



Military Athlete

Strong. Swift. Durable.

Jackson, Wyoming
www.militaryathlete.com

STRENGTH & HONOR TRAINING PROGRAM

This 4-week training program is designed add significant total body and upper body strength to athletes without significant weight gain. It is a very intense training program we've have great success with.

TRAINING PROGRAM DESCRIPTION

You will train 5 days/week for a total of 20 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://www.mountainathlete.com/subpage_details.php?subpage_ID=321&page_ID=14

Barbell Burpee - Hybrid strength training exercise in which the athlete takes the barbell from the ground and puts it overhead: http://www.mountainathlete.com/subpage_details.php?subpage_ID=1074&page_ID=14

Squat Clean - Classic olympic weight lifting exercise: 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.

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Kettlebell Floor Press - Builds upper body strength: http://www.mountainathlete.com/subpage_details.php?subpage_ID=106&page_ID=14

Dead Lift - Builds total body strength: http://www.mountainathlete.com/subpage_details.php?subpage_ID=782&page_ID=14

Back Squat - Classic, lower body strength exercise

Front Squat - Another classic lower body strength exercise.

Military Press - builds upper body strength.

The 4-Week Strength and Honor Program relies on alternating lifting volume over the course of the week. During your strength sessions you'll alternate between 8x3, 6x5, and even 6x8 to 6x10 sets, depending upon the day. You'll train strength Monday, Wednesday and Friday. On Tuesdays and Thursdays you'll still train - either intense work capacity or moderate stamina.

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.

COMMON QUESTIONS

How long should the training sessions take?

Around 60 minutes.

How long should I rest between Rounds and Circuits?

The strength circuits each have stretch or durability exercise. Consider this your rest between rounds. There is no rest between circuits more than what is required to change equipment and load barbells. Understand the circuits in the strength sessions are not mini CrossFit-like WODs. Work briskly, not frantically. If the session is taking much longer than 60 minutes, work faster. If it's taking less than 60 minutes, lift more weight!

What if I can't keep up the Monday to Friday Training Schedule?

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 and clean 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.

What about unfamiliar exercises?

Most unfamiliar exercises are demonstrated here: http://militaryathlete.com/page.php?page_ID=30

What about my diet?

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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

Good luck!

Rob Shaul
Military Athlete
Jackson, Wyoming

***** TRAINING PROGRAM *****

SESSION 1

Objective: Strength

Warm-up: 4 rounds
3x Snatch Complex
5x Scotty bob @ 25#
5x Ankles to Bar
Instep Stretch

1) 6 Rounds
5x Barbell Burpee, increase load until 5x is hard but doable, then immediately
4x Ball Slam or 4x Squat Jumps
3x Floor Slide

2) 6 Rounds
8x Kettlebell Floor Press, increase load until 8x is hard but doable
2x Tarzan pull-up each side (4x Total)
3/3/3 Toe Touch Complex

3) 5 Rounds
10x Dead Lift, increase load until 10x is hard but doable, then immediately
3x Box Jump @ 24" Box
5x Y+L @ 2.5#

SESSION 2

Objective: Stamina

1) Run 1.5 Miles, Moderate Pace

2) 10 Rounds
3x Pull ups
5x Push ups
10x Sit-ups

2) Run 1.5 Miles, Moderate Pace

2) 10 Rounds
3x Pull ups
5x Push ups
10x Sit-ups

SESSION 3

Objective: Strength

Warmup: 4 Rounds
3x Snatch Complex with PVC
3x Scotty Bob @ 25# dumbbells
8x Back Squats @ 45# barbell
Instep stretch to Pigeon Stretch

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1) 8 Rounds

3x The Exercise – Increase load until 3x is difficult but doable
Hip Flexor Stretch

2) 8 Rounds

3x Bench Press – Increase load until 3x is difficult but doable
3/3/3 Toe Touch Complex

3) 8 Rounds

3x Back Squat – Increase load until 3x is difficult but doable
3x Y+L @ 2.5 lbs

SESSION 4

Objective: Work Capacity

Warm-up: 5 Rounds

2x Turkish Getup each side @ 12kg kettlebell or 25# Dumbbell
10x Overhead Squat with PVC
Pigeon Stretch

1) 8 Rounds for time

6x Mutant Maker (Hang squat clean into Thruster) @ 85#
200 Meter Run

Rest for 3-5 minutes

2) 8 Rounds

3x Jeremy Special
10x Weighted Situps @ 45# plate
15x Swings @ 24kg kettlebell or 55# dumbbell
20 Seconds Rest

Rest for 3-5 minutes

3) 4 Rounds

60 Second Feet Elevated Front Bridge
5x Shoulder Scarecrow Unloaded
5x Kneeling Slasher @ 16kg kettlebell or 35# dumbbell
2x George

SESSION 5

Objective: Strength

Warmup: 4 Rounds

Barbell Complex @ 75#
100 meter shuttle (4x25m)
Shoulder Lock and Load

1) 6 Rounds

5x Front Squat - increase load until hard but doable, then immediately ...
2x box jump @ 24" Box
Instep Stretch

2) 6 Rounds

5x Power Clean - increase load until hard but doable, then immediately ...
5x Swing @ 24kg kettlebell or 55# dumbbells
2x Shoulder Sweep

3) 6 Rounds

5x Military Press - increase load until hard but doable
5x Pullups (strict)
20x Glute Leg Lift – 1 side per round

SESSION 6

Objective: Strength

Warmup: 4 Rounds

3x Snatch Complex with PVC
3x Scotty Bob @ 25# dumbbells
3x Floor Slide Slide

1) 6 Rounds

5x Barbell Burpee - increase load until 5x is hard, but doable, then immediately ...
4x Ball Slam @ 20# Ball or 4x Squat Jumps
HUG - Hip Mobility Drill

2) 6 Rounds

8x Kneeling Curl to press - Increase load until 8x is hard, but doable
6x Horizontal Pull up
Pigeon Stretch

3) 6 Rounds

10x Walking Dumbbell Lunge (20x total) - increase load until 10x is hard, but doable, then immediately ...
5x Squat Jumps
20x Shoulder Hand job @2.5#– 1 side per round

SESSION 7

Objective: Strength

Warmup: 4 Rounds

3x Snatch Complex with PVC

3x Scotty Bob @ 25# dumbbells

8x Back Squats @ 45# barbell

Instep to pigeon

1) 8 Rounds

3x The Exercise - increase load each round until

3x is hard, but doable

Pigeon Stretch

2) 8 rounds

3x Bench Press - increase load each round until

3x is hard, but doable

Foam Roll Low Back

3) 8 Rounds

3x Back Squat - increase load each round until 3x is hard, but doable

3x Y+L @ 5lbs

SESSION 8

Objective: Work Capacity

Warmup: 5 Rounds

2x Turkish Getup each side @ 12kg kettlebells or 25# dumbbells

5x Dislocates with PVC

Pigeon Stretch

1) 12 Rounds – 1 round every 90 sec with 20kg/45# dumbbell (men), 12kg/25# dumbbell (women)

5x Swing

5x Right arm snatch @ 20kg kettlebell or 45# Dumbbell

5x Swing

5x Right arm snatch @ 20kg kettlebell or 45# Dumbbell

5x Burpee

3x jumping lunge each leg

5x jingle jangle

Start a stopwatch or gym timer at 1:30, immediately do 5 kettlebell swings, then do 5 snatches on each side, immediately drop into

burpees, get up and do 3 jumping lunges on each leg. Follow with 5X jingle jangles which are 15 foot sprints, back and forth, and you have to touch the line each time. One length is one rep.

Repeat all of the exercises, starting every 90 seconds for 12 rounds

***** Rest for 3-5 minutes *****

3) 4 Rounds

10x GHD situp

6x Standing Russian Twist @ 25 e/s

60 sec front bridge

6x 1 leg deadlift with 16kg kettlebell or 35# dumbbell

4) 2 Rounds

50x Glute leg lift

30x Shoulder hand job @ 2.5#

SESSION 9

Objective: Strength

Warmup: 4 Rounds

Barbell Complex @ 75#

100 meter shuttle (4x25m)

Shoulder Lock and Load

1) 6 Rounds

5x Front Squat - increase load until 5x is hard, but doable, then immediately

4x Broad Jump

HUG

2) 6 Rounds

5x Hang Power Snatch- increase load until 5x is hard, but doable, then immediately

4x Ball Slam or 4x Squat Jump

3x George

3) 6 rounds

5x Military Press- increase load until 5x is hard, but doable

5x Bent over Barbell Row at same load

2x Floor Angel

SESSION 10

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Objective: Stamina

Objective: Stamina

1) Run 1.5 Miles, Moderate Pace

2) 10 Rounds

3x Pull ups

5x Push ups

10x Sit-ups

2) Run 1.5 Miles, Moderate Pace

2) 10 Rounds

3x Pull ups

5x Push ups

10x Sit-ups

SESSION 11

Objective: Strength

Warmup: 4 Rounds

3x Snatch Complex with PVC

3x Scotty Bob @ 25# dumbbells

3x Floor Slide Slide

1) 6 Rounds

5x Barbell Burpee - increase load until 5x is hard, but doable, then immediately ...

4x Ball Slam @ 20# Ball or 4x Squat Jumps

HUG Hip Mobility Drill

2) 6 Rounds

8x Kneeling Curl to press - Increase load until 8x is hard, but doable

21 Foot Rope Climb or 8x Horizontal Pull up

Pigeon Stretch

3) 6 Rounds

10x Walking Dumbbell Lunge - (20x total)

increase load until 10x is hard, but doable, then immediately ...

5x Squat Jumps

20x Shoulder Hand job @2.5# 1 side per round

Session 12

Objective: Work Capacity

Warmup: 5 Rounds

3x Turkish Getup each side @ 12kg kettlebell or 25# dumbbell

6x Overhead Squat with PVC

Pigeon Stretch

1) 10 Rounds for total reps. Each length counts as one rep. (Round trip = 2x reps)

60 seconds 15 meter (49 feet) shuttle/sprints

30 seconds rest

Rest for 3-5 minutes

2) 10 to 1 countdown

Swing @ 24kg kettlebell or 55# dumbbell...x2

Burpee

Ball Slam @ 20lb or Squat Jumps

Jingle jangle

So first round is:

20x Swings

10x Burpees

10x Ball Slams or Squat Jumps

10x Jingle Jangles

2nd round is

18x Swings

9x Burpees

9x Ball Slams or Squat Jumps

9x Jingle Jangles

Rest for 3-5 minutes

3) 4 Rounds

10x Weighted situp @ 35# plate

4x Sandbag halfmoon at 35# plate

4x Bird dog

60 sec farmer carry @ 24kg kettlebells or 55# dumbbells x2

SESSION 13

Objective: Strength Heavy

Warmup: 4 Rounds

3x Snatch Complex with PVC

3x Scotty Bob @ 25# dumbbells

8x Back Squats @ 45# barbell

Instep to pigeon

1) 8 Rounds

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3x “The Exercise” – Increase load until difficult but doable
Pigeon Stretch

2) 8 Rounds
3x Bench Press – Increase load until difficult but doable
Foam Roll Low Back

3) 8 Rounds
3x Back Squat – Increase load until difficult but doable
3x Y+L @ 5lbs

SESSION 14

Objective: Stamina

1) Run 1.5 Miles, Moderate Pace

2) 10 Rounds
3x Pull ups
5x Push ups
10x Situps

2) Run 1.5 Miles, Moderate Pace

2) 10 Rounds
3x Pull ups
5x Push ups
10x Situps

SESSION 15

Objective: Strength

Warmup: 4 Rounds
Barbell Complex @ 75#
100 meter shuttle (4x25m)
Shoulder Lock and Load

1) 6 Rounds
5x Front Squat, increase load until 5x is hard, but doable, then immediately ...
4x Explosive Jingle Jangle
Instep Stretch

2) 6 Rounds

5x Power Clean, increase load until 5x is hard, but doable, then immediately ...

3x Burpee
3x George

3) 6 Rounds
5x Military Press, increase load until 5x is hard, but doable
6x Single arm dumbbell row, increase load until 6x is hard, but doable
2x Shoulder Sweep

SESSION 16

Objective: Strength

Warm-up: 4 Rounds
3x Snatch Complex w/PVC
3x Scotty bob @ 25#
5x Ankles to Bar
Instep Stretch

1) 6 Rounds
5x Barbell Burpee, Increase load until hard but doable, then immediately
4x Ball Slam or 4x Squat Jump
3x Floor Slide

2) 6 Rounds
8x Kettlebell Floor Press, increase load until hard but doable
2x Tarzan pull-up each side
3/3/3 Toe Touch Complex

3) 5 Rounds
10x Dead Lift, increase load until hard but doable, then immediately
3x Box Jump @ 24”
5x Y+L @ 2.5#

SESSION 17

Objective: Stamina

1) Run 1.5 Miles, Moderate Pace

2) 10 Rounds
3x Pull ups
5x Push ups
10x Sit-ups

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2) Run 1.5 Miles, Moderate Pace

2) 10 Rounds

3x Pull ups

5x Push ups

10x Sit-ups

SESSION 18

Objective: Strength

Warmup: 4 Rounds

3x Snatch Complex with PVC

3x Scotty Bob @ 25# dumbbells

8x Back Squats @ 45# barbell

Instep to pigeon

1) 8 Rounds

3x The Exercise – Increase load until difficult but doable

Hip Flexor

2) 8 Rounds

3x Bench Press – Increase load until difficult but doable

3/3/3 Toe Touch Complex

3) 8 Rounds

3x Back Squat – Increase load until difficult but doable

3x Y+L @ 2.5 lbs

SESSION 19

Objective: Work Capacity

Warm-up: 4 Rounds

3x Turkish Getup each side @ 12kg or 25# dumbbell

10x Overhead Squat with PVC

Pigeon Stretch

1) 8 Rounds for time

6x Mutant Maker (Hang squat clean into Thruster) @ 85#

200 Meter Run

Rest for 3-5 minutes

2) 8 Rounds

3x Jeremy Special

10x Weighted Situps @ 45#

15x Swings @ 24kg

20 Seconds Rest

SESSION 20

Objective: Strength

Warmup: 4 Rounds

Barbell Complex @ 75#

100 meter shuttle (4x25m)

Shoulder Lock and Load

1) 6 Rounds

5x Front Squat - increase load until hard but doable, then immediately ...

2x box jump @ 30" Box

Instep Stretch

2) 6 Rounds

5x Power Clean - increase load until hard but doable, then immediately ...

5x Swing @ 24kg or 55# dumbbell

2x Shoulder Sweep

3) 6 Rounds

5x Military Press - increase load until hard but doable

5x Pullup (strict)

20x Glute Leg Lift – 1 side per round