| **MAD DOG PT PLAN- JANUARY 2022** | | | | | |
| --- | --- | --- | --- | --- | --- |
|  | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Week 1 | **Warm up: 2**  **Main:**  Back Squat- wk to hvy 5  Banded Push-ups- 3 rds to fail  **Accessory:**  3x8-Lateral lunge w/ KB (ea. leg  -Sitting pull up  4x15  Standing band ab crunch  **Cool Down** | **Warm up: 1**  COD: 5 x T drills\*  **Main:**  6x 400m run  2:00 rest  Tabata  8 Rds (:20 work/:10 Rest) -Plank R  -Plank  -Plank L  -FLR  **Cool Down** | **Warm up: 2**  **Main:**  Bench Press- wk to hvy 5  Jump Squats (wtd)- 5x5  **Accessory:**  100 of each  -Banded Good mornings  -Banded lat pull downs  **Cool Down** | **Warm up: 1**  **Main:**  Ruck  4 miles  Medium pace  35lbs  4x 2:00  -SA Farmers carry (alt. /rd)  :60 rest  **Cool Down** | App Workout |
| Week 2 | **Warm up: 2**  **Main:**  Dead Lifts- wk to hvy 5  Med ball chest pass- 3 rds to fail  **Accessory:**  3x15  - Seated band hamstring curls  -Bench dips  4 rds :60 work/:30 rest -FLR wtd  -MB bent leg body twist  **Cool Down** | **Warm up: 1**  **Main:**  Hill Sprints  10/8/6  2:00 rest btw sets  2 rds  :30 Squat jumps  :30 Pogos (speed)  :30 Pogos (height)  :60 Calf raises  2:00 rest  EMOM 5  -Plank  -Hollow hold  **Cool Down** | **Warm up: 2**  **Main:**  Floor press- Wk to hvy 5  Burpees to 6’ target- 5x5  **Accessory:**  5rds  -10 Bradford press  -20 Alt Reverse Lunge (wtd)  **Cool Down** | **Warm up: 1**  **Main:**  Kit Run 3 miles  3x :45/ :15  -Shoulder taps  -Leg lifts  -Bird dogs  **Cool Down** | App Workout |

| **MAD DOG PT PLAN- JANUARY 2022** | | | | | |
| --- | --- | --- | --- | --- | --- |
|  | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Week 3 | **Warm up: 2**  **Main:**  Back Squat- wk to hvy 3  Press w/ bands- wk to fail  **Accessory:**  3x15  -BB row  -Scull crushers  -Supermans  2x  30 Russian twists :90 FLR  30 crunches :90 FLR  \*all wtd  **Cool Down** | **Warm up: 1**  2 rds  300yd shuttle x3 (under :80)  2 minutes rest  **Main:**  4x 800m run  2:00 rest  Tabata  8 Rds (:20 work/:10 Rest) -Plank R  -Plank  -Plank L  -FLR  **Cool Down** | **Warm up: 2**  **Main:**  Bench Press- wk to hvy 3  Box jumps- 10x5  **Accessory:** 3x20  -Pistol squats to box  -SA Land mine press (10 each)  4x15  BB ab roll  **Cool Down** | **Warm up: 1**  **Main:**  Ruck  4 miles  slow pace  50 lbs  Sled drags 90lbs  -10 push  -10 pull  **Cool Down** | App Workout |
| Week 4 | **Warm up: 2**  **Main:**  Dead Lifts- wk to heavy 3  Push-up to plate- 5x5  **Accessory:**  3x15  -Med Ball hamstring curls  -BB Curls  4x15  Bench obliques  **Cool Down** | **Warm up: 1**  Jump rope: 2 rds  Two feet x 50  high knees x 50  one foot x 50  scissor x 50  :60 rest  **Main:**  Tempo run 30 min  :10 sprint  :50 jog  100 4ct Flutter Kicks  **Cool Down** | **Warm up: 2**  **Main:**  Incline Bench- wk to hvy 5  Med Ball throws for height- 10x3  **Accessory:**  3x15  -KB Sumo Squat (1-3-1)  -Back extensions  -Banded row  EMOM 5  10 Standing KB crunch R  10 Standing KB crunch L  **Cool Down** | **Warm up: 1**  **Main:**  Kit Run 2 miles  10 squats every 400m  5x :45/ :15  -Heel taps  -Leg lifts  -Plank with side dips  **Cool Down** | App Workout |

| Warm up 1:  Walking knee hugs  Lateral lunge  Hurdles  Walking ham/calf (front leg straight and pull toe)  Walking seated Abductors (grab top of foot)  Spiderman  Walking quad (exaggerated lunge)  Punters (kick to opposite hand)  High knees  Backwards skip hip rotations  Side shuffle  Carioca  Lateral high knees  A-skips  Exaggerated carioca (high knee crossover)  Backwards run (large steps back)  20-yard burst finish x2 (falling, push-up, back) | Warm-up 2 (choose 2-3 from each section)  Prisoner squats 2x20  TKE 2x20  Lateral glute walk w/band 2x20  Quadruped series 1x10 ea. leg  Prone scorpions 1x10 ea. leg  Sissy squat w/ band 2x15  Groiners 1x10  Fire Hydrants 1x10 ea. leg  Around the world 2x10 alt.  Iso hold push up 2x :30 sec  Internal/external rotation 2x15 ea. arm  Scapular pull ups 2x25  Band pull-aparts 100 reps | Agility drills  COD (change of direction)  T drill:  Sprint  Lateral left, Lateral right, Lateral left to middle  Backpedal  (you are making a “T” with your movement pattern)  Cone Drill  Make a square w/ cones each side is a different movement  Ex: broad jump to cone 1, lateral right to cone 2, sprint to cone 3, carioca to cone 4  Reaction drill  Short quick movement variations  Ex: 2 rds  300yd shuttle x3 (under :80)  2 minutes rest |
| --- | --- | --- |

| Cool Down- Stretching Routine  Hamstring stretch standing  Kneeling lunge  Lying quad stretch  Butterfly  Pigeon  Extended flex  Single-leg over  \*perform w/ band for further variations | Foam Roller Routine  Upper/lower back  R/L: lats, hips, IT bands, quad, groin, calf |
| --- | --- |

|  |  | | | | |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| S&R | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Auto 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 1 |
| Auto 2 | Day 3 | Day 4 | Day 5 | Day 1 | Day 2 |
| Shop/ Ops | Day 4 | Day 5 | Day 1 | Day 2 | Day 3 |
| C&E/Miss | Day 5 | Day 1 | Day 2 | Day 3 | Day 4 |
| GSE/ARM | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |

\*Perform workout listed in the column for your section (ex: Auto 1 performs Day 4 workout on Wednesday)