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Jackson, WY

ON-RAMP TRAINING PROGRAM

PROGRAM DESCRIPTION

The following 6-week, 28-session training plan is designed to lay a base fitness level of Strength, Work Capacity, Endurance, and Durability for unfit athletes, in order to prepare them for the volume and intensity of our operator sessions and other training programs.

The program is progressive - it increases in difficulty as you work through it. Weeks 1-2, you'll train 4 days/week, with Wednesdays and the weekend as total rest.

Weeks 3-6 you'll bump up and train 5 days/week.

In addition to the extra day/week training, the volume and intensity of the sessions themselves increase in difficulty as the program develops.

ON-RAMP TRAINING PROGRAM

STRENGTH SESSIONS

Strength sessions should take about 60 minutes.

Here is a brief explanation of how a strength session is performed.

SESSION 1 Strength	Session Explanation
Warm Up: 3 Rounds 8x Goblet Squat @ 15/25# 8x Pushup 8x Situp Lat + Pec Stretch	Warm Up: You will perform 8x Goblet Squats, in this case females holding a 15# Dumbbell and males holding a 25# Dumbbell, then 8x Pushups, then 8x Situp, then the Lat + Pec Stretch. That equals one round. All movements will be back to back with limited rest (work briskly). The Lat + Pec Stretch will be your rest time. After you perform said rounds you will move on to the training portion.
Training: (1) 6 Rounds 4x Mr. Spectacular-increasing load until 4x is hard but doable Instep Stretch	(1) 1 Round equals 4x Mr. Spectacular @ a load that is hard but doable, then immediately to instep stretch. Start off with a load that is achievable, then increase load so that by the 4th round you are at a load that is hard but doable for that round and round 5 and 6. Instep Stretch time will be considered your rest. Usually hold stretches for about 3-5 breaths a side. After you complete all 6 rounds you will move on to Part 2.
(2) 5 Rounds 5x Walking Dumbbell Lunge-increase load until 5x is hard but doable, then immediately 1x Jump Lunge-unloaded-be explosive 5x Shoulder Dislocates	(2) 1 Round = 5x each leg Walking Dumbbell Lunge (10x steps total), then immediately perform 1x Jump Lunge each leg going for max height (2x steps total). 5x Shoulder Dislocates. Start off Walking Dumbbell Lunge with a load that is achievable, then increase load so that by the 3rd round you are at a load that is hard but doable for that round and round 4 and 5. Jump Lunge for max height each rep. Consider the Shoulder Dislocates your rest between rounds.
(3) 5 Rounds 8x Military Press-increasing load until 8x is hard but doable 3/5x Chinup 3rd World Stretch	(3) 5 Rounds. 1 Round = 8x Military Press, 3/5x Chinup, 3rd World Stretch Military Press with barbell increasing the load so that by the 3rd round you are at a load that is hard but doable for that round and round 4 and 5. Chinup will be 3x for female athletes and 5x for male athletes. The 3rd World stretch is your rest After Part 3 you are finished with this session. You should finish the session 60 minutes.

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WORK CAPACITY TRAINING SESSION

Work Capacity training sessions are high intensity, and designed train an athlete's horsepower (strength plus cardio together), as well as mental fitness.

Here is a brief explanation of how a Work Capacity session is performed:

SESSION 2 Work Capacity	Session Explanation
Warm Up:	
3 Rounds 100m Run or 30x Step Up 6x Pushup 6x Situp 6x Air Squats 3x Squat to Stand	Warm up: 1 Round = 100m run, 6x Pushup, 6x Situp, 6x Air Squat, 3x Squat to Stand. Movements will be back to back with limited rest. Squat to Stand will be considered your rest time between rounds.
Training:	Training
(1) 10 Rounds, every 30 sec. 1x Suicide Sprint	(1) 10 Rounds. 1 Round = 1 Suicide Sprint. Typically 1 Suicide Sprint will take 15 seconds. The clock will be continuously running so every 30 seconds you will perform 1 Suicide Sprint - the faster you finish, the more rest you get. For Example, say the first suicide takes you 12 seconds to complete. This means you have 18 seconds rest before you start the next effort. The next sprint you complete in 15 seconds now you have 15 seconds rest before completing the next rep. Part 1 will take 5 minutes, total, to complete.
Rest 3-5 minutes	After 10 Rounds, you will get 3-5 minutes rest before starting Part (2).
(2) 150x Step Ups For Time	(2) You will perform 150x Step Ups total, not each leg, and it will be for time, which means as fast as possible, no rest.
Rest 3-5 minutes	Rest 3-5 minutes
(3) 5 Rounds For Time 10x Burpee 5x Ankle to Bar	(3) 5 Rounds For Time. 1 Round = 10x Burpee then immediately, 5x Ankle to Bar, and repeat, 4 more times. Complete the 5 rounds with no rest, as fast as possible.
(4) 4 Rounds 30 sec Front Bridge 5x Slasher @ 15/25# Dumbbell 5x Situp 5x Face Down Back Extension	(4) is core strength training. 4 rounds of 30 seconds Front Bridge, 5x Slasher (each side) with 15# Dumbbell for female athletes and 25# Dumbbell for male athletes, 5x Situp, and 5x Face Down Back Extension. Perform one exercise after another with limited rest between exercises.
(5) 3 Rounds 15 sec. Glute Leg Lift 15 sec. Shoulder Hand Job @ 2.5# 3x Shoulder Sweep	(5) is a durability/mobility circuit. 3 Rounds. 1 Round = 15 seconds, each side, of max Glute Leg Lifts, then 15 seconds, each side Shoulder Hand Job Holding a 2.5# plate, then 3x Shoulder Sweep each side.
	After Part (5) you are finished. Session should take around 60 minutes.

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COMMON QUESTIONS

How long should the training sessions take?

Each session should take approximately 60 minutes.

Please explain: “8x Goblet Squat @ 15/25#”

“8x” = the number of repetitions. You’ll do 8 Goblet squats.

“@ 15/25#” = equals the loading, or weight you’ll lift. The first number is for female athletes, the second for male athletes. “#” = pounds.

What equipment do I need?

Barbell/Bench/Squat Rack with the ability to load heavy for squats and bench press, Dumbbells, Pull up bar, Stopwatch with a timer (Timex Ironman is best). This program is designed to be completed in any commercial gym.

I train at a commercial gym, how do I do the sprints?

Move equipment to make room or go outside.

But I’ve never lifted weights!??

Then you’re in for quite an experience. The exercises in this training program are not complicated. We have an exercises video explanation for each, and there are many other exercise descriptions/help on the internet. Few of us had a coach teaching us how to lift - most taught ourselves. You can to! Be resourceful and just get started. Momentum is everything.

Unfamiliar Exercises?

Go to http://www.mountainathlete.com/page.php?page_ID=14 for a list of exercises and video demonstration.

What about supplements?

We’re not big on supplements. You can drink a protein recovery shake immediately after training, if you like. Studies have shown this helps with recovery. We generally don’t.

Diet? Nutrition?

Watch our video clip on [Nutrition](#).

What if I have more questions?

Contact rob@militaryathlete.com

Good Luck!



Rob Shaul
Military Athlete
Jackson, WY

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>SESSION 1 Obj: Strength</p> <p>Warm Up:</p> <p>3 Rounds 8x Goblet Squat @ 15/25# 8x Pushup 8x Situp Lat + Pec Stretch</p> <p>Training:</p> <p>(1) 6 Rounds 4x Mr. Spectacular-increase load until 4x is hard but doable Instep Stretch</p> <p>(2) 5 Rounds 5x Walking Dumbbell Lunge-increase load until 5x is hard but doable, then immediately 1x Jump Lunge-unloaded-be explosive 5x Shoulder Dislocates</p> <p>(3) 5 Rounds 8x Military Press-increase load until 8x is hard but doable 2/4x Chinup 3rd World Stretch</p>	<p>SESSION 2 Obj: Work Capacity</p> <p>Warm Up:</p> <p>3 Rounds 100m Run or 30x Step Up 6x Pushup 6x Situp 6x Air Squats 3x Squat to Stand</p> <p>Training:</p> <p>(1) 10 Rounds, every 30 sec. 1x Suicide Sprint</p> <p>Rest 3-5 minutes</p> <p>(2) 150x Step Ups For Time</p> <p>Rest 3-5 minutes</p> <p>(3) 5 Rounds For Time 10x Burpee 5x Ankle to Bar</p> <p>(4) 4 Rounds 30 sec. Front Bridge 5x Slasher @ 15/25# Dumbbell 5x Situp 5x Face Down Back Extension</p> <p>(5) 3 Rounds 15 sec. Glute Leg Lift 15 sec. Shoulder Hand Job @ 2.5# 3x Shoulder Sweep</p>	<p>Obj: Total Rest</p>	<p>SESSION 3 Obj: Strength</p> <p>Warm Up:</p> <p>3 Rounds 8x Goblet Squat @ 15/25# 8x Pushup 8x Situp Instep Stretch</p> <p>Training:</p> <p>(1) 6 Rounds 4x Front Squat-increase load until 4x is hard but doable 5x Shoulder Dislocates</p> <p>(2) 5 Rounds 5x Bench Press-increase load until 5x is hard but doable 5x One Arm Dumbbell Row-increase load until 5x is hard but doable Hip Flexor Stretch</p> <p>(3) 5 Rounds 4x Craig Special-increase load until 4x is hard but doable 2x Burpee 3x Floor Slide</p>	<p>SESSION 4 Obj: Endurance</p> <p>Training:</p> <p>Run 3 Miles Total @ moderate pace.</p> <p>“Moderate” = comfortable but not easy.</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	SESSION 5 Obj: Strength	SESSION 6 Obj: Work Capacity	Obj: Total Rest	SESSION 7 Obj: Strength	SESSION 8 Obj: Endurance
	Warm Up:	Warm Up:		Warm Up:	Training:
	3 Rounds 8x Goblet Squat @ 15/25# 4x Burpee 8x Situp Lat + Pec Stretch	3 Rounds 20x Step Up 8x Burpee 8x Situp Instep Stretch		3 Rounds 8x Goblet Squat @ 15/25# 8x Pushup 8x Situp Instep Stretch	Run 3 Miles @ moderate pace. “Moderate” = comfortable but not easy.
	Training:	Training:		Training:	
	(1) 6 Rounds 4x Push Press-increase load until 4x is hard but doable Instep Stretch	(1) 10 Rounds, every 60 sec. 5x Walking Lunge @ 15/25# 2x Jump Lunge-unloaded-be explosive 10x Situp		(1) 6 Rounds 3x Craig Special-increase load until 3x is hard but doable Lat + Pec Stretch	
	(2) 5 Rounds 3x Power Clean-increase load until 3x is hard but doable, then immediately 1x Burpee-be explosive 5x Shoulder Dislocates	Rest 3-5 minutes (2) 5 Rounds For Time 5x Renegade Man Makers @ 10/20# Run 200m		(2) 5 Rounds 5x Walking Dumbbell Lunge- increase load until 5x is hard but doable, then immediately 1x Jump Lunge-unloaded-be explosive 5x Shoulder Dislocates	
	(3) 5 Rounds 8x Box Squat-increase load until 8x is hard but doable 2/4x Pullup 3rd World Stretch	(3) 4 Rounds 10/10 Standing Founder 10/10 Low Back Lunge 10/10 Kneeling Founder 5x Face Down Back Extension		(3) 5 Rounds 8x Bench Press-increase load until 8x is hard but doable 6x Horizontal Row Pigeon Stretch	
		(4) 3 Rounds 15 sec. Glute Leg Lift 15 sec. Shoulder Hand Job @ 2.5# 3x Shoulder Sweep			

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	<p>SESSION 9 Obj: Strength</p> <p>Warm Up:</p> <p>3 Rounds Dumbbell Complex @ 15/25# Instep Stretch</p> <p>Training:</p> <p>(1) 6 Rounds 4x Front Squat-increase load until 4x is hard but doable 5x Shoulder Dislocates</p> <p>(2) 5 Rounds 5x Military Press-increase load until 5x is hard but doable 3/5x Chinup 3rd World Stretch</p> <p>(3) 5 Rounds 4x Power Clean-increase load until 4x is hard but doable 1x Burpee-be explosive Lat + Pec Stretch</p>	<p>SESSION 10 Obj: Work Capacity</p> <p>Warm Up:</p> <p>3 Rounds 10x Air Squats 10x Pushup 10x Situp 3x Squat to Stand</p> <p>Training:</p> <p>(1) As Many Rounds As Possible in 20 minutes of: 50x Step Up 8x Dumbbell Thruster @ 10/20# 8x Situp</p> <p>Rest 3-5 minutes</p> <p>(2) 4 Rounds 30 sec. Front Bridge 8x Slasher @ 15/25# Dumbbell 8x Situp 8x Face Down Back Extension</p> <p>(3) 3 Rounds 20 sec. Glute Leg Lift 20 sec. Shoulder Hand Job @ 2.5# 3x Shoulder Sweep</p>	<p>SESSION 11 Obj: Strength</p> <p>Warm Up:</p> <p>3 Rounds Dumbbell Complex @ 15/25# Lat + Pec Stretch</p> <p>Training:</p> <p>(1) 6 Rounds 4x Bench Press-increase load until 4x is hard but doable Instep Stretch</p> <p>(2) 5 Rounds 3x Power Clean-increase load until 3x is hard but doable, then immediately 1x Burpee-be explosive 5x Shoulder Dislocates</p> <p>(3) 5 Rounds 8x Box Squat-increase load until 8x is hard but doable 8x 1-Arm DB Row-increase load until 8x is hard but doable Hip Flexor Stretch</p>	<p>SESSION 12 Obj: Work Capacity</p> <p>Warm Up:</p> <p>3 Rounds 100m Run or 30x Step Up 6x Pushup 6x Situp 6x Air Squats 3x Squat to Stand</p> <p>Training:</p> <p>(1) 10 Rounds, every 30 sec. 1x Suicide Sprint</p> <p>Rest 3-5 minutes</p> <p>(2) 150x Step Ups For Time</p> <p>Rest 3-5 minutes</p> <p>(3) 5 Rounds For Time 10x Burpee 5x Ankle to Bar</p> <p>(4) 4 Rounds 15/15 Standing Founder 15/15 Low Back Lunge 15/15 Kneeling Founder 8x Face Down Back Extension</p> <p>(5) 3 Rounds 20 sec. Glute Leg Lift 20 sec. Shoulder Hand Job @ 2.5# 3x Shoulder Sweep</p>	<p>SESSION 13 Obj: Endurance</p> <p>Training:</p> <p>Run 3.5 Miles @ moderate pace.</p> <p>“Moderate” = comfortable but not easy.</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	<p>SESSION 14 Obj: Strength</p> <p>Warm Up:</p> <p>4 Rounds Dumbbell Complex @ 15/25# Lat + Pec Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 3x Mr. Spectacular-increase load until 3x is hard but doable Instep Stretch</p> <p>(2) 6 Rounds 5x Walking Lunge-increase load until 5x is hard but doable, then immediately 1x Jump Lunge-unloaded-be explosive 1x Jump Lunge-unloaded-be explosive 5x Shoulder Dislocates</p> <p>(3) 6 Rounds 8x Military Press-increase load until 8x is hard but doable 2/4x Chinup Hip Flexor Stretch</p>	<p>SESSION 15 Obj: Work Capacity</p> <p>Warm Up:</p> <p>3 Rounds 20x Step Up 8x Burpee 8x Situp Instep Stretch</p> <p>Training:</p> <p>(1) 10 Rounds, every 60 sec. 5x Walking Lunge @ 15/25# 2x Jump Lunge-unloaded-be explosive 10x Situp</p> <p>Rest 3-5 minutes</p> <p>(2) 5 Rounds For Time 5x Renegade Man Makers @ 10/20# Run 200m</p> <p>(3) 4 Rounds 30 sec. Front Bridge 8x Slasher @ 15/25# Dumbbell 8x Situp 8x Face Down Back Extension</p> <p>(4) 3 Rounds 20 sec. Glute Leg Lift 20 sec. Shoulder Hand Job @ 2.5# 3x Shoulder Sweep</p>	<p>SESSION 16 Obj: Strength</p> <p>Warm Up:</p> <p>4 Rounds Dumbbell Complex @ 15/25# Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 3x Front Squat-increase load until 3x is hard but doable 5x Shoulder Dislocates</p> <p>(2) 6 Rounds 5x Push Press-increase load until 5x is hard but doable 2/4x Pullup Hip Flexor Stretch</p> <p>(3) 6 Rounds 4x Power Clean-increase load until 4x is hard but doable, then immediately 1x Burpee-be explosive-be explosive Lat + Pec</p>	<p>SESSION 17 Obj: Work Capacity</p> <p>Warm Up:</p> <p>3 Rounds 10x Air Squats 10x Pushup 10x Situp 3x Squat to Stand</p> <p>Training:</p> <p>(1) As Many Rounds As Possible in 20 minutes of: 50x Step Up 8x Dumbbell Thruster @ 15/25# 8x Situp</p> <p>Rest 3-5 minutes</p> <p>(2) 4 Rounds 15/15 Standing Founder 15/15 Low Back Lunge 15/15 Kneeling Founder 8x Face Down Back Extension</p> <p>(3) 3 Rounds 20 sec. Glute Leg Lift 20 sec. Shoulder Hand Job @ 2.5# 3x Shoulder Sweep</p>	<p>SESSION 18 Obj: Endurance</p> <p>Training:</p> <p>Run 3.5 Miles @ moderate pace.</p> <p>“Moderate” = comfortable but not easy.</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	<p>SESSION 19 Obj: Strength</p> <p>Warm Up:</p> <p>4 Rounds Dumbbell Complex @ 15/25# Lat + Pec Stretch</p> <p>Training:</p> <p>(1) Find Bench Press 1RM</p> <p>(2) 6 Rounds 2x Bench Press @ 85% of 1RM Hip Flexor Stretch</p> <p>(3) 6 Rounds 3x Power Clean-increase load until 3x is hard but doable, then immediately 1x Burpee-be explosive 3x Floor Slide</p> <p>(4) 6 Rounds 8x Box Squat-increase load until 8x is hard but doable 2/4x Chinups Instep Stretch</p>	<p>SESSION 20 Obj: Work Capacity</p> <p>Warm Up:</p> <p>3 Rounds 100m Run or 30x Step Up 6x Pushup 6x Situp 6x Air Squats 3x Squat to Stand</p> <p>Training:</p> <p>(1) 10 Rounds, every 30 sec. 1x Suicide Sprint</p> <p>Rest 3-5 minutes</p> <p>(2) 150x Step Ups For Time</p> <p>Rest 3-5 minutes</p> <p>(3) 5 Rounds For Time 10x Burpee 5x Ankle to Bar</p> <p>(4) 4 Rounds 45 sec. Front Bridge 10x Slasher @ 15/25# Dumbbell 10x Situp 10x Face Down Back Extension</p> <p>(5) 3 Rounds 30 sec. Glute Leg Lift 30 sec. Shoulder Hand Job @ 2.5# 3x Shoulder Sweep</p>	<p>SESSION 21 Obj: Strength</p> <p>Warm Up:</p> <p>4 Rounds Dumbbell Complex @ 15/25# Instep Stretch</p> <p>Training:</p> <p>(1) Find Craig Special 1RM</p> <p>(2) 5 Rounds 2x Craig Special @ 85% of 1RM 5x Shoulder Dislocates</p> <p>(3) 6 Rounds 5x Box Squat-increase load until 5x is hard but doable, then immediately 2x Air Squat Jumps Lat + Pec Stretch</p> <p>(4) 6 Rounds 8x Box Squat-increase load until 8x is hard but doable 2/4x Chinups Pigeon Stretch</p>	<p>SESSION 22 Obj: Work Capacity</p> <p>Warm Up:</p> <p>3 Rounds 20x Step Up 8x Burpee 8x Situp Instep Stretch</p> <p>Training:</p> <p>(1) 10 Rounds, every 60 sec. 5x Walking Lunge @ 15/25# 2x Jump Lunge-unloaded-be explosive 10x Situp</p> <p>Rest 3-5 minutes</p> <p>(2) 5 Rounds For Time 5x Renegade Man Makers @ 10/20# Run 200m</p> <p>(3) 4 Rounds 20/20 Standing Founder 20/20 Low Back Lunge 20/20 Kneeling Founder 10x Face Down Back Extension</p> <p>(4) 3 Rounds 30 sec. Glute Leg Lift 30 sec. Shoulder Hand Job @ 2.5# 3x Shoulder Sweep</p>	<p>SESSION 23 Obj: Endurance</p> <p>Training:</p> <p>Run 4 Miles @ moderate pace.</p> <p>“Moderate” = comfortable but not easy.</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 6	<p>SESSION 24 Obj: Strength</p> <p>Warm Up:</p> <p>4 Rounds Dumbbell Complex @ 15/25# Instep Stretch</p> <p>Training:</p> <p>(1) Find Front Squat 1RM</p> <p>(2) 6 Rounds 2x Front Squat @ 85% of 1RM Lat + Pec Stretch</p> <p>(3) 6 Rounds 5x Bench Press-increase load until 5x is hard but doable 8x One Arm Dumbbell Row, increasing load until 8x is hard but doable Hip Flexor Stretch</p> <p>(4) 6 Rounds 4x Mr. Spectacular-increase load until 4x is hard but doable 1x Burpee-be explosive 5x Shoulder Dislocates</p>	<p>SESSION 25 Obj: Work Capacity</p> <p>Warm Up:</p> <p>3 Rounds 10x Air Squats 10x Pushup 10x Situp 3x Squat to Stand</p> <p>Training:</p> <p>(1) As Many Rounds As Possible in 20 minutes of: 50x Step Up 8x Dumbbell Thruster @ 15/25# 8x Situp</p> <p>Rest 3-5 minutes</p> <p>(2) 4 Rounds 45 sec. Front Bridge 10x Slasher @ 15/25# Dumbbell 10x Situp 10x Face Down Back Extension</p> <p>(3) 3 Rounds 30 sec. Glute Leg Lift 30 sec. Shoulder Hand Job @ 2.5# 3x Shoulder Sweep</p>	<p>SESSION 26 Obj: Strength</p> <p>Warm Up:</p> <p>4 Rounds Dumbbell Complex @ 15/25# Lat + Pec Stretch</p> <p>Training:</p> <p>(1) Find Push Press 1RM</p> <p>(2) 6 Rounds 2x Push Press @ 85% of 1RM Instep Stretch</p> <p>(3) 6 Rounds 3x Craig Special-increase load until 3x is hard but doable 1x Burpee-be explosive 5x Shoulder Dislocates</p> <p>(4) 6 Rounds 8x Walking Lunge-increase load until 8x is hard but doable 2/4x Pullup 3rd World Stretch</p>	<p>SESSION 27 Obj: Work Capacity</p> <p>Warm Up:</p> <p>3 Rounds 100m Run or 30x Step Up 6x Pushup 6x Situp 6x Air Squats 3x Squat to Stand</p> <p>Training:</p> <p>(1) 10 Rounds, every 30 sec. 1x Suicide Sprint</p> <p>Rest 3-5 minutes</p> <p>(2) 150x Step Ups For Time</p> <p>Rest 3-5 minutes</p> <p>(3) 5 Rounds For Time 10x Burpee 5x Ankle to Bar</p> <p>(4) 4 Rounds 20/20 Standing Founder 20/20 Low Back Lunge 20/20 Kneeling Founder 10x Face Down Back Extension</p> <p>(5) 3 Rounds 30 sec. Glute Leg Lift 30 sec. Shoulder Hand Job @ 2.5# 3x Shoulder Sweep</p>	<p>SESSION 28 Obj: Endurance</p> <p>Training:</p> <p>Run 4 Miles Total @ moderate pace.</p> <p>“Moderate” = comfortable but not easy.</p>