

# WEEK 1

## MONDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 3x tempo 21X1  
A2 Push-up 10x tempo 21X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 15 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Running: 1 km  
*Run at a moderate comfortable pace, do not confuse running with jogging.*

☐ **RUCK WALK.**-Ref. The Military Coaching Guide Ruck walk-  
*Complete a 4km + 10kg ruck walk at a pace of 6km/hr.*

## TUESDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Strength

A1 4 sets - including 1 warm up set  
.12-15 Deadlifts  
.12-15 Barbell bent over rows  
.12-15 Shoulder press  
*Use one weight for this exercise. After deadlift immediately position yourself for the bent over row, after that bring the weight to your shoulders and complete the shoulder presses. Rest 60-90 seconds between sets.*

Block 2 - Conditioning

AMRAP 10  
. 10 Dumbbell ground to shoulder  
. 10 Box Step-ups with dumbbell  
. 10 Sit-ups with dumbbell

### ☐ SWIMMING PRACTICE.

200m warm-up (freestyle)  
4 x 50m freestyle sprints (with 20 seconds rest between each)  
4 x 15-25m underwater swim (with 60 seconds rest between each)  
200m freestyle cool-down

## WEDNESDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 4x tempo 21X1  
A2 Push-up 12x tempo 21X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 15 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Speedmarch: 1,5 km  
*Run at a moderate comfortable pace, walking should be performed at a fast pace.*

## THURSDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Conditioning

3 rounds for time  
. 400m Run  
. 20 Bumbbell thrusters  
. 15 Burpees

Block 2 - Strength

5 sets  
. x1 8 meter Legless rope climb  
*If using legs aim for 2 reps.*  
. x5 Dips tempo 2222  
*Rest 60 seconds between sets.*

## FRIDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 5x tempo 11X1  
A2 Push-up 14x tempo 11X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 21 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Running: 2 km  
*Run at a moderate comfortable pace.*

### ☐ RUCK WALK.

Complete a 5km + 10kg ruck walk at a pace of 6km/hr.

## SATURDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Strength

. 3x12-15 Back squat  
. 3x10 Deadlift  
. 3x12-15 Barbell shoulder press  
*Rest 60 seconds between sets.*

Block 2 - Conditioning

For time  
. 50 Dumbbell box step ups  
. 40 Kettlebell swings  
. 30m Bear crawl  
. 20 Burpees

## SUNDAY.

### ☐ SWIMMING PRACTICE.

200m warm-up (breaststroke)  
4 x 50m breaststroke sprints (with 20 seconds rest between each)  
4 x 25m underwater swim (with 60 seconds rest between each)  
200m breaststroke cool-down



MISSION MOVEMENT.

# WEEK 2

## MONDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 5x tempo 21X1  
A2 Push-up 14x tempo 21X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 21 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Running: 2 km  
*Run at a moderate comfortable pace.*

### ☐ RUCK WALK.

Complete a 6km +10kg ruck walk at a pace of 6km/hr.

## TUESDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Conditioning

5 rounds for time  
. 200m Run with weight plate  
. 20 Dumbbell snatches - alternating  
. 10 Renegade rows

Block 2 - Strength

A1 4 sets - including 1 warm up set  
. 12-15 Deadlifts  
. 12-15 Barbell bent over rows  
. 12-15 Shoulder press  
*Use one weight for this exercise. After deadlift immediately position yourself for the bent over row, after that bring the weight to your shoulders and complete the shoulder presses. Rest 60-90 seconds between sets.*

### ☐ SWIMMING PRACTICE.

200m warm-up (backstroke)  
4 x 50m backstroke sprints (with 20 seconds rest between each)  
4 x 25m underwater swim (with 50 seconds rest between each)  
200m backstroke cool-down

## WEDNESDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 6x tempo 11X1  
A2 Push-up 16x tempo 11X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 24 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Speedmarch: 2,5 km  
*Run at a moderate comfortable pace, walking should be performed at a fast pace.*

## THURSDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Strength

5 sets  
. 1 8meter Legless rope climb  
*If using legs aim for 2 reps.*  
. 6 Dips tempo 2222  
Rest 60 seconds between sets.

Block 2 - Conditioning

AMRAP 15  
. 30 Kettlebell swings  
. 20 Box step overs with Kettlebell  
. 10 Toes to bar

## FRIDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 7x tempo 21X1  
A2 Push-up 18x tempo 11X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 27 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Running: 3 km  
*Run at a moderate comfortable pace.*

### ☐ RUCK WALK.

Complete a 7km +10g ruck walk at a pace of 6km/hr.

## SATURDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Strength

. 3x12-15 Back squat  
. 3x10 Deadlift  
. 3x12-15 Barbell shoulder press  
Rest 60 seconds between sets

Block 2 - Conditioning

4 Rounds for time  
. 400 m run with weight plate  
. 15 Plate ground to overhead  
. 10 Box step overs with plate

## SUNDAY.

### ☐ SWIMMING PRACTICE.

200m warm-up (freestyle)  
4 x 75m freestyle sprints (with 30 seconds rest between each)  
4 x 25m underwater swim (with 50 seconds rest between each)  
200m freestyle cool-down



MISSION MOVEMENT.

# WEEK 3

## MONDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 7x tempo 21X1  
A2 Push-up 20x tempo 21X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 30 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Running: 3 km  
*Run at a moderate comfortable pace.*

### ☐ RUCK WALK.

Complete a 8km +10kg ruck walk at a pace of 6km/hr.

## TUESDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Strength

A1 4 sets - including 1 warm up set  
.12-15 Deadlifts  
.12-15 Barbell bent over rows  
.12-15 Shoulder press  
*Use one weight for this exercise. After deadlift immediately position yourself for the bent over row, after that bring the weight to your shoulders and complete the shoulder presses. Rest 60-90 seconds between sets.*

Block 2 - Conditioning

AMRAP 12  
. 10 Dumbbell Thrusters  
. 10 Box jumps  
. 10 Ground to overhead with dumbbell

### ☐ SWIMMING PRACTICE.

200m warm-up (breaststroke)  
4 x 75m breaststroke sprints (with 30 seconds rest between each)  
4 x 25m underwater swim (with 40 seconds rest between each)  
200m breaststroke cool-down

## WEDNESDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 1-2-3-4-5-6-7-8-7-6-5-4-3-2-1  
A2 Push-up 1-2-3-4-5-6-7-8-7-6-5-4-3-2-1  
*Complete A1 & A2 in a pyramid order, change grip and hand position as you wish. Rest as needed between rounds.*

B1 Lay down - stand up 5-6-7-8-9-8-7-6-5  
B2 Squat 5-6-7-8-9-8-7-6-5  
*Complete B1 & B2 in a pyramid order, no rest.*

C1 Speedmarch: 3,5 km  
*Run at a moderate comfortable pace, walking should be performed at a fast pace.*

## THURSDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Conditioning

5 Rounds for time  
. 200 m run with weight plate  
. 10 Renegade rows  
. 10 Box step overs with plate

Block 2 - Strength

5 sets  
. 1 8m Legless rope climb  
*If using legs aim for 2 reps.*  
. 7 Dips tempo 2222  
Rest 60 seconds between sets.

## FRIDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 8x tempo 21X1  
A2 Push-up 24x tempo 11X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 36 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Running: 4 km  
*Run at a moderate comfortable pace.*

### ☐ RUCK WALK.

Complete a 9km +15kg ruck walk at a pace of 6km/hr

## SATURDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Conditioning

AMRAP 15  
. 30 Kettlebell swings  
. 20 Box step up with weight Kettlebell  
. 10 Toes to bar

Block 2 - Strength

. 3x12-15 Back squat  
. 3x10 Deadlift  
. 3x12-15 Barbell shoulder press  
*Rest 60 sec between sets.*

## SUNDAY.

### ☐ SWIMMING PRACTICE.

200m warm-up (backstroke)  
4 x 75m backstroke sprints (with 30 seconds rest between each)  
4 x 25m underwater swim (with 40 seconds rest between each)  
200m backstroke cool-down



MISSION MOVEMENT.

# WEEK 4

## MONDAY.

### ☐ BASIC REQUIREMENTS.

A1 5-10-15-20

Pull-up

Push-up

Sit-up

Squat

*Complete 5 repetitions of the Pull-up before moving on to the Push-up, Sit-up and Squat.*

*Then do 10 etc.. Avoid going to failure on the pull ups, break the set up in lower numbers to complete the total amount of reps required.*

B1 Running: 5x 200m

*Fast pace, aim for the same time every round.*

*rest untill capable of breathing in and out.*

### ☐ RUCK WALK.

Complete a 10km +15kg ruck walk at a pace of 6km/hr.

## TUESDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Conditioning

5 Rounds for time

. 10 Dumbbell Front squats

*Use 1 of the two dumbbells for the front squat then take both dumbbells for the farmer carry.*

Block 2 - Strength

A1 4 sets - including 1 warm up set

.12-15 Deadlifts

.12-15 Barbell bent over rows

.12-15 Shoulder press

*Rest 60-90 seconds between sets.*

### ☐ SWIMMING PRACTICE.

200m warm-up (freestyle)

8 x 50m freestyle sprints (with 20 seconds rest between each)

4 x 25m underwater swim (with 30 seconds rest between each)

200m freestyle cool-down

## WEDNESDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 9x tempo 21X1

A2 Push-up 25x tempo 11X1

*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 35 reps

B2 Squat 15 reps

*Complete 3 rounds of B1 & B2, no rest.*

C1 Running: 4 km

*Run at a moderate comfortable pace.*

## THURSDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Conditioning

For time

. 3km Rowing

Block 2 - Strength

5 sets

. 1 8m Legless rope climb

*If using legs aim for 2 reps.*

. 10 Dips tempo 11X1

*Rest 60 seconds between sets*

## FRIDAY.

### ☐ BASIC REQUIREMENTS.

*Test*

Pull-up 1 set of max reps in 2 minutes.

Push-up 1 set of max reps in 2 minutes.

Sit-up 1 set of max reps in 2 minutes.

Squat 1 set of max reps in 2 minutes.

Running in 12 minutes run as much distance as possible.

### ☐ RUCK WALK.

Complete a 7.5km + 10kg ruck walk at a pace of 6km/hr.

## SATURDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Conditioning

. 10 Sandbag ground to shoulder

. 10 Sandbag overhead press

. 30m Sandbag carry

Block 2 - Strength

. 4x10-12 Back squat

. 4x10-12 Deadlift

. 4x10-12 Barbell shoulder press

*Rest 60 seconds between sets.*

## SUNDAY.

### ☐ SWIMMING PRACTICE.

200m warm-up (breaststroke)

8 x 50m breaststroke sprints (with 20 seconds rest between each)

4 x 25m underwater swim (with 30 seconds rest between each)

200m breaststroke cool-down



MISSION MOVEMENT.

# WEEK 5

## MONDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 9x tempo 21X1  
A2 Push-up 26x tempo 21X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 39 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Running: 4km  
*Run at a moderate comfortable pace.*

### ☐ RUCK WALK.

Complete a 10km + 12.5kg ruck walk at a pace of 6km/hr.

## TUESDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Strength

. 4x10-12 Deadlifts  
. 4x10-12 Dumbbell Bench Press  
. 4x10-12 Renegade Rows  
*Rest 60 seconds between sets.*

Block 2 - Conditioning

For time  
. 50 cal Assault Bike  
. 25 Burpees at moderate pace  
*Assault bike as fast as possible, then, complete all 25 burpees in 1 steady pace  
No resting, suck it up.*

### ☐ SWIMMING PRACTICE.

200m warm-up (backstroke)  
8 x 50m backstroke sprints (with 20 seconds rest between each)  
4 x 25m underwater swim (with 20 seconds rest between each)  
200m backstroke cool-down

## WEDNESDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 10x tempo 11X1  
A2 Push-up 28x tempo 11X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 42 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Speedmarch: 4.5 km  
*Complete at a fast pace walking should be conditionally tough.*

## THURSDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Conditioning

AMRAP 12  
. 10 Dumbbell ground to overhead  
. 20 Toes to bar  
. 200m run

Block 2 - Strength

5 sets  
. 1 8m Legless rope climb  
*If using legs aim for 2 reps.*  
. 10 Dips tempo 21X1  
*Rest 60 seconds between sets.*

## FRIDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 11x tempo 21X1  
A2 Push-up 30x tempo 11X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 45 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Running: 2x 1.5km  
*Run as fast as you can. Rest 5 minutes between sets.*

### ☐ RUCK WALK.

Complete a 5km + 20kg ruck walk at a pace of 6km/hr.

## SATURDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Conditioning

For time  
. 1km Row  
. 50 Barbell thrusters  
. 10 Burpee pull ups

Block 2 - Strength

. 4x10-12 Back squats  
. 4x10-12 Deadlift  
. 4x10-12 Barbell shoulder press  
*Rest 60 seconds between sets.*

## SUNDAY.

### ☐ SWIMMING PRACTICE.

200m warm-up (freestyle)  
6 x 100m freestyle sprints (with 30 seconds rest between each)  
4 x 25m underwater swim (with 20 seconds rest between each)  
200m freestyle cool-down



MISSION MOVEMENT.

# WEEK 6

## MONDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 11x tempo 21X1  
A2 Push-up 32x tempo 21X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 52 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Running: 5 km  
*Run at fast pace.  
< 25 minutes is medium.  
< 20 minutes is good.*

### ☐ RUCK WALK.

Complete a 10km + 15kg ruck walk at a pace of 6km/hr.

## TUESDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Strength

. 4x8-10 Deadlifts  
. 4x8-10 Barbell Bench Press  
. 4x8-10 Dumbbell Rows  
*Rest 60 seconds between sets.*

Block 2 - Conditioning

AMRAP 12  
. 20m duck walk  
. 20m lizard crawl  
. 20m walking lunges  
. 20m bear crawl  
*No resting, keep moving.*

### ☐ SWIMMING PRACTICE.

200m warm-up (breaststroke)  
6 x 100m breaststroke sprints (*with 30 seconds rest between each*).  
4 x 25m underwater swim (*with 20 seconds rest between each*).  
200m breaststroke cool-down

## WEDNESDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 10x tempo 11X1  
A2 Push-up 34x tempo 11X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 56 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Speedmarch: 5.5 km  
*Complete at a fast pace walking should be conditionally tough.*

## THURSDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Strength

5 sets  
. 1 8m Legless rope climb  
*If using legs aim for 2 reps.*  
. 10-12 Dips 11X1  
*Rest 60 seconds between sets.*

Block 2 - Conditioning

For time  
. 1km Row  
. 50 Kettlebell swings  
. 30 Burpees  
*Use a weight for the Kettlebell that allows you to do 10 reps in a row before getting too heavy for proper execution.  
Rest as needed for proper form and grind through.*

## FRIDAY.

### ☐ BASIC REQUIREMENTS.

A1 Pull-up 11x tempo 21X1  
A2 Push-up 36x tempo 11X1  
*Complete 3 rounds of A1 & A2, rest 60 seconds between rounds.*

B1 Sit-up 60 reps  
B2 Squat 15 reps  
*Complete 3 rounds of B1 & B2, no rest.*

C1 Running: 2x 3 km  
*Run at a fast pace. Rest 5 minutes between sets.*

### ☐ RUCK WALK.

Complete a 15km + 20kg ruck walk at a pace of 6km/hr.

## SATURDAY.

### ☐ FOUNDATIONAL STRENGTH.

Block 1 - Strength

. 4x8-10 Back squats  
. 4x8-10 Deadlift  
. 4x8-10 Barbell shoulder press  
*Rest 60 seconds between sets.*

Block 2 - Conditioning

AMRAP 10  
. 30m sled push  
. 30m sled pull  
*Heavy sled, the first set should feel tough!*

## SUNDAY.

### ☐ SWIMMING PRACTICE.

200m warm-up (backstroke)  
6 x 100m backstroke sprints (*with 30 seconds rest between each*).  
4 x 25m underwater swim (*with 20 seconds rest between each*).  
200m backstroke cool-down



MISSION MOVEMENT.