



# Military Athlete

**Strong. Swift. Durable.**

**Jackson, Wyoming**  
[www.militaryathlete.com](http://www.militaryathlete.com)

## BIG 24 STRENGTH TRAINING PROGRAM

This 3-week training program is designed add significant total body and upper body strength to athletes without significant weight gain. It is our most intense, and successful program for building strength.

### TRAINING PROGRAM DESCRIPTION

Big 24 is a progressive, intense, 3-week, gym-based training program. You will train 5 days/week for a total of 15 training sessions. The intention is that Monday through Friday are training days. Saturday and Sunday are rest days.

This training program can be completed in a commercial gym, with basic free weight equipment, but it is much easier to complete the program using Olympic weight lifting equipment, especially rubber bumper plates.

The program is built around these exercises:

**“The Exercise”** - I learned this movement from strength coach Dan John. One Rep of “The Exercise” = Hanging Squat Snatch plus an Overhead Squat: [http://mtnathlete.com/subpage\\_details.php?subpage\\_ID=321&page\\_ID=14](http://mtnathlete.com/subpage_details.php?subpage_ID=321&page_ID=14)

**Power Clean + Push Press** - Classic strength training exercise in which the athlete takes the barbell from the ground and puts it overhead: [http://mtnathlete.com/subpage\\_details.php?subpage\\_ID=749&page\\_ID=14](http://mtnathlete.com/subpage_details.php?subpage_ID=749&page_ID=14)

**Squat Clean** - Classic olympic weight lifting exercise: [http://mtnathlete.com/subpage\\_details.php?subpage\\_ID=777&page\\_ID=14](http://mtnathlete.com/subpage_details.php?subpage_ID=777&page_ID=14)

**Bench Press** - Considered by some to be the “king” of upper body strength training exercises.

## Big 24 Strength Training Program, October 2010

**Standing Military Press** - Builds overhead strength: [http://mtnathlete.com/subpage\\_details.php?subpage\\_ID=778&page\\_ID=14](http://mtnathlete.com/subpage_details.php?subpage_ID=778&page_ID=14)

The power of Big 24 comes through these exercises and simple, but aggressive progression. The name “Big 24” is derived from the number of total reps you will perform for each of these exercises during the training sessions.

During the **Total Body Big 24 training sessions**, you will do 8 sets of 3 reps (24 reps total) of “The Exercise”, Power Clean + Push Press and the Squat Clean.

During the **Upper Body Big 24 training sessions**, you will do 8 sets of 3 reps (24 reps total) of the Bench Press and the Military Press.

As you work through the program, be sure not to push the loading progression. Be patient, not greedy, and complete the training sessions as prescribed. By the end of the second week, you’ll find working through the Total Body Big 24 is like going to battle with the barbell. It is very intense.

### PROGRESSING THROUGH THE PROGRAM

This training program is set up to be completed sequentially. Volume builds as it progresses, so don’t skip around. Start at the beginning and follow the sessions in order.

We are assuming a 5 day/week training schedule. Try not to train on the weekends.

Sessions 1, 6, and 11 are the first session of each week’s training.

If you are doing the program Monday through Friday, here is what your schedule will look like:

- Monday - Total Body Big 24
- Tuesday - Upper Body Big 24
- Wednesday - Short Work Capacity Effort + Core
- Thursday - Total Body Big 24
- Friday - Upper Body Big 24

### COMMON QUESTIONS

#### **How long should the training sessions take?**

Generally around 60 minutes, though near the end of the program, training sessions may take up to 75 minutes.

#### **What if I can’t keep up the Monday to Friday Training Schedule?**

In a Monday - Friday training schedule, Training Sessions 1, 6, and 11 are all Mondays. If for any reason you cannot keep this Monday-Friday training schedule, do not skip a training session. Rather, complete all the training sessions in succession. Whatever the schedule, always take two days a week, ideally together, as total rest.

#### **What if I’m not an expert with the Olympic Lifts?**

You need some familiarity with the snatch, clean and push press to work through this program, but you don’t need to be an expert or accomplished Olympic weight lifter. One of the hallmarks of the program is that you’ll get lots and lots of practice with the Olympic lifts, and by the end of the program, will be more proficient with them than when you started.

## Big 24 Strength Training Program, October 2010

### What about unfamiliar exercises?

Most unfamiliar exercises are demonstrated here: [http://militaryathlete.com/page.php?page\\_ID=30](http://militaryathlete.com/page.php?page_ID=30)

### What about my diet?

Eating well does not take rocket science. It takes discipline. Here are our recommended diet guidelines:

**6 days/week** - eat as much meat, vegetables, fruit, seeds and nuts as you want - no restriction. Drink only water, coffee or tea. Do not eat bread, pasta, or grain of any kind, no potatoes, corn or other starchy vegetables. No sugar, candy, soda or alcohol.

**1 day/week** - cheat like a mother. Eat/drink anything you want.

### What about supplements?

Drink a whey protein shake 15 minutes before, and 15 minutes after training.

### What if I have more questions?

Email: [rob@militaryathlete.com](mailto:rob@militaryathlete.com)

Good luck!

**Rob Shaul**  
**Military Athlete**  
**Jackson, Wyoming**

## \*\*\*\*\* TRAINING PROGRAM \*\*\*\*\*

### TRAINING SESSION 1 - TOTAL BODY BIG 24 I

Warm Up:

4 Rounds w/ PVC  
3x Shoulder Dislocate  
3x Overhead Squats  
3x Hang Squat Snatch  
Instep Stretch

4 Rounds w/ 45# Barbell  
3x Shoulder Dislocate  
3x Overhead Squats  
3x Hang Squat Snatch  
Instep Stretch

Training:

1) 8 Rounds

3x The Exercise (increase weight each round until 3x is hard but doable)-**NOTE FINAL LOAD**  
Pigeon Stretch

2) 8 Rounds  
3x Power Clean + Push Press (increase weight each round until 3x is hard but doable)-**NOTE FINAL LOAD**  
Hip Swivel

3) 8 Rounds  
3x Squat Clean (increase weight each round until 3x is hard but doable)-**NOTE FINAL LOAD**  
Instep Stretch

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### TRAINING SESSION 2 - UPPER BODY BIG 24 I

## Big 24 Strength Training Program, October 2010

Warm Up:

4 Rounds

10x Bench Press @ 95#

3x Pull Ups

5x Dips

Shoulder Push - Twist - Lift

Training:

1) 8 Rounds

3x Bench Press (increase weight each round until 3x is hard but doable)-**NOTE FINAL LOAD**

3/3/3 Toe Touch Complex

2) 8 Rounds

3x Military Press (increase weight each round until 3x is hard but doable)-**NOTE FINAL LOAD**

3x Squat to Stand

3) 5 Rounds wearing 25# weight vest, backpack, or body armor

3x Pull Ups 5x Dips

50m Farmers Walk w/ Dumbbell Pinch

30 Second Front Bridge

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### TRAINING SESSION 3 - WORK CAPACITY/ CORE

Warm Up:

20-15-10-5

Swing @ 16kg

Goblet Squat @ 16kg

Push up

Sit up

Instep Stretch

Training::

(1) 4 Rounds for Time

Run 200m

3x Scotty Bobs @ 25#

10x Box Jumps @ 24"

(2) 5 Rounds

5x Standing Russian Twist At 25# (10x total)

5x Bird Dogs each side

30/30 Side Bridge

10x Toes to Sky

Pigeon Stretch

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### SESSION 4 - TOTAL BODY BIG 24 II

Warm Up:

4 Rounds w/ PVC

3x Shoulder Dislocate

3x Overhead Squats

3x Hang Squat Snatch

Instep Stretch

4 Rounds w/ 45# Barbell

3x Shoulder Dislocate

3x Overhead Squats

3x Hang Squat Snatch

Instep Stretch

Training:

1) 8 Rounds

3x The Exercise

Pigeon Stretch

2) 8 Rounds

3x Power Clean + Push Press

Hip Swivel

3) 8 Rounds

3x Squat Clean

Instep Stretch

Loading for Parts (1), (2) and (3): Drop 10# from Monday's finishing load. Be at that weight at Round 4, and continue using that weight "across" rounds 4, 5, 6, 7, 8. So, if you finished Tuesday at 105#, work up to 95# by Round 4, and use 95# for rounds 4, 5, 6, 7, and 8.

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### TRAINING SESSION 5 - UPPER BODY BIG 24 II

Warm Up:

## Big 24 Strength Training Program, October 2010

4 Rounds  
10x Bench Press @ 95#  
3x Pull Ups  
5x Dips  
Shoulder Push - Twist - Lift

### Training:

1) 8 Rounds  
3x Bench Press (increase weight each round until 3x is hard but doable)  
3/3/3 Toe Touch Complex

2) 8 Rounds  
3x Military Press (increase weight each round until 3x is hard but doable)  
3x Squat to Stand

3) 5 Rounds wearing 25# weight vest, backpack, or body armor  
3x Pull Ups  
5x Dips  
50m Farmers Walk w/ Dumbbell Pinch  
30 Second Front Bridge

Loading for Parts (1) and (2) Drop 10# from Monday's finishing load. Be at that weight at Round 4, and continue using that weight "across" rounds 4, 5, 6, 7, 8. So, if you finished Tuesday at 105#, work up to 95# by Round 4, and use 95# for rounds 4, 5, 6, 7, and 8.

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### SESSION 6 - TOTAL BODY BIG 24 III

#### Warm Up:

4 Rounds w/ PVC  
3x Shoulder Dislocate  
3x Overhead Squats  
3x Hang Squat Snatch  
Instep Stretch

4 Rounds w/ 45# Barbell  
3x Shoulder Dislocate  
3x Overhead Squats  
3x Hang Squat Snatch  
Instep Stretch

#### Training:

1) 8 Rounds  
3x The Exercise  
Pigeon Stretch

2) 8 Rounds  
3x Power Clean + Push Press  
Hip Swivel

3) 8 Rounds  
3x Squat Clean  
Instep Stretch

#### Loading:

Add 5# to finishing load from Training Session 4, and be at this loading by round 4 for each exercise. Finish "across" rounds 4-8 with this loading.

So, if you finished "The Exercise" during Training Session 4 at 95#, today, work up to 100# by Round 4, and use 100# for rounds 4, 5, 6, 7, and 8. Use the same loading method for the Power Clean + Push Press and for the Squat Clean

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### TRAINING SESSION 7 - UPPER BODY BIG 24 III

#### Warm Up:

4 Rounds  
10x Bench Press @ 95#  
3x Pull Ups  
5x Dips  
Shoulder Push - Twist - Lift

#### Training:

1) 8 Rounds  
3x Bench Press (increase weight each round until 3x is hard but doable)  
3/3/3 Toe Touch Complex

2) 8 Rounds  
3x Military Press (increase weight each round until 3x is hard but doable)  
3x Squat to Stand

## Big 24 Strength Training Program, October 2010

3) 6 Rounds wearing 25# weight vest, backpack, or body armor

3x Pull Ups 5x Dips

50m Farmers Walk w/ Dumbbell Pinch

30 Second Front Bridge

Loading for Parts (1) and (2):

Add 5# to finishing load from Training Session 5, and be at this loading by round 4 for each exercise. Finish "across" rounds 4-8 with this loading.

So, if you finished the Bench Press during Training Session 5 at 195#, today, work up to 200# by Round 4, and use 200# for rounds 4, 5, 6, 7, and 8. Use the same loading method for the Military Press.

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### TRAINING SESSION 8 - WORK CAPACITY/ CORE

Warm Up:

4 Rounds

5x Lunges each leg

10x Elevated Push Ups

10x Sit Ups

Pigeon Stretch

Training:

1) 4 Rounds

60 Sec 25m Shuttle

60 Sec rest

2) 4 Rounds

50m Farmers Carry holding 2x 24kg kettlebells or 55# dumbbells

10x Seated Russian Twist each side @ 25#

30 sec. Plank Walk Ups

Instep Stretch

3) 2 Rounds

25x Shoulder Handjobs @ 2.5#

3x Shoulder Sweeps each side

Hip Swivel

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### TRAINING SESSION 9 - TOTAL BODY BIG 24 IV

Warm Up:

4 Rounds w/ PVC

3x Shoulder Dislocate

3x Overhead Squats

3x Hang Squat Snatch

Instep Stretch

4 Rounds w/ 45# Barbell

3x Shoulder Dislocate

3x Overhead Squats

3x Hang Squat Snatch

Instep Stretch

Training:

1) 8 Rounds

3x The Exercise

Pigeon Stretch

2) 8 Rounds

3x Power Clean + Push Press

Hip Swivel

3) 8 Rounds

3x Squat Clean

Instep Stretch

Loading: Use same loading as Training Session 6 for each exercise.

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### TRAINING SESSION 10 - UPPER BODY BIG 24 IV

Warm Up:

4 Rounds

10x Bench Press @ 95#

3x Pull Ups

5x Dips

Shoulder Push - Twist - Lift

Training:

## Big 24 Strength Training Program, October 2010

1) 8 Rounds  
3x Bench Press (increase weight each round until 3x is hard but doable)  
3/3/3 Toe Touch Complex

2) 8 Rounds  
3x Military Press (increase weight each round until 3x is hard but doable)  
3x Squat to Stand

3) 6 Rounds wearing 25# weight vest, backpack, or body armor  
3x Pull Ups 5x Dips  
50m Farmers Walk w/ Dumbbell Pinch  
30 Second Front Bridge

Loading for Parts (1) and (2):  
Use same loading as Training Session 7 for each exercise.

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### SESSION 11 - TOTAL BODY BIG 24 V

Warm Up:

4 Rounds w/ PVC  
3x Shoulder Dislocate  
3x Overhead Squats  
3x Hang Squat Snatch  
Instep Stretch

4 Rounds w/ 45# Barbell  
3x Shoulder Dislocate  
3x Overhead Squats  
3x Hang Squat Snatch  
Instep Stretch

Training:

1) 8 Rounds  
3x The Exercise  
Pigeon Stretch

2) 8 Rounds  
3x Power Clean + Push Press  
Hip Swivel

3) 8 Rounds  
3x Squat Clean  
Instep Stretch

Loading:

Add 5# to finishing load from Training Session 9, and be at this loading by round 4 for each exercise. Finish "across" rounds 4-8 with this loading.

So, if you finished "The Exercise" during Training Session 4 at 100#, today, work up to 105# by Round 4, and use 105# for rounds 4, 5, 6, 7, and 8. Use the same loading method for the Power Clean + Push Press and for the Squat Clean

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### TRAINING SESSION 12 - UPPER BODY BIG 24 V

Warm Up:

4 Rounds  
10x Bench Press @ 95#  
3x Pull Ups  
5x Dips  
Shoulder Push - Twist - Lift

Training:

1) 8 Rounds  
3x Bench Press (increase weight each round until 3x is hard but doable)  
3/3/3 Toe Touch Complex

2) 8 Rounds  
3x Military Press (increase weight each round until 3x is hard but doable)  
3x Squat to Stand

3) 7 Rounds wearing 25# weight vest, backpack, or body armor  
3x Pull Ups 5x Dips  
50m Farmers Walk w/ Dumbbell Pinch  
30 Second Front Bridge

Loading for Parts (1) and (2):

## Big 24 Strength Training Program, October 2010

Add 5# to finishing load from Training Session 5, and be at this loading by round 4 for each exercise. Finish "across" rounds 4-8 with this loading.

So, if you finished the Bench Press during Training Session 5 at 200#, today, work up to 205# by Round 4, and use 205# for rounds 4, 5, 6, 7, and 8. Use the same loading method for the Military Press.

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### TRAINING SESSION 13 - WORK CAPACITY/ CORE

Warm Up:

3 Rounds  
30/5/30 Sean Special  
20x Air Squats  
10x GHD Sit Ups

Training:

1) 4 Rounds for Time  
5x Sandbag Half Moons @ 40#  
5m Dumbbell Crawl @ 25#  
200m Run

2) 3 Rounds  
10x Weighted Sit Ups @45# Plate  
2x Shoulder Sweep each side  
5x Bird Dog's  
Pigeon Stretch

3) 2 Rounds  
50x Glute Leg Lifts each leg  
Instep Stretch  
50x Shoulder Hand Job @ 2.5# each shoulder  
2x Shoulder Sweep each Shoulder

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### SESSION 14 - TOTAL BODY BIG 24 VI

Warm Up:

4 Rounds w/ PVC  
3x Shoulder Dislocate  
3x Overhead Squats

3x Hang Squat Snatch  
Instep Stretch

4 Rounds w/ 45# Barbell  
3x Shoulder Dislocate  
3x Overhead Squats  
3x Hang Squat Snatch  
Instep Stretch

Training:

1) 8 Rounds  
3x The Exercise  
Pigeon Stretch

2) 8 Rounds  
3x Power Clean + Push Press  
Hip Swivel

3) 8 Rounds  
3x Squat Clean  
Instep Stretch

Loading: Use same loading as Training Session 11 for each exercise.

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### TRAINING SESSION 15 - UPPER BODY BIG 24 VI

Warm Up:

4 Rounds  
10x Bench Press @ 95#  
3x Pull Ups  
5x Dips  
Shoulder Push - Twist - Lift

Training:

1) 8 Rounds  
3x Bench Press (increase weight each round until 3x is hard but doable)  
3/3/3 Toe Touch Complex

2) 8 Rounds  
3x Military Press (increase weight each round until 3x is hard but doable)



## **Big 24 Strength Training Program, October 2010**

3x Squat to Stand

3) 7 Rounds wearing 25# weight vest, backpack, or  
body armor

3x Pull Ups 5x Dips

50m Farmers Walk w/ Dumbbell Pinch

30 Second Front Bridge

Loading for Parts (1) and (2):

Use same loading as Training Session 11 for each  
exercise.

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