



SOF Prep 365 Version 2.0

Copyright: SOFPrepTraining

For Questions about this training email: SOFPrep01@gmail.com

READ THIS FIRST!!!

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.

SOF Prep 365 V 2.0 Training System Broken Down

Strength (6 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.

Endurance (6 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 (6 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.

Operator Training (6 Weeks)

Endurance Training (6 Weeks)

SOF PT Simulation (6 Weeks) This training is designed to simulate BUD/s First Phase Evolutions. With final Hell Week Challenge Training Period. Push HARD!!

Advanced Operator Conditioning (14 Week)

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: DO THIS BEFORE EVERY WORKOUT!! Add 1 rep a week to each movement as needed.

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

Week 1

Day 1 - Baseline test 1

(1)

Work up to a 3RM barbell deadlift or Warm up with 3 sets of 10 Sandbag Deadlifts then complete Max Rep Sandbag Deadlift Weight 25- 35% of Bodyweight.

Take as much rest between sets as you need. Write down your 3RM or max rep numbers in your workout log.

(2)

Work up to a 3RM barbell shoulder press or Warm up with 3 sets of 10 Shoulder Press then complete Max Rep Shoulder Press Weight 25- 35% of Bodyweight.

Take as much rest between sets as you need. Write down your 3RM or Max Rep in your workout log.

(3)

Work up to a max rep walking lunge - With: Sandbag, Dumbbells, Kettlebells' or Barbell on back. Weight 25 - 35% of Bodyweight. If you start to lose form, drop the weight or have to rest that's when you hit your max reps of Walking Lunge (you can do stationary too)

Day 2 - Light cardio/active recovery

(1)

20-30 minutes easy effort cardio. Choose from one of the following:

Bike, Row, Elliptical

Note: If you don't have access to any of these machines go for a very easy 20-30 minute jog or Burpees.

(2)

5-10 minutes of foam rolling

Day 3 - Baseline Test 2

(1)

Work up to a 3RM Barbell Front Squat or Max Rep Front Rack Carry Sandbag Squats

Take as much rest between sets as you need. Write down your 3RM or Max Rep Effort in your workout log.

(2)

Work up to your Max Rep Perfect Form Banded Push Up. Do 3 Sets of 10 Reps with 30 Seconds Rest, then complete Max Rep (or just regular push up if you don't have Bands)

(3)

Farmers Carry - 25 - 35% of your bodyweight object in each hand. Walk max distance before putting the weight down. Record Distance.

Day 4 - Recovery/light stretching

(1)

Spend 10-20 minutes going through your own Mobility Routine

Day 5 - Durability circuit

(1)

Complete as many rounds as possible in 15 minutes of:

6x sandbag getups (3 per side) → use a heavy sandbag
100 foot sandbag bear hug carry (this should take 30-45 seconds)

(2)

Seven rounds of:

10x heavy kettlebell swings
7x burpees
No rest between rounds

Day 6 - Strength (you can get creative here if you don't have equipment water jugs WORK 1 gallon = 8 pounds)

(1)

Three rounds of:

Max effort chin over pullup bar hold
1x fifteen second pushup
Rest 60 seconds between rounds

For the fifteen second Push Ups: Take 5 seconds to lower, pause above the ground for 5 seconds, take 5 seconds to raise back to the start

(2)

Three rounds of:

8x goblet squat (heavy)
4x jump squat
4x jump lunges (2 per leg)
Rest 60 seconds between rounds

(3)

Three rounds of:

4x single arm dumbbell bench press, per arm (heavy)

4x single arm dumbbell row, per arm (heavy)

Rest 60 seconds between rounds

(4)

Three rounds of:

30 second single arm farmers carry, per arm (heavy)

Rest 60 seconds between rounds

Day 7 - Total rest

Total rest day today. Catch up on sleep, eat healthy food, and drink lots of water today.

Also, choose one of the following options to do today:

1. Read 5-10 minutes in a book that interests you
2. Call a friend or family member and talk with them on the phone for at least 5 minutes

Week 2

Day 1 - Strength

(1)

7 x 5 Deadlift 60% of your 1 Rep Max

On week 2 we are doing 7 Rounds of 5 Reps using your 60% of your 1 Rep Max (determined by using this Calculator)

Or

7 rounds of 60% of your Max Rep of Deadlift with whatever object you used to test on week 1. Example: You did 45 reps with a 50# Sandbag, You will do 7 rounds of 27 Reps.

(2)

7 x 5 Shoulder Press 60% of 1 Rep Max or 7 Rounds of 60% of Your Max Rep

(3)

7 Rounds of 60% of your Max Reps Weighted Walking Lunge With the Same Weight you used on Test Day. 2 Minutes of Rest between Rounds.

(4)

Three rounds of:

Max Effort Leaning Rest Plank Hold with 1 Minute Rest.

Day 2 - Light cardio/ active recovery

(1)

20-30 minutes easy effort cardio. Choose from one of the following:

Elliptical

Stair climber

Rowing ergometer

Note: If you don't have access to any of these machines go for a very easy 20-30 minute jog.

(2)

5-10 minutes of foam rolling with complete stretch, hydrate and fuel.

Day 3 - Strength

(1)

7 Rounds or 5 Reps of 60% of 1 Rep Max Barbell Front Squat or 7 Rounds of 60% of your max effort front squat with sandbag or object.

(2)

7 Rounds of 60% of your Max Effort Banded Push Ups

(3)

7 Rounds of 60% of your Max Effort Farmers Carry with same weight you used on test day.

(4)

Bonus Strength: 5 Rounds of Max Effort Pull Ups Rest 1 - 2 minutes between rounds. Scale as needed if you can't do pull ups sub in Ring Rows.

Day 4 - Recovery/ light stretching

Spend 10-20 minutes going through your own Mobility Routine

Day 5 - Circuit

Warm Up Per SOP

(1)

50 burpee sandbag toss. Weight: 25 - 35% of your Bodyweight

For the sandbag toss:

Pick up sandbags to chest level.

Toss in straight out in front of you.

Burpee broad jump to your sandbag.

That equals 1 rep. Repeat until you have 50 repetitions.

(2)

10 minutes of non-stop sandbag getups

Alternate shoulders every 5 repetitions

(3)

Six rounds of:

10 50# kettlebell swings (sub object as needed)

30 second sandbag bear hug hold against your chest

Rest 20 seconds between rounds

Day 6 - Strength

(1)

Three rounds of:

Max effort straight arm pullup bar hang

Rest 1 minute between rounds

(2)

Every minute on the minute for 5 minutes do:

5x goblet squat (go heavy)

2x squat jumps
Rest the remainder of that minute

(3)

Three rounds of:

4x thick grip single arm dumbbell row, per arm
5x dumbbell shoulder press (use two dumbbells)
Rest 1 minute between rounds

For the thick grip row: Wrap a t-shirt or a towel around the handle of the dumbbell to make it thicker. Hold on for dear life while you row.

(4)

Three rounds of:

60 second goblet carry (heavy)
Rest 1 minute between rounds

Day 7 - Total rest

Total rest day today. Catch up on sleep, eat healthy food, and drink lots of water today.

Also, choose one of the following options to do today:

1. Read 5-10 minutes in a book that interests you
2. Call a friend or family member and talk with them on the phone for at least 5 minutes

Week 3

Day 1 - Strength

(1)

7 x 5 Deadlift 66% of your 1 Rep Max

On week 2 we are doing 7 Rounds of 5 Reps using your 66% of your 1 Rep Max (determined by using this Calculator)

Or

7 rounds of 66% of your Max Rep of Deadlift with whatever object you used to test on week 1.

(2)

7 x 5 Shoulder Press 66% of 1 Rep Max or 7 Rounds of 66% of Your Max Rep

(3)

7 Rounds of 66% of your Max Reps Weighted Walking Lunge With Same Weight you used on Test Day. 2 Minutes of Rest between Rounds.

(4)

Three rounds of:

Max Effort Leaning Rest Plank Hold with 1 Minute Rest.

Day 2 - Light cardio/ active recovery

(1)

20-30 minutes easy effort cardio. Choose from one of the following:

Elliptical

Stair climber
Rowing ergometer

Note: If you don't have access to any of these machines go for a very easy 20-30 minute jog.

(2)

5-10 minutes of foam rolling, complete stretch, hydrate and fuel.

Day 3 - Strength

(1)

7 Rounds or 5 Reps of 66% of 1 Rep Max Barbell Front Squat or 7 Rounds of 66% of your max effort front squat with sandbag or object.

(2)

7 Rounds of 66% of your Max Effort Banded Push Ups

(3)

7 Rounds of 66% of your Max Effort Farmers Carry with same weight you used on test day.

(4)

Bonus Strength: 5 Rounds of Max Effort Pull Ups Rest 1 - 2 minutes between rounds. Scale as needed if you can't do pull ups sub in Ring Rows.

Day 4 - Recovery/ light stretching

(1)

Spend 10-20 minutes going through the SOF Prep mobility or your own stretching routine. Foam Roll, Hydrate and Fuel.

Day 5 - Circuit

(1)

Complete as many rounds as possible in 17 minutes of:

6x sandbag getups (3 per side)

6x sandbag pickups to shoulder (3 per side)

100 foot sandbag bearhug carry (should take 30-45 seconds)

For the sandbag pickups: Drop sandbag on the ground. While standing, pick up the SB to your shoulder. Drop sandbag and repeat. Alternate sides.

(2)

Descending Ladder of 10-1 repetitions of:

Heavy kettlebell swing (sub in Sandbag Ground to Overhead if no KB Available)

Burpees

Example: 10 swings, 10 burpees, 9 swings, 9 burpees...etc down to 1 swing, 1 burpee

Day 6 - Strength

(1)

Three rounds of:

Max effort chin over pullup bar hold

Rest 1 minute between rounds

(2)

Four rounds of:

5x pause goblet squat (heavy)

Rest 1-2 minutes between rounds

For the pause goblet squat: Sit in the bottom for 3 second per rep. Go as heavy as possible.

(3)

Three rounds of:

4x single arm dumbbell bench press, left arm

4x single arm dumbbell row, left arm

4x single arm dumbbell bench press, right arm

4x single arm dumbbell row, right arm

Rest 1 minute between rounds

For each exercise: Hold each rep in the finish position for 1 second.

Day 7 - Total rest

Total rest day today. Catch up on sleep, eat healthy food, and drink lots of water today.

Also, choose one of the following options to do today:

1. Read 5-10 minutes in a book that interests you
2. Call a friend or family member and talk with them on the phone for at least 5 minutes

Week 4

Day 1 - Strength

(1)

7 x 5 Deadlift 72% of your 1 Rep Max

On week 2 we are doing 7 Rounds of 5 Reps using your 72% of your 1 Rep Max (determined by using this Calculator)

Or

7 rounds of 72% of your Max Rep of Deadlift with whatever object you used to test on week 1.

(2)

7 x 5 Shoulder Press 72% of 1 Rep Max or 7 Rounds of 72% of Your Max Rep

(3)

7 Rounds of 72% of your Max Reps Weighted Walking Lunge With Same Weight you used on Test Day. 2 Minutes of Rest between Rounds.

(4)

Three rounds of:

Max Effort Leaning Rest Plank Hold with 1 Minute Rest.

Day 2 - Light cardio/ active recovery

(1)

20-30 minutes easy effort cardio. Choose from one of the following:

Elliptical

Stair climber

Rowing ergometer

Note: If you don't have access to any of these machines go for a very easy 20-30

minute jog.

(2)

5-10 minutes of foam rolling, complete stretch, hydrate and fuel.

Day 3 - Strength

(1)

7 Rounds or 5 Reps of 72% of 1 Rep Max Barbell Front Squat or 7 Rounds of 72% of your max effort front squat with sandbag or object.

(2)

7 Rounds of 72% of your Max Effort Banded Push Ups

(3)

7 Rounds of 72% of your Max Effort Farmers Carry with same weight you used on test day.

(4)

Bonus Strength: 5 Rounds of Max Effort Pull Ups Rest 1 - 2 minutes between rounds. Scale as needed if you can't do pull ups sub in Ring Rows.

Day 4 - Recovery/ light stretching

(1)

Spend 10-20 minutes going through the SOF Prep mobility or stretching routine.
Or, spend 10-20 minutes going through your own mobility routine.

Day 5 - Circuit

(1)

Five rounds of:

60 second sandbag carry on left shoulder
5x burpee broad jumps
60 second sandbag carry on right shoulder
5x burpee broad jumps
No planned rest between rounds

(2)

Nine rounds of:

7x heavy kettlebell swing or Sandbag Ground to Overhead
50 foot sandbag bear hug carry (should take about 20-30 seconds)
Rest 20 seconds between rounds

Day 6 - Strength

(1)

Three rounds of:

Max effort straight arm towel hang

Rest 1 minute between rounds

For the towel hang: Loop a large towel over the pullup bar. Grab the two loose ends and hold on to those for the hang. Don't be surprised if you can only get a few seconds here.

(2)

Every minute on the minute for 6 minutes do:

6x goblet squat (heavy)

2x jump squats

Rest the remainder of that minute

(3)

Four rounds of:

3x thick grip single arm dumbbell row, per arm

4x dumbbell shoulder press (use two dumbbells)

Rest 1 minute between rounds

For the thick grip row → Wrap a t-shirt or a towel around the handle of the dumbbell to make it thicker. Hold on for dear life while you row

(4)

Five rounds of:

15 second single arm farmers carry, per arm

Rest 45 seconds between rounds

Use the heaviest dumbbell possible for each round. Seriously, go heavy here!

Day 7 - Total rest

Total rest day today. Catch up on sleep, eat healthy food, and drink lots of water today.

Also, choose one of the following options to do today:

1. Read 5-10 minutes in a book that interests you
2. Call a friend or family member and talk with them on the phone for at least 5 minutes

Week 5

Day 1 - Strength

(1)

7 x 5 Deadlift 76% of your 1 Rep Max

On week 2 we are doing 7 Rounds of 5 Reps using your 76% of your 1 Rep Max (determined by using this Calculator)

Or

7 rounds of 76% of your Max Rep of Deadlift with whatever object you used to test on week 1.

(2)

7 x 5 Shoulder Press 76% of 1 Rep Max or 7 Rounds of 76% of Your Max Rep

(3)

7 Rounds of 76% of your Max Reps Weighted Walking Lunge With Same Weight you used on Test Day. 2 Minutes of Rest between Rounds.

(4)

Three rounds of:

Max Effort Leaning Rest Plank Hold with 1 Minute Rest with Ruck Pack On

Day 2 - Light cardio/ active recovery

(1)

20-30 minutes easy effort cardio. Choose from one of the following:

Elliptical

Stair climber

Rowing ergometer

Note: If you don't have access to any of these machines go for a very easy 20-30 minute jog.

(2)

5-10 minutes of foam rolling, complete stretch, hydrate and fuel.

Day 3 - Strength

(1)

7 Rounds or 5 Reps of 76% of 1 Rep Max Barbell Front Squat or 7 Rounds of 76% of your max effort front squat with sandbag or object.

(2)

7 Rounds of 76% of your Max Effort Banded Push Ups

(3)

7 Rounds of 76% of your Max Effort Farmers Carry with same weight you used on test day.

(4)

Bonus Strength: 5 Rounds of Max Effort Pull Ups Rest 1 - 2 minutes between rounds.

Scale as needed if you can't do pull ups sub in Ring Rows. Add Ruck with 20#'s if you are over 15 Reps on Round 1.

Day 4 - Recovery/ light stretching

(1)

Spend 10-20 minutes going through the SOF Prep mobility stretching routine..
Or, spend 10-20 minutes going through your own mobility routine.

Day 5 - Circuit

(1)

Complete as many rounds as possible in 19 minutes of:

10x sandbag getups (5 per side)

100 foot sandbag bearhug carry (should take about 30-45 seconds)

No planned rest between rounds

(2)

Five rounds of:

10x heavy kettlebell swing

4x burpees

5x heavy kettlebell swing

2x burpees

No planned rest between rounds

Day 6 - Strength

(1)

Three rounds of:

Max effort chin over bar hold
Rest 1 minute between rounds

For the bar hang: Try to beat your total time from Week 3.

(2)

Five rounds of:

5x pause goblet squat (heavy)
2x jump squats

For the pause goblet squat: Sit in the bottom for 3 seconds per rep. Go as heavy as possible.

(3)

Five rounds of:

3x single arm dumbbell bench press, per arm (heavy)
3x single arm dumbbell row, per arm (heavy)
Rest 1 minute between rounds

For each rep: Pause for 1 second in the finish position for every repetition

(4)

Three rounds of:

30 second single arm farmers carry, per arm
Rest 45 seconds between rounds

Use the heaviest dumbbell possible for each round. Try to go heavier than your Week 1 numbers.

Day 7 - Total rest

Total rest day today. Catch up on sleep, eat healthy food, and drink lots of water today.

Also, choose one of the following options to do today:

1. Read 5-10 minutes in a book that interests you
2. Call a friend or family member and talk with them on the phone for at least 5 minutes

Week 6 Test Week!

Day 1 - Benchmark Test Week

(1)

Warm Up Barbell or Sandbag Deadlift

Work up to a 3RM barbell deadlift or Max Rep Sandbag Deadlift

Compare to Week 1 Baseline Test

(2)

Work up to a 3RM barbell shoulder press or Warm up with 3 sets of 10 Shoulder Press then complete Max Rep Shoulder Press Weight 25- 35% of Bodyweight.

Compare to Week 1 Baseline Test

(3)

Work up to a max rep walking lunge - With: Sandbag, Dumbbells, Kettlebells' or Barbell on back. Weight 25 - 35% of Bodyweight. If you start to lose form, drop the weight or have to rest that's when you hit your max reps of Walking Lunge (you can do stationary too)

Compare to Week 1 Baseline Test

Day 2 - Light cardio/ active recovery

(1)

20-30 minutes easy effort cardio. Choose from one of the following:

Elliptical

Stair climber

Rowing ergometer

Note: If you don't have access to any of these machines go for a very easy 20-30 minute jog.

(2)

5-10 minutes of foam rolling

Day 3 Test Day 2

(1)

Work up to a 3RM Barbell Front Squat or Max Rep Sandbag Front Squat

Compare to Baseline Test Week 1

(2)

Work up to your Max Rep Perfect Form Banded Push Up. Do 3 Sets of 10 Reps with 30 Seconds Rest, then complete Max Rep (or just regular push up if you don't have Bands)

(3)

Farmers Carry - 25 - 35% of your bodyweight object in each hand. Walk max distance before putting the weight down. Record Distance.

Day 4: Strength

(1)

Three rounds of:

Max effort straight arm towel hang

Rest 1 minute between rounds

For the towel hang: Loop a large towel over the pullup bar. Grab the two loose ends and hold on to those for the hang. Don't be surprised if you can only get a few seconds here.

(2)

Every minute on the minute for 6 minutes do:

4x goblet squat (heavy)

3x jump squats

Rest the remainder of that minute

(3)

Five rounds of:

3x thick grip single arm dumbbell row, per arm

3x dumbbell shoulder press (use two dumbbells)

Rest 1 minute between rounds

For the thick grip row → Wrap a t-shirt or a towel around the handle of the dumbbell to make it thicker. Hold on for dear life while you row

Day 5:

Active Recovery Day: 30 - 45 minutes of Low Impact Cardio.

Day 6 - Final circuit

We're going to end this phase with a bang.

(1)

Four rounds of:

15x burpee sandbag toss
100 foot sandbag bearhug carry
5x sandbag getups, left side
100 foot sandbag carry on left shoulder
5x sandbag getups, right side
100 foot sandbag carry on right shoulder
No planned rest between rounds

(2)

Seven rounds of:

10x heavy kettlebell swings or Ground to Overhead
Rest 10 seconds between rounds

Day 7 - Total rest

Total rest day today. Catch up on sleep, eat healthy food, and drink lots of water today.

Also, choose one of the following options to do today:

1. Read 5-10 minutes in a book that interests you
2. Call a friend or family member and talk with them on the phone for at least 5 minutes

Week 1

Day 1 - Baseline test 1

(1)

Work up to a 2RM of barbell snatch

Rest as long as needed between rounds

(2)

Work up to a 3RM of snatch grip deadlift

Rest as long as needed between rounds

(3)

Four rounds of:

20x walking lunges, 10 per leg

10x burpees

6x jump squats → Be fast off the ground

6x jump lunges (3 per leg)

Rest 20 seconds between rounds

(4)

Four rounds of:

30 second plank hold using the hardest variation possible

60 second goblet carry (as heavy as possible)

Rest 30 seconds between rounds

Level 1 plank → Raise one leg off the ground (hard)

Level 2 plank → Raise one hand off the ground (harder)

Level 3 plank → Raise one leg and the opposite hand (hardest)

Day 2 - Ruck

(1)

Two rounds of:
2 mile ruck as fast as possible
Rest 5 minutes between rounds

Men - 35lbs/ Women - 25lbs

Day 3 - Baseline test 2

(1)
Work up to a 2RM of single arm dumbbell jerk, per arm
Rest as long as needed between rounds

(2)
Work up to a 3RM of barbell overhead press
Rest as long as needed between rounds

(3)
Four rounds of:
3x clapping push ups → Be fast off the ground
Rest 30 seconds between rounds

(4)
Four rounds of:
Max effort chin over pullup bar hold
8x hanging knee raise
4x pull ups
Rest 30 seconds between rounds

(5)
Four rounds of:
30 second sprint as fast as possible
Rest 60 seconds between rounds

Day 4 - Active recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)

3. Go for a 20-40 minute brisk walk or slow jog

Day 5 - Baseline test 3

(1)

Work up to a 2RM of barbell power clean

Rest as long as needed between rounds

(2)

Work up to a 3RM of barbell front squat

Rest as long as needed between rounds

(3)

Five rounds of:

10x heavy kettlebell swings (can substitute a dumbbell)

8x walking lunges, 4 per leg → hold kettlebell against your chest

6x hand release Push Ups

4x pull ups

No planned rest between rounds

(4)

Four rounds of:

10x burpee broad jump → Jump as far as possible for each broad jump

Rest 20 seconds between rounds

Day 6 - Sandbag circuits

(1)

Ten rounds of:

30 second sandbag ground to shoulder (alternate shoulders each rep)

30 second sandbag squat clean

30 second alternating overhead press

30 second carry while bear hugging the sandbag against your chest

60 second rest between rounds

(2)

One round of:

4 minutes of non-stop bear crawling

Max effort sandbag overhead hold

Day 7 - Total rest day

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 2

Day 1 - Power

(1)

Five rounds of:

2x barbell snatch @ 90% of your baseline 2RM weight

Rest 1-2 minutes between rounds

(2)

Six rounds of:

2x snatch grip deadlift @ your 3RM weight

Rest 1-2 minutes between rounds

(3)

Four rounds of:

8x dumbbell deadlifts (heavy)

6x burpee pull ups

10x jump lunges, 5 per leg

20x walking lunges, 10 per leg

No planned rest between rounds

(4)

Five rounds of:

20 second plank hold using the hardest variation possible (go harder than week)

60 second goblet carry (as heavy as possible)

Rest 30 seconds between rounds

Level 1 plank → Raise one leg off the ground (hard)

Level 2 plank → Raise one hand off the ground (harder)

Level 3 plank → Raise one leg and the opposite hand (hardest)

Day 2 - Ruck

(1)

One round of:

5 mile ruck as fast as possible

Men - 35lbs/ Women - 25lbs

Day 3 - Power

(1)

Five rounds of:

2x single arm dumbbell jerk, per arm @ 90% of your baseline 2RM weight

Rest 1 minute between rounds

(2)

Six rounds of:

2x barbell overhead press @ 3RM weight

Rest 1-2 minutes between rounds

(3)

Five rounds of:

2x clapping push ups → Be fast off the ground

Rest 30 seconds between rounds

(4)

Four rounds of:

Max effort chin over pullup bar hold

10x hanging knee raise

Max effort pull ups without coming off the bar

Rest 45 seconds between rounds

(5)

Five rounds of:

30 second sprint as fast as possible

Rest 60 seconds between rounds

Day 4 - Active recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

Day 5 - Power

(1)

Five rounds of:

2x barbell power clean @ 90% of your baseline 2RM weight

Rest 1-2 minutes between rounds

(2)

Six rounds of:

2x barbell front squat @ 3RM weight

2x jump squat

Rest 1-2 minutes between rounds

(3)

Four rounds of:

400m run as fast as possible

15x heavy kettlebell swings (can substitute a dumbbell)

10x jump lunges (5 per leg)

60 second plank hold

No planned rest between rounds

(4)

Six rounds of:

30 seconds of max burpees

Rest 30 seconds between rounds

Day 6 - Sandbag circuit

(1)

Five rounds of:

10x sandbag getups (5 per shoulder)

8x sandbag deadlifts

6x sandbag thrusters

10x reverse lunges holding sandbag against your chest (5 per leg)

60 second carry while bear hugging the sandbag against your chest

60 second bear crawl for max distance

No planned rest between rounds

Day 7 - Total rest day

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 3

Day 1 - Power

(1)

Eight rounds of:

1x barbell snatch @ your baseline 2RM weight

Rest 1-2 minutes between rounds

(2)

Three rounds of:

5x snatch grip deadlift @ 80% of your 3RM weight

Rest 1-2 minutes between rounds

(3)

Four rounds of:

60 second farmers carry (heavy)

5x burpee broad jumps

5x burpee pull ups

5x burpees

10x jump lunges (5 per leg)

No planned rest between rounds

(4)

Three rounds of:

40 second plank hold using the hardest variation possible

60 second goblet carry (as heavy as possible)

Rest 30 seconds between rounds

Level 1 plank → Raise one leg off the ground (hard)

Level 2 plank → Raise one hand off the ground (harder)

Level 3 plank → Raise one leg and the opposite hand (hardest)

Day 2 - Ruck

(1)

Three rounds of:

2 mile ruck as fast as possible

Rest 5 minutes between rounds

Men - 35lbs/ Women - 25lbs

Day 3 - Power

(1)

Eight rounds of:

1x single arm dumbbell jerk, per arm @ your baseline 2RM weight

Rest 1 minute between rounds

(2)

Three rounds of:

5x barbell overhead press @ 80% of your baseline 3RM weight

Rest 1-2 minutes between rounds

(3)

Six rounds of:

2x clapping Push Ups → Be fast off the ground

Rest 30 seconds between rounds

(4)

Three rounds of:

20 second chin over pullup bar hold

5x hanging knee raise while holding chin over pullup bar

2x Pull Ups

20 second straight arm pullup bar hold
2x Pull Ups
15x hand release Push Ups

Rest 30 -60 seconds between rounds

(5)

Six rounds of:

30 second sprint as fast as possible

Rest 60 seconds between rounds

Day 4 - Active recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

Day 5 - Power

(1)

Eight rounds of:

1x barbell power clean @ your baseline 2RM weight

1x broad jump as far as possible

Rest 1-2 minutes between rounds

(2)

Three rounds of:

5x barbell front squat @ 80% of your baseline 3RM weight

5x jump squat

Rest 1-2 minutes between rounds

(3)

Six rounds of:

12x heavy kettlebell swings (can substitute a dumbbell)

14x walking lunges holding the kettlebell against your chest, 7 per leg

200m sprint

10x hand release Push Ups

No planned rest between rounds

(4)

One round of:

70x burpee pull ups as fast as possible

Day 6 - Sandbag circuit

(1)

Three rounds of:

10x sandbag clean and press

8x sandbag chest level throw

No planned rest between rounds

For the chest level throw: Pick up sandbag to chest height. Toss it straight ahead of you.
Repeat

(2)

Accumulate 5 total minutes of sandbag bearhug carry.

If you put the sandbag down, stop the clock and rest in the top of the plank position.
Start the clock when pick the sandbag back up.

(3)

80x sandbag getups as quickly as possible (alternate sides every 5 reps)

Day 7 - Total rest day

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 4

Day 1 - Power

(1)

Four rounds of:

3x barbell snatch @ 80-85% of your baseline 2RM weight

Rest 1-2 minutes between rounds

(2)

Four rounds of:

4x snatch grip deadlift @ 80-85% of your 3RM weight

Rest 1-2 minutes between rounds

(3)

Five rounds of:

8x dumbbell deadlift (heavy)

Max effort non-stop Push Ups in one set

10x burpees

10x jump lunges (5 per leg)

No planned rest between rounds

(4)

Four rounds of:

30 second plank hold using the hardest variation possible (have you leveled up?)

60 second goblet carry (as heavy as possible)

Rest 30 seconds between rounds

Level 1 plank → Raise one leg off the ground (hard)

Level 2 plank → Raise one hand off the ground (harder)

Level 3 plank → Raise one leg and the opposite hand (hardest)

Day 2 - Ruck

(1)

One round of:

6 mile ruck as fast as possible

Men - 35lbs/ Women - 25lbs

Day 3 - Power

(1)

Eight rounds of:

1x single arm dumbbell jerk, per arm @ your baseline 2RM weight

Rest 1 minute between rounds

(2)

Three rounds of:

5x barbell overhead press @ 80% of your baseline 3RM weight

Rest 1-2 minutes between rounds

(3)

Seven rounds of:

2x clapping push ups → Be fast off the ground

Rest 30 seconds between rounds

(4)

Four rounds of:

20 second chin over pullup bar hold

5x hanging knee raise while holding chin over pullup bar

2x Pull Ups

20 second straight arm pullup bar hold

2x Pull Ups

Rest 30 -60 seconds between rounds

(5)

Four rounds of:

60 second sprint as fast as possible

Rest 1-2 minutes between rounds

Day 4 - Active recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

Day 5 - Power

(1)

Four rounds of:

3x barbell power clean @ 80% of your baseline 2RM weight

1x broad jump as far as possible
Rest 1-2 minutes between rounds

(2)

Four rounds of:

4x barbell front squat @ 85-90% of your baseline 3RM weight

5x jump squat

Rest 1-2 minutes between rounds

(3)

Complete as many rounds as possible in 15 minutes of:

10x heavy kettlebell swings

10x walking lunges holding the kettlebell against your chest, 5 per leg

4x burpees

Add +2 burpees each round

Example:

Round 1 - 10x swings/ 10x weighted walking lunges/ **4x** burpees

Round 2 - 10x swings/ 10x weighted walking lunges/ **6x** burpees

Round 3 - 10x swings/ 10x weighted walking lunges/ **8x** burpees

...etc, until you get to 15 minutes

(4)

One round of:

Accumulate 5 total minutes of plank holding

Day 6 - Sandbag circuit

(1)

Five rounds of:

10x sandbag getups as quickly as possible

30 second sandbag carry, left shoulder

30 second sandbag carry, right shoulder

60 second sandbag bearhug carry

Max effort sandbag overhead hold

No planned rest between rounds

(2)

One long round of:

100x sandbag thrusters

Every minute do 4 burpees, then get back to work, until the 100 thrusters are complete

Day 7 - Total rest day

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 5

Day 1 - Power

(1)

Six rounds of:

2x barbell snatch @ 90+% of your baseline 2RM weight

Rest 1-2 minutes between rounds

(2)

Six rounds of:

2x snatch grip deadlift @ at, or above, your baseline 3RM weight

Rest 1-2 minutes between rounds

(3)

Five rounds of:

8x dumbbell deadlift (heavy)

30 second farmers carry (heavy)

10x jump lunges (5 per leg)

5x burpee broad jump

4x pull ups

No planned rest between rounds

(4)

Three rounds of:

40 second plank hold using the hardest variation possible (go harder than last week)

60 second goblet carry (as heavy as possible)

Rest 30 seconds between rounds

Level 1 plank → Raise one leg off the ground (hard)

Level 2 plank → Raise one hand off the ground (harder)

Level 3 plank → Raise one leg and the opposite hand (hardest)

Day 2 - Ruck

(1)

Three rounds of:

2 mile ruck as fast as possible → try to keep each mile under 16 minutes

Rest 3-5 minutes between rounds

Men - 35lbs/ Women - 25lbs

Day 3 - Power

(1)

Six rounds of:

2x single arm dumbbell jerk, per arm @ your 90+% of your baseline 2RM weight

Rest 1 minute between rounds

(2)

Six rounds of:

2x barbell overhead press @ at, or above, your baseline 3RM weight

Rest 1-2 minutes between rounds

(3)

Six rounds of:

3x clapping Push Ups → Be fast off the ground

Rest 30 seconds between rounds

(4)

Complete as many rounds as possible in 8 minutes of:

5x hanging knee raise
3x Pull Ups
20 second chin over bar hold
Rest as needed in between rounds (or not all)

(5)
Five rounds of:
60 second sprint as fast as possible
Rest 1-2 minutes between rounds

Day 4 - Active recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

Day 5 - Power

(1)
Six rounds of:
2x barbell power clean @ 90+% of your baseline 2RM weight
1x broad jump as far as possible
Rest 1-2 minutes between rounds

(2)
Six rounds of:
2x barbell front squat @ at, or above, your baseline 3RM weight
3x jump squat
Rest 1-2 minutes between rounds

(3)
Five rounds of:
14x heavy kettlebell swings
7x burpee Pull Ups
14x walking lunges holding the kettlebell against your chest, 7 per leg
60 second sprint as fast as possible
No planned rest between rounds

(4)

One round of:

Accumulate 5 total minutes of bear crawling

Day 6 - Sandbag circuit

(1)

Three rounds of:

30x sandbag getups

20x sandbag ground to overhead

10x sandbag burpee toss

No planned rest between rounds

For the ground to overhead: Take the sandbag from the ground to overhead anyway possible (ie..snatch, clean and press, or some other way)

For the sandbag burpee toss: Do a burpee with hands on sandbag. Instead of jumping pick the sandbag up to chest level and toss it forward

(2)

Accumulate 7 total minutes of sandbag bear hug carry.

Everytime you put the sandbag down do 10x hand release Push Ups.

Day 7 - Total rest day

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 6

Day 1 - Baseline re-test 1

(1)

Work up to a 2RM of barbell snatch
Rest as long as needed between rounds

(2)

Work up to a 3RM of snatch grip deadlift
Rest as long as needed between rounds

(3)

Seven rounds of:

10x burpees

6x jump squats → Be fast off the ground

6x jump lunges (3 per leg)

No planned rest between rounds

(4)

Three rounds of:

60 second plank hold using the hardest variation possible

60 second goblet carry (as heavy as possible)

Rest 60 seconds between rounds

Level 1 plank → Raise one leg off the ground (hard)

Level 2 plank → Raise one hand off the ground (harder)

Level 3 plank → Raise one leg and the opposite hand (hardest)

Day 2 - Ruck

(1)

Two rounds of:

3 mile ruck as fast as possible → Try to keep each mile under 15 minutes

Rest 5 minutes between rounds

Men - 35lbs/ Women - 25lbs

Day 3 - Baseline re-test 2

(1)

Work up to a 2RM of single arm dumbbell jerk, per arm

Rest as long as needed between rounds

(2)

Work up to a 3RM of barbell overhead press
Rest as long as needed between rounds

(3)

Five rounds of:

4x clapping push ups → Be fast off the ground

Rest 30 seconds between rounds

(4)

Work as far up the ladder as you can in 7 minutes:

1x burpee pullup

1x pullup

1x hanging knee raise

1x burpee

Add +1 rep to each exercise, per round

Example:

Round 1 → **1x** burpee pullup/**1x** pullup/**1x** hanging knee raise/**1x** burpee

Round 1 → **2x** burpee pullup/**2x** pullup/**2x** hanging knee raise/**2x** burpee

Round 1 → **3x** burpee pullup/**3x** pullup/**3x** hanging knee raise/**3x** burpee

...etc, up to 7 minutes

(5)

Six rounds of:

60 second sprint as fast as possible

Rest 1-2 minutes between rounds

Day 4 - Active recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

Day 5 - Baseline re-test 3

(1)

Work up to a 2RM of barbell power clean
Rest as long as needed between rounds

(2)

Work up to a 3RM of barbell front squat
Rest as long as needed between rounds

(3)

Complete as many rounds as possible in 17 minutes of:
10x heavy kettlebell swings (can substitute a dumbbell)
8x goblet squats
8x walking lunges, 4 per leg → hold kettlebell against your chest
6x hand release Push Ups
4x Pull Ups
No planned rest between rounds

(4)

Eight rounds of:
8x burpee broad jump → Jump as far as possible for each broad jump
Rest 20 seconds between rounds

Day 6 - Sandbag circuits

(1)

Complete as many rounds as possible in 20 minutes of:
10x sandbag ground to shoulder (alternate shoulders each rep)
10x sandbag squat clean
10x alternating overhead press
60 second carry while bear hugging the sandbag against your chest
No planned rest between rounds

(2)

One round of:
5 minutes of non-stop bear crawling
Max effort sandbag overhead hold

Day 7 - Total rest day

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 1

Day 1 - Baseline assessment 1

(1)

Max Push Ups in 2 minutes

(2)

Max air squats in 2 minutes

(3)

4 mile run as fast as possible

(4)

Max Pull Ups without coming off the bar

(5)

Max burpees in 2 minutes

Day 2- Baseline assessment 2

(1)

5 mile ruck as fast as possible

Men - 35lbs/ Women - 25lbs

Day 3- Active Recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

Day 4 - Sprints

(1)

Four rounds of:

20x air squats

20x walking lunges, 10 per leg

10x jump squats

10x jump lunges, 5 per leg

Rest 30 seconds between rounds

(2)

Six rounds of:

30 seconds of burpees

30 seconds of rest

(3)

Five rounds of:

60 second full out sprint

Rest 1-2 minutes between rounds

(4)

Three rounds of:

60 second plank hold using the hardest variation that you can

Rest 45 seconds between rounds

Day 5- Long run

(1)

Run 40 minutes at an easy pace

Can substitute 40 minutes of swimming, rowing, or biking (mountain biking if possible)

(2)

60x burpees as fast as possible → Shoot for under 6 minutes

Day 6- Ruck

(1)

Two rounds of:

3 mile ruck as fast as possible → try to keep round under 48 minutes
Rest 5 minutes between rounds

Men - 35lbs/ Women -25 lbs

Day 7-Total rest

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 2

D1 - Sprints + Bodyweight Workout

(1)

Complete as many rounds as possible in 15 minutes of:

5x burpee Pull Ups

10x hand release Push Ups

16x walking lunges, 8 per leg → hold a weight if regular lunges are too easy

(2)

Three rounds of:

½ mile sprint (800m) as fast as possible

Rest 3 minutes between rounds

(3)

Three rounds of:

60 second farmers carry for max distance (go as heavy as possible)

Rest 60 seconds between rounds

D2 - Run + Sandbag circuit

(1)

Five rounds of:

10x sandbag getups

8x sandbag deadlift

6x sandbag squat clean
4x sandbag overhead push press
No planned rest between rounds

(2)

Run 45 minutes at an easy pace

Can substitute 45 minutes of swimming, rowing, or biking (mountain biking if possible)

D3- Ruck

(1)

5 mile ruck as fast as possible → try to beat your time from week 1

(2)

Three rounds of:

60 seconds of hand release Push Ups

60 seconds of air squats

Rest 60 seconds between rounds

Men - 35lbs/ Women - 25lbs

D4- Active Recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

D5 - Run + Burpees

(1)

Run for 60 minutes at an easy pace

(2)

Complete as many burpees as possible in 6 minutes

D6 - Ruck

(1)

7 mile ruck. Don't worry about the time. Just cover the distance with the weight.
This should be heavier than the previous ruck

Men - 45lbs/ Women- 30lbs

D7 -Total rest

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 3

D1 - Sprints + Bodyweight Workout

(1)

Complete 10 rounds of:

10x hand release Push Ups

10x walking lunges, 5 per leg

5x burpee Pull Ups

5x jump squats

No planned rest between rounds

(2)

Five rounds of:

¼ mile sprint (400m) as fast as possible

Rest 3 minutes between rounds

(3)

Accumulate 5 total minutes of farmers carry

Every time you put the weights down do 10x mountain climbers (5 per side)

D2 - Run + Sandbag Circuit

(1)

Complete the following ladder with a sandbag:

2 sandbag getups (1 per side)
1 sandbag thruster
4 sandbag getups (2 per side)
2 sandbag thruster
6 sandbag getups (3 per side)
3 sandbag thruster
8 sandbag getups (4 per side)
4 sandbag thruster
10 sandbag getups (5 per side)
5 sandbag thruster

(2)

Run as fast as you can for 20 minutes - go for max distance

Rest 3-5 minutes.

Run as fast as you can for 10 minutes - go for max distance

Rest 3 minutes

Run as fast as you can for 5 minutes - go for max distance

D3- Ruck + Bodyweight workout

(1)

Two rounds of:

2 mile ruck as fast as possible → Try to keep each round under 30 minutes

Rest 5 minutes between rounds

Men - 35lbs/ Women - 25lbs

(2)

Five rounds of:

2 wide grip pull ups

2 chinups

2 regular grip pull ups

10x jump lunges (5 per leg)

Rest 30 seconds between rounds

D4- Active Recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

D5 - Long Run + Burpees

(1)

Run for 70 minutes at an easy pace

(2)

Complete as many burpees as possible in 3 minutes

Rest 1 minute

Complete as many burpees as possible in 3 minutes

D6 -Ruck

(1)

8 mile ruck. Don't worry about the time. Just cover the distance with the heavier weight.

Men - 45lbs/ Women- 30lbs

D7 -Total rest

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 4

D1 - Sprints + Bodyweight Workout

(1)

Complete five rounds of:

5x burpee pullup

5x burpee broad jump

5x regular burpee → jump as high as you can

20 air squats

No planned rest between rounds

(2)

Two rounds of:

½ mile sprint (800m) as fast as possible

Rest 3 minutes between rounds

(3)

Two rounds of:

¼ mile sprint (400m) as fast as possible

Rest 3 minutes between rounds

(3)

Accumulate 5 total minutes of plank hold

Every time you come out of the plank position do 15 jumping jacks before continuing

D2 - Run + Sandbag Circuit

(1)

Complete seven rounds of:

8x sandbag deadlift

6x sandbag squat clean

4x sandbag walking lunge holding the bag against your chest (2 per leg)

2x sandbag overhead press

No planned rest between rounds

(2)

Run 50 minutes at an easy pace

Can substitute 50 minutes of swimming, rowing, or biking (mountain biking if possible)

D3- Ruck + Bodyweight workout

(1)

One round of:

5 mile ruck as fast a possible → Try to beat your time from week 3

Men - 35lbs/ Women - 25lbs

(2)

Four rounds of:

20 second chin over pullup bar hold

3x Pull Ups

20 second straight arm pullup bar hold

15x hand release Push Ups

Rest 30 seconds between rounds

D4- Active Recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

D5 - Long Run + Burpees

(1)

Two rounds of:

35x burpees as fast as possible

Run 35 minutes at an easy pace

No planned rest between rounds

D6 -Ruck

(1)

9 mile ruck. Don't worry about the time. Just cover the distance with the heavier weight.

Men - 45lbs/ Women- 30lbs

D7 -Total rest

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 5

D1 - Sprints + Bodyweight Workout

(1)

Every 30 seconds for 2 minutes do:

4x Pull Ups

Rest the remainder of the 30 seconds

Then,

Every 30 seconds for 2 minutes do:

10x Push Ups

Rest the remainder of the 30 seconds

Then,

Every 30 seconds for 2 minutes do:

6x jump squats

4x jump lunges (2 per leg)

Rest the remainder of the 30 seconds

Then,

5 minutes of max burpees → Aim for 60+

(2)

One round of:

1 mile run as fast as possible

(3)

Three rounds of:

¼ mile sprint (400m) as fast as possible

Rest 3 minutes between rounds

(3)

Four rounds of:

60 seconds farmers carry (heavy)

30 second bear crawl (fast)|

Rest 60 seconds between rounds

D2 - Run + Sandbag Circuit

(1)

8x sandbag squat clean

8x sandbag walking lunges holding the bag against your chest (4 per leg)

3x sandbag overhead press

6x sandbag squat clean

8x sandbag walking lunges holding the bag against your chest (4 per leg)

3x sandbag overhead press

4x sandbag squat clean

8x sandbag walking lunges holding the bag against your chest (4 per leg)

3x sandbag overhead press

Then,

50 sandbag getups (25 per side)

(2)

Run 45 minutes at an easy pace

Can substitute 45 minutes of swimming, rowing, or biking (mountain biking if possible)

D3- Ruck + Bodyweight Workout

(1)

Two rounds of:

3 mile rucks as fast a possible → Try to keep each round under 45 minutes

Men - 35lbs/ Women - 25lbs

(2)

Complete as many rounds as possible in 5 minutes of:

3x wide grip Pull Ups

6x wide grip Push Ups

10x air squats

D4- Active Recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

D5 - Run + Burpees

(1)

Run for 70 minutes at an easy pace.

Every 5 minutes stop and do 5 burpees before continuing

D6 -Ruck

(1)

10 mile ruck. Don't worry about the time. Just cover the distance with the heavier weight.

Men - 45lbs/ Women- 30lbs

D7 -Total rest

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 6

Day 1 - Baseline re-assessment 1

(1)

Max Push Ups in 2 minutes

Compare your score to week 1

(2)

Max air squats in 2 minutes

Compare your score to week 1

(3)

4 mile run as fast as possible

Compare your score to week 1

(4)

Max pull ups without coming off the bar

Compare your score to week 1

(5)

Max burpees in 2 minutes

Compare your score to week 1

Day 2- Baseline re-assessment 2

(1)

5 mile ruck as fast as possible

Men - 35lbs/ Women - 25lbs

Compare your score to week 1

Day 3- Active Recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

Day 4 - Final Sprints

(1)

Seven rounds of:

12x air squats

12x walking lunges, 6 per leg

6x jump squats

6x jump lunges, 3 per leg

10x hand release Push Ups

No planned rest between rounds

(3)

Seven rounds of:

60 second full out sprint for max distance

Rest 1-2 minutes between rounds

(4)

Accumulate 5 total minutes of plank hold.

Day 5- Final run + Burpees

(1)

Run 45 minutes at an easy pace

Can substitute 45 minutes of swimming, rowing, or biking (mountain biking if possible)

(2)

100x burpee Pull Ups as fast as possible

Day 6- Final Ruck

(1)

Three rounds of:

3 mile rucks as fast as possible → Try to keep round under 45 minutes

Rest 5 minutes between rounds

Men - 35lbs/ Women -25 lbs

Day 7-Total rest

Congratulations on finishing phase 3 of the 180 total body workout.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 1

In this Phase we use Heavy as Possible. This means you need to maintain form when you do the lift. If you can't do all the reps asked with perfect form, than you need to go lighter. Train smart.

D1- Power/ Strength/ Circuit/ Core

(1)

Seven rounds of:

2x Ground to Overhead (as heavy as possible)

2x burpee pullup

Rest 1-2 minutes between rounds

(2)

Six rounds of:

8x dumbbell walking lunges, 4 per leg (as heavy as possible)

4x jump lunges, 2 per leg

Rest 1 minute between rounds

(3)

Five rounds of:

10x heavy kettlebell swings

60 second kettlebell goblet carry
5x burpees
No planned rest between rounds

(4)

Three rounds of:

5x hanging straight leg raise
7x hanging knee raise
30 second plank
Rest 60 seconds between rounds

D2- Sandbag Circuit/ Sprints

(1)

Complete as many rounds as possible in 20 minutes of:

6x sandbag getup, 3 per side
4x sandbag squat clean
2x sandbag overhead press
50m sandbag carry (roughly 30 seconds)

(2)

Six rounds of:
30 seconds full out sprint
Rest 60 seconds between rounds

D3- Strength/ Circuit/ Core

(1)

Five rounds of:

4x back squat (as heavy as possible)
3x jump squat
Rest 1-2 minutes between rounds

(2)

Four rounds of:

4x weighted pullup

2x clapping pushup

Rest 1 minute between rounds

(3)

8-7-6-5-4-3 reps of:

Heavy dumbbell thrusters

Do 5x burpees between rounds

Example:

8 DB thrusters/ 5 burpees/ 7 DB thrusters/ 5 burpees...etc

(4)

Three rounds of:

60 second farmers carry for max distance (as heavy as possible)

Rest 60 seconds between rounds

D4 - Active Recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

D5- Strength/ Circuit/ Core

(1)

Five rounds of:

3x power clean (as heavy as possible)

1x fifteen second pushup → 5 seconds to lower, pause for 5 seconds, 5 seconds to raise

Rest 1 minute between rounds

(2)

Six rounds of:

4x deadlift (as heavy as possible)

20 second chin over pullup bar hold

2x Pull Ups

Rest 1-2 minutes between rounds

(3)

Complete as many rounds as possible in 10 minutes of:

10x double kettlebell swing

2x double kettlebell clean

2x double kettlebell front squat

1x double kettlebell overhead press

Note: For this workout you'll need to use two kettlebells.

Men: 16-20kg/ Women: 8-12kg

(4)

Three rounds of:

30 seconds of max situps while holding kettlebell on your chest

Rest 60 seconds between rounds

Men: 12-20kg/ Women: 8-12kg

D6 - Sandbag Grind/ Ruck

(1)

60 sandbag getups as fast as possible

Men: 80lbs/ Women: 50 lbs

(2)

Five rounds of:

30 seconds of burpees

Rest 30 seconds between rounds

(3)

Ruck 4 miles as fast as possible → Shoot for under 60 minutes

Men: 35lbs/ Women: 25lbs

D7- Total Rest

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 2

D1- Power/ Strength/ Circuit/ Core

(1)

Four rounds of:

4x squat clean (as heavy as possible)

3x jump squats

Rest 1-2 minutes between rounds

(2)

Four rounds of:

10x weighted walking lunges, 5 per leg (as heavy as possible)

4x jump lunges, 2 per leg

Rest 1-2 minutes between rounds

(3)

Two rounds of:

15x heavy kettlebell swings

10x kettlebell goblet squats

5x burpee

Then,

Carry the kettlebell however you want for 1 mile (switch carry positions as needed)

Then,

Two more rounds of:

15x heavy kettlebell swings
10x kettlebell goblet squats
5x burpee

(4)

Three rounds:

3x toes to bar
1x pullup
3x hanging straight leg raise
1x pullup
3x hanging knee raise
1x pullup
Rest 1-2 minutes between rounds

D2- Sandbag Circuit/ Sprints

(1)

Six rounds of:

10x sandbag getups
6x alternating sandbag shoulder press
No planned rest between rounds

(2)

Two rounds of:

1 mile run as fast as possible
Rest 5 minutes between rounds

D3- Strength/ Circuit/ Core

(1)

Five rounds of:

3x deadlift (as heavy as possible)

2x clapping Push Ups
Rest 1-2 minutes between rounds

(2)
Four rounds of:

5x single arm dumbbell row, per arm (as heavy as possible)
1x thirty second pushup → 10 seconds to lower, 10 second pause, 10 seconds to raise
Rest 1-2 minutes between rounds

(3)
100x burpee Pull Ups as fast as possible

Then,

Accumulate 5 minutes of farmers carries.
Stop the clock if you put the weights down.

D4 - Active Recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

D5- Strength/ Circuit/ Core

(1)
Five rounds of:

2x overhead press (as heavy as possible)
2x weighted Pull Ups (as heavy as possible)
Rest 1-2 minutes between rounds

(2)
Four rounds of:

6x front squat (as heavy as possible)
3x jump squat
Rest 1-2 minutes between rounds

(3)
Five rounds of:

60 second full out sprint
Rest 60 seconds between rounds

(4)
One round of:

Max effort hanging knee raises in 1 minute
Rest 1 minute
Max effort chin over pullup bar hold
Rest 1 minute
3 minute plank hold

D6 - Sandbag Grind/ Ruck

(1)
Two rounds of:

20x sandbag getups (as heavy as possible)
20x sandbag walking lunges, 10 per leg
10x burpee broad jumps

(2)
Two rounds of:

2 mile ruck ruck → Aim for under 30 minutes per round
Rest 5 minutes between rounds

Note: Add your total time for both rounds. For every minute over 60, do **5x** penalty burpees (ie...it took you 70 total minutes to complete the rucks. That's 10 minutes over 60, so $5 \times 10 = 50x$ penalty burpees)

D7- Total Rest

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 3

D1- Power/ Strength/ Circuit/ Core

(1)

Five rounds of:

3x snatch (as heavy as possible)

3x burpee pullup

Rest 1-2 minutes between rounds

(2)

Four rounds of:

12x dumbbell walking lunges, 6 per leg (as heavy as possible)

6x jump lunges, 3 per leg

Rest 1 minute between rounds

(3)

Work as far up the ladder as possible in 14 minutes:

6x heavy kettlebell swings

8x hand release Push Ups

6x burpees

Every round add +2 reps to the kettlebell swings. Example:

Round 1 - **6x** swings/ 8x hand release Push Ups/ 6x burpees

Round 2 - **8x** swings/ 8x hand release Push Ups/ 6x burpees

Round 3 - **10x** swings/ 8x hand release Push Ups/ 6x burpees

...etc for 14 minutes

(4)

Three rounds of:

20 seconds of max hanging straight leg raise
20 seconds of full tension plank hold
20 seconds of hanging knee raise
Rest 60 seconds between rounds

D2- Sandbag Circuit/ Sprints

(1)

Three rounds of:

20x sandbag getup
6x sandbag overhead press
Max effort sandbag overhead hold
400m sandbag carry (roughly 4 minutes)

No planned rest between rounds

(2)

Five rounds of:

60 seconds full out sprint
Rest 60 seconds between rounds

D3- Strength/ Circuit/ Core

(1)

Six rounds of:

2x pause back squat (as heavy as possible) → sit in the bottom of each rep for 2 seconds
3x jump squat
Rest 1-2 minutes between rounds

(2)

Five rounds of:

2x weighted pullup (as heavy as possible) → pause for 1 second with chin over the bar,

per rep
3x clapping pushup
Rest 1 minute between rounds

(3)
Every minute on the minute for 8 minutes do:

5x heavy dumbbell thrusters
3x burpees→ jump as high as possible
Rest the remainder of the minute

(4)
Carry one moderate weight dumbbell (or kettlebell) for 10 minutes

Switch carrying positions as needed, but don't put the weight down

D4 - Active Recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

D5- Strength/ Circuit/ Core

(1)
Seven rounds of:

2x power clean (as heavy as possible)
6x hand release Push Ups
Rest 1-2 minutes between rounds

(2)
Three rounds of:

8x deadlift (as heavy as possible)

4x weighted Pull Ups (as heavy as possible)
Rest 1-2 minutes between rounds

(3)
Seven rounds of:

2x double kettlebell overhead press
4x double kettlebell walking lunge w/ kettlebells in racked position, 2 per leg
4x double kettlebell hang squat clean
6x double kettlebell deadlift
200m run (no kettlebells; roughly 40-50 seconds)
No planned rest between rounds

Note: For this workout you'll need to use two kettlebells.
Men: 16-20kg/ Women: 8-12kg

(4)
Two rounds of:

60 seconds of max situps while holding kettlebell on your chest
Rest 60 seconds between rounds
Men: 12-20kg/ Women: 8-12kg

D6 - Sandbag Grind/ Ruck

(1)
75 sandbag getups as fast as possible

Men: 80lbs/ Women: 50 lbs

(2)
60 burpees as fast as possible

(3)
Ruck 4 miles as fast as possible → Shoot for under 60 minutes (beat your time from week 1)

Men: 35lbs/ Women: 25lbs

D7- Total Rest

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 4

D1- Power/ Strength/ Circuit/ Core

(1)

Six rounds of:

3x squat clean (as heavy as possible)

3x jump squats

Rest 1-2 minutes between rounds

(2)

Six rounds of:

6x weighted walking lunges, 3 per leg (as heavy as possible)

6x jump lunges, 3 per leg

Rest 1-2 minutes between rounds

(3)

Complete as many rounds as possible in 19 minutes of:

12x heavy kettlebell swings

8x kettlebell goblet squats

6x hand release Push Ups

50m carry with the kettlebell against your chest (roughly 40-50 seconds)

(4)

Three rounds:

6x toes to bar

Rest 20 seconds
10x hanging knee raise
Rest 1 minute between rounds

Then, after the third round do
2 minute plank hold

D2- Sandbag Circuit/ Sprints

(1)
8 rounds of:

10x sandbag getups as fast as possible
5x sandbag squat cleans as fast as possible
No planned rest between rounds

(2)
1 mile run as fast as possible
Rest 5 minutes
½ mile run (800m) as fast as possible
Rest 4 minutes
¼ mile run (400m) as fast as possible
Rest 3 minutes
⅛ mile run (200m) as fast as possible

D3- Strength/ Circuit/ Core

(1)
Six rounds of:

4x deadlift (as heavy as possible)
2x clapping Push Ups
Rest 1-2 minutes between rounds

(2)
Three rounds of:

8x bent over barbell row, (as heavy as possible) → pause at the top of each rep for 1

second

1x forty-five second pushup → 15 seconds to lower, 15 second pause, 15 seconds to raise

Rest 1-2 minutes between rounds

(3)

10 rounds of:

5x burpee Pull Ups

3x burpee broad jumps

2x burpees jumping as high as possible

Rest 20 seconds between rounds

(4)

Two rounds of:

2 minute farmers carry

Rest 2 minutes between rounds

Choose a weight that will allow you to do the work without putting the weight down

D4 - Active Recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

D5- Strength/ Circuit/ Core

(1)

Four rounds of:

4x overhead press (as heavy as possible)

4x weighted Pull Ups (as heavy as possible)

Rest 1-2 minutes between rounds

(2)

Three rounds of:

8x front squat (as heavy as possible)

4x jump squat

Rest 1-2 minutes between rounds

(3)

Eight rounds of:

30 second full out sprint

Rest 60 seconds between rounds

(4)

Three rounds of:

Max effort chin over pullup bar hold

Rest 1 minute between rounds

D6 - Sandbag Grind/ Ruck

(1)

Complete as many rounds as possible in 12 minutes of:

6x sandbag getups (as heavy as possible)

8x sandbag walking lunges, 4 per leg

(2)

Three rounds of:

1 mile ruck ruck → Aim for under 14 minutes per round

Rest 5 minutes between rounds

Men: 35lbs/ Women: 25 lbs

D7- Total Rest

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 5

D1- Power/ Strength/ Circuit/ Core

(1)

Eight rounds of:

1x snatch (as heavy as possible)

2x burpee pullup

Rest 1-2 minutes between rounds

(2)

Five rounds of:

10x dumbbell walking lunges, 5 per leg (as heavy as possible)

10x jump lunges, 5 per leg

Rest 1-2 minutes between rounds

(3)

Four rounds of:

15x heavy kettlebell swings

10x hand release Push Ups

10x heavy kettlebell swings

5x hand release Push Ups

Rest 20 seconds between rounds

(4)

Three rounds of:

12x hanging knee raise

Rest 60 seconds between rounds

Then, after the 3rd round do 1 max effort chin over bar hold

D2- Sandbag Circuit/ Sprints

(1)

Two rounds of:

30x sandbag getups

100m sandbag bearhug carry (roughly 1 minute)

20x sandbag walking lunges, 10 per leg

100m sandbag bearhug carry (roughly 1 minute)

10x sandbag overhead presses

100m sandbag bearhug carry (roughly 1 minute)

5x sandbag squat cleans

100m sandbag bearhug carry (roughly 1 minute)

(2)

Four rounds of:

2 minute run as fast as possible

Rest 2 minutes between rounds

D3- Strength/ Circuit/ Core

(1)

Five rounds of:

5x back squat (as heavy as possible)

4x jump squat

Rest 1-2 minutes between rounds

(2)

Four rounds of:

4x weighted pullup (as heavy as possible)

2x clapping pushup

Rest 1 minute between rounds

(3)

9-15-21 reps of:

Dumbbell thrusters

Burpee Pull Ups

30 second bear crawl

Example:

9 thrusters/ 9 burpee Pull Ups/ 30 second bear crawl/ 15 thrusters/15 burpee Pull Ups/
30 second bear crawl..etc

(4)

2 minute farmers carry (as heavy as possible)

Rest 2 minutes between rounds

1 minute farmers carry (as heavy as possible)

Rest 1 minute between rounds

30 second farmers carry (as heavy as possible)

D4 - Active Recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

D5- Strength/ Circuit/ Core

(1)

Five rounds of:

4x power clean (as heavy as possible)

3x burpee broad jump

Rest 1-2 minutes between rounds

(2)

Six rounds of:

4x deadlift (as heavy as possible)

2x weighted Pull Ups (as heavy as possible)

Rest 1-2 minutes between rounds

(3)

Complete as many rounds as possible in 15 minutes of:

10x double kettlebell swing

6x double kettlebell front squat

1x fifteen second pushup → 5 seconds to lower, 5 second pause, 5 seconds to raise

No planned rest between rounds

Note: For this workout you'll need to use two kettlebells.

Men: 16-20kg/ Women: 8-12kg

(4)

Four rounds of:

8x hanging straight leg raise

30 seconds of max situps while holding kettlebell on your chest

Rest 60 seconds between rounds

Men: 12-20kg/ Women: 8-12kg

D6 - Sandbag Grind/ Ruck

(1)

35 burpees as fast as possible

70 sandbag getups as fast as possible

35 burpees as fast as possible

Men: 80lbs/ Women: 50 lbs

(3)

Ruck 5 miles as fast as possible → Shoot for under 75 minutes

Men: 35lbs/ Women: 25lbs

D7- Total Rest

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax.

Week 6

D1- Power/ Strength/ Circuit/ Core

(1)

Seven rounds of:

2x squat clean (as heavy as possible)

3x jump squats

Rest 1-2 minutes between rounds

(2)

Three rounds of:

14x weighted walking lunges, 7 per leg (as heavy as possible)

10x jump lunges, 5 per leg

Rest 1-2 minutes between rounds

(3)

10-12-14-16-14-12-10 reps of:

Heavy kettlebell swings

Kettlebell goblet squats

Hand release Push Ups

Example:

10 swings/10 squats/ 10 hand release Push Ups/ 12 swings/ 12 squats/ 12 hand

release Push Ups...etc

(4)

Three rounds:

Max effort chin over bar hold

Rest 30 seconds

10x toes to bar

Rest 1 minute between rounds

D2- Sandbag Circuit/ Sprints

(1)

10 rounds of:

8x sandbag getups as fast as possible

50m sandbag bearhug carry (roughly 40-50 seconds)

No planned rest between rounds

(2)

Two rounds of:

1 mile run as fast as possible

Rest 5 minutes between rounds

D3- Strength/ Circuit/ Core

(1)

Eight rounds of:

2x deadlift (as heavy as possible)

2x clapping Push Ups

Rest 1-2 minutes between rounds

(2)

Four rounds of:

6x bent over barbell row, (as heavy as possible) → pause at the top of each rep for 2 seconds

1x 30 second pushup → 10 seconds to lower, 10 second pause, 10 seconds to raise
Rest 1-2 minutes between rounds

(3)

Complete as many reps as possible in 2 minutes of:
Burpee Pull Ups

Rest 1 minute, then

Complete as many reps as possible in 4 minutes of:
Burpee Pull Ups

Rest 1 minute, then

Complete as many reps as possible in 6 minutes of:
Burpee Pull Ups

(4)

Four rounds of:

60 second farmers carry (as heavy as possible)
Rest 1 minute between rounds

D4 - Active Recovery

No planned workout today. Choose one of the following 3 options to knockout:

1. Go for a 20-40 minute slow swim
2. Attend a mobility class (hot mobility if possible)
3. Go for a 20-40 minute brisk walk or slow jog

D5- Strength/ Circuit/ Core

(1)

Six rounds of:

3x overhead press (as heavy as possible)

2x weighted Pull Ups (as heavy as possible) → pause with chin over bar for 1 second,
per rep

Rest 1-2 minutes between rounds

(2)

Five rounds of:

5x front squat (as heavy as possible)

6x jump squat

Rest 1-2 minutes between rounds

(3)

Ten rounds of:

30 second full out sprint

Rest 60 seconds between rounds

(4)

Three rounds of:

10x hanging knee raise

Rest 20 seconds

10x hanging straight leg raise

Rest 1 minute between rounds

Then,

Accumulate 5 total minutes of planking

D6 - Sandbag Grind/ Ruck

(1)

Complete 100 sandbag getups as fast as possible

Then,

Carry the sandbag 1 mile

Switch carrying positions as needed

(2)

4 mile ruck ruck → Aim for under 14 minutes per mile

Men: 35lbs/ Women: 25 lbs

D7- Total Rest

No planned workout today.

Use today to catch up on sleep, eat nutritious food, or generally just relax..

Heavy Operator Level 5 Week Strength and Conditioning:

Warm Up Routine: (to be used each training day week 1)

Run 400m 50% Pace or Row 3 Min 50% Pace or Bike 5 Min 50% Pace

Stretch Top to Bottom

30 Push Ups

30 Sit Ups

Hang from a Pull Up Bar 20 Seconds

Max Rep Pull Ups

10 4 Count Jumping Jacks (40 Total)

[Range of Motion Drills.](#)

Week 1

Day 1

Warm Up Stretch Top To Bottom

Barbell

Warm Up Bench Press

Work up to 3 Rep Max. Record Weight in Journal

Heavy Sandbag: Pick Your Own Weight.

3 Sets of Bench Press with Sandbag to Failure.

Warm Up Ring Rows

3 Sets of Ring Rows to Failure.

Average Results and Journal

Cool Down Stretch Top To Bottom

5 Rounds for Time:

10 x 155# / 115# Ground to Overhead (sub in Sand Bag any weight)

50 Step Ups with Sandbag back rack 20"

100m Sprint

Cool Down Stretch, Hydrate and Journal

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.

Warm Up L Sits Hanging from Pull UP Bar

3 Sets of Timed L Sits Max Effort

Average Results and Journal Cool Down Stretch Top To Bottom

3 Mile Ruck with 20#

Every 6 Minutes 20 Push Ups with Ruck On

2 Rounds:

25 Burpees

50 Step Ups

100 4 Count Mtn Climbers

Cool Down Stretch, Hydrate and Journal

Day 3

Warm Up Stretch Top To Bottom

Dumbbell

Warm Up Dumbbell Shoulder 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 Shoulder Press to Failure. Average Results and Journal

3 Sets of Max Effort Plank Hold Elbow or Extended Arm Add Weight or Sandbag to Back if desired.

Average Results and Journal

Rest 5 Min:

Complete as fast as possible:

200 Air Squats
150 Jumping Jacks (not 4 count)
125 Flutter Kicks (not 4 count)
100 Sit Ups
75 Arm Haulers
50 Push Ups
25 Pull Ups

Cool Down, Hydrate and Journal

Day 4:

Active Recovery

Due to the intense nature of this training, you need to focus on recovery. Be active, move, stretch, foam roll. You can do light low impact cardio if needed 15 - 30 min at a 50% pace.

Day 5

Warm Up Stretch Top To Bottom

Warm Up Barbell Deadlift

Work up to 3 rep Max. Record Weight in Journal

Heavy Sandbag: Pick Your Own Weight.

3 Sets of Deadlift with Sandbag to Failure.

3 Sets of 15 Sandbag Get Ups Make Weight 15% of your 3 Rep Max Deadlift if Possible.

Rest 5 Min

4 x 400m Sprints

Rest 3 Min

4 x 200m Sprints

Rest 3 Min
4 x 100m Sprints

Cool Down, Hydrate and Journal

Journal. Cool Down Stretch Top To Bottom

Day 6 Cardio Day!

Warm Up Complete Stretch

Run, Row, Bike or Swim for 45 Minutes Work HARD!

Cool Down Stretch

Day 7

Active Recovery and Rest Day. Get outside and be active.

Week 2

Warm Up Routine for the week.

Run 500m 50% Pace or Row 4 Min 50% Pace or Bike 6 Min 50% Pace
Stretch Top to Bottom
30 Ring Rows
30 Air Squats
Hang from a Pull Up Bar 25 Seconds
Max Rep Pull Ups
10 4 Count Mountain Climbers (40 Total)
Range of Motion Drills.

Day 1

Warm Up Stretch Top To Bottom

Barbell

Warm Up Bench Press

3 Sets of 10 Reps at 65% of your 3 Rep Max (Example: 3 Rep Max = 200 Pounds your weight would be 130 Pounds)

Heavy Sandbag: Pick Your Own Weight.

3 Sets of Bench Press with Sandbag at 65% of your 3 Max Rep Average

Warm Up Ring Rows

3 Sets of Ring Rows to Failure.

Average Results and Journal

200m Bear Crawl followed by 100m Walking Lunge

Rest 5 Minutes

3 Rounds For Time:

50 Push Ups

50 Step Ups with 20# Dumbbells or KB's in each hand

50 Box Jumps with Step Down (don't jump off the box, step down)

Cool Down Stretch, Hydrate and Journal

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell:

Warm Up Back Squat

3 Sets of 10 Reps at 65% of your 3 Rep Max of Back Squat

Heavy Sandbag:

3 Sets of Back Squat at 65% of your 3 Max Rep Average.

Warm Up L Sits or Scale to Knees to Chest Hanging from Pull UP Bar or Rings

3 Sets of Timed L Sits Max Effort

Average Results and Journal

3 Mile Ruck with 20#

Every 6 Minutes 20 Air Squats with Ruck On

Rest 5 Min:

3 Rounds:

10 SandBag Get Ups

15 Broad Jumps

20 Jumping Air Squats

Cool Down Stretch Top To Bottom

Day 3

Warm Up Stretch Top To Bottom

Dumbbell

Warm Up Dumbbell Shoulder Press

3 Sets of 10 Reps at 65% of your 3 Rep Max Shoulder Press

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

Heavy Sandbag.

3 Sets of Sandbag Shoulder Press at 65% of your 3 Max Rep Average.

3 Sets of Max Effort Plank Hold Elbow or Extended Arm Add Weight or Sandbag to Back if desired.

Average Results and Journal

Rest 5 Min:

Complete as fast as possible:

1.5 Mile Sprint

Rest 3 Min

1 Mile Sprint

Rest 3 Min

400m Bear Crawl

Rest 3 Min

100m Crab Walk

Cool Down, Stretch Top to Bottom, Hydrate and Journal

Day 4

Rest Day! Stay active, stretch, foam roll and recover.

Day 5

Warm Up Stretch Top To Bottom

Warm Up Barbell Deadlift

3 Sets of 10 Reps at 65% of your 3 Rep Max DeadLift w/Barbell

Heavy Sandbag: Pick Your Own Weight.

3 Sets of Deadlift with Sandbag to Failure.

3 Sets of 15 Sandbag Get Ups Make Weight 20% of your 3 Rep Max Deadlift if Possible.

Journal.

3 Rounds

30 Sandbag Walking Lunges

20 Sandbag Bench Press (from flat ground not a bench)

30 Sandbag Ground To Overhead

20 Push Ups

Cool Down Stretch Top To Bottom

Day 6 Cardio Day!

Warm Up Complete Stretch

Run, Row, Bike or Swim for 45 Minutes Work HARD!

Cool Down Stretch

Day 7

Active Recovery. Get outside and be active.

Week 3!

Warm Up Routine:

Run 600m 50% Pace or Row 6 Min 50% Pace or Bike 6 Min 50% Pace

Stretch Top to Bottom
30 4 Count Jumping Jacks
5 Min Wall Sit Add SandBag to your lap if you want to get Aggressive!
50 2 Count Arm Haulers
Max Rep Pull Ups
10 4 Count Flutter Kicks
Range of Motion Drills.

Day 1

Warm Up Stretch Top To Bottom

Barbell

Warm Up Bench Press

3 Sets of 10 Reps at 75% of your 3 Rep Max (Example: 3 Rep Max = 200 Pounds your weight would be 130 Pounds)

Heavy Sandbag: Pick Your Own Weight.

3 Sets of Bench Press with Sandbag at 75% of your 3 Max Rep Average

Warm Up Ring Rows

3 Sets of Ring Rows to Failure.

Average Results and Journal

400m Farmer Walk with 53# Kettlebells each hand (you can sub in plates, logs, dumbbells, sandbags etc)

Rest 3 Min

30 Min Time Cap Complete:

10 Pull Ups

10 Man Makers 35# Dumbbell

10 Curtis P's Sandbag 50#

50m Shuttle Sprint

Cool Down Stretch Top To Bottom Hydrate Foam Roll

Day 2

Warm Up Stretch Top To Bottom

Barbell:

Warm Up Back Squat

3 Sets of 10 Reps at 75% of your 3 Rep Max of Back Squat

Heavy Sandbag:

3 Sets of Back Squat at 75% of your 3 Max Rep Average.

Warm Up L Sits or Scale to Knees to Chest Hanging from Pull UP Bar or Rings

3 Sets of Timed L Sits Max Effort

Ruck 30 Min with 50# Ruck or Vest

Rest 3 Min

Complete:

50 Star Jumps

50 Burpees

50 Sit Ups

50 Alt Lunges

50 Box Jump Ups 20" (Step down off the box)

Journal Cool Down Stretch Top To Bottom

Day 3

Warm Up Stretch Top To Bottom

Dumbbell

Warm Up Dumbbell Shoulder Press

3 Sets of 10 Reps at 75% of your 3 Rep Max Shoulder Press

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

Heavy Sandbag.

3 Sets of Sandbag Shoulder Press at 75% of your 3 Max Rep Average.

3 Sets of Max Effort Plank Hold Elbow or Extended Arm Add Weight or Sandbag to Back if desired.

Average Results and Journal

Swim or Row: 3 Min Sprint 1 Min Rest 5 Rounds 100% Effort

Rest 4 Mins.

Complete:

Max Effort Plank Hold Leaning Rest Position (with weight vest or ruck for advanced athletes)

Reward Time Chart:

10 Min+ - 1 Mile Cool Down Run

7 - 10 Min - 2 Mile Run

5 - 7 Min - 100 Burpees

3 - 5 Min - 100 Burpee Broad Jumps

0 - 3 Min - 4 x 400m Sprints and 100 Burpees.

Cool Down Stretch Top To Bottom

Day 4 Rest Day!

Rest Day! Stay active, stretch, foam roll and recover.

Day 5

Warm Up Stretch Top To Bottom

Warm Up Barbell Deadlift

3 Sets of 10 Reps at 65% of your 3 Rep Max DeadLift w/Barbell

Heavy Sandbag:

3 Sets of Deadlift with Sandbag to Failure.

3 Sets of 15 Sandbag Get Ups Make Weight 25% of your 3 Rep Max Deadlift if Possible.

Rest 3 Min

10 Min Leg Holds 6" with Sandbag held at top of Bench Press Position. Every time your heels or the sandbag drop stop the clock and do 20 Push Ups.

Rest 1 Min

4 X 800m Sprints. Rest 2 Min Between each 800.

Journal. Cool Down Stretch Top To Bottom

Day 6 Cardio Day!

Warm Up Complete Stretch

Run, Row, Bike or Swim for 45 Minutes Work HARD!

Cool Down Stretch

Day 7

Active Recovery. Get outside and be active.

Week 4!

Warm Up Routine:

Run 400m 70% Pace or Row 5 Min 70% Pace or Bike 6 Min 70% Pace

Stretch Top to Bottom

50 4 Count Jumping Jacks

5 Min Leaning Rest Add SandBag to your back if you want to get Aggressive!

50 4 Count Mtn Climbers

Max Rep Sit Ups

Max Rep Push Ups

Range of Motion Drills.

Day 1

Warm Up Stretch Top To Bottom

Barbell

Warm Up Bench Press

3 Sets of 10 Reps at 80% of your 3 Rep Max

Heavy Sandbag: Pick Your Own Weight.

3 Sets of Bench Press with Sandbag at 80% of your 3 Max Rep Average

Warm Up Ring Rows

3 Sets of Ring Rows to Failure.

Average Results and Journal

Swim, Row or Bike: 10 Rounds: 100m on - 1 min Rest: Give 100% Each Round!

Rest 3 Min

800m Buddy Carry. Carry a person or Heavy Object 800m. Every time you put the object or person down complete 10 Burpees.

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell:

Warm Up Back Squat

3 Sets of 10 Reps at 80% of your 3 Rep Max of Back Squat

Heavy Sandbag:

3 Sets of Back Squat at 80% of your 3 Max Rep Average.

Warm Up L Sits or Scale to Knees to Chest Hanging from Pull UP Bar or Rings

3 Sets of Timed L Sits Max Effort

Average Results and Journal

10 Min Towel Hang (hang from a towel on a pull up bar)

Every time you fall off the towel, 10 Push Ups.

Rest 2 Min

Complete 3 Rounds:

20 Pause Squats with Sandbag Front Rack 30# (10 second pause at bottom of the squat)
20 Sandbag Thrusters
50m Crab Walk

Cool Down Stretch Top To Bottom

Day 3

Warm Up Stretch Top To Bottom

Dumbbell

Warm Up Dumbbell Shoulder Press

3 Sets of 10 Reps at 80% of your 3 Rep Max Shoulder Press

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

Heavy Sandbag.

3 Sets of Sandbag Shoulder Press at 80% of your 3 Max Rep Average.

3 Sets of Max Effort Plank Hold Elbow or Extended Arm Add Weight or Sandbag to Back if desired.

Average Results and Journal

Swim, Row or Bike: 30 Min as fast as possible.

Rest 3 Min

Max Effort Wall Sit with 45# plate in Lap

Max Effort Plank with 25# plate on Back

1.5 Mile Sprint Max Effort.

Cool Down Stretch Top To Bottom

Day 4

Rest Day!

Complete Stretch and Foam Roll Ice Bath or Recovery Bath if possible.

Day 5

Warm Up Stretch Top To Bottom

Warm Up Barbell Deadlift

3 Sets of 10 Reps at 75% of your 3 Rep Max DeadLift w/Barbell

Heavy Sandbag:

3 Sets of Deadlift with Sandbag to Failure.

3 Sets of 15 Sandbag Get Ups Make Weight 30% of your 3 Rep Max Deadlift if Possible.

Journal.

5 Mile Ruck/Run with 10 Pound Plate Carrier or Ruck

Rest 3 Min

5 Rounds:

10 4 Count Mtn Climbers

100m Sprint

50m Low Crawl

Cool Down Stretch Top To Bottom

Day 6 Cardio Day!

Warm Up Complete Stretch

Run, Row, Bike or Swim for 45 Minutes Work HARD!

Cool Down Stretch

Day 7

Active Recovery. Get outside and be active.

Week 5!

Warm Up Routine:

Run 800m 70% Pace or Row 10 Min 70% Pace or Bike 15 Min 70% Pace

Stretch Top to Bottom

50 3 Count Jumping Jacks

5 Min Wall Sit Hold a weight in front rack if you can. 20 - 40 #

50 Air Squats

30 Pull Ups

50 Alt Walking Lunge

Range of Motion Drills.

Day 1

Warm Up Stretch Top To Bottom

Barbell

Warm Up Bench Press

3 Sets of 10 Reps at 90% of your 3 Rep Max

Heavy Sandbag: Pick Your Own Weight.

3 Sets of Bench Press with Sandbag at 90% of your 3 Max Rep Average

Warm Up Ring Rows

3 Sets of Ring Rows to Failure.

Rest 3 Min

Complete the following: 100m Walking Lunge, 100m Bear Crawl, 100m Backwards Run, 100m Burpee Broad Jump.

Rest 3 Min

25 - 15 - 10 Reps Of:

Burpee Pull Ups

Leg Levers 2 Count

Arm Haulers 4 Count

Cool Down Stretch Top To Bottom

Day 2

Warm Up Stretch Top To Bottom

Barbell:

Warm Up Back Squat

3 Sets of 10 Reps at 90% of your 3 Rep Max of Back Squat

Heavy Sandbag:

3 Sets of Back Squat at 80% of your 3 Max Rep Average.

Warm Up L Sits or Scale to Knees to Chest Hanging from Pull UP Bar or Rings

3 Sets of Timed L Sits Max Effort

Journal

Complete: 3 Mile Trail or Rough Terrain Run

Rest 3 Min

Complete:

400m Farmer Walk with 50 pounds KB's or DB's
Every Time you Set the Weight Down: 20 Sit Ups.

Cool Down Stretch Top To Bottom

Day 3

Warm Up Stretch Top To Bottom

Dumbbell

Warm Up Dumbbell Shoulder Press

3 Sets of 10 Reps at 90% of your 3 Rep Max Shoulder Press

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

Heavy Sandbag.

3 Sets of Sandbag Shoulder Press at 90% of your 3 Max Rep Average.

3 Sets of Max Effort Plank Hold Elbow or Extended Arm Add Weight or Sandbag to Back if desired.

Rest 3 Min

Swim, Bike or Row 30 Min. Do interval sprints for 30 seconds every 2 mins.

Rest 5 Min

Complete:

100 4 Count Flutter Kicks: Every time you break 20 Push Ups
100 4 Count Mtn Climbers: Every time you break 20 Pull Ups
100 4 Count Jumping Jacks: Every time you break 20 Sit Ups

Cool Down Stretch Top To Bottom

Day 4 Rest Day!

Complete Stretch and Foam Roll Ice Bath or Recovery Bath if possible.

Day 5

Warm Up Stretch Top To Bottom

Warm Up Barbell Deadlift

3 Sets of 10 Reps at 85% of your 3 Rep Max DeadLift w/Barbell

Heavy Sandbag:

3 Sets of Deadlift with Sandbag to Failure.

3 Sets of 15 Sandbag Get Ups Make Weight 35% of your 3 Rep Max Deadlift if Possible.

Journal.

Heavy 60 Min Ruck. 50#'s if possible. Every 5 Min perform 3 Get Ups with Ruck ON!
(drop down to your stomach and get back up)

Cool Down Stretch Top To Bottom

Day 6 Cardio Day!

Warm Up Complete Stretch

Run, Row, Bike or Swim for 45 Minutes Work HARD!

Cool Down Stretch

Day 7

Active Recovery. Get outside and be active.

Strength Test.

Rest for 3 Days and then Complete:

Day 1

Warm Up Stretch Top To Bottom

Barbell

Warm Up Bench Press

Work up to 3 Rep Max. Compare to Test 1 Results.

Heavy Sandbag: Use the same weight you used on test 1 at the start.

3 Sets of Bench Press with Sandbag to Failure.

Warm Up Ring Rows

3 Sets of Ring Rows to Failure.

Compare to Test 1 Results.

Cool Down Stretch Top To Bottom

Warm Up Stretch Top To Bottom

Barbell:

Warm Up Back Squat

Work up to 3 rep Max. Compare to Test 1 Results

Heavy Sandbag:

3 Sets of Sandbag Back Squats to Failure. Compare to Test 1

Warm Up L Sits Hanging from Pull UP Bar

3 Sets of Timed L Sits Max Effort Compare to Test 1

Cool Down Stretch Top To Bottom

Test Day 2

Warm Up Stretch Top To Bottom

Dumbbell

Warm Up Dumbbell Shoulder Press

Work up to 3 Rep Max Dumbbell Shoulder Press. Compare to Test 1 Results

Or Scale with 3 Sets to Failure of Max Weight Available. Compare to Test 1 Results

Heavy Sandbag 3 Sets of Sandbag Shoulder Press to Failure. Compare to Test 1 Results

3 Sets of Max Effort Plank Hold Elbow or Extended Arm Add Weight or Sandbag to Back if desired.

Compare to Test 1 and Journal

Warm Up Barbell Deadlift

Work up to 3 rep Max. Compare to Test 1 Results

Heavy Sandbag: Use the same weight as Test 1.

3 Sets of Deadlift with Sandbag to Failure. Use same weight as week 1. Compare to Test 1 and Journal

Cool Down Stretch Top To Bottom

Bonus Conditioning!

Week 1

Warm Up Routine:

Run 800m 70% Pace or Row 5 Min 70% Pace or Bike 10 Min 70% Pace

Stretch Top to Bottom

30 Push Ups

30 Sit Ups

Hang from a Pull Up Bar 20 Seconds

Max Rep Pull Ups

10 4 Count Jumping Jacks (40 Total)

10 4 Count Flutter Kicks

40 Arm Haulers

50 Air Squats

Range of Motion Drills.

Day 1:

Warm Up and Stretch

Conditioning:

5 Rounds for Time:

10 x 155# / 115# Ground to Overhead (sub in Sand Bag any weight)

50 Step Ups with Sandbag back rack 20"

100 Sprint

Cool Down Stretch, Hydrate and Journal

Day 2:

Warm Up and Stretch

5 Mile Ruck with 20#

Every 6 Minutes 20 Push Ups with Ruck On

Cool Down, Hydrate and Journal

Day 3:

Warm Up and Stretch

Complete as fast as possible:

200 Air Squats

150 Jumping Jacks (not 4 count)

125 Flutter Kicks (not 4 count)

100 Sit Ups

75 Mtn Climbers

50 Push Ups

25 Pull Ups

Cool Down, Hydrate and Journal

Day 4:

Active Recovery Day

You can complete light low impact cardio 30 - 45 Minutes

Get in a full stretch, foam roll and other recovery methods.

Day 5:

Warm Up and Stretch

4 x 400m Sprints

Rest 3 Min

4 x 200m Sprints

Rest 3 Min

4 x 100m Sprints

Cool Down, Hydrate and Journal

Day 6:

LSD Day (long slow distance)

Warm Up and Stretch

Run, Ruck, Row, Bike or Swim for 2 hours at 60% of your full pace.

Cool Down, Hydrate and Journal

Day 7:

Rest Day

Be Active Learn a new skill.

Week 2 Bonus Conditioning!

Warm Up Routine:

Run 400m 70% Pace or Row 3 Min 70% Pace or Bike 6 Min 70% Pace

Stretch Top to Bottom

20 Pull Ups

20 Mtn Climbers 4 Count

3 Min Wall Sit

3 Min Plank Hold Elbows or Leaning Rest

50m Bear Crawl

Day 1:

Warm Up and Stretch

Conditioning:

3 Rounds For Time:

50 Burpees

50 Step Ups with 20# Dumbbells or KB's in each hand

50 Box Jumps with Step Down (don't jump off the box, step down)

Cool Down Stretch, Hydrate and Journal

Day 2:

Warm Up and Stretch

6 Mile Ruck with 20#

Every 6 Minutes 20 Air Squats with Ruck On

Cool Down, Hydrate and Journal

Day 3:

Warm Up and Stretch

Complete as fast as possible:

1.5 Mile Sprint

Rest 3 Min

1 Mile Sprint

Rest 3 Min

400m Bear Crawl

Rest 3 Min

100m Crab Walk

Cool Down, Hydrate and Journal

Day 4:

Active Recovery Day

You can complete light low impact cardio 30 - 45 Minutes

Get in a full stretch, foam roll and other recovery methods.

Day 5:

Warm Up and Stretch

5 Rounds

10 Sandbag Get Ups You 30 - 50#

20 Sandbag Squats Front Rack

30 Sandbag Ground To Overhead

20 Push Ups

Cool Down, Hydrate and Journal

Day 6:

LSD Day (long slow distance)

Warm Up and Stretch

Run, Ruck, Row, Bike or Swim for 2 hours at 60% of your full pace.

Cool Down, Hydrate and Journal

Day 7:

Rest Day

Be Active Learn a new skill.

6 Week Endurance Cycle

Week 1

Day 1

Warm Up: 1 Mile Run

Stretch Top To Bottom

With Sandbag 40#: 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 Foam Roll

Day 2

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

Complete The Following Challenge with a Running Clock.

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.

Cool Down: 400m Slow Jog Stretch Top to Bottom Foam Roll

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 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 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 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 5

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!

Week 6

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

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:

Rest Day

6 Week BUD/s Prep PT Training

Baseline Test Day (PST)

It's GO TIME!

To Start we will establish a baseline of fitness with the Navy SEAL PST Test.

Modified without Swimming and if you are indoors only and can't run we have a modification for that too.

Warm Up with: 10 Push Ups, 10 Curl Ups, 10 Pull Ups, 10 Squats, 10 Burpees

Stretch With SOF Prep ROM Drills. [Click HERE For Video](#)

Complete with 3 Minutes Rest Between Each Movement and journal your results you will need them.

2 Minutes Max Effort Push Ups. Knees touch the ground you are done, you rest on your chest for 2 seconds = done.

2 Minutes Max Effort Curl Ups. Rest in the up position for no more than 3 seconds.

2 Minutes Max Effort Pull Ups Come off the bar, you are done.

Outdoor Version:

1.5 Mile Timed Run

Indoor Version: 100 Burpees for Time

Swim Sub: 400 Arm Haulers for Time [Video](#)

Record all these numbers.

Suggested Scaling Guide: (modify as you see fit)

Pull Ups - 0 - 5 Reduce Workout by 50%

Pull Ups - 6 - 10 Reduce Workout by 25%

Pull Ups - 10+ You can perform the workouts as written

First Gear Build Challenge: Rucksack with 10% of your bodyweight sandbag or weight.

HOOYAH!

Day 1: SMMF Welcome to the Mental Game

They say BUD/s is 70 - 80% mental. They say this because in theory, the day you show up for 1st Phase you are already in the best physical shape of your life. 1st Phase is the onramp to Hell Week. If you aren't mentally prepared, you won't make it.

Day 1 Challenge:

SMMF (Single Movement Mother F\$%^#er!)

1 Hour On the Clock

Step UPs on a 20 Inch Box or Step

Holding Weighted Ruck in Front Rack (weight for ruck is 10% of your body weight)

Sub in Random object if you don't have a ruck. (get a ruck ASAP)

Scaled: Drop the weight adjust time as you see fit.

PUSH YOURSELF!

Pay attention to where your mind goes during this drill. Focus on controlling where it goes. Focus on Positive. Create a game to pass the time.

Embrace the SUCK!

HOOYAH!

Day 2: Grinder PT Intro

PT at BUD/s 1st Phase is completed on the "Grinder". This is a courtyard of the BUD/s Compound. It's surrounded by Admin offices for the instructors. No one can hide, you are being watched on all sides.

At the front of the Grinder is a podium where instructors lead the class.

Today's Challenge is a Classic Grinder PT Workout.

Set your clock up for 2 minute intervals. Complete each movement for 2 mins without stopping. Then move to the next.

1. Push Ups
2. Sit Ups
3. 4 Count Jumping Jacks
4. Arm Haulers
5. Star Jumps
6. Leaning Rest Plank Hold
7. 4 Count Flutter Kicks
8. 4 Count Mtn Climbers
9. Hollow Rocks
10. Air Squats
11. Hand Release Push Ups
12. Sit Ups
13. 4 Count Jumping Jacks
14. Burpees
15. Smurf Jacks
16. Leaning Rest Plank Hold
17. Leg Levers
18. Dive Bomber Push Ups
19. Leg Hold 6" Off Grinder
20. Jumping Air Squats

Rest 5 Minutes.

Max Effort Push Ups

Max Effort Sit Ups

Max Effort Pull Ups

Max Effort Burpees

Cool Down with Complete Stretch and Hydrate and Fuel

Day 3: Ruck March

Grab your go bag and hit the trail! Time for a RUCK MARCH!

(please follow your local regulations)

4 Hour Ruck March with 10% of your bodyweight + water and gear.

Every 15 minutes: 10 Push Ups, 10 Squats (keep ruck on)

If you can't go outside... Ruck March in Place for 4 hours... Mindset is everything!!

Use strava or a similar GPS device to record your stats. A solid pace is 3.5 mph.

Here's a link to an old SOF Prep Article with 7 Ruck Marching Tips: [CLICK HERE](#)

Day 4: "Rest Day"

It's Rest Day!

For the next 24 hours, complete as many minutes as possible of "resting"

A BUD/s Candidate Rests in the Leaning position. "Leaning Rest"

Top of the push-up.

GET SOME!

Day 5: Log PT

Log PT is one of the most publicized training aspects of BUD/s. Little known history. Log PT came about when the O Course wasn't complete and Candidates would be tasked with moving pieces of the course (logs) around during training. It evolved from actual functional tasks...

Since you are solo, here's how we will do LOG PT.

Your Log: A round object that weighs 30 - 50 Pounds. That's what percentage of weight you would be carrying with your boat crew.

Warm Up: 400 Yard Run 60% of Full Sprint

Complete Stretch with Range of Motion Drills

Set your timer for 3 Minute Intervals and go through the following routine:

1. Ground To Shoulder, to opposite shoulder to ground.
2. Front Rack Squats
3. Front Rack Presses
4. Shoulder Squats Alternative shoulder every 5 squats
5. Shoulder to Overhead press to opposite shoulder

Rest 5 Minutes

Front Rack Log Carry 800 Yards

Front Rack Log Lunges 400 Yards

Laying on Back Press and Hold Log over Face for 5 Minutes

Standing, Press and Hold Log Overhead 5 Minutes

Cool Down: 1 Mile Run 70% Of PST 1.5 Mile Run Pace

Complete Stretch, Hydrate and Refuel

Day 6: LSD Run

Day 6 for the 45 Day BUD/S Challenge

Workout for the day: 7 Mile Long Slow Distance Run, Ruck or Row

Long Slow Distance means you should be able to carry on a conversation IF someone was with you. Relaxed, comfortable pace.

3 Rounds Of:

10 Pull Ups

50 Push Ups

50 Curl Ups

Cool Down, Stretch, Foam Roll, Hydrate and Fuel.

Gear Check:

Do a gear shakeout, check laces, look for loose straps etc. Take care of your gear, it will take care of you.

Post up gear/PT Area pic or video, lets see what you guys are using out there.

Day 7: Grinder PT Active Recovery

Pressing on to Day 7. It's important to monitor how your body feels and address any nagging minor injuries now.

Blisters, strains, pulls and soreness.

Next Challenge is Active Recovery PT

Warm Up with 20 Burpees at a moderate pace

Complete Stretch top to bottom with Range of Motion Drills. Spend 45 seconds at least on each stretch.

15 Minutes:

Moderate Pace Complete AMRAP (As many rounds as possible)

5 Push Ups

3 Pull Ups

5 Curl Ups

5 Air Squats

Rest 5 Minutes

15 Minutes

Foam Roll or use a tennis ball or lacrosse ball (hard rubber ball) for deep tissue release.

Cool Down 800 M Jog

Followed by Complete Stretch, Hydrate, Fuel and Ice Bath or Cold Shower.

GET SOME!!!

Day 8: And It Begins!

Timed Run: 5 Miles

Rest 15 Minutes (in the leaning rest position)

100 Push Ups

50 Pull Ups

100 Squats

100 Curl Ups

Rest 15 Minutes

Eat A Meal!

Followed By

Timed Run: 5 Miles

Cool Down with Stretching, Hydrate and Refuel.

Get SOME!

Day 9: Hit the Surf!

At BUD/s one of the biggest equalizers is the ocean...

The next workout we suggest you complete in BDU Pants vs PT Shorts.

Warm UP: Hose Down with Water

Run 400m then: 50 Push Ups, 25 Pull Ups, 50 Air Squats

Hose Down with Water

Complete for time:

100 4 count flutter kicks

Hose Down

100 4 Count Mtn Climbers

Hose Down

100 Air Squats

Hose Down

100 Burpees

Hose Down

100 Push Ups

Hose Down

100 Pull Ups

Cool Down, Stretch, Dry Off, Fuel and Hydrate!

GET SOME!!

Day 10: Ruck Day

Grab your go bag and hit the trail! Time for a RUCK MARCH!

(please follow your local regulations)

4 Hour Ruck March with **15% of your bodyweight** + water and gear.

Every 15 minutes: 10 Push Ups, 10 Squats (keep ruck on)

If you can't go outside... Ruck March in Place for 4 hours... Mindset is everything!!

Use strava or a similar GPS device to record your stats. A solid pace is 3.5 mph.

Day 11: Load Carry

During BUD/s you are constantly under load. It could be a ruck, log, boat, swim buddy. It never ends.

Here's your challenge for Day 11.

First RULE BE SAFE and BE SMART!!

2 Mile Load Carry Back Rack

Weight:

Advanced Athletes (Optimum PST Scores) 50% of your body weight

Intermediate Athletes: 35% of your body weight

Those of us with bad backs from years of abuse... You Call IT but less than 35% of your body weight.

Be sure to warm up. Determine the best method to get the weight to your shoulders. Pick any object (if it's a person, don't drop them)

Kicker: Every time the weight touches the ground, 20 burpees.

GET SOME!!

Day 12: SMMF

Here we go AGAIN!

SMMF!

Power Clean with Overhead Press Sandbag 40 Pounds

1.5 Mile Run, Stretch

Then

1 Hour on the Clock. DO NOT LIFT WITH YOUR BACK!

Then 1.5 Mile Run, Stretch, Foam Roll, Hydrate and Fuel.

Day 13: Pyramids

Pyramids!

Staple of training for Active SEALs and Candidates.

Day 13 Challenge is 2 movements.

Push Ups and Pull Ups

Here's how it goes.

1 Rep of Each Movement

2 Reps of Each Movement

3

4

5 etc.

all the way up to 25.

Then you go back down...

24 Reps

23 Reps

back down 1 of each.

Day 14: LSD Run Gear Check

Workout for the day: 7 Mile Long Slow Distance Run, Ruck or Row

Long Slow Distance means you should be able to carry on a conversation IF someone was with you. Relaxed, comfortable pace.

3 Rounds Of:

50 Air Squats

50 4 Count Jumping Jacks

50 Curl Ups

Cool Down, Stretch, Foam Roll, Hydrate and Fuel.

Gear Check:

Do a gear shakeout, check laces, look for loose straps etc. Take care of your gear, it will take care of you.

Day 15: Boat PT

Boat PT Time

IBS = Inflatable Boat Small Gross Weight: 150 - 200 Pounds

Your Boat: Any object that weighs 20 - 40 Pounds. That's what percentage of weight you would be carrying with your boat crew.

Warm Up: 800 Yard Run 60% of Full Sprint

Complete Stretch with Range of Motion Drills

Set your timer for 5 Minute Intervals and go through the following routine:

1. Ground To Shoulder, to opposite shoulder to ground.
2. Overhead Squats
3. Front Rack Presses
4. Rest on Head Squats
5. Shoulder to Overhead press to opposite shoulder

Rest 5 Minutes

Overhead Boat Carry 800 Yards

Resting on Head Lunges 400 Yards

Laying on Back Press and Hold Boat over Face for 5 Minutes

Standing, Press and Hold Boat Overhead 5 Minutes

Cool Down: 1.5 Mile Run 70% Of PST 1.5 Mile Run Pace

Complete Stretch, Hydrate and Refuel

Day 16: Grinder PT

Today's Challenge is a Classic Grinder PT Workout.

Set you clock up for 3 minute intervals. Complete each movement for 3 mins without stopping. Then move to the next.

1. Push Ups
2. Sit Ups
3. 4 Count Jumping Jacks
4. Arm Haulers
5. Star Jumps
6. Leaning Rest Plank Hold
7. 4 Count Flutter Kicks
8. 4 Count Mtn Climbers
9. Hollow Rocks
10. Air Squats
11. Hand Release Push Ups
12. Sit Ups
13. 4 Count Jumping Jacks
14. Burpees
15. Smurf Jacks
16. Leaning Rest Plank Hold
17. Leg Levers
18. Dive Bomber Push Ups
19. Leg Hold 6" Off Grinder
20. Jumping Air Squats

Rest 5 Minutes.

Max Effort Push Ups

Max Effort Sit Ups

Max Effort Pull Ups

Max Effort Burpees

Cool Down with Complete Stretch and Hydrate and Fuel

Day 17 and 18 REST Days! Mandatory!

Even at BUD/s candidates get rest days on the weekends.

You all have gone HARD. Time to recover.

Focus on Stretching, Hydration, Fueling and tending to injuries.

Day 19: Shock and Awe!

WAKY WAKY Eggs and Bakey!

4:30 AM PT

Wet and Sandy! Get Wet, find some sand.

Wake up EARLY! 0430 and be on your Grinder!

Warm Up: 1 Mile Run, Stretch Top to Bottom.

Then

Workout: 60 Minutes On the Clock

3 Minutes of Each Movement

1. Push Ups
2. Pull Ups
3. Curl Ups
4. Jumping Jacks
5. Star Jumps
6. Leaning Rest
7. Mtn Climbers
8. Flutter Kicks
9. Hollow Rocks
10. Arm Haulers
11. Leaning Rest
12. Squats
13. Burpees
14. Sit at Bottom of Squat
15. Jumping Jacks
16. Leaning Rest
17. Star Jumps
18. Burpees
19. Mtn Climbers
20. 1.5 Mile SPRINT!

Cool Down, Stretch, Foam Roll, Hydrate and Fuel.

Stay Frosty!

Day 20: Run Ruck Row

Team,

A very traditional day of training at BUD/s would be 3 grueling events in one day.

Run - Ruck - Swim

we will sub in a low impact cardio for the swim since that's probably not an option for anyone.

Warm Up With: 3 Rounds of 5 Pull Ups, 10 Push Ups, 15 Mtn Climbers

Stretch Top To Bottom.

Run - 5 Miles

Ruck with 20% Of your Body Weight for 5 Miles

Low Impact Cardio: 5 Miles (row, bike, elliptical or worst case Burpees for 20 Minutes)

Cool Down Stretch Hydrate Refuel!

Get some!

Day 21: Murph

Right from the Crossfit Vault. Programed on August 18, 2005.

"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.

Day 22: LSD Run and Gear Check

Workout for the day: 7 Mile Long Slow Distance Run, Ruck or Row

Long Slow Distance means you should be able to carry on a conversation IF someone was with you. Relaxed, comfortable pace.

3 Rounds Of:

5 Minute Wall Sit

50 4 Count Jumping Jacks

50 Curl Ups

Cool Down, Stretch, Foam Roll, Hydrate and Fuel.

Gear Check:

Do a gear shakeout, check laces, look for loose straps etc. Take care of your gear it will take care of you.

Day 23: Boats on Heads! MOVE OUT!

Boat PT Time

Your Boat: Any object that weighs 20 - 40 Pounds. That's what percentage of weight you would be carrying with your boat crew.

Warm Up: 800 Yard Run 40% of Full Sprint With "Boat"

Complete Stretch with Range of Motion Drills

Set your timer for 5 Minute Intervals and go through the following routine:

1. Ground To Shoulder, to opposite shoulder to ground.
2. Overhead Squats
3. Front Rack Presses
4. Rest on Head Squats
5. Shoulder to Overhead press to opposite shoulder

Rest 5 Minutes

Overhead Boat Carry 800 Yards

Resting on Head Lunges 400 Yards

Laying on Back Press and Hold Boat over Face for 5 Minutes

Standing, Press and Hold Boat Overhead 5 Minutes

Cool Down: 1.5 Mile Run with Boat. 40% Pace

Complete Stretch, Hydrate and Refuel

Day 24: Ruck Day Heavy!

Time to train like the Heavy Gunners do! FULL KIT!

A heavy gunner in a SEAL Platoon could be loaded up with 80 - 100 pounds of ammo, gear and equipment on a mission.

They may also be called to carry their swim buddy with the same load over 1 mile.... So that's a 220 Pound SEAL with 80 Pounds of gear, carrying their swim buddy who is weighing in at 300 pounds.

Here's this WEEKENDS Challenge.

Safely complete this task.

RUCK with 30% of your bodyweight as many miles as possible. Advanced Athletes up the game and try to hit 80 pounds.

DO NOT HURT YOURSELF! That would make you an liability . Train smart. Check your ego at the door.

GET SOME!!!

Day 25: Belly... Feet... Backs!

There is no greater punishment that BUD/s Candidates can receive... Usually it follows a failed evolution or it could be in the middle of a failing evolution.

Movements are simple. The instructor yells... BELLY! FEET! Back!

Set your clock for 30 Minutes and PT Yourself with your RUCK on While WET AND SANDY!

Belly

Feet

Back

Feet

Belly

Back

Belly

Feet
Repeat!!

GET SOME!!

Day 26: Pyramid Round 2!

Pyramids!

Day 26 Challenge is 2 movements.

Squats and Burpees

Here's how it goes.

1 Rep of Each Movement
2 Reps of Each Movement
3
4
5 etc.

all the way up to 25.

Then you go back down...

24 Reps
23 Reps

back down 1 of each.

GET SOME!!

Day 27: LSD Run Recovery Day

Day 27: Cool down day!

3 HOUR LSD Run.

You should be able to talk to someone the whole time. Keep moving. Rack up the miles. Once you finish, tend to any injuries, ice / heat combo. Foam roll. Stretch. mobility ?

GET SOME!

Day 28: SMMF

Time to enter the pain cave.

Tools: A 20" step for those 5'6" or taller. 16" Step for those under 5'6" Weight 20% of your Bodyweight.

Workout:

Step Ups for 60 Minutes.

Every time you drop the weight. 20 push ups.

Before you get to WORK...

1 Mile Run Stretch Top to Bottom

After you complete the work.

1 Mile Run Stretch Top to Bottom

GET SOME!!

Day 29: Everybody DROP!

When the lead instructor yells EVERYBODY DROP! BUD/S candidates must stop and drop down into the leaning rest position. Always facing the Ocean or at BUD/s Due West. This requires them to know where they are in relation to the ocean at all times.

Your workout for the day...

12 Hour Tabata Timer!

Set that timer for 30 Minutes. Every Time it goes off, DROP and push out 20 perfect Push Ups.

If you want full benefit, shoot for 12 hours.

Advanced Athletes feel free to throw on some weight every hour on the hour for the reps.

GET SOME!

Day 30: Rest and Recovery Day!

You have logged a ton of hours this week. Please take 1 day of FULL REST!

You can: Stretch, Foam Roll, Do very light low impact cardio (row, bike, elliptical or similar)

Hydrate and Fuel up with some good food.

Hitting the home stretch and you will need to be fully rested.

Hell Week is creeping up FAST!

Day 31: Classic Grinder PT

Set your clock up for 3 minute intervals. Complete each movement for 3 mins without stopping. Then move to the next.

1. Push Ups
2. Sit Ups
3. 4 Count Jumping Jacks

4. Arm Haulers
5. Star Jumps
6. Leaning Rest Plank Hold
7. 4 Count Flutter Kicks
8. 4 Count Mtn Climbers
9. Hollow Rocks
10. Air Squats
11. Hand Release Push Ups
12. Sit Ups
13. 4 Count Jumping Jacks
14. Burpees
15. Smurf Jacks
16. Leaning Rest Plank Hold
17. Leg Levers
18. Dive Bomber Push Ups
19. Leg Hold 6" Off Grinder
20. Jumping Air Squats

Rest 5 Minutes.

Max Effort Push Ups

Max Effort Sit Ups

Max Effort Pull Ups

Max Effort Burpees

Cool Down with Complete Stretch and Hydrate and Fuel

Day 32: Load Carry

One of the most grueling BUD/s evolutions is the extended Log Carry in the Front Rack and Shoulder position. Miles... Hours... It's painful...

First RULE BE SAFE and BE SMART!!

2 Mile Load Carry Front Rack!

Weight:

Advanced Athletes (Optimum PST Scores) 35% of your body weight

Intermediate Athletes: 25% of your body weight

Those of us with bad backs from years of abuse... You Call IT but less than 25% of your body weight.

Every 15 Minutes 20 Alternating Lunges with the Weight in Front Rack.

Be sure to warm up!

Kicker: Every time the weight touches the ground, 20 burpees.

GET SOME!!

Day 33: Ruck Day

Grab your go bag and hit the trail! Time for a RUCK MARCH!

(please follow your local regulations)

4 Hour Ruck March with **18% of your bodyweight** + water and gear.

Every 15 minutes: 10 Push Ups, 10 Squats (keep ruck on)

If you can't go outside... Ruck March in Place for 4 hours... Mindset is everything!!

Use strava or a similar GPS device to record your stats. A solid pace is 3.8 mph.

Day 34: Bear Crawl

Core to extremity is a phase that is used a lot to describe how BUD/s Candidates and SEALs train. Your core is your foundation. A weak core will cause you to break.

The 34th Challenge is no joke...

1 Mile Bear Crawl.

You have 24 hours to complete. How do you eat an elephant? 1 bite at a time.

GET SOME!

Please do not do this on a road that has cars driving on it.

Day 35: Low Crawl

Time to get down and dirty!

Low Crawl!

Going for time here.

60 Minutes on the clock, set up a timer so every 10 Minutes you do 10 Burpees.

Low crawl for time, 10 burpees every 10 minutes.

After the 60 Minutes:

100 Push Ups

100 Curl Ups

20 Pull Ups

100 Air Squats

GET SOME!

Day 36: SMMF

Warm UP with a 800M Run and Complete Stretch

150 Ground To Overheads for Time.

Weight: Your Ruck with 30% Of your Body Weight.

Every Time you break, mark it down.

Tally up your breaks at the end and do 10 4 Count Mtn Climbers for Every Break.

Cool Down with a 400m Run and Complete Stretch

Day 37 - 38: Mandatory Rest Days!

Day 39: Hell Week Day 1

At BUD/s Hell Week Kicks off at an unknown time on a Sunday evening. It's called Breakout. You are roused from your bed and you are put through an intense PT session with machine guns barking, smoke grenades exploding, air horns and bull horns blasting.

[Click HERE for Video](#)

Day 1 of Hell Week:

Double Murph! Slick NO WEIGHT! (this is only for athletes who can complete Murph in less than 43 Minutes with a Ruck or Vest. If you can not. DO NOT DO DOUBLE MURPH! Instead focus on breaking 45 Minutes with a 20 Pound Ruck or Vest. If you have never broken 60 minutes. Do it SLICK! NO WEIGHT! This is not a suggestion. This is a direct order.

Murph"

For time:

1 mile Run

100 Pull-ups

200 Push-ups

300 Squats

1 mile Run

Rest 10 Minutes

Repeat

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.

Day 40: Hell Week Day 2

Warm Up: 3 Mile Run Stretch and Hydrate

Complete:

3 Mile Run

100 Ground to Shoulder Alternating

2 Mile Run With Ruck

50 4 Count Mtn Climbers With Ruck

1 Mile Run With 30 Pound Sandbag

25m Crab Walk With Sandbag If it touches the ground 20 Burpees paid at the end for each touch.

Cool Down 800 M Run Complete Stretch Hydrate and Fuel.

Get Some!!

Day 41: Hell Week Day 3

Load up the Ruck and hit the trail!

Going for distance. Weight is 10% of your bodyweight + Water and Fuel

Warm Up: 50 Push Ups, 25 Pull Ups, 50 4 Count Jumping Jacks Complete Stretch

Ruck Time: 5 Hours Every 15 Minutes: 10 Push Ups, 10 Squats, 10 4 Count Mtn Climbers (if you find a source of water to get WET do it!)

Cool Down: 400m Run 50% Pace Stretch, Hydrate and Fuel!

Bonus: Do it at NIGHT or start SUPER EARLY AM! (Not on a road or anywhere where traffic could be an issue)

GET SOME!

Day 42: Hell Week Day 4

One of the hardest parts of Hell Week is stopping, eating a meal and then getting back into the fight. You warm up, eat something and then it hits you, it's back to the surf, sand and cold...

Day 4 Workout:

Warm Up: 3 Mile Run 50% Pace Stretch Hydrate Light Snack

Grinder PT:

Set your clock up for 2 minute intervals. Complete each movement for 2 mins without stopping. Then move to the next.

1. Push Ups
2. Sit Ups
3. 4 Count Jumping Jacks
4. Arm Haulers
5. Star Jumps
6. Leaning Rest Plank Hold
7. 4 Count Flutter Kicks
8. 4 Count Mtn Climbers
9. Hollow Rocks
10. Air Squats
11. Hand Release Push Ups
12. Sit Ups
13. 4 Count Jumping Jacks
14. Burpees
15. Smurf Jacks
16. Leaning Rest Plank Hold
17. Leg Levers
18. Dive Bomber Push Ups
19. Leg Hold 6" Off Grinder
20. Jumping Air Squats

Break 1 Hour Eat a full Meal

1 Mile Timed Run AFAP!

Log PT

Set your timer for 3 Minute Intervals and go through the following routine:

1. Ground To Shoulder, to opposite shoulder to ground.

2. Front Rack Squats
3. Front Rack Presses
4. Shoulder Squats Alternative shoulder every 5 squats
5. Shoulder to Overhead press to opposite shoulder

Rest 5 Minutes

Front Rack Log Carry 800 Yards

Front Rack Log Lunges 400 Yards

Laying on Back Press and Hold Log over Face for 5 Minutes

Cool Down 1 Mile Run 50% Pace Stretch, Hydrate and Fuel

GET SOME!

Day 43: Hell Week Day 5

Hell Week Starts at an unknown time Sunday Evening or Monday Morning. It ends at an unknown time that Friday.

It's a GRIND!

Here WE GO!

Workout: 5 Mile BUD/S Shuffle Run. 30 - 50% Pace. DO NOT WALK. No Weight.

Complete Stretch Post Run with Foam Roll.

Set The Clock for 60 Minutes

Every Minute: 1 Pull Up, 2 Push Ups

Cool Down with a 3 Mile Shuffle Run 30 - 50% Pace

KEEP GOING!!!

Day 44:

Rest Day!

Day 45: The Final Test

Here's your Challenge. You have 24 Hours starting from when you read this email to complete:

15 Mile Ruck
500 Push Ups
500 Squats
250 Pull Ups
250 4 Count Mtn Climbers
250 4 Count Flutter Kicks
1 Hour Leaning Rest Plank

MAKE IT HAPPEN!!

HOOYAY!

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 Push Ups (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!