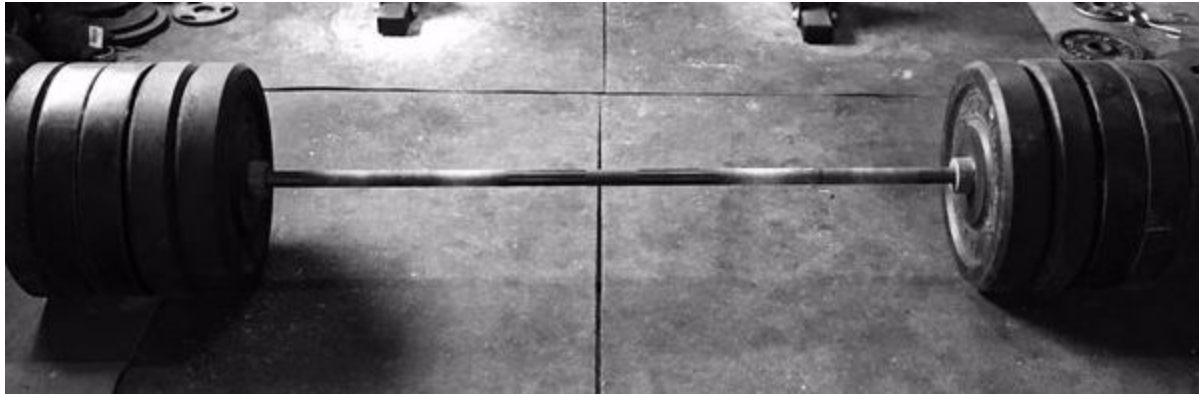
SOF Prep 365 2nd Phase:

Strength: Your foundation or “Core”. It’s useless to pile on horsepower to a weak chassis. So we start at the beginning.

Power: Once you have built your chassis we move on and start adding HP! Here we incorporate explosive movements that will not only maintain strength you have created but convert it into usable explosive power!

Endurance: Life is a marathon not a sprint. You need to be able to go the distance. This portion of training will morph the strength and power you have developed and turn you into a relentless unwavering machine.

Mental Fortitude: Every year millions of people commit to physical goals and QUIT... Why? They are mentally weak. You aren’t that person. You are committed to completing one of the most intensive training programs ever developed. YOU GOT THIS! EASY DAY!



Build the Foundation: Strength

Tools you will need: Barbell, Squat Rack, Bumper Plates, Bench, Sand Bag, Rucksack, Weight Vest, Step Up or Box Jump, Rower, Pool or Place to Swim. Trails for Rucking and Running.

LSD = Long Slow Distance, RM = Rep Max, # = Pounds,

First 6 Weeks: Strength Cycle

This plan includes a 3 Day on 1 Day off, 2 Day on 1 Day off Lifting Schedule. We focus on: Front Squat, Deadlift, Bench Press and Weighted Pull Ups. We also added in some conditioning and mobility to balance out the training.

For Warm Up we always recommend you use the Barbell and have a spotter monitor your form.

When finding your working weight: warm up with: Barbell 3 x 10 - 15 Reps, Stretch. Rest 5 min. Work up to final weight with: 20%, 40%, 50% of 1 RM (Rep Max) at 5 Reps.

Week 1:

Weigh In: Record your body weight and time of day.

Day 1: Front Squat

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 1 RM (Rep Max) Front Squat and Journal. Maintain perfect form!

Ruck for 1 Hour with 30#

Day 2: Bench Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 1 RM (Rep Max) Bench Press and Journal. Maintain perfect form and use a spotter!!

4 x 100 Meter Sprints GO HARD AS F@CK!

Day 3: Deadlift

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 1 RM (Rep Max) Deadlift and Journal. Maintain perfect form!

100 4 Count Mtn Climbers.

Day 4: Recovery Day

LSD Run on Track or Road 3 Miles.

Day 5: Weighted Pull Up

Warm Up only for 3 Sets of Max Reps of Dead Hangs. Stretch.

Find your 1 RM (Rep Max) Weighted Pull Up. Maintain perfect form!

100 Alt Walking Lunges Carrying a 45# Plate (Scale Weight As Needed)

Day 6:

Complete the Following:

400M Run, 50 4 Count Jumping Jacks, 50 Push Ups, 50 4 Count Mtn Climbers, 10 Min Wall Sit,
400m Run

Day 7: Rest!

No Activity. Stretch and Foam Roll if Needed.

Week 2:

Day 1: Front Squat

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 65% of 1 RM (Rep Max) Complete 5 Sets of 7 Reps of Front Squat and Journal.

Maintain perfect form!

Ruck for 1 Hour with 30#

Day 2: Bench Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 65% of 1 RM (Rep Max) Complete 3 Sets of 10 Reps of Bench Press and Journal.

Maintain perfect form and use a spotter!!

4 x 200 Meter Sprints GO HARD AS F@CK!

Day 3: Deadlift

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 65% of 1 RM (Rep Max) Complete 3 Sets of 10 Reps Deadlift and Journal. Maintain perfect form!

4 Sets of 10 Dead Hang Pull Ups. No Kipping!

Day 4: Recovery Day

LSD Run on Track or Road 3 Miles

Day 5: Weighted Dead Hang Pull Up

Warm Up with 3 Sets of Max Reps Dead Hang

Find your 65% of 1 RM (Rep Max) Complete 3 Sets of Max Reps and Journal. Maintain perfect form!

Pinch Grip Farmer Carry 100m with 45# Bumper Plates

Day 6: Complete the Following

30 Minute Time: Every Minute on the Minute: 1 Burpee, 2 Squats, 3 Pull Ups, 4 Sit Ups, 5 Arm Haulers Rest

Day 7: Rest Day

No Activity: Stretch and Foam Roll as Needed

Week 3:

Day 1: Front Squat

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 70% of 1 RM (Rep Max) Complete 5 Sets of 6 Reps of Front Squat and Journal.

Maintain perfect form!

Ruck for 1 Hour with 30#

Day 2: Bench Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 70% of 1 RM (Rep Max) Complete 5 Sets of 6 Reps of Bench Press and Journal.

Maintain perfect form and use a spotter!!

4 x 400 Meter Sprints GO HARD AS F@CK!

Day 3: Deadlift

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 70% of 1 RM (Rep Max) Complete 5 Sets of 6 Reps Deadlift and Journal. Maintain perfect form!

4 Sets of 10 Dead Hang Pull Ups. No Kipping!

Day 4: Recovery Day

LSD Run on Track or Road 3 Miles

Day 5: Weighted Dead Hang Pull Up

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Warm Up with 3 Sets Max Rep Dead Hangs. Stretch.

Find your 60% of 1 RM (Rep Max) Complete 3 Sets of 5 Reps Strict Press and Journal.

Maintain perfect form!

Pinch Grip Farmer Carry 100m with 45# Bumper Plates

Day 6: Complete the Following

15 Min Clock, Throw a Towel over the Pull Up Bar, Hang from the Bar, Everytime you fall off the bar, 10 Burpees. Repeat Until Clock Stops.

Day 7: Rest Day

No Activity: Stretch and Foam Roll as Needed

Week 4:

Day 1: Front Squat

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 75% of 1 RM (Rep Max) Complete 3 Sets of 5 Reps of Front Squat and Journal.
Maintain perfect form!
Ruck for 1 Hour with 30#

Day 2: Bench Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 75% of 1 RM (Rep Max) Complete 3 Sets of 5 Reps of Bench Press and Journal.
Maintain perfect form and use a spotter!!
4 x 200 Meter Sprints GO HARD AS F@CK!

Day 3: Deadlift

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 75% of 1 RM (Rep Max) Complete 3 Sets of 5 Reps Deadlift and Journal. Maintain perfect form!
4 Sets of 10 Dead Hang Pull Ups. No Kipping!

Day 4: Recovery Day

LSD Run on Track or Road 3 Miles

Day 5: Weighted Dead Hang Pull Ups

Warm Up with 3 Sets Max Rep Dead Hangs. Stretch.

Find your 75% of 1 RM (Rep Max) Complete 3 Sets of 5 Reps Strict Press and Journal.

Maintain perfect form!

Pinch Grip Farmer Carry 100m with 45# Bumper Plates

Day 6: Complete the Following

5k Run, 100 Push Ups, 5k Run

Day 7: Rest Day

No Activity: Stretch and Foam Roll as Needed

Week 5:

Day 1: Front Squat

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 50% of 1 RM (Rep Max) Complete 5 Sets of 10 Reps of Front Squat and Journal.

Maintain perfect form!

Ruck for 1 Hour with 30#

Day 2: Bench Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 50% of 1 RM (Rep Max) Complete 5 Sets of 10 Reps of Bench Press and Journal.

Maintain perfect form and use a spotter!!

4 x 200 Meter Sprints GO HARD AS F@CK!

Day 3: Deadlift

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 50% of 1 RM (Rep Max) Complete 5 Sets of 10 Reps Deadlift and Journal. Maintain perfect form!

4 Sets of 10 Dead Hang Pull Ups. No Kipping!

Day 4: Recovery Day

LSD Run on Track or Road 3 Miles

Day 5: Weighted Dead Hang Pull Up

Warm Up with 3 Sets Max Rep Dead Hangs. Stretch..

Find your 50% of 1 RM (Rep Max) Complete 5 Sets of Max Reps and Journal.

Maintain perfect form!

Pinch Grip Farmer Carry 100m with 45# Bumper Plates

Day 6: Complete the Following

10 Min Time Cap. Max Burpees.

Day 7: Rest Day

No Activity: Stretch and Foam Roll as Needed

Week 6: Test Week

Day 1: Front Squat

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 1 RM (Rep Max) Front Squat and Journal. Maintain perfect form!

Day 2: Bench Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 1 RM (Rep Max) Bench Press and Journal. Maintain perfect form and use a spotter!!

Day 3: Deadlift

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 1 RM (Rep Max) Deadlift and Journal. Maintain perfect form!

Day 4: Recovery Day Foam Roll and Stretch

Day 5: Weighted Dead Hang Pull Up

Warm Up with 3 Sets Max Rep Dead Hangs. Stretch.

Find your 1 RM (Rep Max) Weighted Dead Hang and Journal. Maintain perfect form!

100 Alt Walking Lunges Carrying a 45# Plate (Scale Weight As Needed)

Day 6: Weigh in and record your body weight. Make sure you weigh it at the same time of day from day 1 week 1.

Day 7: Rest

Never underestimate the importance of recovery after a cycle of heavy lifting. The next 7 days you will still be moving, but the load will be light and the intensity will be low.

Deload Week:

For Week 7 You need to let your body rest and recover. Go on 2 - 3 miles LSD Runs. Ruck with very light weight 4 miles. Or swim 500m at a moderate pace. You can also incorporate a bike ride in place of a swim or rowing.





SuperCharge the Engine: Power!

Gear List: Grinder PT Area, Barbell with 90# of bumpers, Pull Up Bar, Rucksack and Weight, Running Area with 50m - 1 Mile Measured, Strava App and Tabata Timer.

All workouts are easily scaled down. Always remember to know your limits and the difference between a good hurt and the pain of an injury.

Most of all ENJOY!

Power:

Day 1:

Warm Up: 400m Jog Complete Stretch Top to Bottom

5 Rounds:

50m Sprint

10 Power Cleans at 95#/65#

Cool Down: 1 Mile Run Complete Stretch Top To Bottom

Day 2:

Warm Up: 100m Bear Crawl Complete Stretch Top to Bottom

5 Mile Ruck with As Much Weight As Possible (AMWAP)

Cool Down: 3 Min Plank Hold with Ruck On Top To Bottom Stretch

Day 3:

Warm Up: 50 4 Count Jumping Jacks Complete Stretch Top To Bottom

Tabata Timer: 20 Seconds Work 10 Seconds Rest 15 Rounds

1. Flutter Kicks 2. Air Squats 3. Push Press 65#/45#

Cool Down: 800m Jog Complete Stretch Top To Bottom

Day 4:

Active Recovery Day: Pick One 3 Mile Walk, 5 Mile Bike, 1000 Yard Swim, 30 Min of Yoga stretch or massage.

Day 5:

Warm Up: 20 Alt Walking Lunges, 20 Sit Ups, 10 Pull Ups Stretch Top To Bottom

20 Min Plank Hold Every Time your Knees Touch 10 Deadlifts at 135#/115#

Cool Down: 1 Mile Jog Complete Stretch Top To Bottom

Day 6:

Warm Up: 4 x 400m Run Start at 50% after 2 Runs Stretch Top to Bottom and go 80% for last 2

Complete: 100 Burpees for Time

Cool Down: 800m Jog Stretch Top to Bottom

Day 7:

Rest Day! Get outside.

Day 8:

Warm Up: 50 Air Squats, 50 Sit Ups, 20 Pull Ups Complete Stretch Top to Bottom

Ruck Day: 3 Hours try to maintain a 4.3 MPH Pace with AMWAP

Cool Down: Complete Stretch Top to Bottom

Day 9:

Warm Up: 2 x 800 First at 60% Complete Stretch Second at 90%

Tabata Timer: 20 seconds on 10 Off: Power Cleans 135#/95# Go as many rounds as you can.

1 - 5 Rounds: 50 Burpees

6 - 10 Rounds: 40 Burpees

11 - 15 Rounds 25 Burpees

16+ = 1 Mile Run

Cool Down: Top to Bottom Stretch

Day 10:

Warm Up: 3 Mile Slow Jog

Max Effort:

Towel Hang Over Bar
L Sit from Bar
Wall Sit
Plank Hold
Handstand Hold
Strict Press Max Effort 45# (go to failure)
Cool Down: Top to Bottom Stretch

Day 11:

Active Recovery Day: Pick One 3 Mile Walk, 5 Mile Bike, 1000 Yard Swim, 30 Min of Yoga stretch or massage.

Day 12:

Warm Up: 4 x 100m Slow Jog to Sprint Pace Stretch Top to Bottom As Needed While You Warm Up
4 Rounds For Time:
400m Sprint
20 Power Snatch at 95#/65#
Cool Down: 1 Mile Slow Jog Stretch Top To Bottom

Day 13:

Warm Up: 50 4 Count Flutter Kicks, 50 4 Count Mtn Climbers
6 Mile Ruck with as much elevation gain as possible.
Cool Down: 50 4 Count Flutter Kicks, 50 4 Count Mtn. Climbers

Day 14:

Rest Day! Get outside.

Day 15:

Warm Up: 1 - 10 Pull Ups and Dips. 1, 2, 3, 4... etc Stretch as Needed
4 x 1 Mile Sprints!
Cool Down: 400m Walk Top To Bottom Stretch

Day 16:

Warm Up: 5 Min Plank Hold Complete Stretch 50 Burpees
3 Mile LSD Trail Run every 5 min 10 Air Squats
Cool Down: Complete Stretch Top to Bottom.

Day 17:

Warm Up: 50 Alt Walking Lunges Complete Stretch
Complete:
50 4 Count Jumping Jacks
10 Deadlifts 135#/115#

50 4 Count Mtn Climbers
10 Power Cleans 115#/95#
50 Leg Levers
10 Pull Ups
50 Air Squats
10 Push Press 95#/65#
Cool Down: 400m Jog Complete Stretch

Day 18:

Active Recovery Day: Pick One 3 Mile Walk, 5 Mile Bike, 1000 Yard Swim, 30 Min of Yoga stretch or massage.

Day 19:

Warm Up: 2 Mile Run Complete Stretch Top To Bottom
Tabata Timer: 30 Seconds on 20 Seconds Rest
Plank Hold 5 Rounds
Wall Sit 5 Rounds
Bar Hang 5 Rounds
Handstand Hold 5 Rounds
Cool Down: 1 Mile Jog Complete Stretch Top To Bottom

Day 20:

Warm Up: 2 Rounds 30 Push Ups, 10 Pull Ups Complete Stretch Top to Bottom
Ruck Day: 10 Miles AMWAP at 4.3 MPH Pace Every 15 Min 20 Ruck Sack Squat Cleans
Cool Down: Complete Stretch Top To Bottom

Day 21:

Rest Day Get Outside!

Day 22:

Warm Up: 3 Mile Jog Complete Stretch Top to Bottom
100 Star Jumps, 100 4 Count Jumping Jacks, 100 Burpees
Cool Down: 400m Walk Complete Stretch

Day 23:

Warm Up: 4 Rounds: 10 Pull Ups 20 Push Ups, 30 Sit Ups Complete Stretch
4 Rounds for Time
800m Sprint
10 Ground to Overhead 95#/65#
Cool Down: Complete Stretch Top To Bottom

Day 24:

Warm Up: 4x200 50% for 2, Stretch 80% for 2

200m Alt Walking Lunge, If you can front rack carry a 20# ruck DO IT!
Cool Down: Complete Stretch Top To Bottom

Day 25:

Active Recovery Day: Pick One 3 Mile Walk, 5 Mile Bike, 1000 Yard Swim, 30 Min of Yoga stretch or massage.

Day 26:

Warm Up: 5 Min Plank Hold, 5 Min Wall Sit Complete Stretch Top To Bottom

Ruck Day: 10 Miles 20# Fast as you can go without running

Cool Down: Complete Stretch Top to Bottom

Day 27:

Warm Up: 800m Jog Complete Stretch Top To Bottom

Run 3.5 Miles with 15# Ruck

Cool Down: Stretch Top to Bottom

Day: 28

Rest Day Get Outside!

Day 29:

Warm Up: 100 Push Ups Stretch Top to Bottom

50 Pull Ups, 100 Sit Ups, 200 Air Squats, 75 Burpees

Cool Down: Top To Bottom Stretch

Day 30:

Warm Up: 3 Mile Run Complete Stretch

Complete:

30 Power Cleans 135#/115#

100 4 Count Mtn Climbers

100 4 Count Flutter Kicks

50 4 Count Mtn Climbers

50 4 Count Flutter Kicks

25 4 Count Mtn Climbers

25 4 Count Flutter Kicks

Cool Down: 1 Mile Jog Complete Stretch

Deload Week: Go on 2 - 3 miles LSD Runs. Ruck with very light weight 4 miles. Or swim 500m at a moderate pace. You can also incorporate a bike ride in place of a swim or rowing.



Go The Distance: Endurance

Tools you will need: Sand Bag, Rucksack, Weight Vest, Step Up or Box Jump, Rower, Pool or Place to Swim. Trails for Rucking and Running.

We suggest you get the body moving a bit in your warm up and do a complete stretch once you feel good and warm. After you complete the workout you should stretch from top to bottom targeting your whole body within 20 min of completing your workout.

Hydrate often and never enter a workout in a depleted state.

We have MANDATORY REST DAYS!!! Recovery is just as important as a workout. DO NOT SKIP!

Day 1:

Warm Up, 400m Farmer Carry 40#

10 x 100m Sprints with 25 4 Count Mtn Climbers at Start of each 100m. 1 min rest between each. 5 x 10 Rep Pull Ups. No Kipping!

Cool Down: 1 mile slow run. Top to Bottom Complete Stretch.

Day 2:

2 Mile Run Moderate Pace

100 Sandbag Cleans For Time: Every Time You Rest 25 Push Ups 10 Pull Ups

Cool Down: 400m Jog. Top to Bottom Complete Stretch.

Day 3:

Warm Up with 100 4 Count Jumping Jacks, 100 4 Count Flutter Kicks

5 Mile Ruck in rough terrain with as much elevation change as possible.

Top to Bottom Complete Stretch.

Day 4:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 5:

Max Effort Pull Ups, Push Ups, Sit Ups Journal Results

4 x 400m Sprint, 1 min rest between rounds, GO HARD!

3 Mile LSF Run Top to Bottom Complete Stretch.

Day 6:

10 Toes To Bar, 10 Burpee Pull Ups, 30 Front Squats with 40# Object

400m Buddy carry or carry the heaviest thing you can find that is close to your body weight.

Top to Bottom Complete Stretch.

Day 7:

Warm Up: 3 Rounds of: 10 Sandbag Squat Cleans, 10 Power Cleans, 10 Alt Sandbag Ground to Shoulder

2 Mile Run, 40 Pull Ups, 2 Mile Run

Top to Bottom Complete Stretch.

Day 8:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 9:

Warm Up: 100 4 Count Jumping Jacks 10 Min Wall Sit

30 Min AMRAP: 400m Run, 20 Sandbag Front Squats, 50 Bear Crawl.

Cool Down: Top to Bottom Stretch

Day 10:

50 4 Count Mtn Climbers, 50 V Ups

75 Ring Rows, 75 Step Ups 24", 75 4 Count Flutter Kicks

5 Mile Ruck with 50#

Cool Down: Stretch Top to Bottom

Day 11:

Warm Up: 1.5 Mile Run 50 Perfect Push Ups

Run 1.5 Miles for Time. Journal Results.

Rest 20 Min

Run 1.5 Miles for Time. Beat your first time! GO HARD!!

Cool Down: Top To Bottom Stretch

Day 12:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 13:

800m Run, 50 Burpees

4 x 1 mile Sprints. GO HARD!!

Cool Down: Top To Bottom Stretch

Day 14:

Warm Up: 3 Rounds of: 10 pull ups, 20 sit ups, 30 Squats.

5 Pull Ups Every Min on the Min for 30 Min.

Cool Down: Top To Bottom Stretch

Day 15:

Warm Up: 500m Swim/Row, 75 4 Count Mtn Climbers

4 Rounds for Time: 20 Step ups with 60# Sandbag, 20 Arm Haulers, 20 Sandbag Get Ups.

Cool Down: Top To Bottom Stretch

Day 16:

Warm Up: 800m Run, 50 Sit Ups

4 Mile Soft Sand or Trail Run

Cool Down: Top To Bottom Stretch

Day 17:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 18:

10 Min Plank with a 20# Vest or Pack

10 Min Max Effort Burpees.

Cool Down: Top To Bottom Stretch

Day 19:

800m Run, 500m Swim/Row.

3 Rounds For Time: 200m Sandbag Overhead Walking Lunge, 50 Sit Ups, 20 Dips.

Cool Down: Top To Bottom Stretch

Day 20:

Warm Up: 400m Jog, 5 Pull Ups, 20 Push Ups, 20 Sit Ups, 20 Air Squats.

7 Mile Ruck with 30# Rucksack. Every 15 Min 20 Push Ups

Cool Down: Top to Bottom Stretch

Day 21:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 22:

Warm Up: 1 Mile Run, 20 Pull Ups, 50 Push Ups.

20 min AMRAP: 50m Front Rack Walking Lunge, 20 Pull Ups, 20 Burpees.

Cool Down: Top To Bottom Stretch

Day 23:

Warm Up: 3 mile soft sand run.

20 Min Plank Hold, Every time your knees touch 20 squats.

Cool Down: Top to Bottom Stretch

Day 24:

10 min Wall Sit

5 Mile Ruck 40#

Cool Down: Top To Bottom Stretch

Day 25:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 26:

Warm Up: 1 Mile Run Moderate Pace

Do 10 - 1 Rep (10,9,8... etc) of

Push Ups, Pull Ups, Sit Ups, 4 Count Flutter Kicks, 4 Count Mtn Climbers, Sand Bag Get Ups
30#

Cool Down: Top To Bottom Stretch

Day 27:

Warm Up: 100m Crab Walk, 100m Low Crawl, 100m Broad Jump

5 Rounds for Time: Sprint 200m, 20 Pull Ups, 20 Dips, 20 Box Jumps

Cool Down: Top To Bottom Stretch

Day 28:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 29:

250 4 Count Jumping Jacks

4 Mile Trail Run, every 5 mins 10 Burpees.

Cool Down: Top To Bottom Stretch

Day 30:

Complete a PST Test and Journal:

2 Min of Max Rep Push Ups

2 Min of Max Rep Sit Ups

Max Rep Pull Ups

1.5 Mile Run

Great WORK! If you have time send us a message on Facebook with your PST Scores.

Deload Week: Go on 2 - 3 miles LSD Runs. Ruck with very light weight 4 miles. Or swim 500m at a moderate pace. You can also incorporate a bike ride in place of a swim or rowing.



YOU GOT THIS!!!! EASY DAY!!!! Praise and encourage... Something we are taught early on in life but forget as we get older. You've set a goal, now it's time to bring it HOME. Victory is near. Just one foot in front of the other.

Day 1

Warm Up, 400m Farmer Carry 40#

10 x 100m Sprints with 25 4 Count Mtn Climbers at Start of each 100m. 1 min rest between each. 5 x 10 Rep Pull Ups. No Kipping!

Cool Down: 1 mile slow run. Top to Bottom Complete Stretch.

Day 2:

2 Mile Run Moderate Pace

100 Sand Bag Cleans For Time: Every Time You Rest 25 Push Ups 10 Pull Ups

Cool Down: 400m Jog. Top to Bottom Complete Stretch.

Day 3:

Warm Up with 100 4 Count Jumping Jacks, 100 4 Count Flutter Kicks

5 Mile Ruck in rough terrain with as much elevation change as possible.

Top to Bottom Complete Stretch.

Day 4:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 5:

Max Effort Pull Ups, Push Ups, Sit Ups Journal Results

4 x 400m Sprint, 1 min rest between rounds, GO HARD!

3 Mile LSF Run Top to Bottom Complete Stretch.

Day 6:

10 Toes To Bar, 10 Burpee Pull Ups, 30 Front Squats with 40# Object

400m Buddy carry or carry the heaviest thing you can find that is close to your body weight.

Top to Bottom Complete Stretch.

Day 7:

Warm Up: 3 Rounds of: 10 Sandbag Squat Cleans, 10 Power Cleans, 10 Alt Sandbag Ground to Shoulder

2 Mile Run, 40 Pull Ups, 2 Mile Run

Top to Bottom Complete Stretch.

Day 8:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 9:

Warm Up: 100 4 Count Jumping Jacks 10 Min Wall Sit

30 Min AMRAP: 400m Run, 20 Sandbag Front Squats, 50 Bear Crawl.

Cool Down: Top to Bottom Stretch

Day 10:

50 4 Count Mtn Climbers, 50 V Ups

75 Ring Rows, 75 Step Ups 24", 75 4 Count Flutter Kicks

5 Mile Ruck with 50#

Cool Down: Stretch Top to Bottom

Day 11:

Warm Up: 1.5 Mile Run 50 Perfect Push Ups

Run 1.5 Miles for Time. Journal Results.

Rest 20 Min

Run 1.5 Miles for Time. Beat your first time! GO HARD!!

Cool Down: Top To Bottom Stretch

Day 12:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 13:

800m Run, 50 Burpees

4 x 1 mile Sprints. GO HARD!!

Cool Down: Top To Bottom Stretch

Day 14:

Warm Up: 3 Rounds of: 10 pull ups, 20 sit ups, 30 Squats.

5 Pull Ups Every Min on the Min for 30 Min.

Cool Down: Top To Bottom Stretch

Day 15:

Warm Up: 500m Swim/Row, 75 4 Count Mtn Climbers

4 Rounds for Time: 20 Step ups with 60# Sandbag, 20 Arm Haulers, 20 Sandbag Get Ups.

Cool Down: Top To Bottom Stretch

Day 16:

Warm Up: 800m Run, 50 Sit Ups

4 Mile Soft Sand or Trail Run

Cool Down: Top To Bottom Stretch

Day 17:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 18:

Warm Up: 10 Min Plank with a 20# Vest or Pack

10 Min Max Effort Burpees.

Cool Down: Top To Bottom Stretch

Day 19:

Warm Up: 800m Run, 500m Swim/Row.

3 Rounds For Time: 200m Sandbag Overhead Walking Lunge, 50 Sit Ups, 20 Dips.

Cool Down: Top To Bottom Stretch

Day 20:

Warm Up: 400m Jog, 5 Pull Ups, 20 Push Ups, 20 Sit Ups, 20 Air Squats.

7 Mile Ruck with 30# Rucksack. Every 15 Min 20 Push Ups

Cool Down: Top to Bottom Stretch

Day 21:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 22:

Warm Up: 1 Mile Run, 20 Pull Ups, 50 Push Ups.

20 min AMRAP: 50m Front Rack Walking Lunge, 20 Pull Ups, 20 Burpees.

Cool Down: Top To Bottom Stretch

Day 23:

Warm Up: 3 mile soft sand run.

20 Min Plank Hold, Every time your knees touch 20 squats.

Cool Down: Top to Bottom Stretch

Day 24:

10 min Wall Sit

5 Mile Ruck 40#

Cool Down: Top To Bottom Stretch

Day 25:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 26:

Warm Up: 1 Mile Run Moderate Pace

Do 10 - 1 Rep (10,9,8... etc) of

Push Ups, Pull Ups, Sit Ups, 4 Count Flutter Kicks, 4 Count Mtn Climbers, Sandbag Get Ups
30#

Cool Down: Top To Bottom Stretch

Day 27:

Warm Up: 100m Crab Walk, 100m Low Crawl, 100m Broad Jump

5 Rounds for Time: Sprint 200m, 20 Pull Ups, 20 Dips, 20 Box Jumps

Cool Down: Top To Bottom Stretch

Day 28:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 29:

250 4 Count Jumping Jacks

4 Mile Trail Run, every 5 mins 10 Burpees.

Cool Down: Top To Bottom Stretch

Day 30:

Warm Up: 50 Air Squats, 50 Push Ups, 20 Pull Ups (Strict) 100 Sit Ups

Run 400m, 50 Sandbag Clean and Jerks, 10 Pull Ups, 25 Push Ups With Sandbag on Your
Back, 100 Sit Ups

Cool Down: Top To Bottom Stretch

Day 31:

Warm Up: 1.5 Mile Run Moderate Pace, 10 Min Plank Hold

4 x 50m Sprint, 10 Min Wall Sit, 4 x 100m Sprint
Cool Down: Top To Bottom Stretch

Day 32:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 33:

Warm Up: 400m Bear Crawl, 100m Low Crawl

8 Mile Ruck AHAP

Cool Down: Stretch Top To Bottom

Day 34:

Warm Up: 4 x 10 Pull Ups, 4 x 25 Push Ups Rest as needed to go unbroken

4 x 1 Mile Sprint, 50 Burpees

Cool Down: Stretch Top To Bottom

Day 35:

Warm Up: 150 Sit Ups, Every Time you rest 25 Air Squats

250 20" Step Ups with 20# Ruck

Cool Down: Stretch Top To Bottom

Deload Week: Go on 2 - 3 miles LSD Runs. Ruck with very light weight 4 miles. Or swim 500m at a moderate pace. You can also incorporate a bike ride in place of a swim or rowing.

Strength Cycle 2:

Week 1:

Weigh In: Record your body weight and time of day.

Day 1: Back Squat

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 1 RM (Rep Max) Back Squat and Journal. Maintain perfect form!
Ruck for 1 Hour with 30#

Day 2: Bench Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 1 RM (Rep Max) Bench Press and Journal. Maintain perfect form and use a spotter!!
4 x 100 Meter Sprints GO HARD AS F@CK!

Day 3: Deadlift

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 1 RM (Rep Max) Deadlift and Journal. Maintain perfect form!
100 4 Count Mtn Climbers.

Day 4: Recovery Day

LSD Run on Track or Road 3 Miles.

Day 5: Shoulder to Overhead Strict Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 1 RM (Rep Max) Strict Press and Journal. Maintain perfect form!
100 Alt Walking Lunges Carrying a 45# Plate (Scale Weight As Needed)

Day 6:

Complete the Following:
400M Run, 50 4 Count Jumping Jacks, 50 Push Ups, 50 4 Count Mtn Climbers, 10 Min Wall Sit,
400m Run

Day 7: Rest!

No Activity. Stretch and Foam Roll if Needed.

Week 2:

Day 1: Back Squat

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.

Find your 65% of 1 RM (Rep Max) Complete 5 Sets of 7 Reps of Back Squat and Journal.
Maintain perfect form!
Ruck for 1 Hour with 30#

Day 2: Bench Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 65% of 1 RM (Rep Max) Complete 5 Sets of 7 Reps of Bench Press and Journal.
Maintain perfect form and use a spotter!!
4 x 200 Meter Sprints GO HARD AS F@CK!

Day 3: Deadlift

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 65% of 1 RM (Rep Max) Complete 5 Sets of 7 Reps Deadlift and Journal. Maintain perfect form!
4 Sets of 10 Dead Hang Pull Ups. No Kipping!

Day 4: Recovery Day

LSD Run on Track or Road 3 Miles

Day 5: Shoulder to Overhead Strict Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 65% of 1 RM (Rep Max) Complete 5 Sets of 7 Reps Strict Press and Journal.
Maintain perfect form!
Pinch Grip Farmer Carry 100m with 45# Bumper Plates

Day 6: Complete the Following

30 Minute Time: Every Minute on the Minute: 1 Burpee, 2 Squats, 3 Pull Ups, 4 Sit Ups, 5 Arm Haulers Rest

Day 7: Rest Day

No Activity: Stretch and Foam Roll as Needed
Week 3:

Day 1: Back Squat

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 70% of 1 RM (Rep Max) Complete 5 Sets of 6 Reps of Back Squat and Journal.
Maintain perfect form!
Ruck for 1 Hour with 30#

Day 2: Bench Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 70% of 1 RM (Rep Max) Complete 5 Sets of 6 Reps of Bench Press and Journal.
Maintain perfect form and use a spotter!!
4 x 400 Meter Sprints GO HARD AS F@CK!

Day 3: Deadlift

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 70% of 1 RM (Rep Max) Complete 5 Sets of 6 Reps Deadlift and Journal. Maintain perfect form!
4 Sets of 10 Dead Hang Pull Ups. No Kipping!

Day 4: Recovery Day

LSD Run on Track or Road 3 Miles

Day 5: Shoulder to Overhead Strict Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 70% of 1 RM (Rep Max) Complete 5 Sets of 6 Reps Strict Press and Journal.
Maintain perfect form!
Pinch Grip Farmer Carry 100m with 45# Bumper Plates

Day 6: Complete the Following

15 Min Clock, Throw a Towel over the Pull Up Bar, Hang from the Bar, Everytime you fall off the bar, 10 Burpees. Repeat Until Clock Stops.

Day 7: Rest Day

No Activity: Stretch and Foam Roll as Needed

Week 4:

Day 1: Back Squat

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 75% of 1 RM (Rep Max) Complete 5 Sets of 5 Reps of Back Squat and Journal.
Maintain perfect form!
Ruck for 1 Hour with 30#

Day 2: Bench Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 75% of 1 RM (Rep Max) Complete 5 Sets of 5 Reps of Bench Press and Journal.
Maintain perfect form and use a spotter!!
4 x 200 Meter Sprints GO HARD AS F@CK!

Day 3: Deadlift

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 75% of 1 RM (Rep Max) Complete 5 Sets of 5 Reps Deadlift and Journal. Maintain perfect form!
4 Sets of 10 Dead Hang Pull Ups. No Kipping!

Day 4: Recovery Day

LSD Run on Track or Road 3 Miles

Day 5: Shoulder to Overhead Strict Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 75% of 1 RM (Rep Max) Complete 5 Sets of 5 Reps Strict Press and Journal.
Maintain perfect form!
Pinch Grip Farmer Carry 100m with 45# Bumper Plates

Day 6: Complete the Following

5k Run, 100 Push Ups, 5k Run

Day 7: Rest Day

No Activity: Stretch and Foam Roll as Needed

Week 5:

Day 1: Back Squat

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 50% of 1 RM (Rep Max) Complete 3 Sets of 15 Reps of Back Squat and Journal.
Maintain perfect form!
Ruck for 1 Hour with 30#

Day 2: Bench Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 50% of 1 RM (Rep Max) Complete 5 Sets of 15 Reps of Bench Press and Journal.
Maintain perfect form and use a spotter!!
4 x 200 Meter Sprints GO HARD AS F@CK!

Day 3: Deadlift

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 50% of 1 RM (Rep Max) Complete 3 Sets of 15 Reps Deadlift and Journal. Maintain perfect form!
4 Sets of 10 Dead Hang Pull Ups. No Kipping!

Day 4: Recovery Day

LSD Run on Track or Road 3 Miles
Day 5: Shoulder to Overhead Strict Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 50% of 1 RM (Rep Max) Complete 3 Sets of 15 Reps Strict Press and Journal.
Maintain perfect form!
Pinch Grip Farmer Carry 100m with 45# Bumper Plates

Day 6: Complete the Following

10 Min Time Cap. Max Burpees.

Day 7: Rest Day

No Activity: Stretch and Foam Roll as Needed

Week 6: Test Week

Day 1: Back Squat

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 1 RM (Rep Max) Back Squat and Journal. Maintain perfect form!

Day 2: Bench Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 1 RM (Rep Max) Bench Press and Journal. Maintain perfect form and use a spotter!!

Day 3: Deadlift

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 1 RM (Rep Max) Deadlift and Journal. Maintain perfect form!

Day 4: Recovery Day Foam Roll and Stretch

Day 5: Shoulder to Overhead Strict Press

Warm Up with the Barbell only for 3 Sets of 10 - 15 Reps. Stretch.
Find your 1 RM (Rep Max) Strict Press and Journal. Maintain perfect form!
100 Alt Walking Lunges Carrying a 45# Plate (Scale Weight As Needed)

Day 6: Weigh in and record your body weight. Make sure you weigh it at the same time of day from day 1 week 1.

Day 7: Rest

Never underestimate the importance of recovery after a cycle of heavy lifting. The next 7 days you will still be moving, but the load will be light and the intensity will be low.

Deload Week:

For Week 7 You need to let your body rest and recover. Go on 2 - 3 miles LSD Runs. Ruck with very light weight 4 miles. Or swim 500m at a moderate pace. You can also incorporate a bike ride in place of a swim or rowing.

Bonus!!

Day 1

Warm Up, 400m Farmer Carry 40#

10 x 100m Sprints with 25 4 Count Mtn Climbers at Start of each 100m. 1 min rest between each. 5 x 10 Rep Pull Ups. No Kipping!

Cool Down: 1 mile slow run. Top to Bottom Complete Stretch.

Day 2:

2 Mile Run Moderate Pace

100 Sandbag Cleans For Time: Every Time You Rest 25 Push Ups 10 Pull Ups

Cool Down: 400m Jog. Top to Bottom Complete Stretch.

Day 3:

Warm Up with 100 4 Count Jumping Jacks, 100 4 Count Flutter Kicks

5 Mile Ruck in rough terrain with as much elevation change as possible.

Top to Bottom Complete Stretch.

Day 4:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 5:

Max Effort Pull Ups, Push Ups, Sit Ups Journal Results

4 x 400m Sprint, 1 min rest between rounds, GO HARD!

3 Mile LSF Run Top to Bottom Complete Stretch.

Day 6:

10 Toes To Bar, 10 Burpee Pull Ups, 30 Front Squats with 40# Object

400m Buddy carry or carry the heaviest thing you can find that is close to your body weight.

Top to Bottom Complete Stretch.

Day 7:

Warm Up: 3 Rounds of: 10 Sandbag Squat Cleans, 10 Power Cleans, 10 Alt Sandbag Ground to Shoulder

2 Mile Run, 40 Pull Ups, 2 Mile Run

Top to Bottom Complete Stretch.

Week 9

Day 8:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 9:

Warm Up: 100 4 Count Jumping Jacks 10 Min Wall Sit

30 Min AMRAP: 400m Run, 20 Sandbag Front Squats, 50 Bear Crawl.

Cool Down: Top to Bottom Stretch

Day 10:

50 4 Count Mtn Climbers, 50 V Ups

75 Ring Rows, 75 Step Ups 24", 75 4 Count Flutter Kicks

5 Mile Ruck with 50#

Cool Down: Stretch Top to Bottom

Day 11:

Warm Up: 1.5 Mile Run 50 Perfect Push Ups

Run 1.5 Miles for Time. Journal Results.

Rest 20 Min

Run 1.5 Miles for Time. Beat your first time! GO HARD!!

Cool Down: Top To Bottom Stretch

Day 12:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 13:

800m Run, 50 Burpees

4 x 1 mile Sprints. GO HARD!!

Cool Down: Top To Bottom Stretch

Day 14:

Warm Up: 3 Rounds of: 10 pull ups, 20 sit ups, 30 Squats.

5 Pull Ups Every Min on the Min for 30 Min.

Cool Down: Top To Bottom Stretch

Week 10

Day 15:

Warm Up: 500m Swim/Row, 75 4 Count Mtn Climbers

4 Rounds for Time: 20 Step ups with 60# Sandbag, 20 Arm Haulers, 20 Sandbag Get Ups.

Cool Down: Top To Bottom Stretch

Day 16:

Warm Up: 800m Run, 50 Sit Ups

4 Mile Soft Sand or Trail Run

Cool Down: Top To Bottom Stretch

Day 17:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 18:

Warm Up: 10 Min Plank with a 20# Vest or Pack

10 Min Max Effort Burpees.

Cool Down: Top To Bottom Stretch

Day 19:

Warm Up: 800m Run, 500m Swim/Row.

3 Rounds For Time: 200m Sandbag Overhead Walking Lunge, 50 Sit Ups, 20 Dips.

Cool Down: Top To Bottom Stretch

Day 20:

Warm Up: 400m Jog, 5 Pull Ups, 20 Push Ups, 20 Sit Ups, 20 Air Squats.

7 Mile Ruck with 30# Rucksack. Every 15 Min 20 Push Ups

Cool Down: Top to Bottom Stretch

Day 21:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Week 11

Day 22:

Warm Up: 1 Mile Run, 20 Pull Ups, 50 Push Ups.

20 min AMRAP: 50m Front Rack Walking Lunge, 20 Pull Ups, 20 Burpees.

Cool Down: Top To Bottom Stretch

Day 23:

Warm Up: 3 mile soft sand run.

20 Min Plank Hold, Every time your knees touch 20 squats.

Cool Down: Top to Bottom Stretch

Day 24:

10 min Wall Sit

5 Mile Ruck 40#

Cool Down: Top To Bottom Stretch

Day 25:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Day 26:

Warm Up: 1 Mile Run Moderate Pace

Do 10 - 1 Rep (10,9,8... etc) of

Push Ups, Pull Ups, Sit Ups, 4 Count Flutter Kicks, 4 Count Mtn Climbers, Sandbag Get Ups
30#

Cool Down: Top To Bottom Stretch

Day 27:

Warm Up: 100m Crab Walk, 100m Low Crawl, 100m Broad Jump

5 Rounds for Time: Sprint 200m, 20 Pull Ups, 20 Dips, 20 Box Jumps

Cool Down: Top To Bottom Stretch

Day 28:

Rest Day

We suggest you be active, take time to learn a new skill or improve on an old one.

Week 12

Day 29:

250 4 Count Jumping Jacks

4 Mile Trail Run, every 5 mins 10 Burpees.

Cool Down: Top To Bottom Stretch

Day 30:

Warm Up: 50 Air Squats, 50 Push Ups, 20 Pull Ups (Strict) 100 Sit Ups

Run 400m, 50 Sandbag Clean and Jerks, 10 Pull Ups, 25 Push Ups With Sandbag on Your Back, 100 Sit Ups

Cool Down: Top To Bottom Stretch

Day 31:

Warm Up: 1.5 Mile Run Moderate Pace, 10 Min Plank Hold

4 x 50m Sprint, 10 Min Wall Sit, 4 x 100m Sprint

Cool Down: Top To Bottom Stretch

Test Day:

Warm Up: 800m Run, Full Stretch. 5 Pull Ups, 20 Push Ups, 20 Sit Ups.

Complete:

1.5m Sprint For Time

Rest 10 Min

Max Rep: Push Ups, 4 Min Rest, Sit Ups, 4 Min Rest, Pull Ups.

Journal Results.

Bonus Challenge: 1000 Burpees for Time. GO!!