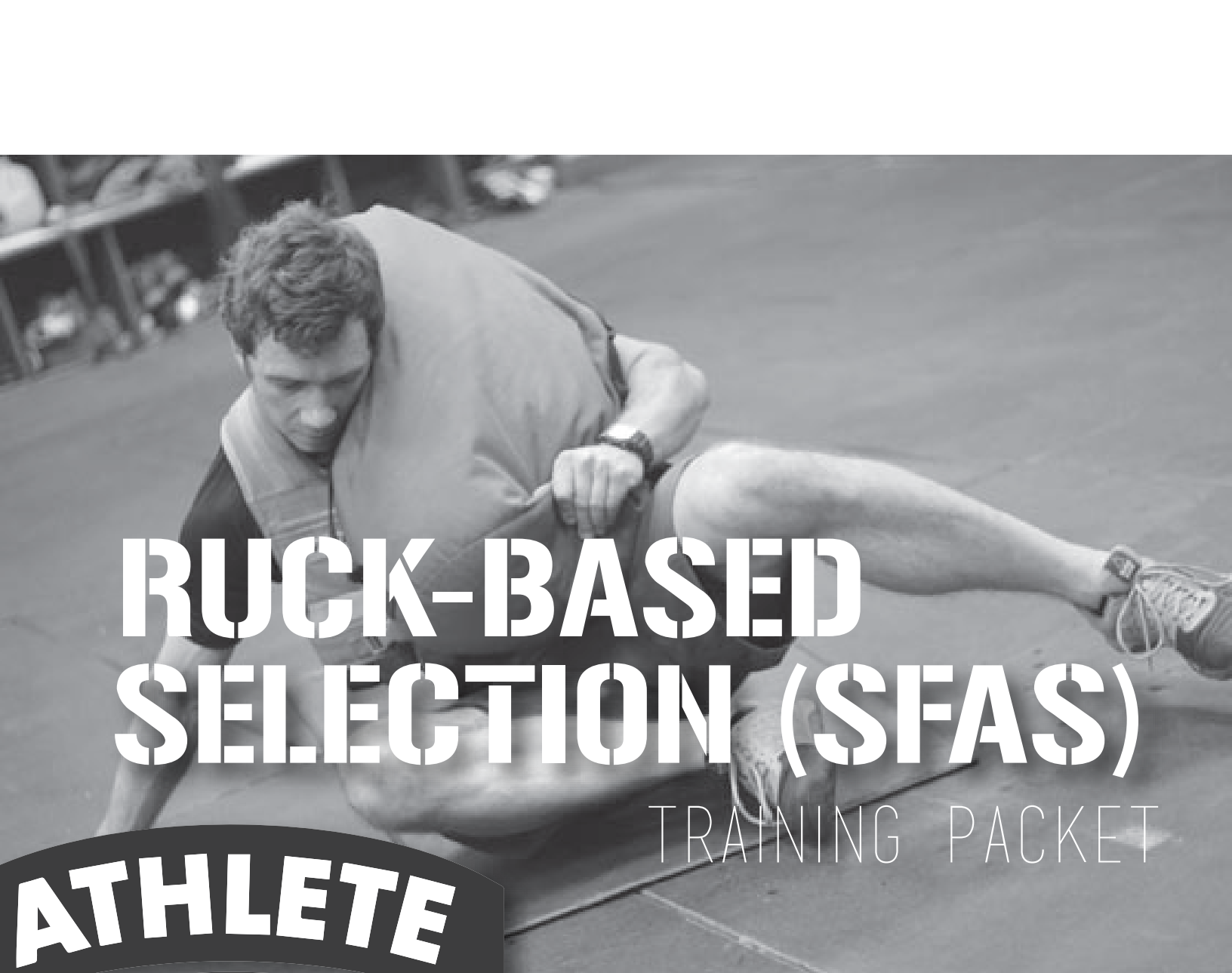




RUCK-BASED SELECTION (SFAS)

TRAINING PACKET



MILITARY ATHLETE
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RUCK-BASED SELECTION (SFAS) TRAINING PACKET

TRAINING PROGRAM PACKET OVERVIEW

The seven training plans contained within this packet details 36 weeks of training in preparation for attending Special Forces Assessment and Selection. Start the plan exactly 36 weeks before your first week at SFAS.

The packet is organized so that each plan will build your fitness for the next. The purpose is to build sufficient fitness to excel in SFAS regardless of your initial fitness level.

The seven plans, in the order you'll complete them, are:

1. Body Weight Training Plan I
2. RAT 6 Strength Training Plan+ Ruck Improvement Training Plans*
3. Sandbag/Weight Vest/Dumbbell Training Plan
4. 357 Strength Training Plan + Run Improvement Training Plan**
5. Ruck-Based Selection Training Plan

*Begin the Run Improvement during Week 4 of RAT 6 (the middle of RAT 6's 8-week duration) so that you finish both at the same time.

**Begin the Ruck Improvement during Week 2 of 357 (357 is a 6-week program) so that you finish both at the same time.

After the completion of each training plan you'll take a week of total rest. Here's how an example calendar of training will look with the total rest weeks:

You start the packet on May 5, 2014:

May 5-June 1: Body Weight I
June 2-June 8: Total Rest Week
June 9-Aug. 3: RAT 6 Strength Training Plan+ Ruck Improvement Training Plan
Aug. 4-Aug. 10: Total Rest Week
Aug. 11-Sept. 21: Sandbag/Weight Vest/Dumbbell Training Plan
Sept. 22-Sept. 28: Total Rest Week
Sept. 29-Nov. 9: 357 Strength Training Plan + Run Improvement Training Plan
Nov. 10-Nov. 16: Total Rest Week
Nov. 17-Jan. 9: Ruck-Based Selection Training Plan

Lastly, each training plan has a write-up at the beginning that will clarify details about the plans execution and flow. If you have any questions, email rob@militaryathlete.com.

Good Luck!

**Rob Shaul
Jackson, WY**

BODYWEIGHT TRAINING PLAN





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Jackson, WY

BODYWEIGHT TRAINING PROGRAM

TRAINING PROGRAM DESCRIPTION

The following is an intense, 20 session, bodyweight-focused training program. You'll train five days a week for four weeks. The intension is you'll train Monday through Friday, taking the weekends off.

The focus of this training plan is on the "Combat Chasis" - leg strength, core strength, and heart/lungs. You'll also train upper body movements - pushups and pull ups.

REQUIRED EQUIPMENT

Two pieces of equipment are required to complete this plan:

- (1) Pull up bar
- (2) Wrist watch with interval timer (Timex ironman is best)

Optional equipment

3x Cones to mark lengths for suicide sprints and 300m Shuttle Runs

COMMON QUESTIONS

How long should the training sessions take?

Each session should take 45-80 minutes. Unless indicated, the circuits aren't "for time." Work briskly, not frantically through the training sessions.

What about Stretching?

Each session includes mobility and other durability drills. No additional stretching is necessary.

What if I miss a day?

If you miss a day, make up the session you missed the next day and follow the programming as prescribed in order to make the progressions as the program becomes harder. Don't skip ahead!

Reps for female athletes?

The bulk of the plan is self-scaling - meaning it automatically adjusts difficulty to the strength of the athlete. The one exception is pull ups. In this case, the first number is the rep count for women, and the second number is the rep count for men.

For example:

3 Rounds
2/3x Pull Ups every 30 seconds

Women perform 2x pull ups, and men perform 3x pull ups. The faster you finish, the more rest you get before the next round begins.

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 recommend a protein recovery shake immediately after training.

What about Diet?**6 days a week:**

Eat only meat, nuts, vegetables, cheese, and non-tropical fruit. Drink only water, coffee, tea (non-calories). Do not eat rice, grain, bread, oats, pasta, sugar. Do not drink calories - including alcohol.

1 Day/week:

Cheat like a mother.

What if I have more questions?

Contact rob@militaryathlete.com

Good Luck!

Rob Shaul
Military Athlete
Jackson, WY

BODYWEIGHT TRAINING PLAN, MAY 2013

WEEK 1	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
	Obj: Strength/Work Cap	Obj: Work Cap/Strength	Obj: Strength/Core	Obj: Work Capacity/Core	Obj: Strength/Endurance
	Warm up:	Warm up:	Warm up:	Warm up:	Warm-up:
	3 Rounds 4-Square Drill 5x Push ups 10x Situps 10x Squats Instep Stretch	3 Rounds 10x Air Squats 1/2x Pull ups 10x Toes to Sky Instep Stretch	3 Rounds 3x DOT Drill 5x Push ups 10x Situps 10x Squats Instep Stretch	3 Rounds Run 100m 5x Push ups 5x Situps 10x Squats Instep Stretch	3 Rounds 5x Hand Release Push-ups 10x Sit-ups 5x Burpees 10x Air Squats Instep Stretch
	Training:	Training:	Training:	Training:	Training:
	(1) 10 Rounds Mini Leg Blaster 30 Seconds Rest	(1) 10 Rounds 1/2x Pull ups, Every 30 seconds	(1) 10 Rounds Mini Leg Blaster 30 Seconds Rest	(1) 5 Rounds 5x Squat Thrust Run 200m 30 Seconds Rest	(1) 2 Rounds Full Leg Blaster 30 Seconds Rest
	(2) 3 Rounds 30 Sec Push ups 30 Seconds rest, then immediately	(2) 4 Rounds 300m Shuttle every 2:30	(2) 3 Rounds 30 Sec Push ups 30 Seconds rest, then immediately	Sprint to the rest each round	Then immediately
	Max Push ups in 60 Seconds	(3) 4 Rounds 5x EO's 5x Butt Bridges 3x Floor Slide 3rd World Stretch	Max Push ups in 60 Seconds	(2) 10 Rounds 1/2x Pull ups, Every 30 seconds	(2) 6 Rounds Mini Leg Blaster 30 Seconds Rest
	(3) 10 Rounds Suicide Sprint every 30 seconds		(3) 4 Rounds 20/20 Standing Founder 20/20 Low Back Lunge 20/20 Kneeling Founder 10x Face Down Back Extension	(3) 4 Rounds 5x Ankles to Bar 30/5/30 Sean Special 5x Hamstring Hell Pigeon Stretch 3x Shoulder Teacups	(3) Run 4 Miles, Moderate Pace
	(4) 4 Rounds 15x Situps 30 Second Front Bridge 5x Hamstring Hell Lat + Pec Stretch Hip Flexor + Pigeon Stretch				(4) 2 Rounds Hip Flexor Stretch Instep Stretch Pigeon Stretch Lat + Pec Stretch

BODYWEIGHT TRAINING PLAN, MAY 2013

WEEK 2	SESSION 6	SESSION 7	SESSION 8	SESSION 9	SESSION 10
	Obj: Strength/Work Cap	Obj: Work Cap/Strength	Obj: Strength/Core	Obj: Work Capacity/Core	Obj: Strength/Endurance
	Warm up:	Warm up:	Warm up:	Warm up:	Warm-up:
	4 Rounds 4-Square Drill 5x Push ups 10x Situps 10x Air Squats Instep Stretch	4 Rounds 10x Air Squats 1/2x Pull ups 10x Toes to Sky Instep Stretch	4 Rounds 3x DOT Drill 5x Push ups 10x Situps 10x Air Squats Instep Stretch	3 Rounds Run 100m 5x Push ups 5x Situps 10x Squats Instep Stretch	3 Rounds 5x Hand Release Push-ups 10x Sit-ups 5x Burpees 10x Air Squats Instep Stretch
	Training:	Training:	Training:	Training:	Training:
	(1) 2 Rounds Full Leg Blaster 30 Seconds Rest	(1) 5 Rounds 2/3x Pull ups, Every 30 seconds, then immediately	(1) 3 Rounds Full Leg Blaster 30 Seconds Rest	(1) 6 Rounds 8x Squat Thrust Run 200m 30 Seconds Rest	(1) 3 Rounds Full Leg Blaster 30 Seconds Rest
	Then immediately	(2) 5 Rounds 1/2x Pull ups every 30 Seconds	Then immediately	Sprint to the rest each round	Then immediately
	(2) 6 Rounds Mini Leg Blaster 30 Seconds Rest	(3) 4 Rounds 300m Shuttle every 2:20	(2) 4 Rounds Mini Leg Blaster 30 Seconds Rest	(2) 5 Rounds 2/3x Pull ups, Every 30 seconds, then immediately	(2) 4 Rounds Mini Leg Blaster 30 Seconds Rest
	(2) 4 Rounds 30 Sec Push ups 30 Seconds rest, then immediately	(3) 4 Rounds 7x EO's 7x Butt Bridges 3x Floor Slide 3rd World Stretch	(3) 4 Rounds 30 Sec Push ups 30 Seconds rest, then immediately	(3) 5 Rounds 1/2x Pull ups every 30 Seconds	(3) Run 4.5 Miles, Moderate Pace
	Max Push ups in 60 Seconds		Max Push ups in 60 Seconds	(4) 4 Rounds 7x Ankles to Bar 30/5/30 Sean Special 10x Hamstring Hell Pigeon Stretch 3x Shoulder Teacups	(4) 2 Rounds Hip Flexor Stretch Instep Stretch Pigeon Stretch Lat + Pec Stretch
	(3) 15 Rounds Suicide Sprint every 30 seconds		(4) 4 Rounds 20/20 Standing Founder 20/20 Low Back Lunge 20/20 Kneeling Founder 10x Face Down Back Extension		
	(4) 4 Rounds 20x Situps 45 Second Front Bridge 10x Hamstring Hell Lat + Pec Stretch Hip Flexor + Pigeon Stretch				

BODYWEIGHT TRAINING PLAN, MAY 2013

WEEK 3	SESSION 11	SESSION 12	SESSION 13	SESSION 14	SESSION 15
	Obj: Strength/Work Cap	Obj: Work Cap/Strength	Obj: Strength/Core	Obj: Work Capacity/Core	Obj: Strength/Endurance
	Warm up:	Warm up:	Warm up:	Warm up:	Warm-up:
	4 Rounds 4-Square Drill 5x Push ups 10x Situps 10x Air Squats Instep Stretch	4 Rounds 10x Air Squats 1/2x Pull ups 10x Toes to Sky Instep Stretch	4 Rounds 3x DOT Drill 5x Push ups 10x Situps 10x Air Squats Instep Stretch	4 Rounds Run 100m 5x Push ups 5x Situps 10x Squats Instep Stretch	3 Rounds 5x Hand Release Push-ups 10x Sit-ups 5x Burpees 10x Air Squats Instep Stretch
	Training:	Training:	Training:	Training:	Training:
	(1) 3 Rounds Full Leg Blaster 30 Seconds Rest	(1) 10 Rounds 2/3x Pull ups, Every 30 seconds	(1) 4 Rounds Full Leg Blaster 30 Seconds Rest	(1) 5 Rounds 10x Squat Thrusts Run 400m 15 Seconds Rest	(1) 4 Rounds Full Leg Blaster 30 Seconds Rest
	Then immediately	(2) 4 Rounds 300m Shuttle every 2:10	Then immediately	Sprint to the rest each round	Then immediately
	(2) 4 Rounds Mini Leg Blaster 30 Seconds Rest	(3) 4 Rounds 10x EO's 10x Butt Bridges 3x Floor Slide 3rd World Stretch	(2) 2 Rounds Mini Leg Blaster 30 Seconds Rest	(2) 10 Rounds 2/3x Pull ups, Every 30 seconds	(2) 2 Rounds Mini Leg Blaster 30 Seconds Rest
	(2) 4 Rounds 30 Sec Push ups 30 Seconds rest, then immediately		(3) 4 Rounds 30 Sec Push ups 30 Seconds rest, then immediately	(3) 4 Rounds 10x Ankles to Bar 30/5/30 Sean Special 15x Hamstring Hell Pigeon Stretch 3x Shoulder Teacups	(3) Run 4.5 Miles, Moderate Pace
	Max Push ups in 60 Seconds		Max Push ups in 60 Seconds		(4) 2 Rounds Hip Flexor Stretch Instep Stretch Pigeon Stretch Lat + Pec Stretch
	(3) 18 Rounds Suicide Sprint every 30 seconds		(4) 4 Rounds 20/20 Standing Founder 20/20 Low Back Lunge 20/20 Kneeling Founder 10x Face Down Back Extension		
	(4) 4 Rounds 25x Situps 60 Second Front Bridge 15x Hamstring Hell Lat + Pec Stretch Hip Flexor + Pigeon Stretch				

BODYWEIGHT TRAINING PLAN, MAY 2013

WEEK 4	SESSION 16	SESSION 17	SESSION 18	SESSION 19	SESSION 20
	Obj: Strength/Work Cap	Obj: Work Cap/Strengthj	Obj: Strength/Core	Obj: Work Capacity/Core	Obj: Strength/Endurance
	Warm up:	Warm up:	Warm up:	Warm up:	Warm-up:
	5 Rounds 4-Square Drill 5x Push ups 10x Situps 10x Air Squats Instep Stretch	5 Rounds 10x Air Squats 1/2x Pull ups 10x Toes to Sky Instep Stretch	5 Rounds 3x DOT Drill 5x Push ups 10x Situps 10x Air Squats Instep Stretch	4 Rounds Run 100m 5x Push ups 5x Situps 10x Squats Instep Stretch	3 Rounds 5x Hand Release Push-ups 10x Sit-ups 5x Burpees 10x Air Squats Instep Stretch
	Training:	Training:	Training:	Training:	Training:
	(1) 4 Rounds Full Leg Blaster 30 Seconds Rest	(1) 5 Rounds 3/4x Pull ups, Every 30 seconds, then immediately	(1) 5 Rounds Full Leg Blaster 30 Seconds Rest	(1) 6 Rounds for Time 10x Squat Thrusts Run 400m	(1) 5 Rounds Full Leg Blaster 30 Seconds Rest
	Then immediately	(2) 5 Rounds 2/3x Pull ups every 30 Seconds	(2) 5 Rounds 30 Sec Push ups 30 Seconds rest, then	(2) 5 Rounds 3/4x Pull ups, Every 30 seconds, then immediately	(3) Run 5 Miles, Moderate Pace
	(2) 2 Rounds Mini Leg Blaster 30 Seconds Rest	(2) 4 Rounds 300m Shuttle every 2:00	Max Push ups in 60 Seconds	(3) 5 Rounds 2/3x Pull ups every 30 Seconds	(4) 2 Rounds Hip Flexor Stretch Instep Stretch Pigeon Stretch Lat + Pec Stretch
	(2) 5 Rounds 30 Sec Push ups 30 Seconds rest, then	(3) 4 Rounds 12x EO's 12x Butt Bridges 3x Floor Slide 3rd World Stretch	(3) 4 Rounds 20/20 Standing Founder 20/20 Low Back Lunge 20/20 Kneeling Founder 10x Face Down Back Extension	(4) 4 Rounds 12x Ankles to Bar 30/5/30 Sean Special 20x Hamstring Hell Pigeon Stretch 3x Shoulder Teacups	
	Max Push ups in 60 Seconds				
	(3) 20 Rounds Suicide Sprint every 30 seconds				
	(4) 4 Rounds 30x Situps 75 Second Front Bridge 20x Hamstring Hell Lat + Pec Stretch Hip Flexor + Pigeon Stretch				

**RAT 6 STRENGTH
+
RUCK IMPROVEMENT
TRAINING PLANS**





Military Athlete

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Jackson, Wyoming

www.militaryathlete.com

Rat 6 Strength Training Plan

This design of this 8-week training program is based on a super successful strength training cycle the Military Athlete Lab Rats completed January-February, 2013. We completed a shorter version of this program, and all made significant strength gains on each of the 6 exercises trained.

The primary focus of this plan is increased strength, but it also includes short, intense, work capacity efforts, as well as high emphasis on core strength, mobility, and durability - hallmarks of Military Athlete programming.

You will train 5 days/week for a total of 40 training sessions. The intention is that Monday through Friday are training days. Saturday and Sunday are rest days.

PROGRAM DESCRIPTION

This is a percentage of 1RM-based strength training program build around the following 6x Strength Exercises:

Bench Press
Front Squat
Military Press
Squat Clean
Hinge Lift or Box Squat
Power Clean

Rat 6 Strength Training Plan, March 2013

Weeks 1 and 5 you'll train on Monday, Wednesday and Friday. Monday and Wednesday you'll complete 1 Rep Maximum Efforts on 3 classic barbell exercises. Record your 1RMs for each exercise, as you'll use these maxes for follow-on training in the following weeks.

Here is your general schedule for Weeks 2-4, and 6-8:

Monday	Strength
Tuesday	Strength
Wednesday	Short Work Capacity and Core
Thursday	Strength
Friday	Short Work Capacity and Core

REQUIRED EQUIPMENT

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 for the Squat Clean and Power Clean exercises.

If you are working in a commercial gym without access to a lifting platform and bumper plates, you can still complete this program by making the following exercise substitutions:

Substitute Hang Squat Clean for the Squat Clean
Substitute Hang Power Clean for the Power Clean

PROGRESSING THROUGH THE PROGRAM

This training program is set up to be completed sequentially. Loading and intensity 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. Some of these sessions will run short - around 45 minutes. Some may take up to 75 minutes.

How Should I Work up to my 1 Repetition Maximum?

Bench Press, Military Press, Front Squat, Hinge Lift or Box Squat - After the warm up, load up the barbell with a weight you can lift 5x. Then add weight, and complete 3x reps. Then add weight and start doing singles, adding weight rapidly until you reach your 1 Rep Max (1RM). Record your 1RM.

Squat Clean and Power Clean - After the warm up, load up the barbell with a weight you can lift 3x. Then add weight, and complete 2x reps. Then add weight and start doing singles, adding weight rapidly until you reach your 1 Rep Max (1RM). Record your 1RM.

Use Common Sense - Be smart and safe while working up to your 1RM. Don't risk injury. Be smart and safe. And don't linger - you need to complete each session in 45-60 minutes.

How long should I rest between Rounds and Circuits?

The strength circuits (Monday/Tuesday/Thursday) each include a stretch or durability exercise. Consider the stretch or mobility exercise your rest between rounds. There is no more rest between circuits more than what is required to change equipment and load barbells. Understand the strength circuits are not mini CrossFit-like WODs. Work briskly, not frantically.

Wednesday and Friday's training sessions include Core Circuits. Don't sprint through these. Work briskly, not frantically.

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.

Why are there two numbers listed for the exercises with assigned loads?

The lower weight is the prescribed weight for women, and the higher is for men.

Are loads given for both Kettlebells and Dumbbells?

Yes, for example "5x Swings at 20kg/45#" means 5x Swings with a 20kg kettlebell or 45# dumbbell.

What if I don't have access to kettlebells or dumbbells?

Don't worry about it - they can be used interchangeably. The plan calls for dumbbells - here is a conversion for kettlebells:

<u>Kettlebell</u>	<u>Dumbbell</u>
8kg	15#
12kg	25#
16kg	35#
20kg	45#
24kg	55#

What about unfamiliar exercises?

Most unfamiliar exercises are demonstrated here: 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.

****Note** - in our experience, this program will make you hungry. Listen to your body - and eat! - Eat clean, but eat!

Rat 6 Strength Training Plan, March 2013

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!

A handwritten signature in black ink, appearing to read 'Rob Shaul'.

**Rob Shaul
Military Athlete
Jackson, WY**

RAT 6 STRENGTH TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 SESSION 1 Warm Up: 3 Rounds Barbell Complex @ 45/65# Instep Stretch Lat + Pec Stretch Training: (1) Work up to 1RM Power Clean (2) Work up to 1RM Bench Press (3) Work up to 1RM Front Squat	SESSION 2 Total Rest	SESSION 3 Warm Up: 3 Rounds Barbell Complex @ 45/65# Instep Stretch Lat + Pec Stretch Training: (1) Work up to 1RM Squat Clean (2) Work up to 1RM Military Press (3) Work up to 1RM Hinge Lift or Box Squat	SESSION 4 Total Rest	SESSION 5 Obj: Work Cap/Core Warm up: 5 Rounds 8x Box Jump @ 20" 8x Push ups 8x Situps Instep Training: (1) 6 Rounds 8x 40-foot Shuttle sprints every 60 seconds (2) 4 Rounds 10x Weighted Situps @ 35/45# 10x EO's 10x Face Down Back Extension 5x Seated Russian Twist @ 25# (3) 4 Rounds 5/10x Dips or 3/6x Ring Dips 10x 2-Legged Poor Man's Leg Curl 60 second Farmers Carry @ 35/55# dumbbells.

RAT 6 STRENGTH TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2	SESSION 7	SESSION 8	SESSION 9	SESSION 10
SESSION 6				
Warm up:	Warm up:	Obj: Work Cap/Core	Warm up:	Obj: Work Capacity, Core
3 Rounds	3 Rounds	Warm up:	3 Rounds	Warm up:
Barbell Complex @ 45/65	Barbell Complex @ 45/65	5 Rounds	Barbell Complex @ 45/65	4 Rounds
Instep Stretch	Instep Stretch	8x Box Jump @ 20"	Instep Stretch	5x Burpees
Training:	Training:	8x Push ups	Training:	3/5x Mixed Grip Pull ups
(1) 8 Rounds	(1) 8 Rounds	8x Situps	(1) 8 Rounds	10x Situps
3x Power Clean	3x Squat Clean	Instep	5x Front Squat	Hip Flexor + Instep+ Pigeon Stretch
Hip Flexor Stretch	3rd World Stretch	Training:	3rd World Stretch	Training:
Use the below chart for loading	Use the below chart for loading	(1) 8 Rounds	Use the below chart for loading	(1) 5 Rounds
Round Reps %1RM	Round Reps %1RM	8x 40-foot Shuttle sprints every 60 seconds	Round Reps %1RM	20 Second Swings @ 25/35#
1 3 50	1 3 50	(2) 4 Rounds	1 5 50	20 Second Burpees
2 3 60	2 3 60	10x Weighted Situps @ 35/45#	2 5 60	20 Second Rest
3 3 70	3 3 70	10x EO's	3 5 70	(2) 4 Rounds
4 3 80	4 3 80	10x Face Down Back Extension	4 5 80	10x Ankles To Bar
5 3 80	5 3 80	5x Seated Russian Twist @ 25#	5 5 80	60 Second Farmer Carry @ 35/55#
6 3 80	6 3 80	(3) 4 Rounds	6 5 80	dumbbells
7 3 80	7 3 80	5/10x Dips or 3/6x Ring Dips	7 5 80	5x Kneeling Plate Halfmoons @
8 3 80	8 3 80	10x 2-Legged Poor Man's Leg Curl	8 5 80	25/35#
(2) 8 Rounds	(2) 8 Rounds	60 second Farmers Carry @ 35/55#	(2) 8 Rounds	20/20 Standing Founder
5x Bench Press	4x Military Press Press	dumbbells.	5x Hinge Lift or Box Squat	
3/5x Mixed Grip Pull ups	4/6x Chin ups		Hip Flexor Stretch	
Use the below chart for loading	Use the below chart for loading		Use the below chart for loading	
Round Reps %1RM	Round Reps %1RM		Round Reps %1RM	
1 5 50	1 4 50		1 5 50	
2 5 60	2 4 60		2 5 60	
3 5 70	3 4 70		3 5 70	
4 5 80	4 4 80		4 5 80	
5 5 80	5 4 80		5 5 80	
6 5 80	6 4 80		6 5 80	
7 5 80	7 4 80		7 5 80	
8 5 80	8 4 80		8 5 80	
(3) 5 Rounds	(3) 5 Rounds		(3) 4 Rounds	
2x Broad Jump	2x Box Jump - increase height each round until it's hard, but doable		1/2x Plyo Push up Lap	
3rd World Stretch	Pigeon Stretch		2/4x Tarzan Pullups	
3x Shoulder Sweep			Foam Roll low back	

RAT 6 STRENGTH TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3	SESSION 12	SESSION 13	SESSION 14	SESSION 15
SESSION 11				
Warm up:	Warm up:	Obj: Work Cap/Core	Warm up:	Obj: Work Capacity, Core
3 Rounds	3 Rounds	Warm up:	3 Rounds	Warm up:
Barbell Complex @ 45/65	Barbell Complex @ 45/65	5 Rounds	Barbell Complex @ 45/65	4 Rounds
Instep Stretch	Instep Stretch	8x Box Jumps @ 20"	Instep Stretch	5x Burpees
Training:	Training:	8x Push ups	Training:	3/5x Mixed Grip Pull ups
(1) 8 Rounds	(1) 8 Rounds	8x Situps	(1) 8 Rounds	10x Situps
2x Power Clean	2x Squat Clean	Instep	4x Front Squat	Hip Flexor + Instep+ Pigeon Stretch
4x Push hips	3rd World Stretch	Training:	Hip Flexor Stretch	Training:
Use the below chart for loading	Use the below chart for loading	(1) 9 Rounds	Use the below chart for loading	(1) 7 Rounds
Round Reps %1RM	Round Reps %1RM	8x 40-Foot Shuttle Sprints every 60 seconds	Round Reps %1RM	20 Second Swings @ 25/35#
1 2 55	1 2 55	(2) 4 Rounds	1 4 55	20 Second Burpees
2 2 65	2 2 65	15x Weighted Situps @ 35/45#	2 4 65	20 Second Rest
3 2 75	3 2 75	10x EO's	3 4 75	(2) 4 Rounds
4 2 85	4 2 85	10x Seated Russian Twist @ 25#	4 4 85	10x Ankles To Bar
5 2 85	5 2 85	10x Face Down Back Extension	5 4 85	75 Second Farmer Carry @ 35/55#
6 2 85	6 2 85	(3) 4 Rounds	6 4 85	5x Kneeling Plate Halfmoons @ 25/35#
7 2 85	7 2 85	7/15x Dips or 5/10x Ring Dips	7 4 85	20/20 Standing Founder
8 2 85	8 2 85	10x 1-Legged Poor Man's Leg Curl	8 4 85	
(2) 8 Rounds	(2) 8 Rounds	75 second Farmers Carry @ 35/55#	(2) 8 Rounds	
4x Bench Press	4x Military Press Press	dumbbells	4x Hinge Lift or Box Squat	
3/5x Mixed Grip Pull ups	3x Chin ups		Use the below chart for loading	
Use the below chart for loading	Use the below chart for loading		Round Reps %1RM	
Round Reps %1RM	Round Reps %1RM		1 4 55	
1 4 55	1 3 55		2 4 65	
2 4 65	2 3 65		3 4 75	
3 4 75	3 3 75		4 4 85	
4 4 85	4 3 85		5 4 85	
5 4 85	5 3 85		6 4 85	
6 4 85	6 3 85		7 4 85	
7 4 85	7 3 85		8 4 85	
8 4 85	8 3 85			
(3) 5 Rounds	(3) 5 Rounds		(3) 4 Rounds	
2x Broad Jump	2x Box Jump - increase height each round until 2x is hard, but doable		1/2 x Plyo Push up Lap	
3rd World Stretch	2/2/2 Toe Touch Complex		2/4x Tarzan Pull ups	
			Lat + Pec Stretch	

RAT 6 STRENGTH TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																	
WEEK 4 - SESSION 16	SESSION 17	SESSION 18	SESSION 19	SESSION 20																																																																																	
Warm up: 3 Rounds Bronc Complex @ 45/65 Instep Stretch	Warm up: 3 Rounds Barbell Complex @ 45/65 Instep Stretch	Obj: Work Cap/Core	Warm up: 3 Rounds Barbell Complex @ 45/65 Instep Stretch	Obj: Work Capacity, Core																																																																																	
Training:	Training:	Warm up:	Training:	Warm up:																																																																																	
(1) 8 Rounds Power Clean Rest Between Rounds Use the below chart for loading	(1) 8 Rounds Squat Clean Rest between Rounds Use the below chart for loading	5 Rounds 8x Box Jumps @ 20" 8x Push ups 8x Situps Instep	(1) 8 Rounds 3x Front Squat Rest Between Rounds Use the below chart for loading	4 Rounds 5x Burpees 3/5x Mixed Grip Pull ups 10x Situps Hip Flexor + Instep+ Pigeon Stretch																																																																																	
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(2) 8 Rounds 3x Bench Press Rest Between Rounds Use the below chart for loading	(2) 8 Rounds 4x Military Press Press Rest Between Rounds Use the below chart for loading	(1) 10 Rounds 8x 40-foot Shuttle sprints every 60 seconds	(2) 8 Rounds 3x Hinge Lift or Box Squat Rest between Rounds Use the below chart for loading	(1) 10 Rounds 20 Second Swings @ 25/35# 20 Second Burpees 20 Second Rest																																																																																	
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(3) 3 Rounds 2x Broad Jump 3rd World Stretch	(3) 3 Rounds 2x Box Jump - increase height each round until 2x is hard, but doable 2/2/2 Toe Touch Complex	(3) 4 Rounds 10/20x Dips or 6/12x Ring Dips 10x 2-Legged Poor Man's Leg Curl 90 second Farmers Carry @35/55#	(3) 2 Rounds 1/2x Plyo Push up Lap 2/4x Tarzan Pull ups Foam Roll Low Back																																																																																		
Comments: Don't be afraid to bump up the load on today's "working rounds" - Rounds 4-8. If your 90% of 1RM load feels light in round 4, add 5-10 pounds, and see how it feels on Round 5.Do the same for Part (2)'s bench press.	Comments: Like yesterday, feel free to push the loading today beyond the prescribed 90% of 1RM for rounds 4-8 for both exercises.		Comments: Feel free to add load to Rounds 4-8 if your 90% feels easy.																																																																																		

RAT 6 STRENGTH TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 5 SESSION 21 Warm Up: 3 Rounds Barbell Complex @ 45/65# Instep Stretch Lat + Pec Stretch Training: (1) Work up to 1RM Power Clean (2) Work up to 1RM Bench Press (3) Work up to 1RM Front Squat Comments: Record results and use these numbers for week 6-8 loading.	SESSION 22 Total Rest	SESSION 23 Warm Up: 3 Rounds Barbell Complex @ 45/65# Instep Stretch Lat + Pec Stretch Training: (1) Work up to 1RM Squat Clean (2) Work up to 1RM Military Press (3) Work up to 1RM Hinge Lift or Box Squat Comments: Record results and use these numbers for week 6-8 loading.	SESSION 24 Total Rest	SESSION 25 Obj: Work Capacity, Core Warm up: 4 Rounds 5x Burpees 3/5x Mixed Grip Pull ups 10x Situps Hip Flexor + Instep+ Pigeon Stretch Training: (1) 12 Rounds 20 Second Swings @ 25/35# 20 Second Burpees 20 Second Rest (2) 4 Rounds 10x Ankles To Bar 90 Second Farmer Carry @ 35/55# 5x Kneeling Plate Halfmoons @ 25/35# 20/20 Standing Founder

RAT 6 STRENGTH TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 6 SESSION 26	SESSION 27	SESSION 28	SESSION 29	SESSION 30
Warm up:	Warm up:	Obj: Work Cap/Core	Warm up:	Obj: Work Capacity
3 Rounds	3 Rounds	Warm up:	3 Rounds	Warm up:
Barbell Complex @ 45/65	Barbell Complex @ 45/65	5 Rounds	Barbell Complex @ 45/65	3 Rounds
Instep Stretch	Instep Stretch	8x Box Jump @ 20"	Instep Stretch	5x Burpees
Training:	Training:	8x Push ups	Training:	5x Air Squats
(1) 8 Rounds	(1) 8 Rounds	8x Situps	(1) 8 Rounds	Run 200m
3x Power Clean	3x Squat Clean	Instep	5x Front Squat	Instep Stretch
Hip Flexor Stretch	3rd World Stretch	Training:	3rd World Stretch	Training:
Use the below chart for loading	Use the below chart for loading	(1) 4 Rounds	Use the below chart for loading	(1) 6 Rounds
		300m Shuttle every 2:30		Sprint 400m
Round Reps %1RM	Round Reps %1RM	(2) 4 Rounds	Round Reps %1RM	Rest 2 minutes
1 3 50	1 3 50	8x Russian Triangle @ 25#	1 5 50	(2) 4 Rounds
2 3 60	2 3 60	10m Dumbbell Crawl @ 15/25#	2 5 60	20/20 Low Back Lunge
3 3 70	3 3 70	20/20 Kneeling Founder	3 5 70	30/30 Side Bridge
4 3 80	4 3 80	5x Standing Russian Twist @ empty	4 5 80	10x Standing Slasher @ 25/35#
5 3 80	5 3 80	barbell/15#	5 5 80	20x Sit ups
6 3 80	6 3 80	(3) 4 Rounds	6 5 80	(3) 4 Rounds
7 3 80	(2) 8 Rounds	60 Second Farmers Carry @ 45/65#	(2) 8 Rounds	60 Second Farmers Carry @ 45/65#
8 3 80	4x Military Press Press	3rd World Stretch	5x Hinge Lift or Box Squat	3rd World Stretch
(2) 8 Rounds	4/6x Chin ups	5x Dislocate with PVC	Hip Flexor Stretch	5x Dislocate with PVC
5x Bench Press	Use the below chart for loading		Use the below chart for loading	
3/5x Mixed Grip Pull ups				
Use the below chart for loading	Round Reps %1RM		Round Reps %1RM	
Round Reps %1RM	1 4 50		1 5 50	
1 5 50	2 4 60		2 5 60	
2 5 60	3 4 70		3 5 70	
3 5 70	4 4 80		4 5 80	
4 5 80	5 4 80		5 5 80	
5 5 80	6 4 80		6 5 80	
6 5 80	7 4 80		7 5 80	
7 5 80	8 4 80		8 5 80	
8 5 80	(3) 5 Rounds		(3) 5 Rounds	
(3) 5 Rounds	2x Loaded Box Jump holding 15/25#		3/5x Clapping Push ups	
2x Loaded Squat Jump @ 45/65#	Dumbbells - increase height each		5/8x Mixed Grip Pullups	
Barbell	round until it's hard, but doable		Foam Roll low back	
3rd World Stretch	Pigeon Stretch			
3x Shoulder Sweep				

RAT 6 STRENGTH TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 7	SESSION 32	SESSION 33	SESSION 34	SESSION 35
SESSION 31				
Warm up:	Warm up:	Obj: Work Cap/Core	Warm up:	Obj: Work Capacity
3 Rounds	3 Rounds	Warm up:	3 Rounds	Warm up:
Barbell Complex @ 45/65	Barbell Complex @ 45/65	5 Rounds	Barbell Complex @ 45/65	3 Rounds
Instep Stretch	Instep Stretch	8x Box Jump @ 20"	Instep Stretch	5x Burpees
Training:	Training:	8x Push ups	Training:	5x Air Squats
(1) 8 Rounds	(1) 8 Rounds	8x Situps	(1) 8 Rounds	Run 200m
2x Power Clean	2x Squat Clean	Instep	4x Front Squat	Instep Stretch
4x Push hips	3rd World Stretch	Training:	Hip Flexor Stretch	Training:
Use the below chart for loading	Use the below chart for loading	(1) 4 Rounds	Use the below chart for loading	(1) 6 Rounds
	Round Reps %1RM	300m Shuttle every 2:20	Round Reps %1RM	Sprint 400m
Round Reps %1RM	1 2 55		1 4 55	Rest 1:45
1 2 55	2 2 65	(2) 4 Rounds	2 4 65	(2) 4 Rounds
2 2 65	3 2 75	8x Russian Triangle @ 25#	3 4 75	20/20 Low Back Lunge
3 2 75	4 2 85	10m Dumbbell Crawl @ 15/25#	4 4 85	30/30 Side Bridge
4 2 85	5 2 85	20/20 Kneeling Founder	5 4 85	10x Standing Slasher @ 25/35#
5 2 85	6 2 85	5x Standing Russian Twist @ empty	6 4 85	20x Sit ups
6 2 85	7 2 85	barbell/15#	7 4 85	(3) 4 Rounds
7 2 85	8 2 85	(3) 4 Rounds	8 4 85	75 Second Farmers Carry @ 45/65#
8 2 85	(2) 8 Rounds	75 Second Farmers Carry @ 45/65#	(2) 8 Rounds	3rd World Stretch
(2) 8 Rounds	4x Military Press Press	3rd World Stretch	4x Hinge Lift or Box Squat	5x Dislocate with PVC
4x Bench Press	3x Chin ups	5x Dislocate with PVC	Use the below chart for loading	
3/5x Mixed Grip Pull ups	Use the below chart for loading		Round Reps %1RM	
Use the below chart for loading	Round Reps %1RM		1 4 55	
Round Reps %1RM	1 3 55		2 4 65	
1 4 55	2 3 65		3 4 75	
2 4 65	3 3 75		4 4 85	
3 4 75	4 3 85		5 4 85	
4 4 85	5 3 85		6 4 85	
5 4 85	6 3 85		7 4 85	
6 4 85	7 3 85		8 4 85	
7 4 85	8 3 85		(3) 5 Rounds	
8 4 85	(3) 5 Rounds		3/5x Clapping Push ups	
(3) 5 Rounds	2x Loaded Box Jump holding 15/25#		5/8x Mixed Grip Pullups	
2x Loaded Squat Jump @ 45/55# (explosive)	Dumbbells - increase height each round until it's hard, but doable		Foam Roll low back.	
3rd World Stretch	Pigeon Stretch			
3x Shoulder Sweep				

RAT 6 STRENGTH TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																	
WEEK 8 SESSION 36	SESSION 37	SESSION 38	SESSION 39	SESSION 40																																																																																	
Warm up:	Warm up:	Obj: Work Cap/Core	Warm up:	Obj: Work Capacity																																																																																	
3 Rounds Bronc Complex @ 45/65 Instep Stretch	3 Rounds Barbell Complex @ 45/65 Instep Stretch	Warm up:	3 Rounds Barbell Complex @ 45/65 Instep Stretch	Warm up:																																																																																	
Training:	Training:	5 Rounds 8x Box Jump @ 20" 8x Push ups 8x Situps Instep	Training:	3 Rounds 5x Burpees 5x Air Squats Run 200m Instep Stretch																																																																																	
(1) 8 Rounds Power Clean Rest between Rounds Use the below chart for loading	(1) 8 Rounds Squat Clean Rest between Rounds Use the below chart for loading		(1) 8 Rounds 3x Front Squat Rest Between Rounds Use the below chart for loading																																																																																		
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4	3	90																																																																																			
5	3	90																																																																																			
6	3	90																																																																																			
7	3	90																																																																																			
8	3	90																																																																																			
Comments: Don't be afraid to bump up the load on today's "working rounds" - Rounds 4-8. If your 90% of 1RM load feels light in round 4, add 5-10 pounds, and see how it feels on Round 5.	Comments: Like yesterday, feel free to push the loading today beyond the prescribed 90% of 1RM for rounds 4-8 for both exercises.		Comments: Feel free to add load to Rounds 4-8 if your 90% feels easy.																																																																																		

RAT 6 STRENGTH TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 9	SESSION 42	SESSION 43	SESSION 44	SESSION 45
SESSION 41				
Warm Up:	Total Rest	Warm Up:	Total Rest	Obj: Work Capacity
3 Rounds		3 Rounds		Warm up:
Barbell Complex @ 45/65#		Barbell Complex @ 45/65#		3 Rounds
Instep Stretch		Instep Stretch		5x Burpees
Lat + Pec Stretch		Lat + Pec Stretch		5x Air Squats
				Run 200m
Training:		Training:		Instep Stretch
(1) Work up to 1RM Power Clean		(1) Work up to 1RM Squat Clean		Training:
(2) Work up to 1RM Bench Press		(2) Work up to 1RM Military Press		(1) 6 Rounds
(3) Work up to 1RM Front Squat		(3) Work up to 1RM Hinge Lift or Box Squat		Sprint 400m
				Rest 1:20
				(2) 4 Rounds
				20/20 Low Back Lunge
				30/30 Side Bridge
				10x Standing Slasher @ 25/35#
				20x Sit ups
				(3) 4 Rounds
				105 Second Farmers Carry @ 45/65#
				3rd World Stretch
				5x Dislocate with PVC



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4-WEEK RUCK IMPROVEMENT PROGRAM

PROGRAM DESCRIPTION

This 4-week training program is specifically designed to improve moderate to long distance (5-12 miles) rucking performance. It can be done concurrently with the Military Athlete Operator Sessions or as a stand alone program. If you are doing the Operator Sessions, do those sessions first and the ruck improvement sessions second.

Only a ruck sack, a stopwatch, 10# sledgehammer, dumbbell or rubber rifle, and route of known length are required to perform this program.

PROGRAM OVERVIEW

With the exception of week 1, this is a 3-day a week program. Each week has the same general layout that is progressed - made harder - as you move through it. The layout is:

Monday: Week 1: Assessment; Weeks 2-4: 1 and 2-mile Ruck Intervals at a threshold pace

Wednesday: 1 and 2-mile Ruck Intervals at a threshold pace

Friday: 8-12 mile long ruck at a moderate pace

There are two ruck loads for this program - 45# and 60#. Use the following checklist to find the right ruck load for you:

Use 45# ruck and 10# sledgehammer/dumbbell/rubber rifle if you:

- are doing this plan concurrently with Military Athlete Operator Sessions.
- struggle to maintain 15 minute miles or making 3 miles in 45 minutes with a 60-pound Ruck.
- struggle to maintain pace with others during training or operations.

Use 60# ruck and 10# sledgehammer or rubber rifle if none of the above are true.

RUCK TRAINING AND RUCK TABLES

There are two ruck tables. One for athletes using 45# ruck load and one for 60# ruck load. They are clearly marked. Make sure you use the appropriate table.

The paces in the ruck tables are faster, and distances shorter, than your assessment pace.

Friday sessions are long rucks at moderate intensity. There is no set pace for them. "Moderate" = comfortable but not easy.

4-WEEK RUCK IMPROVEMENT PROGRAM, SEPTEMBER 2013

The tables are scaled to your initial assessment time and dictates the pace you need to keep for each repeat of the interval. The tables are self-explanatory and easy to figure out as you work through the training plan. Email rob@militaryathlete.com if you are having trouble.

RUCK TECHNIQUE AND TRAINING TIPS

Ruck Loading - we've found that keeping the load as high as possible is best for rucking performance. This can go against conventional wisdom, but trust us. Load your ruck so the weight is mostly carried high on your back.

Shoes - Ruck in the same shoes or boots you train in or will be assessed. For most, these are your duty boots. If you wear shoes, we recommend you wear well cushioned shoes - such as burley trail running shoes.

Technique - Alternating between ruck running and walking can increase your rucking pace - especially at the beginning of this cycle. We recommend beginning with 2 minutes of ruck-running, 1 minute of fast walking, to start. As your fitness improves, keep the walk interval to 1 minute, but increase the ruck-run interval 1 minute at a time. So, go from 2:1 run/walk, to 3:1 run walk, to 4:1 run/walk, etc. Many will be able to run the entire final 5-mile assessment.

For Friday's long rucks, we recommend a 1:1 run/walk interval, such as 3 minutes run, 3 minutes walk.

COMMON QUESTIONS

How long will sessions last?

Monday and Wednesday sessions will take 60-75 minutes. Friday's long rucks will take 1.5 to 3 hours.

What if I miss a day?

If you miss a day, make up the session you missed the next day and follow the programming as prescribed. If this happens, we recommend training on a Tuesday, Thursday, or Saturday to stay on schedule.

Why can't I make all of my interval times?

The intervals are pretty aggressive. In our experience, the first 1-2 times, you may not make all of the intervals. However, as you move through the program, they become more attainable, and, by the end, you'll probably be out-pacing them throughout all or most of the intervals.

If I start with the 45# load, but see significant improvement during the plan, can I increase the load to 60 pounds?

No. Stick with 45# throughout the plan. Then, if you chose, repeat the plan using the 60# load.

Is carrying the 10# sledgehammer/dumbbell or rubber rifle necessary?

Yes - it mimics rucking with a rifle, and is great grip strength training.

Any modifications for women?

Yes. Use 25# for the light rucking load, and 45# for the heavy rucking load.

What if I have more questions?

Contact rob@militaryathlete.com

Good Luck!
Rob Shaul
Military Athlete
Jackson, Wyoming

RUCK IMPROVEMENT PROGRAM, SEPTEMBER 2013

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SESSION 1 Obj: Assessment (1) Ruck 5 miles for time.* RECORD TIME_____:_____ * Use 45# ruck and 10# sledgehammer or rubber rifle If you: -are doing this plan concurrently with Military Athlete Operator Sessions. -struggle to maintain 15 minute miles or making 3 miles in 45 minutes. -struggle to maintain pace with others during training or operations. Use 60# ruck and 10# sledgehammer or rubber rifle if none of the above are true.	SESSION 2 Obj: Ruck Speed (1) 2 Rounds 1 mile ruck @ ruck interval table. Use assessment load. Rest 3 min.		SESSION 3 Obj: Ruck Speed (1) 2 Rounds 1 mile ruck @ ruck interval table. Use assessment load. Rest 3 min.	SESSION 4 Obj: Ruck Endurance (1) Ruck 6 miles using the same ruck and ruck load as your assessment. Ruck at a moderate pace. Moderate = comfortable, but not easy.

RUCK IMPROVEMENT PROGRAM, SEPTEMBER 2013

WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SESSION 5 Obj: Ruck Speed (1) 1 Round 2 mile ruck @ ruck interval table. Use assessment load. Rest 5 min. (2) 1 Round 1 mile ruck @ ruck interval table . Use assessment load. Rest 3 min.		SESSION 6 Obj: Ruck Speed (1) 1 Round 2 mile ruck @ ruck interval table. Use assessment load. Rest 5 min. (2) 1 Round 1 mile ruck @ ruck interval table. Use assessment load. Rest 3 min.		SESSION 7 Obj: Ruck Endurance (1) Ruck 8 miles using the same ruck and ruck load as your assessment. Ruck at a moderate pace. Moderate = comfortable, but not easy.

RUCK IMPROVEMENT PROGRAM, SEPTEMBER 2013

WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SESSION 8 Obj: Ruck Speed (1) 2 Rounds 2 mile ruck @ ruck interval table . Use assessment load. Rest 5 min.		SESSION 9 Obj: Ruck Speed (1) 2 Rounds 2 mile ruck @ ruck interval table. Use assessment load. Rest 5 min.		SESSION 10 Obj: Ruck Endurance (1) Ruck 10 miles using the same ruck and ruck load as your assessment. Ruck at a moderate pace. Moderate = comfortable, but not easy.

RUCK IMPROVEMENT PROGRAM, SEPTEMBER 2013

WEEK 4				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SESSION 11 Obj: Ruck Speed (1) 2 Rounds 2 mile ruck @ ruck interval table. Use assessment load. Rest 5 min. (2) 1 Round 1 mile ruck @ ruck interval table @ assessment load Rest 3 min.		SESSION 12 Obj: Ruck Speed (1) 2 Rounds 2 mile ruck @ ruck interval table. Use assessment load. Rest 5 min. (2) 1 Round 1 mile ruck @ ruck interval table @ assessment load Rest 3 min.		SESSION 13 Obj: Ruck Endurance (1) Ruck 12 miles using the same ruck and ruck load as your assessment. Ruck at a moderate pace. Moderate = comfortable, but not easy.

WEEK 5
MONDAY
SESSION 14 Obj: Assessment (1) Ruck 5 miles for time.* RECORD TIME_____:_____ * Use same loading as Session 1.

RUCK IMPROVEMENT PROGRAM, SEPTEMBER 2013

45# RUCK INTERVAL TABLE

5 MILE RUCK	1-mile Ruck Pace	2-mile Ruck Pace	5 MILE RUCK	1-mile Ruck Pace	2-mile Ruck Pace
35:00 - 34:59	05:32 - 06:05	12:11 - 12:27	64:00 - 63:59	10:07 - 11:08	22:16 - 22:47
36:00 - 35:59	05:41 - 06:16	12:32 - 12:49	65:00 - 64:59	10:16 - 11:18	22:37 - 23:08
37:00 - 36:59	05:51 - 06:26	12:53 - 13:10	66:00 - 65:59	10:26 - 11:29	22:58 - 23:29
38:00 - 37:59	06:00 - 06:37	13:13 - 13:31	67:00 - 66:59	10:35 - 11:39	23:19 - 23:51
39:00 - 38:59	06:10 - 06:47	13:34 - 13:53	68:00 - 67:59	10:45 - 11:50	23:40 - 24:12
40:00 - 39:59	06:19 - 06:57	13:55 - 14:14	69:00 - 68:59	10:54 - 12:00	24:01 - 24:33
41:00 - 40:59	06:29 - 07:08	14:16 - 14:35	70:00 - 69:59	11:04 - 12:11	24:22 - 24:55
42:00 - 41:59	06:38 - 07:18	14:37 - 14:57	71:00 - 70:59	11:13 - 12:21	24:42 - 25:16
43:00 - 42:59	06:48 - 07:29	14:58 - 15:18	72:00 - 71:59	11:23 - 12:32	25:03 - 25:38
44:00 - 43:59	06:57 - 07:39	15:19 - 15:39	73:00 - 72:59	11:32 - 12:42	25:24 - 25:59
45:00 - 44:59	07:07 - 07:50	15:40 - 16:01	74:00 - 73:59	11:42 - 12:52	25:45 - 26:20
46:00 - 45:59	07:16 - 08:00	16:00 - 16:22	75:00 - 74:59	11:51 - 13:03	26:06 - 26:42
47:00 - 46:59	07:26 - 08:11	16:21 - 16:44	76:00 - 75:59	12:00 - 13:13	26:27 - 27:03
48:00 - 47:59	07:35 - 08:21	16:42 - 17:05	77:00 - 76:59	12:10 - 13:24	26:48 - 27:24
49:00 - 48:59	07:45 - 08:31	17:03 - 17:26	78:00 - 77:59	12:19 - 13:34	27:09 - 27:46
50:00 - 49:59	07:54 - 08:42	17:24 - 17:48	79:00 - 78:59	12:29 - 13:45	27:30 - 28:07
51:00 - 50:59	08:03 - 08:52	17:45 - 18:09	80:00 - 79:59	12:38 - 13:55	27:50 - 28:28
52:00 - 51:59	08:13 - 09:03	18:06 - 18:30	81:00 - 80:59	12:48 - 14:05	28:11 - 28:50
53:00 - 52:59	08:22 - 09:13	18:27 - 18:52	82:00 - 81:59	12:57 - 14:16	28:32 - 29:11
54:00 - 53:59	08:32 - 09:24	18:48 - 19:13	83:00 - 82:59	13:07 - 14:26	28:53 - 29:33
55:00 - 54:59	08:41 - 09:34	19:08 - 19:34	84:00 - 83:59	13:16 - 14:37	29:14 - 29:54
56:00 - 55:59	08:51 - 09:44	19:29 - 19:56	85:00 - 84:59	13:26 - 14:47	29:35 - 30:15
57:00 - 56:59	09:00 - 09:55	19:50 - 20:17	86:00 - 85:59	13:35 - 14:58	29:56 - 30:37
58:00 - 57:59	09:10 - 10:05	20:11 - 20:39	87:00 - 86:59	13:45 - 15:08	30:17 - 30:58
59:00 - 58:59	09:19 - 10:16	20:32 - 21:00	88:00 - 87:59	13:54 - 15:19	30:37 - 31:19
60:00 - 59:59	09:29 - 10:26	20:53 - 21:21	89:00 - 88:59	14:04 - 15:29	30:58 - 31:41
61:00 - 60:59	09:38 - 10:37	21:14 - 21:43	90:00 - 89:59	14:13 - 15:39	31:19 - 32:02
62:00 - 61:59	09:48 - 10:47	21:35 - 22:04	91:00 - 90:59	14:23 - 15:50	31:40 - 32:23
63:00 - 62:59	09:57 - 10:58	21:55 - 22:25	92:00 - 91:59	14:32 - 16:00	32:01 - 32:45

RUCK IMPROVEMENT PROGRAM, SEPTEMBER 2013

60# RUCK INTERVAL TABLE

5 MILE RUCK	1-mile Ruck Pace	2-mile Ruck Pace	5 MILE RUCK	1-mile Ruck Pace	2-mile Ruck Pace
40:00 - 40:59	06:24 - 07:13	14:05 - 14:45	69:00 - 69:59	11:02 - 12:19	24:17 - 25:12
41:00 - 41:59	06:34 - 07:23	14:26 - 15:07	70:00 - 70:59	11:12 - 12:30	24:38 - 25:33
42:00 - 42:59	06:43 - 07:34	14:47 - 15:28	71:00 - 71:59	11:22 - 12:40	25:00 - 25:55
43:00 - 43:59	06:53 - 07:44	15:08 - 15:50	72:00 - 72:59	11:31 - 12:51	25:21 - 26:16
44:00 - 44:59	07:02 - 07:55	15:29 - 16:12	73:00 - 73:59	11:41 - 13:01	25:42 - 26:38
45:00 - 45:59	07:12 - 08:06	15:50 - 16:33	74:00 - 74:59	11:50 - 13:12	26:03 - 27:00
46:00 - 46:59	07:22 - 08:16	16:12 - 16:55	75:00 - 75:59	12:00 - 13:22	26:24 - 27:21
47:00 - 47:59	07:31 - 08:27	16:33 - 17:16	76:00 - 76:59	12:10 - 13:33	26:45 - 27:43
48:00 - 48:59	07:41 - 08:37	16:54 - 17:38	77:00 - 77:59	12:19 - 13:44	27:06 - 28:04
49:00 - 49:59	07:50 - 08:48	17:15 - 18:00	78:00 - 78:59	12:29 - 13:54	27:27 - 28:26
50:00 - 50:59	08:00 - 08:58	17:36 - 18:21	79:00 - 79:59	12:38 - 14:05	27:48 - 28:48
51:00 - 51:59	08:10 - 09:09	17:57 - 18:43	80:00 - 80:59	12:48 - 14:15	28:10 - 29:09
52:00 - 52:59	08:19 - 09:20	18:18 - 19:04	81:00 - 81:59	12:58 - 14:26	28:31 - 29:31
53:00 - 53:59	08:29 - 09:30	18:39 - 19:26	82:00 - 82:59	13:07 - 14:36	28:52 - 29:52
54:00 - 54:59	08:38 - 09:41	19:00 - 19:48	83:00 - 83:59	13:17 - 14:47	29:13 - 30:14
55:00 - 55:59	08:48 - 09:51	19:22 - 20:09	84:00 - 84:59	13:26 - 14:57	29:34 - 30:36
56:00 - 56:59	08:58 - 10:02	19:43 - 20:31	85:00 - 85:59	13:36 - 15:08	29:55 - 30:57
57:00 - 57:59	09:07 - 10:12	20:04 - 20:52	86:00 - 86:59	13:46 - 15:19	30:16 - 31:19
58:00 - 58:59	09:17 - 10:23	20:25 - 21:14	87:00 - 87:59	13:55 - 15:29	30:37 - 31:40
59:00 - 59:59	09:26 - 10:33	20:46 - 21:36	88:00 - 88:59	14:05 - 15:40	30:59 - 32:02
60:00 - 60:59	09:36 - 10:44	21:07 - 21:57	89:00 - 89:59	14:14 - 15:50	31:20 - 32:24
61:00 - 61:59	09:46 - 10:55	21:28 - 22:19	90:00 - 90:59	14:24 - 16:01	31:41 - 32:45
62:00 - 62:59	09:55 - 11:05	21:49 - 22:40	91:00 - 91:59	14:34 - 16:11	32:02 - 33:07
63:00 - 63:59	10:05 - 11:16	22:11 - 23:02	92:00 - 92:59	14:43 - 16:22	32:23 - 33:28
64:00 - 64:59	10:14 - 11:26	22:32 - 23:24	93:00 - 93:59	14:53 - 16:32	32:44 - 33:50
65:00 - 65:59	10:24 - 11:37	22:53 - 23:45	94:00 - 94:59	15:02 - 16:43	33:05 - 34:12
66:00 - 66:59	10:34 - 11:47	23:14 - 24:07	95:00 - 95:59	15:12 - 16:54	33:26 - 34:33
67:00 - 67:59	10:43 - 11:58	23:35 - 24:28	96:00 - 96:59	15:22 - 17:04	33:48 - 34:55
68:00 - 68:59	10:53 - 12:08	23:56 - 24:50	97:00 - 97:59	15:31 - 17:15	34:09 - 35:16

SANDBAG WEIGHTVEST DUMBBELL TRAINING PLAN





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SANDBAG/WEIGHT VEST/DUMBBELL TRAINING PLAN

PROGRAM DESCRIPTION

The following, 6-week training program is designed around limited equipment - a weight vest or Individual Body Armor (IBA), sandbag, 30-foot piece of rope, and pair of dumbbells.

You'll train 5 days/week, ideally Monday - Friday, and take the weekends off.

In general, the focus of this training plan is on the "Combat Chasis" - leg strength, core strength, and heart/lungs. The training plan includes strength, work capacity and endurance focused training sessions.

RUNNING ASSESSMENT AND 2-MILE INTERVALS

The plan includes endurance training built around a timed, 6-mile run. You'll take the 6-mile run assessment 3 times during this training plan, and run multiple 2-mile intervals during endurance training days.

The pace of your 2-mile intervals will be dictated by your most recent timed 6-mile assessment. The interval distance (2 miles) is shorter, and pace faster than your most recent assessment pace. The included Run table dictates your 2-mile repeat time. The table is self explanatory, and easy to figure out as you work through the training plan. Email rob@militaryathlete.com if you are having trouble.

COMMON QUESTIONS

How long should the training sessions take?

Each session should take 45-80 minutes. Unless indicated, the circuits aren't "for time." Work briskly, not frantically through the training sessions.

What equipment is needed to complete this program?

Weight Vest - Men will need a 25# vest, Women a 15# Vest. You can wear your individual body armor (IBA) in place of a vest.

Sandbag - Men will need a 60# sandbag, Women a 40# sandbag

Pair of Dumbbells - Men will need a pair of 25# dumbbells, Women will need a 15# dumbbells

30-Foot piece of rope with Caribiner - to connect to sandbags for standing and seated rope pulls

SANDBAG/WEIGHT VEST/DUMBBELL TRAINING PLAN, JULY 2013

Stop watch with repeating, countdown Timer - Timex Ironman is best
Foam Roller (1-foot is long enough)

When do I wear my weight vest?

If the individual parts of the training session say “in Weight Vest” - then wear your weight vest. If not, don't.

The individual parts of the training sessions What if I miss a day?

Don't skip ahead. Start where you left off. The plan is progressive, and its training sessions designed to be completed in order.

How do you count reps for Sandbag Getups?

The prescribed rep count is total reps, so 50x Sandbag Getups at 60# sandbag = 50x total reps, 25x each shoulder.

How do you count reps for single limb exercises like Lunges?

The rep count is for one limb, so “5x Lunges” = 5x lunges each leg, or 10x lunges total.

Why are there two numbers next to a lift? What if there are two weights prescribed?

If the two numbers are before the lift, it's the number of reps female and male athletes will do.

Female rep numbers come first:

For example:

7/10x Push-ups

means female athletes do 7x Push-ups and males do 10x.

If there are two prescribed loads after the exercise, the first load is for women, the second for men.

For example:

7x Sandbag Lunges at 40/60

means female athletes use a 40 pound sandbag, male athletes use a 60 pound sandbag.

Unfamiliar Exercises?

Go to www.militaryathlete.com and click the “Exercises” link to see unfamiliar exercises.

Questions?

Email rob@militaryathlete.com

Good Luck!



Rob Shaul, Military Athlete

SANDBAG/WEIGHT VEST/DUMBBELL TRAINING PLAN, JULY 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	SESSION 1 Obj: Strength Warm up: 10 Minutes Sandbag Getup @ 40/60 (Aim for 50+ reps) Training: (1) 6 Rounds 4x Sandbag Hang Squat Clean @ 40/60, then immediately 2x Squat Jump (be explosive!) Pigeon Stretch ** Don weight vest if Hang Squat Cleans are easy (2) 6 Rounds 7x Sandbag Lunges @ 40/60, then immediately 2x Jumping Lunges Hip Flexor Stretch ** Don weight vest if lunges are easy (3) 6 Rounds 5x Scotty Bobs @ 15/25# 30 Foot Standing Rope Pull @ 40/60 Sandbag Lat + Pec Stretch (4) 3 Rounds 30-foot Dumbbell Crawl @ 15/25# 10x Good Mornings with Sandbag across shoulders @ 40/60 60 Second Front Bridge 40 Second Sandbag Hold @ 40/60 (5) 2 Rounds Instep Stretch Foam Roll Legs	SESSION 2 Obj: Work Capacity Warm up: 4 Rounds 10x Squats 10x Pushups 10x Situps Lat + Pec Stretch Instep Stretch Training: (1) 5 Rounds for Time in Weight Vest 5x Dumbbell Front Squat @ 15/25# Run 200m 10x Situps *** Rest 3 Minutes **** (2) 20 Rounds 1x Burpee + Suicide Sprint every 30 Seconds (3) 4 Rounds 20x Situps 30/5/30 Sean Special 10x EO's 15x 1-Leg Calf Raise (3) 3 Rounds Hip Flexor Stretch Pigeon Stretch Foam Roll Quads and Low Back	SESSION 3 Obj: Strength Warm up: 4 Rounds 5x Air Squats 10x Burpees 15x Situps Instep Stretch Training: (1) 6 Rounds in Weight Vest 5x Sandbag Back Squat @ 40/60, then immediately 2x Squat Jumps (be explosive!) Hip Flexor Stretch (2) 6 Rounds 5x Dumbbell Thruster @ 15/25#, then immediately 2x Burpees (be explosive!) 3x Floor Slide ** Don weight vest if thrusters are easy (3) 6 Rounds for time 5x Sandbag Back Squat @ 40/60 5x Squat Jump (unloaded) 5x Clapping Pushups (go to knees if necessary) (4) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x Face Down Back Ext 10x Hamstring Hell (5) 2 Rounds Instep Stretch Foam Roll Low Back	SESSION 4 Obj: Endurance Training: (1) Run 6 Miles for Time Record your Time	SESSION 5 Obj: Work Capacity Warm up: 4 Rounds 3x Burpees 7x Pushups 10x Situps Instep Stretch Training: (1) 10-9-8-7-6-5-4-3-2-1 For Time Sandbag Squat Clean @ 40/60 Dumbbell Push Press @ 15/25# 40-Foot Shuttle Sprints Seated Russian Twist @15/25# Dumbbell Burpees (2) 4 Rounds 10x EOs 45 Second Superman Hold 5x 1-Arm Weighted Situps @ 15/25# dumbbell 40 Second Sandbag Hold @ 40/60 (3) 3 Rounds Hip Flexor Stretch Pigeon Stretch Foam Roll Quads and Low Back

SANDBAG/WEIGHT VEST/DUMBBELL TRAINING PLAN, JULY 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2	SESSION 6 Obj: Strength Warm up: 10 Minutes Sandbag Getup @ 40/60 (Aim for 55+ reps) Training: (1) 6 Rounds 5x Sandbag Front Squat @ 40/60, then immediately 1x Jumping Lunge (be explosive!) Instep Stretch ** Don weight vest if front squats are easy (2) 6 Rounds Lee Special @ 40/60# Sandbag 7x Kneeling Curl to Press @ 15/25# Dumbbell Lat + Pec Stretch (3) 6 Rounds 4x Sandbag Clean and Press @ 40/60, then immediately ... 1x Burpee (be explosive) Foam Roll low back (4) 4 Rounds 5x Kneeling Slasher to Halo @ 15/25# dumbbell 10x EO's 30/30 Standing Founder 10x Poor Man's Leg Curl (5) 2 Rounds Instep Stretch Foam Roll Low Back	SESSION 7 Obj: Endurance Warm up: 3 Rounds 10x Squats Run 400m Instep Stretch (1) 2 Rounds 2 Mile Run at Interval Pace based on SESSION 4, 6 Mile time Rest 4 Min between runs	SESSION 8 Obj: Strength Warm up: 4 Rounds 4x Sandbag Getups @ 40/60 3x Square Drill 2x Scotty Bobs @ 15/25# Instep Stretch Training: (1) 6 Rounds 3x Sandbag Curtis P @ 40/60, then immediately 1x Squat Jump (unloaded) Hip Flexor Stretch ** Don weight vest if Curtis P's are easy (2) 6 Rounds 7x Feet Elevated Push up Lee Special @ 40/60 3x Floor Slide ** Keep elevating feet until 7x push ups is hard, but doable (3) 6 Rounds 2x Dumbbell Curtis P's @ 15/25# Standing Rope Pull @ 40/60# Sandbag Rest 15 Seconds Sprint to the rest each round (4) 4 Rounds 20x Situps 30/5/30 Sean Special 10x EO's 15x 1-Leg Calf Raise (5) 2 Rounds Instep Stretch Foam Roll Low Back	SESSION 9 Obj: Work Capacity Warm up: 4 Rounds 5x Burpees 10x Squats Run 200m Instep Stretch Training: (1) 8 Rounds 5x Renegade Man Makers @ 15/25# Run 200m Rest 30 Seconds Sprint to the rest each round *** Rest 3 Minutes **** (2) 10 Rounds 5x Sandbag Front Squat @ 40/60 4x 25m Shuttle Sprints Rest 30 Seconds Sprint to the rest each round (3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x Face Down Back Ext 10x Hamstring Hell (3) 3 Rounds Hip Flexor Stretch Pigeon Stretch Foam Roll Quads and Low Back	SESSION 10 Obj: Endurance Warm up: 3 Rounds 10x Squats Run 400m Instep Stretch (1) 3 Rounds 2 Mile Run at Interval Pace based on SESSION 4, 6 Mile time Rest 4 Min between runs

SANDBAG/WEIGHT VEST/DUMBBELL TRAINING PLAN, JULY 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	SESSION 11 Obj: Strength Warm up: 10 Minutes Sandbag Getup @ 40/60 (Aim for 60+ reps) Training: (1) 6 Rounds 5x Sandbag Push Press @ 40/60 5x Renegade Rows @ 15/25# Lat + Pec Stretch (2) 6 Rounds 5x Sandbag Craig Special @ 40/60, then immediately ... 2x Squat Jump, unloaded Lat + Pec Stretch ** Don weight vest if Craig Specials are easy (3) 6 Rounds 4x Sandbag Jumping Lunge @ 40/60#, then immediately 1x Jumping Lunge, unloaded Instep Stretch ** Don weight vest if jumping lunges are easy (4) 4 Rounds 30-foot Dumbbell Crawl @ 15/25# 10x Good Mornings with Sandbag across shoulders @ 40/60 60 Second Front Bridge 50 Second Sandbag Hold @ 40/60 (5) 2 Rounds Instep Stretch Foam Roll Low Back	SESSION 12 Obj: Work Capacity Warm up: 4 Rounds 10x Squats 10x Pushups 10x Situps Lat + Pec Stretch Instep Stretch Training: (1) 10 Rounds Sandbag Complex every 60 seconds @ 40/60# *** Rest 3 Minutes **** (2) 20 Rounds 2x Burpees+ Suicide Sprint every 30 Seconds (3) 4 Rounds 20x Situps 30/5/30 Sean Special - feet elevated 10x EO's 20x 1-Leg Calf Raise (3) 3 Rounds Hip Flexor Stretch Pigeon Stretch Foam Roll Quads and Low Back	SESSION 13 Obj: Strength Warm up: 4 Rounds 4x Sandbag Getups @ 40/60 3x Square Drill 2x Scotty Bobs @ 15/25# Instep Stretch Training: (1) 6 Rounds 5x Sandbag Front Squat @ 40/60, then immediately 2x Broad Jump Hip Flexor Stretch ** Don weight vest if Front Squats are easy (2) 6 Rounds 30-Foot All-Fours Sandbag Drag @ 40/60# 10x Dumbbell Push Press @ 15/25# 3x Floor Slide (3) 5 Rounds for Time 6x Dumbbell Front Squat @ 15/25# 3x Scotty Bobs @ 15/25# (4) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x Face Down Back Ext 15x Hamstring Hell (5) 2 Rounds Instep Stretch Foam Roll Low Back	SESSION 14 Obj: Endurance Warm up: 3 Rounds 10x Squats Run 400m Instep Stretch (1) 4 Rounds 2 Mile Run at Interval Pace based on SESSION 4, 6 Mile time Rest 4 Min between runs	SESSION 15 Obj: Work Capacity Warm up: 4 Rounds 3x Burpees 7x Pushups 10x Situps Instep Stretch Training: (1) 20 Rounds, Every 60 seconds ... 3x Sandbag Burpees @ 40/60# 6x Situps Rest 20 Seconds (2) 4 Rounds 10x Russian Twist @ 15/25# dumbbell 50 Second Superman Hold 5x 1-Arm Weighted Situps @ 15/25# dumbbell 45 Second Sandbag Hold @ 40/60 (3) 3 Rounds Hip Flexor Stretch Pigeon Stretch Foam Roll Quads and Low Back

SANDBAG/WEIGHT VEST/DUMBBELL TRAINING PLAN, JULY 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4	SESSION 16 Obj: Strength Warm up: 10 Minutes Sandbag Getup @ 40/60 (Aim for 65+ reps) Training: (1) 6 Rounds 5x Sandbag Squat Jump @ 40/60, then immediately 2x Squat Jump, unloaded Instep Stretch ** Don weight vest if jump squats are easy (2) 6 Rounds 7x Sandbag Walking Lunge @ 40/60# Sandbag 7x Kneeling Curl to Press @ 15/25# Dumbbell Hip Flexor Stretch ** Don weight vest if walking lunges are easy (3) 6 Rounds 9x Alligator Push up Seated Rope Pull @ 40/60# SB Foam Roll low back (4) 4 Rounds 10x Kneeling Slasher to Halo @ 15/25# dumbbell 10x EO's 30/30 Standing Founder 15x Poor Man's Leg Curl (5) 2 Rounds Instep Stretch Foam Roll Low Back	SESSION 17 Obj: Endurance Training: (1) Run 6 Miles for Time Record your Time	SESSION 18 Obj: Strength Warm up: 4 Rounds 10x Squats 10x Pushups 10x Situps Lat + Pec Stretch Instep Stretch Training: (1) 6 Rounds 4x Sandbag Craig Special Squat @ 40/60, then immediately 1x Broad Jump Hip Flexor Stretch ** Don weight vest if Craig Specials are Easy are easy (2) 6 Rounds 5x Scotty Bobs @ 15/25# Seated Rope Pull @ 40/60# sandbag Hip Flexor Stretch (3) 6 Rounds for Time 3x Sandbag Hang Squat Clean @ 40/60# 3/6x Clapping Push ups (4) 4 Rounds 20x Situps 30/5/30 Sean Special, feet elevated 10x EO's 20x 1-Leg Calf Raise (5) 2 Rounds Instep Stretch Foam Roll Low Back	SESSION 19 Obj: Work Capacity Warm up: 3 Rounds 5x Burpees 10x Squats Run 200m Instep Stretch Training: (1) As Many Rounds as Possible in 40 minutes 10x Sandbag Back Squat @ 40/60# 10x Dumbbell Push Press @ 15/25# Run 200m 10x Situps (3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x Face Down Back Ext 15x Hamstring Hell (3) 3 Rounds Hip Flexor Stretch Pigeon Stretch Foam Roll Quads and Low Back	SESSION 20 Obj: Endurance Warm up: 3 Rounds 10x Squats Run 400m Instep Stretch (1) 2 Rounds 2 Mile Run at Interval Pace based on SESSION 17, 6 Mile time Rest 4 Min between runs

SANDBAG/WEIGHT VEST/DUMBBELL TRAINING PLAN, JULY 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 5	SESSION 21 Obj: Work Capacity Warm up: 4 Rounds 10x Squats 10x Pushups 10x Situps Lat + Pec Stretch Instep Stretch Training: (1) 10 Minute Sandbag Getup for Reps @ 40/60# (Aim for 70+ Reps) *** Rest 3 Minutes **** (2) 10-9-8-7-6-5-4-3-2-1 for Time Sandbag Front Squat @ 40/60 Renegade Row @ 15/25# Situps (3) 4 Rounds 30-foot Dumbbell Crawl @ 15/25# 10x Good Mornings with Sandbag across shoulders @ 40/60 60 Second Front Bridge, feet elevated 60 Second Sandbag Hold @ 40/60 (3) 3 Rounds Hip Flexor Stretch Pigeon Stretch Foam Roll Quads and Low Back	SESSION 22 Obj: Strength Warm up: 4 Rounds 10x Walking Lunges, unloaded 5x Alligator Push ups 10x Situps Instep Stretch Lat + Pec Stretch Training: (1) 6 Rounds 7x Sandbag Front Squat @ 40/60, then immediately 1x Jumping Lunge (be explosive!) Instep Stretch ** Don weight vest if front squats are easy (2) 6 Rounds Lee Special @ 40/60# Sandbag 7x Kneeling Curl to Press @ 15/25# Dumbbell Lat + Pec Stretch (3) 6 Rounds 3x Sandbag Curtis P @ 40/60, then immediately ... 1x Burpee (be explosive) Foam Roll low back (4) 4 Rounds 20x Situps 30/5/30 Sean Special 10x EO's 15x 1-Leg Calf Raise holding 15/25# dumbbell (5) 2 Rounds Instep Stretch Foam Roll Low Back	SESSION 23 Obj: Endurance Warm up: 3 Rounds 10x Squats Run 400m Instep Stretch (1) 3 Rounds 2 Mile Run at Interval Pace based on SESSION 17, 6 Mile time Rest 4 Min between runs	SESSION 24 Obj: Work Capacity Warm up: 4 Rounds 3x Burpees 7x Pushups 10x Situps Instep Stretch Training: (1) 10-9-8-7-6-5-4-3-2-1 For Time Sandbag Clean & Squat @ 40/60 Dumbbell Push Press @ 15/25# 40-Foot Shuttle Sprints Seated Russian Twist @ 15/25# DB Burpees (2) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x Face Down Back Ext 15x Hamstring Hell (3) 3 Rounds Hip Flexor Stretch Pigeon Stretch Foam Roll Quads and Low Back	SESSION 25 Obj: Endurance Warm up: 3 Rounds 10x Squats Run 400m Instep Stretch (1) 4 Rounds 2 Mile Run at Interval Pace based on SESSION 17, 6 Mile time Rest 4 Min between runs

SANDBAG/WEIGHT VEST/DUMBBELL TRAINING PLAN, JULY 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 6	SESSION 26 Obj: Work Capacity Warm up: 4 Rounds 5x Burpees 10x Squats Run 200m Instep Stretch Training: (1) 8 Rounds in Weight Vest 4x Renegade Man Makers @ 15/25# Run 200m Rest 30 Seconds Sprint to the rest each round *** Rest 3 Minutes **** (2) 10 Rounds in Weight Vest 5x Sandbag Front Squat @ 40/60 4x 25m Shuttle Sprints Rest 30 Seconds Sprint to the rest each round (3) 4 Rounds 10x Slasher @ 15/25# dumbbell 45 Second Superman Hold 5x 1-Arm Weighted Situps @ 15/25# dumbbell 60 Second Sandbag Hold @ 40/60 (3) 3 Rounds Hip Flexor Stretch Pigeon Stretch Foam Roll Quads and Low Back	SESSION 27 Obj: Strength Warm up: 4 Rounds Sandbag Complex @ 40/60# Instep Stretch Training: (1) 6 Rounds 5x Sandbag Push Press @ 40/60 Lee Special @ 40/60# Sandbag Lat + Pec Stretch (2) 6 Rounds 5x Sandbag Craig Special @ 40/60, then immediately ... 4x Jingle Jangles Lat + Pec Stretch ** Don weight vest if Craig Specials are easy (3) 6 Rounds 5x Sandbag Jumping Lunge @ 40/60#, then immediately 1x Jumping Lunge, unloaded Instep Stretch ** Don weight vest if jumping lunges are easy (4) 4 Rounds 20x Situps 30/5/30 Sean Special 10x EO's 20x 1-Leg Calf Raise (5) 2 Rounds Instep Stretch Foam Roll Low Back	SESSION 28 Obj: Endurance Warm up: 3 Rounds 10x Squats Run 400m Instep Stretch (1) 4 Rounds 2 Mile Run at Interval Pace based on SESSION 17, 6 Mile time Rest 4 Min between runs	SESSION 29 Obj: Work Capacity Warm up: 4 Rounds 10x Squats 10x Pushups 10x Situps Lat + Pec Stretch Instep Stretch Training: (1) 10 Minute Sandbag Getup for Reps @ 40/60# (Aim for 75+ Reps) *** Rest 3 Minutes **** (2) 10 Rounds 30 Second 40-Foot Shuttle 30 Seconds Rest (3) 4 Rounds 30-foot Dumbbell Crawl @ 15/25# 10x Good Mornings with Sandbag across shoulders @ 40/60 30/30 Side Bridge, Feet Elevated 60 Second Sandbag Hold @ 40/60 (4) 3 Rounds Hip Flexor Stretch Pigeon Stretch Foam Roll Quads and Low Back	SESSION 30 Obj: Endurance Training: (1) Run 6 Miles for Time Record your Time

SANDBAG/WEIGHT VEST/DUMBBELL TRAINING PLAN, JULY 2013

**6-MILE
RUN
TABLES**

2 MILE RUN INTERVAL PACE	
6 MILE TIME (MIN:SEC)	2 MILE (min:sec)
34:00 - 34:10	10:26 - 10:29
34:10 - 34:20	10:29 - 10:32
34:20 - 34:30	10:32 - 10:35
34:30 - 34:40	10:35 - 10:38
34:40 - 34:50	10:38 - 10:41
34:50 - 35:00	10:41 - 10:44
35:00 - 35:10	10:44 - 10:47
35:10 - 35:20	10:47 - 10:50
35:20 - 35:30	10:50 - 10:53
35:30 - 35:40	10:53 - 10:56
35:40 - 35:50	10:56 - 10:59
35:50 - 36:00	10:59 - 11:02
36:00 - 36:10	11:02 - 11:05
36:10 - 36:20	11:05 - 11:09
36:20 - 36:30	11:09 - 11:12
36:30 - 36:40	11:12 - 11:15
36:40 - 36:50	11:15 - 11:18
36:50 - 37:00	11:18 - 11:21
37:00 - 37:10	11:21 - 11:24
37:10 - 37:20	11:24 - 11:27
37:20 - 37:30	11:27 - 11:30
37:30 - 37:40	11:30 - 11:33
37:40 - 37:50	11:33 - 11:36
37:50 - 38:00	11:36 - 11:39
38:00 - 38:10	11:39 - 11:42
38:10 - 38:20	11:42 - 11:45
38:20 - 38:30	11:45 - 11:48
38:30 - 38:40	11:48 - 11:51
38:40 - 38:50	11:51 - 11:55
38:50 - 39:00	11:55 - 11:58
39:00 - 39:10	11:58 - 12:01
39:10 - 39:20	12:01 - 12:04
39:20 - 39:30	12:01 - 12:05

2 MILE RUN INTERVAL PACE, CONT'D	
6 MILE TIME (MIN:SEC)	2 MILE (min:sec)
39:30 - 39:40	12:03 - 12:06
39:40 - 39:50	12:06 - 12:09
39:50 - 40:00	12:09 - 12:12
40:00 - 40:10	12:12 - 12:15
40:10 - 40:20	12:15 - 12:18
40:20 - 40:30	12:18 - 12:21
40:30 - 40:40	12:21 - 12:24
40:40 - 40:50	12:24 - 12:27
40:50 - 41:00	12:27 - 12:30
41:00 - 41:10	12:30 - 12:33
41:10 - 41:20	12:33 - 12:36
41:20 - 41:30	12:36 - 12:39
41:30 - 41:40	12:39 - 12:43
41:40 - 41:50	12:43 - 12:46
41:50 - 42:00	12:46 - 12:49
42:00 - 42:10	12:49 - 12:52
42:10 - 42:20	12:52 - 12:55
42:20 - 42:30	12:55 - 12:58
42:30 - 42:40	12:58 - 13:01
42:40 - 42:50	13:01 - 13:04
42:50 - 43:00	13:04 - 13:07
43:00 - 43:10	13:07 - 13:10
43:10 - 43:20	13:10 - 13:13
43:20 - 43:30	13:13 - 13:16
43:30 - 43:40	13:16 - 13:19
43:40 - 43:50	13:19 - 13:22
43:50 - 44:00	13:22 - 13:25
44:00 - 44:10	13:25 - 13:28
44:10 - 44:20	13:28 - 13:31
44:20 - 44:30	13:31 - 13:34
44:30 - 44:40	13:34 - 13:37
44:40 - 44:50	13:36 - 13:40

2 MILE RUN INTERVAL PACE, CONT'D	
6 MILE TIME (MIN:SEC)	2 MILE (min:sec)
44:50 - 45:00	13:36 - 13:39
45:00 - 45:10	13:39 - 13:42
45:10 - 45:20	13:42 - 13:45
45:20 - 45:30	13:45 - 13:48
45:30 - 45:40	13:48 - 13:51
45:40 - 45:50	13:51 - 13:54
45:50 - 46:00	13:54 - 13:57
46:00 - 46:10	13:57 - 14:00
46:10 - 46:20	14:00 - 14:03
46:20 - 46:30	14:03 - 14:06
46:30 - 46:40	14:06 - 14:09
46:40 - 46:50	14:09 - 14:12
46:50 - 47:00	14:12 - 14:15
47:00 - 47:10	14:15 - 14:18
47:10 - 47:20	14:18 - 14:21
47:20 - 47:30	14:21 - 14:25
47:30 - 47:40	14:25 - 14:28
47:40 - 47:50	14:28 - 14:31
47:50 - 48:00	14:31 - 14:34
48:00 - 48:10	14:34 - 14:37
48:10 - 48:20	14:37 - 14:40
48:20 - 48:30	14:40 - 14:43
48:30 - 48:40	14:43 - 14:46
48:40 - 48:50	14:46 - 14:49
48:50 - 49:00	14:49 - 14:52
49:00 - 49:10	14:52 - 14:55
49:10 - 49:20	14:55 - 14:58
49:20 - 49:30	14:58 - 15:01
49:30 - 49:40	15:01 - 15:04
49:40 - 49:50	15:04 - 15:07
49:50 - 50:00	15:07 - 15:10
50:00 - 50:10	15:10 - 15:13

2 MILE RUN INTERVAL PACE, CONT'D	
6 MILE TIME (MIN:SEC)	2 MILE (min:sec)
50:10 - 50:20	15:13 - 15:16
50:20 - 50:30	15:16 - 15:19
50:30 - 50:40	15:19 - 15:22
50:40 - 50:50	15:22 - 15:25
50:50 - 51:00	15:25 - 15:28
51:00 - 51:10	15:28 - 15:31
51:10 - 51:20	15:31 - 15:34
51:20 - 51:30	15:34 - 15:37
51:30 - 51:40	15:37 - 15:40
51:40 - 51:50	15:40 - 15:43
51:50 - 52:00	15:43 - 15:46
52:00 - 52:10	15:46 - 15:49
52:10 - 52:20	15:49 - 15:52
52:20 - 52:30	15:52 - 15:56
52:30 - 52:40	15:56 - 15:59
52:40 - 52:50	15:59 - 16:02
52:50 - 53:00	16:02 - 16:05
53:00 - 53:10	16:05 - 16:08
53:10 - 53:20	16:08 - 16:11
53:20 - 53:30	16:11 - 16:14
53:30 - 53:40	16:14 - 16:17
53:40 - 53:50	16:17 - 16:20
53:50 - 54:00	16:20 - 16:23
54:00 - 54:10	16:23 - 16:26
54:10 - 54:20	16:26 - 16:29
54:20 - 54:30	16:29 - 16:32
54:30 - 54:40	16:32 - 16:35
54:40 - 54:50	16:35 - 16:38
54:50 - 55:00	16:38 - 16:41
55:00 - 55:10	16:41 - 16:44
55:10 - 55:20	16:44 - 16:47
55:20 - 55:30	16:47 - 16:50

**357 STRENGTH
+
RUN IMPROVEMENT
TRAINING PLANS**





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357 Strength Training Plan

This design of this 6-week training program is based on the lessons we learned preparing our Lab Rat, Josh Rempel, for the 2011 CrossFit Regionals Competition. The overwhelming focus of this plan is strength, but it also includes short, intense, work capacity efforts, as well as high emphasis on core strength, mobility, and durability - hallmarks of Military Athlete programming.

You will train 5 days/week for a total of 30 training sessions. The intention is that Monday through Friday are training days. Saturday and Sunday are rest days. Everyday but Wednesday you'll train both strength, and a short, intense, work capacity effort. Wednesdays' training sessions are an unload, moderately paced stamina effort.

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.

It is especially tailored athletes with experience doing CrossFit or Military Athlete Operator Sessions.

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. Some of these sessions will run short - around 45 minutes. Some may take up to 75 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 strength circuits not mini CrossFit-like WODs. Work briskly, not frantically.

All sessions but Wednesdays include a short, but intense work capacity effort. Some of these are “for time” - and will be noted. Others are density or interval training. For these efforts, “sprint” to the rest.

What if I can’t managed the prescribed loading for the Work Capacity Circuits?

The loading prescribed in the plan is for experienced, fit athletes. If it is obviously too heavy for you, “scale” the loading down. The goal for these work capacity circuits is to get all the reps in the rounds “unbroken” - it should be hard to do so, but ideally you’ll be able to get all the reps in. Load yourself accordingly.

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.

Why are there two numbers listed for the exercises with assigned loads?

The lower weight is the prescribed weight for women, and the higher is for men.

Are loads given for both Kettlebells and Dumbbells?

Yes, for example “5x Swings at 20kg/45#” means 5x Swings with a 20kg kettlebell or 45# dumbbell.

What if I don’t have access to kettlebells?

Don’t worry about it. Dumbbells can be used in place of kettlebells for all the prescribed exercises. Kettlebell weights are in kilograms. Here are common kettlebell weights in pounds:

<u>Kettlebell</u>	<u>Dumbbell</u>
8kg	15#
12kg	25#
16kg	35#
20kg	45#
24kg	55#

What about unfamiliar exercises?

Most unfamiliar exercises are demonstrated here: 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.

**Note - in our experience, this program will make you hungry. Listen to your body - and eat! - Eat clean, but eat!

What about supplements?

357 Strength Training Plan, October 2012

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, WY

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

SESSION 1

Warm up:

4 Rounds
5x Overhead Squat with PVC
5x Hang Squat Snatch with PVC
10x Push ups
3/5 Pull ups (lower number for women)
Instep Plus Stretch

Training:

(1) 9 Rounds
2x "The Exercise" - increase load rapidly each round until 2x is hard, but doable, then immediately, ...
1x Burpee (be explosive!)
Lat + Pec Stretch

(2) 6 Rounds
5x Back Squat - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
2x Squat Jump unloaded (be explosive!)
2/2/2 Toe Touch Complex

(3) 5 Rounds for Time
6x Hang Squat Snatch (45/75#)
6x Back Squats (75/135#)

(4) 3 Rounds
10x Ankles to Bar
60 Second Front Bridge
5x Kneeling Plate Halfmoon (25/45#)
5x Standing Russian Twist (15/25#)

(5) 3 Rounds

30 Sec Shoulder Hand Job, unloaded
10x Poor Man's Leg Curl

SESSION 2

Warm up:

4 Rounds
10x Front Squats (45/65#)
3x Scotty Bobs (15/25#)
3/5x Pull ups
Hip Flexor Stretch

Training:

(1) Work up to 1RM Front Squat

(2) 6 Rounds
2x Front Squat @ 85% 1RM
8 Rounds, then immediately, ...
1x Jumping Lunge (be explosive)
3x Floor Slide

(3) 6 Rounds
5x Bench Press - increase load rapidly each round until 5x is hard, but doable
5x 1-Arm Horizontal Row - increase load rapidly each round until 5x is hard, but doable
3x Squat to Stand

(4) 6 Rounds (sprint to rest)
8x Front Squat (75/115#)
3x Scotty Bobs (15/25#)
30 seconds rest

(5) 3 Rounds

20/20 Standing Founder
20/20 Low Back Lunge
20/20 Kneeling Founder
10x Face Down Back Extension

(6) 2 Rounds
30 sec Y+L, unloaded
5x Nordic Hamstring

SESSION 3

Training:

(1) Run 2.5 miles, Moderate Pace

Moderate = Comfortable but easy

(2) 2 Rounds
30 sec Jane Fonda
Foam Roll Legs and Low Back

SESSION 4

Warm up:

3 Rounds
Barbell Complex (45/65#)
Pigeon Stretch

Training

(1) Work up to 1RM Push Press

(2) 6 Rounds
2x Push Press @ 85% 1RM, then immediately, ...
1x Clapping Push up
5x Shoulder Dislocate with band or PVC

(3) 6 Rounds
3x Power Clean - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
1x Box Jump (24/30")
3rd World Stretch

(4) 10 Rounds
Every 60 Seconds ...
3x Power Clean (65/115#)
3x Push Press (65/115#)
3x Box Jump @ 24"

(5) 3 Rounds

50x Shoulder Hand Job @ 2.5#
10x 1-leg Glute Bridge

SESSION 5

Warm up:

3 Rounds
10x Goblet Squat (12/16kg)
10x Push ups
5x In-place lunge
10x Situp
Instep Plus Stretch

Training:

(1) 8 Rounds
3x Walking Lunge - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
1x Jumping Lunge (be explosive!)
Lat + Pec Stretch

(2) 6 Rounds
3x Craig Special - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
1x Seated Box Jump @ 24#
2/2/2 Toe Touch Complex

(3) 10-8-6-4-2 for Time
Craig Special (45/95#)
Jumping Lunges (each jump counts as 1x rep)

(4) 3 Rounds
20/20 Standing Founder
20/20 Low Back Lunge
20/20 Kneeling Founder
10x Face Down Back Extension

(5) 3 Rounds
30 Sec Shoulder Hand Job, unloaded
10x Poor Man's Leg Curl

SESSION 6

Warm up:

3 Rounds
10x Front Squats (45/65#)
3x Scotty Bobs (15/25#)
3/5x Pull ups

3x Squat to Stand

Training:

(1) 9 Rounds

2x Thrusters - increase load rapidly each round until 2x is hard, but doable, then immediately, ...

1x Burpee (be explosive!)

5x Y+L @ 2.5#

(2) 6 Rounds

5x Weighted Pull Ups - increase load rapidly each round until 5x is hard, but doable, then immediately ...

2x Kipping Pull ups (or jumping pull ups)

Hip Flexor Stretch

(3) 6 Rounds (sprint to the rest)

5x Thrusters (55/115#)

2/4x Pull ups (strict)

30 seconds rest

(4) 3 Rounds

10x Weighted Situps (25/45#)

30/30 Side Bridge

5x Kneeling Kettlebell Keg Lift (20/24kg)

10x Face Down Back Extension

(5) 2 Rounds

3x Floor Slide

5x Nordic Hamstring

SESSION 7

Warm up:

4 Rounds

Barbell Complex (45/65#)

3rd World Stretch

Training:

(1) Work up to 1RM Military Press

(2) 6 Rounds

2x Military Press @ 85% 1RM, then immediately

...

2x Push Press @ 15/25# dumbbells

Pigeon Stretch

(3) 6 Rounds

5x Box Squat - increase load rapidly each round until 5x is hard, but doable, then immediately ...

2x Box Jump @ 24/30"

5x Shoulder Dislocate with band or PVC

(4) 6 Rounds

Every 90 Seconds ...

8x Box Squat (75/115#)

8x Dumbbell Push Press (15/25#)

(5) 3 Rounds

50x Shoulder Hand Job @ 2.5#

10x 1-leg Glute Bridge

SESSION 8

Training:

(1) Run 3 miles, Moderate Pace

Moderate = Comfortable but easy

(2) 2 Rounds

3x Shoulder Sweep Complex

30 Sec Jane Fonda

Foam Roll Legs and Low Back

SESSION 9

Warm up:

4 Rounds

5x Goblet Squat (12/16kg)

5x Box Jump @ 24"

10x Push ups

10x Situp

Instep Plus Stretch

Training:

(1) Work up to 1RM Power Clean

(2) 5 Rounds

2x Power Clean @ 85% 1RM, then immediately,

....

1x Seated Box Jump @ 24"

Lat + Pec Stretch

(3) 6 Rounds

5x Front Squat - increase load rapidly each round until 5x is hard, but doable, then immediately ...

2x Broad Jumps

5x Shoulder Scarecrow @ 2.5#

(4) 10-8-6-4-2 For Time
Power Clean (75/115#)
Air Squat x2

So.... 1st Round looks like:
10x Power Clean (75/115#)
20x Air Squats

2nd Round
8x Power Clean (75/115#)
16x Air Squats

Etc down to
2x Power Clean (75/115#)
4x Air Squats

(5) 3 Rounds
10x Weighted Situps (25/45#)
30/30 Side Bridge
5x Kneeling Kettlebell Keg Lift (20/24kg)
10x Face Down Back Extension

(6) 3 Rounds
3/3/3 Toe Touch Complex
10x Poor Man's Leg Curl

SESSION 10

Warm up:

3 Rounds
5x Overhead Squat with PVC
5x Hang Squat Snatch with PVC
10x Push ups
3/5 Pull ups (lower number for women)
3x Squat to Stand

Training:

(1) 8 Rounds
3x Walking Lunge - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
1x Jumping Lunge (be explosive!)
5x Y+L @ 2.5#

(2) 6 Rounds
4x Push Press - increase load rapidly each round until 4x is hard, but doable, then immediately, ...
2x Clapping Push ups
Hip Flexor Stretch

(3) 8 Rounds for Time

5x Walking Lunge (25/35#)
5x Dumbbell Push Press (25/35#)

(4) 3 Rounds
10x Kettlebell Hinge Lift (12/16kg)
10x Poor Man's Reverse Hyper
30/30 Kneeling Founder
10x Face Down Back Extension

(5) 2 Rounds
3x Floor Slide
10x Poor Man's Leg Curl

SESSION 11

Warm up:

3 Rounds
10x Front Squats (45/65#)
3x Scotty Bobs (15/25#)
3/5x Pull ups
Pigeon Stretch

(1) 8 Rounds
3x Weighted Pull Ups - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
1x Strict Pull up unloaded (be explosive! - jump if necessary)
3rd World Stretch

(2) 6 Rounds
3x Craig Special - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
2x Broad Jump
5x Dislocate with PVC

(3) 10 Rounds
Every 60 Seconds
3x Hang Squat Clean (65/115#)
1/3x Strict Pull ups (lower number for women)

(4) 3 Rounds
30x Shoulder Hand Job @ 2.5#
10x 1-leg Glute Bridge

SESSION 12

Warm up:

4 Rounds

Barbell Complex (45/65#)
Instep Plus Stretch

Training:

(1) Work up to 1RM Box Squat

(2) 6 Rounds
2x Box Squat @ 85% 1RM, then immediately ...
1x Box Squat @ 24"
Lat + Pec Stretch

(3) 6 Rounds
3x Thruster - increase load rapidly each round
until 3x is hard, but doable, then immediately, ...
1x Burpee (be explosively)
2/2/2 Toe Touch Complex

(4) 10-8-6-4-2 for Time
Box Squat (95/135#)
Burpees

(5) 3 Rounds
10x Ankles to Bar
60 Second Front Bridge
5x Kneeling Plate Halfmoon (25/45#)
5x Standing Russian Twist (15/25#)

(6) 3 Rounds
30 Second Shoulder Scare Crow - unloaded
10x Poor Man's Leg Curl

SESSION 13

Training:

(1) Run 3 miles, Moderate Pace

Moderate = Comfortable but easy

(2) 2 Rounds
30 Sec Jane Fonda
Foam Roll Legs and Low Back

SESSION 14

Warm up:

3 Rounds
10x Hang Squat Snatch @ PVC
10x Push ups
3x Jumping Lunge

10x Situp
2x Squat to Stand

Training:

(1) 9 Rounds
2x "The Exercise" - increase load rapidly each
round until 2x is hard, but doable, then
immediately, ...
1x Burpee (be explosive!)
5x Y+L @ 2.5#

(2) 6 Rounds
5x Military Press - increase load rapidly each
round until 5x is hard, but doable, then
immediately, ...
2x Dumbbell Push Pres (15/25#)
3x Floor Slide

(3) 5 Rounds for Time
8x Hang Squat Snatch (45/75#)
4x Scotty Bob (15/25#)

(4) 3 Rounds
20/20 Standing Founder
20/20 Low Back Lunge
20/20 Kneeling Founder
10x Face Down Back Extension

(5) 2 Rounds
Hip Flexor Stretch
5x Nordic Hamstring

SESSION 15

Warm up:

3 Rounds
10x Back Squat (55/95#)
10x Push ups
3/5 Pull ups (lower number for women)
5x Dislocate with PVC

Training:

(1) Work up to 1RM Bench Press

(2) 6 Rounds
2x Bench Press @ 85% 1RM, then immediately
....
1x Clapping Pushup
3rd World Stretch

(3) 6 Rounds
5x Back Squat - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
2x Broad Jump
Pigeon Stretch

(4) 7 Rounds (Sprint to the rest)
8x Back Squat (75/135#)
4x Kettlebell Floor Press (12/20kg)
30 seconds rest

(5) 3 Rounds
30x Shoulder Hand Job @ 2.5#
10x 1-leg Glute Bridge

SESSION 16

Warm up:

4 Rounds
5x Front Squats (45/65#)
5x Hang Squat Clean (45/65#)
3x Scotty Bobs (15/25#)
3/5x Pull ups
Instep Plus Stretch

Training:

(1) 9 Rounds
2x Craig Special - increase load rapidly each round until 2x is hard, but doable, then immediately, ...
1x Broad Jump
Lat + Pec Stretch

(2) 6 Rounds
5x Walking Lunge - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
4x Jingle Jangle
3x Shoulder Scarecrow @ 2.5#

(3) 10-8-6-4-2 for Time
Hang Squat Clean (55/95#)
Jumping Lunge (each jump counts as 1x rep)

(4) 3 Rounds
10x Kettlebell Hinge Lift (12/16kg)
10x Poor Man's Reverse Hyper
30/30 Kneeling Founder
10x Face Down Back Extension

(5) 3 Rounds

3/3/3 Toe Touch Complex
15x Poor Man's Leg Curl

SESSION 17

Warm up:

3 Rounds
Barbell Complex (45/65#)
Hip Flexor Stretch

Training:

(1) 8 Rounds
3x Box Squat - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
1x Box Jump
5x Y+L @ 2.5#

(2) 6 Rounds
3/5x Strict Pull ups (add weight if possible)
2x Squat to Stand

(3) 6 Rounds for Time
8x Box Squat (85/115#)
3/5x Chin Ups

(4) 3 Rounds
10x Weighted Situps (25/45#)
30/30 Side Bridge
5x Kneeling Kettlebell Keg Lift (20/24kg)
10x Face Down Back Extension

(5) 2 Rounds
3x Floor Slide
15x Poor Man's Leg Curl

SESSION 18

Training:

(1) Run 3.5 miles, Moderate Pace

Moderate = Comfortable but easy

(2) 2 Rounds
30 Sec Jane Fonda
Foam Roll Legs and Low Back

SESSION 19

Warm up:

3 Rounds
10x Goblet Squat (12/16kg)
10x Push ups
5x In-place lunge
10x Situp
5x Dislocate

Training:

(1) 6 Rounds
4x Kettlebell Floor Press, - increase load rapidly each round until 4x is hard, but doable, then immediately, ...
1x Clapping Push up
3rd World Stretch

(3) 6 Rounds
4x Thruster - increase load rapidly each round until 4x is hard, but doable, then immediately, ...
4x Jingle Jangle
Pigeon Stretch

(4) 8 Rounds (Sprint to the rest)
7x Thruster @ (45/85#)
4x Burpees
30 seconds rest

(6) 3 Rounds
30x Shoulder Hand Job @ 2.5#
15x 1-leg Glute Bridge

SESSION 20

Warm up:

4 Rounds
5x Overhead Squat with PVC
5x Hang Squat Snatch with PVC
10x Push ups
3/5 Pull ups (lower number for women)
Instep Plus Stretch

Training:

(1) Work up to 1RM Back Squat

(2) 6 Rounds
2x Back Squat @ 85% 1RM, then immediately
1x Seated Box Jump @ 24"
Lat + Pec Stretch

(3) 6 Rounds
3x "The Exercise" - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
1x Broad Jump
2/2/2 Toe Touch Complex

(4) 5 Rounds
Every 60 seconds
6x Back Squat (75/135#)
6x Swings (16/24kg)

(5) 3 Rounds
10x Weighted Situps (25/45#)
30/30 Side Bridge
5x Kneeling Kettlebell Keg Lift (20/24kg)
10x Face Down Back Extension

(6) 3 Rounds
30 Seconds Shoulder Scarecrow, unloaded
15x Poor Man's Leg Curl

SESSION 21

Warm up:

4 Rounds
10x Front Squats (45/65#)
3x Scotty Bobs (15/25#)
3/5x Pull ups
2x Squat to Stand

Training:

(1) Work up to 1RM Power Clean

(2) 5 Rounds
2x Power Clean @ 85% 1RM, then immediately
1x Box Jump @ 24"
Hip Flexor Stretch

(3) 6 Rounds
5x Bench Press - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
2x Clapping Push up
3x Floor Slide

(4) 6 Rounds for Time
7x Power Clean (65/95)
7x Bench Press (65/115)

(5) 3 Rounds
10x Ankles to Bar
60 Second Front Bridge
5x Kneeling Plate Halfmoon (25/45#)
5x Standing Russian Twist (15/25#)

(6) 2 Rounds
30 sec Y+L, unloaded
6x Nordic Hamstring

SESSION 22

Warm up:

3 Rounds
Barbell Complex (45/65#)
5x Dislocate with PVC

Training:

(1) Work up to 1RM Push Press

(2) 6 Rounds
2x Push Press @ 85% 1RM, then immediately, ...
1x Clapping Push up
3rd World Stretch

(3) 6 Rounds
5x Front Squat - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
1x Jumping Lunge (be explosive!)
Pigeon Stretch

(4) 7 Rounds (Sprint to the rest)
8x Push Press (55/95#)
8x Front Squat (55/95#)
30 seconds rest

(5) 3 Rounds
30x Shoulder Hand Job @ 2.5#
15x 1-leg Glute Bridge

SESSION 23

Training:

(1) Run 3.5 miles, Moderate Pace

Moderate = Comfortable but easy

(2) 2 Rounds
30 Sec Jane Fonda

Foam Roll Legs and Low Back

SESSION 24

Warm up:

4 Rounds
10x Goblet Squat (12/16kg)
10x Push ups
5x In-place lunge
10x Sit-up
2/2/2 Toe Touch Complex

Training:

(1) 9 Rounds
2x Thrusters - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
1x Broad Jump
Instep Plus Stretch

(2) 6 Rounds
5x Box Squat - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
2x Box Jump @ 24"
Lat + Pec Stretch

(3) 5 Rounds
Every 45 seconds ...
3x Box Squat (95/135)
3x Burpees

(4) 3 Rounds
10x Ankles to Bar
60 Second Front Bridge
5x Kneeling Plate Halfmoon (25/45#)
5x Standing Russian Twist (15/25#)

(5) 3 Rounds
5x Shoulder Scarecrow @ 2.5#
15x Poor Man's Leg Curl

SESSION 25

Warm up:

3 Rounds
5x Overhead Squat with PVC
5x Hang Squat Snatch with PVC
10x Push ups
3/5 Pull ups (lower number for women)
2x Squat to Stand

Training:

(1) 8 Rounds

3x Back Squat - increase load rapidly each round until 3x is hard, but doable, then immediately, ...

1x Broad Jump

5x Y+L @ 2.5#

(2) 6 Rounds

5x Military Press - increase load rapidly each round until 5x is hard, but doable, then immediately, ...

2x Clapping Push up

Hip Flexor Stretch

(3) 12-10-8-6-4-2 For Time

Back Squat (95/135#)

Dumbbell Military Press (15/25#)

(4) 3 Rounds

20/20 Standing Founder

20/20 Low Back Lunge

20/20 Kneeling Founder

10x Face Down Back Extension

(5) 2 Rounds

3x Floor Slide

6x Nordic Hamstring

SESSION 26

Warm up:

3 Rounds

10x Front Squats (45/65#)

3x Scotty Bobs (15/25#)

3/5x Pull ups

5x Dislocate

Training:

(1) Work up to 1RM Bench Press

(2) 6 Rounds

2x Bench Press @ 85% 1RM, then immediately

....

1x Clapping Push up

3rd World Stretch

(3) 6 Rounds

3x "The Exercise" - increase load rapidly each round until 3x is hard, but doable, then immediately, ...

1x Seated Box Jump @ 30"

Pigeon Stretch

(4) 7 Rounds

8x Hang Squat Snatch (45/75#)

8x Bench Press (55/115#)

30 seconds rest

(5) 3 Rounds

30 seconds Shoulder Scarecrow, unloaded

15x Poor Man's Leg Curl

SESSION 27

Warm up:

4 Rounds

Barbell Complex (45/65#)

Pigeon Stretch

Training:

(1) 8 Rounds

3x Front Squat - increase load rapidly each round until 3x is hard, but doable, then immediately, ...

1x Broad Jump

3rd World Stretch

(2) 6 Rounds

3x Power Clean - increase load rapidly each round until 3x is hard, but doable, then immediately, ...

2x Jingle Jangle

5x Dislocate with PVC

(3) 5 Rounds

Every 60 seconds ...

6x Power Clean (55/95#)

6x Front Squats (55/95#)

(4) 3 Rounds

10x Kettlebell Hinge Lift (12/16kg)

10x Poor Man's Reverse Hyper

30/30 Kneeling Founder

10x Face Down Back Extension

(5) 3 Rounds

30x Shoulder Hand Job @ 2.5#

15x 1-leg Glute Bridge

SESSION 28

Training:

(1) Run 4 miles, Moderate Pace

Moderate = Comfortable but easy

(2) 2 Rounds

30 Sec Jane Fonda

Foam Roll Legs and Low Back

SESSION 29

Warm up:

3 Rounds

5x Goblet Squat (20/24kg)

5x Box Jump @ 20"

10x Push ups

10x Situp

3x Squat to Stand

Training:

(1) 9 Rounds

2x Craig Special - increase load rapidly each round until 2x is hard, but doable, then immediately, ...

1x Squat Jump

5x Y+L, Unloaded

(2) 6 Rounds

3x Weighted Pull ups - increase load rapidly each round until 3x is hard, but doable

Hip Flexor

(3) 12-10-8-6-4-2 for time

Hang Squat Cleans (55/95#)

Chin ups (women do 1/2 reps)

(4) 3 Rounds

10x Weighted Situps (25/45#)

30/30 Side Bridge

5x Kneeling Kettlebell Keg Lift (20/24kg)

10x Face Down Back Extension

(5) 2 Rounds

3x Floor Slide

6x Nordic Hamstring

SESSION 30

Warm up:

4 Rounds

5x Overhead Squat with PVC

5x Hang Squat Snatch with PVC

10x Push ups

3/5 Pull ups (lower number for women)

3rd World Stretch

Training:

(1) 8 Rounds

3x Military Press - increase load rapidly each round until 3x is hard, but doable, then immediately ...

1x clapping pushup

Pigeon Stretch

(2) 6 Rounds

5x Walking Lunge - increase load rapidly each round until 5x is hard, but doable, then immediately ...

1x Jumping Lunge

5x Dislocate

(3) 7 Rounds for Time

5x Jumping Lunge (10x total)

10x Push Press (45/75#)

(4) 3 Rounds

5x Shoulder Hand Job @ 2.5#

15x 1-leg Glute Bridge



Military Athlete

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4-WEEK RUN IMPROVEMENT PROGRAM

PROGRAM DESCRIPTION

This 4-week training program is sport-specifically designed to improve moderate to longer distance (1–8 mile) run performance. For fit athletes, this program can be done concurrently with the Operator Sessions or another Military Athlete training program. This program can also be completed itself as a stand alone program.

The program employs individually-scaled interval run times based on your current level of ability determined by an assessment.

Only a stop watch and a track or route with known distances are required to perform this program.

PROGRAM OVERVIEW

Each week has the same general layout that is progressed - made harder - as you move through it. The layout is:

Monday: Week 1: Assessment; Weeks 2-4: 100m hill sprints and 2-mile intervals

Tuesday: 400m and 800m intervals

Wednesday: Rest

Thursday: 400m and 800m intervals

Friday: 8-mile run

Week 5 is a one session run assessment for you to measure your improvement. It is a repeat of Session 1.

RUN TRAINING AND RUN TABLE

Run Training

There are three objectives in this plan:

1. Improve Speed and Speed Endurance
2. Improve Tempo Running Endurance
3. Build Base and Improve Run Efficiency

The paces in the run table (covered below) reflect the required intensity for each objective. Not all sessions require high intensity. Mondays during Weeks 2-4 are high intensity for the 100m hill sprints, but only moderate intensity for the 2-mile intervals. Friday sessions are low intensity, designed to make you more efficient in a manner only achievable and sustainable at low intensity.

4-WEEK RUN IMPROVEMENT PROGRAM, JULY 2013

Run Table

The table is scaled to your initial assessment time and dictates the pace you need to keep for each repeat of the interval. The tables are self-explanatory and easy to figure out as you work through the training plan. Email rob@militaryathlete.com if you are having trouble.

There are three major columnar divisions in the table:

1. **Assessment Time:** where you'll reference your 5-mile assessment time to find all of your interval and run times for the program.
2. **Interval Pace Times:** where you'll find the times you should be achieving on each interval for Monday, Tuesday, and Wednesday sessions.
3. **8-mile Time:** where you'll find the time range you should run Friday's 8-mile run.

COMMON QUESTIONS

How should I implement this program if I am also completing the Operator Sessions, or another Military Athlete training program.

If you are doing the Operator Sessions, or another training program, do those sessions first, and the run sessions second. Ideally you would train in the gym in the mornings, and complete the running session in the afternoon/evening. However, if your gym-based training session includes a work capacity event with lots of running, you should skip the running portion in favor of completing your afternoon session from this plan.

What if I miss a day?

If you miss a day, make up the session you missed the next day and follow the programming as prescribed. If this happens, we recommend training on a Wednesday or Saturday to stay on schedule.

I found a hill to use, but it flattens out before 100m, is that OK?

Yes, as long as it's around 70m - it doesn't have to be exact. You can also use bleachers, though a hill is the best.

Can the hill be too steep?

Yes. You should be able to maintain a normal stride up the hill for the sprints. If you have to bring a knee around, or if you are running on your toes, the hill is too steep.

Why is the 8-mile run at a slow pace? I don't feel like I'm trying that hard.

Good. You shouldn't be trying that hard. Believe in easy when it comes to building an endurance base/forcing aerobic adaptations. We're not in the camp that says high-intensity is the only way to train. Miles at low intensity pay myriad dividends in the long term.

Why can't I make all of my 400m/800m interval times?

The intervals are pretty aggressive. In our experience, the first 1-2 times, you may not make all of the intervals. However, as you move through the program, they become more attainable, and, by the end, you'll probably be out-pacing them throughout all or most of the intervals. Much of the interval performance depends on the type of runner you are – strong athletes tend to be able to muscle through the shorter intervals, but suffer and fade away on the longer ones, for example.

What if I have more questions?

Contact rob@militaryathlete.com

Good Luck!

Rob Shaul
Military Athlete
Jackson, Wyoming

4-WEEK RUN IMPROVEMENT PROGRAM, JULY 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	SESSION 1 Obj: Assessment Warm-up: 3 Rounds 10x Air Squats 10x Push-ups 10x Sit-ups 200m Run (50%-75%-100%) Instep Stretch (1) Run 5 miles for time - record time. 5-MILE TIME: _____:	SESSION 2 Obj: Speed/Speed Endurance (1) 6 Rounds 800m Run @ Interval Pace Time 3 min. Rest	RUN REST DAY	SESSION 3 Obj: Speed/Speed Endurance (1) 2 Rounds 400m Run @ Interval Pace Time 2 min. Rest (2) 5 Rounds 800m Run @ Interval Pace Time 3 min. Rest	SESSION 4 Obj: Base/Efficiency (1) 8-mile Run @ 8-Mile Time

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2	SESSION 5 Obj: Speed/Tempo (1) 8 Rounds 100m Full Speed Sprint on hill with a moderate incline Rest 90 sec. (2) 3 Rounds 2-mile Run @ Interval Pace Time 5 min. Rest	SESSION 6 Obj: Speed/Speed Endurance (1) 4 Rounds 400m Run @ Interval Pace Time 2 min. Rest (2) 4 Rounds 800m Run @ Interval Pace Time 3 min. Rest	RUN REST DAY	SESSION 7 Obj: Speed/Speed Endurance (1) 6 Rounds 400m Run @ Interval Pace Time 2 min. Rest (2) 3 Rounds 800m Run @ Interval Pace Time 3 min. Rest	SESSION 8 Obj: Base/Efficiency (1) 8-mile Run @ 8-Mile Time

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	SESSION 9 Obj: Speed/Tempo (1) 7 Rounds 100m Full Speed Sprint on hill with a moderate incline Rest 90 sec. (2) 4 Rounds 2-mile Run @ Interval Pace Time 5 min. Rest	SESSION 10 Obj: Speed/Speed Endurance (1) 8 Rounds 400m Run @ Interval Pace Time 2 min. Rest (2) 2 Rounds 800m Run @ Interval Pace Time 3 min. Rest	RUN REST DAY	SESSION 11 Obj: Speed/Speed Endurance (1) 10 Rounds 400m Run @ Interval Pace Time 2 min. Rest (2) 1 Rounds 800m Run @ Interval Pace Time 3 min. Rest	SESSION 12 Obj: Base/Efficiency (1) 8-mile Run @ 8-Mile Time

4-WEEK RUN IMPROVEMENT PROGRAM, JULY 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4	SESSION 13 Obj: Speed/Tempo (1) 6 Rounds 100m Full Speed Sprint on hill with a moderate incline Rest 90 sec. (2) 4 Rounds 2-mile Run @ Interval Pace Time 5 min. Rest	SESSION 14 Obj: Speed/Speed Endurance (1) 12 Rounds 400m Run @ Interval Pace Time 2 min. Rest	RUN REST DAY	SESSION 15 Obj: Speed/Speed Endurance (1) 12 Rounds 400m Run @ Interval Pace Time 2 min. Rest	SESSION 16 Obj: Base/Efficiency (1) 8-mile Run @ 8-Mile Time

	MONDAY
WEEK 5	SESSION 17 Obj: Assessment Warm-up: 3 Rounds 10x Air Squats 10x Push-ups 10x Sit-ups 200m Run (50%-75%-100%) Instep Stretch (1) Run 5 miles for time - record time. 5-MILE TIME: _____:_____

4-WEEK RUN IMPROVEMENT PROGRAM, JULY 2013

ASSESSMENT TIME	INTERVAL PACE TIMES			8-MILE TIME
5 MILE TIME (MIN:SEC)	400m (mm:ss)	800m (mm:ss)	2 mile (mm:ss)	8 mile (h:mm:ss)
30:00 - 30:09	01:15 - 01:20	02:42 - 02:46	11:24 - 11:27	0:58:40 - 1:02:24
30:10 - 30:19	01:15 - 01:20	02:43 - 02:47	11:28 - 11:31	0:58:56 - 1:02:40
30:20 - 30:29	01:16 - 01:20	02:44 - 02:48	11:32 - 11:35	0:59:12 - 1:02:56
30:30 - 30:39	01:16 - 01:21	02:45 - 02:49	11:35 - 11:39	0:59:28 - 1:03:12
30:40 - 30:49	01:16 - 01:21	02:46 - 02:50	11:39 - 11:43	0:59:44 - 1:03:28
30:50 - 30:59	01:17 - 01:22	02:47 - 02:51	11:43 - 11:46	1:00:00 - 1:03:44
31:00 - 31:09	01:17 - 01:22	02:47 - 02:52	11:47 - 11:50	1:00:16 - 1:04:00
31:10 - 31:19	01:18 - 01:23	02:48 - 02:53	11:51 - 11:54	1:00:32 - 1:04:16
31:20 - 31:29	01:18 - 01:23	02:49 - 02:54	11:54 - 11:58	1:00:48 - 1:04:32
31:30 - 31:39	01:18 - 01:24	02:50 - 02:55	11:58 - 12:02	1:01:04 - 1:04:48
31:40 - 31:49	01:19 - 01:24	02:51 - 02:56	12:02 - 12:05	1:01:20 - 1:05:04
31:50 - 31:59	01:19 - 01:24	02:52 - 02:57	12:06 - 12:09	1:01:36 - 1:05:20
32:00 - 32:09	01:20 - 01:25	02:53 - 02:57	12:10 - 12:13	1:01:52 - 1:05:36
32:10 - 32:19	01:20 - 01:25	02:54 - 02:58	12:13 - 12:17	1:02:08 - 1:05:52
32:20 - 32:29	01:21 - 01:26	02:55 - 02:59	12:17 - 12:21	1:02:24 - 1:06:08
32:30 - 32:39	01:21 - 01:26	02:56 - 03:00	12:21 - 12:24	1:02:40 - 1:06:24
32:40 - 32:49	01:21 - 01:27	02:56 - 03:01	12:25 - 12:28	1:02:56 - 1:06:40
32:50 - 32:59	01:22 - 01:27	02:57 - 03:02	12:29 - 12:32	1:03:12 - 1:06:56
33:00 - 33:09	01:22 - 01:28	02:58 - 03:03	12:32 - 12:36	1:03:28 - 1:07:12
33:10 - 33:19	01:23 - 01:28	02:59 - 03:04	12:36 - 12:40	1:03:44 - 1:07:28
33:20 - 33:29	01:23 - 01:28	03:00 - 03:05	12:40 - 12:43	1:04:00 - 1:07:44
33:30 - 33:39	01:23 - 01:29	03:01 - 03:06	12:44 - 12:47	1:04:16 - 1:08:00
33:40 - 33:49	01:24 - 01:29	03:02 - 03:07	12:48 - 12:51	1:04:32 - 1:08:16
33:50 - 33:59	01:24 - 01:30	03:03 - 03:08	12:51 - 12:55	1:04:48 - 1:08:32
34:00 - 34:09	01:25 - 01:30	03:04 - 03:09	12:55 - 12:59	1:05:04 - 1:08:48
34:10 - 34:19	01:25 - 01:31	03:05 - 03:09	12:59 - 13:02	1:05:20 - 1:09:04
34:20 - 34:29	01:25 - 01:31	03:05 - 03:10	13:03 - 13:06	1:05:36 - 1:09:20
34:30 - 34:39	01:26 - 01:31	03:06 - 03:11	13:07 - 13:10	1:05:52 - 1:09:36
34:40 - 34:49	01:26 - 01:32	03:07 - 03:12	13:10 - 13:14	1:06:08 - 1:09:52
34:50 - 34:59	01:27 - 01:32	03:08 - 03:13	13:14 - 13:18	1:06:24 - 1:10:08
35:00 - 35:09	01:27 - 01:33	03:09 - 03:14	13:18 - 13:21	1:06:40 - 1:10:24
35:10 - 35:19	01:28 - 01:33	03:10 - 03:15	13:22 - 13:25	1:06:56 - 1:10:40

4-WEEK RUN IMPROVEMENT PROGRAM, JULY 2013

ASSESSMENT TIME	INTERVAL PACE TIMES			8-MILE TIME
5 MILE TIME (MIN:SEC)	400m (mm:ss)	800m (mm:ss)	2 mile (mm:ss)	8 mile (h:mm:ss)
35:20 - 35:29	01:26 - 01:32	03:09 - 03:14	13:26 - 13:29	1:07:12 - 1:10:56
35:30 - 35:39	01:26 - 01:32	03:10 - 03:15	13:29 - 13:33	1:07:28 - 1:11:12
35:40 - 35:49	01:27 - 01:32	03:10 - 03:16	13:33 - 13:37	1:07:44 - 1:11:28
35:50 - 35:59	01:27 - 01:33	03:11 - 03:16	13:37 - 13:40	1:08:00 - 1:11:44
36:00 - 36:09	01:27 - 01:33	03:12 - 03:17	13:41 - 13:44	1:08:16 - 1:12:00
36:10 - 36:19	01:28 - 01:34	03:13 - 03:18	13:45 - 13:48	1:08:32 - 1:12:16
36:20 - 36:29	01:28 - 01:34	03:14 - 03:19	13:48 - 13:52	1:08:48 - 1:12:32
36:30 - 36:39	01:29 - 01:35	03:15 - 03:20	13:52 - 13:56	1:09:04 - 1:12:48
36:40 - 36:49	01:29 - 01:35	03:16 - 03:21	13:56 - 13:59	1:09:20 - 1:13:04
36:50 - 36:59	01:30 - 01:35	03:17 - 03:22	14:00 - 14:03	1:09:36 - 1:13:20
37:00 - 37:09	01:30 - 01:36	03:18 - 03:23	14:04 - 14:07	1:09:52 - 1:13:36
37:10 - 37:19	01:30 - 01:36	03:18 - 03:24	14:07 - 14:11	1:10:08 - 1:13:52
37:20 - 37:29	01:31 - 01:37	03:19 - 03:25	14:11 - 14:15	1:10:24 - 1:14:08
37:30 - 37:39	01:31 - 01:37	03:20 - 03:26	14:15 - 14:18	1:10:40 - 1:14:24
37:40 - 37:49	01:32 - 01:38	03:21 - 03:26	14:19 - 14:22	1:10:56 - 1:14:40
37:50 - 37:59	01:32 - 01:38	03:22 - 03:27	14:23 - 14:26	1:11:12 - 1:14:56
38:00 - 38:09	01:32 - 01:38	03:23 - 03:28	14:26 - 14:30	1:11:28 - 1:15:12
38:10 - 38:19	01:33 - 01:39	03:24 - 03:29	14:30 - 14:34	1:11:44 - 1:15:28
38:20 - 38:29	01:33 - 01:39	03:25 - 03:30	14:34 - 14:37	1:12:00 - 1:15:44
38:30 - 38:39	01:34 - 01:40	03:26 - 03:31	14:38 - 14:41	1:12:16 - 1:16:00
38:40 - 38:49	01:34 - 01:40	03:26 - 03:32	14:42 - 14:45	1:12:32 - 1:16:16
38:50 - 38:59	01:34 - 01:41	03:27 - 03:33	14:45 - 14:49	1:12:48 - 1:16:32
39:00 - 39:09	01:35 - 01:41	03:28 - 03:34	14:49 - 14:53	1:13:04 - 1:16:48
39:10 - 39:19	01:35 - 01:41	03:29 - 03:35	14:53 - 14:56	1:13:20 - 1:17:04
39:20 - 39:29	01:36 - 01:42	03:30 - 03:36	14:57 - 15:00	1:13:36 - 1:17:20
39:30 - 39:39	01:36 - 01:42	03:31 - 03:36	15:01 - 15:04	1:13:52 - 1:17:36
39:40 - 39:49	01:36 - 01:43	03:32 - 03:37	15:04 - 15:08	1:14:08 - 1:17:52
39:50 - 39:59	01:37 - 01:43	03:33 - 03:38	15:08 - 15:12	1:14:24 - 1:18:08
40:00 - 40:09	01:37 - 01:44	03:34 - 03:39	15:12 - 15:15	1:14:40 - 1:18:24
40:10 - 40:19	01:38 - 01:44	03:34 - 03:40	15:16 - 15:19	1:14:56 - 1:18:40
40:20 - 40:29	01:38 - 01:44	03:35 - 03:41	15:20 - 15:23	1:15:12 - 1:18:56
40:30 - 40:39	01:38 - 01:45	03:36 - 03:42	15:23 - 15:27	1:15:28 - 1:19:12

4-WEEK RUN IMPROVEMENT PROGRAM, JULY 2013

ASSESSMENT TIME	INTERVAL PACE TIMES			8-MILE TIME
5 MILE TIME (MIN:SEC)	400m (mm:ss)	800m (mm:ss)	2 mile (mm:ss)	8 mile (h:mm:ss)
40:40 - 40:49	01:38 - 01:44	03:35 - 03:40	15:27 - 15:31	1:15:44 - 1:19:28
40:50 - 40:59	01:38 - 01:45	03:36 - 03:41	15:31 - 15:34	1:16:00 - 1:19:44
41:00 - 41:09	01:38 - 01:45	03:36 - 03:42	15:35 - 15:38	1:16:16 - 1:20:00
41:10 - 41:19	01:39 - 01:45	03:37 - 03:43	15:39 - 15:42	1:16:32 - 1:20:16
41:20 - 41:29	01:39 - 01:46	03:38 - 03:44	15:42 - 15:46	1:16:48 - 1:20:32
41:30 - 41:39	01:40 - 01:46	03:39 - 03:45	15:46 - 15:50	1:17:04 - 1:20:48
41:40 - 41:49	01:40 - 01:47	03:40 - 03:46	15:50 - 15:53	1:17:20 - 1:21:04
41:50 - 41:59	01:40 - 01:47	03:41 - 03:47	15:54 - 15:57	1:17:36 - 1:21:20
42:00 - 42:09	01:41 - 01:47	03:42 - 03:48	15:58 - 16:01	1:17:52 - 1:21:36
42:10 - 42:19	01:41 - 01:48	03:43 - 03:49	16:01 - 16:05	1:18:08 - 1:21:52
42:20 - 42:29	01:42 - 01:48	03:44 - 03:49	16:05 - 16:09	1:18:24 - 1:22:08
42:30 - 42:39	01:42 - 01:49	03:44 - 03:50	16:09 - 16:12	1:18:40 - 1:22:24
42:40 - 42:49	01:42 - 01:49	03:45 - 03:51	16:13 - 16:16	1:18:56 - 1:22:40
42:50 - 42:59	01:43 - 01:50	03:46 - 03:52	16:17 - 16:20	1:19:12 - 1:22:56
43:00 - 43:09	01:43 - 01:50	03:47 - 03:53	16:20 - 16:24	1:19:28 - 1:23:12
43:10 - 43:19	01:44 - 01:50	03:48 - 03:54	16:24 - 16:28	1:19:44 - 1:23:28
43:20 - 43:29	01:44 - 01:51	03:49 - 03:55	16:28 - 16:31	1:20:00 - 1:23:44
43:30 - 43:39	01:44 - 01:51	03:50 - 03:56	16:32 - 16:35	1:20:16 - 1:24:00
43:40 - 43:49	01:45 - 01:52	03:51 - 03:57	16:36 - 16:39	1:20:32 - 1:24:16
43:50 - 43:59	01:45 - 01:52	03:51 - 03:58	16:39 - 16:43	1:20:48 - 1:24:32
44:00 - 44:09	01:46 - 01:53	03:52 - 03:58	16:43 - 16:47	1:21:04 - 1:24:48
44:10 - 44:19	01:46 - 01:53	03:53 - 03:59	16:47 - 16:50	1:21:20 - 1:25:04
44:20 - 44:29	01:46 - 01:53	03:54 - 04:00	16:51 - 16:54	1:21:36 - 1:25:20
44:30 - 44:39	01:47 - 01:54	03:55 - 04:01	16:55 - 16:58	1:21:52 - 1:25:36
44:40 - 44:49	01:47 - 01:54	03:56 - 04:02	16:58 - 17:02	1:22:08 - 1:25:52
44:50 - 44:59	01:48 - 01:55	03:57 - 04:03	17:02 - 17:06	1:22:24 - 1:26:08
45:00 - 45:09	01:48 - 01:55	03:58 - 04:04	17:06 - 17:09	1:22:40 - 1:26:24
45:10 - 45:19	01:48 - 01:56	03:58 - 04:05	17:10 - 17:13	1:22:56 - 1:26:40
45:20 - 45:29	01:49 - 01:56	03:59 - 04:06	17:14 - 17:17	1:23:12 - 1:26:56
45:30 - 45:39	01:49 - 01:56	04:00 - 04:07	17:17 - 17:21	1:23:28 - 1:27:12
45:40 - 45:49	01:50 - 01:57	04:01 - 04:07	17:21 - 17:25	1:23:44 - 1:27:28
45:50 - 45:59	01:50 - 01:57	04:02 - 04:08	17:25 - 17:28	1:24:00 - 1:27:44

RUCK-BASED SELECTION TRAINING PLAN





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RUCK BASED SELECTION TRAINING PLAN

The following is a sport-specific 8-week program is specifically designed to prepare athletes for the SFAS (Green Beret) and similar Ruck Based Selection Courses. The plan includes a 2-week taper, and is designed to be completed the 8 weeks directly prior to your course start week.

***** CAUTION *****

This is a very intense, 6-day a week, often 2x/day training program with high levels of volume and stress. Be safe and smart about your training as you work through the program and don't be afraid to cut down sessions, or if necessary take an extra rest day if needed.

PROGRAM DESCRIPTION

This program gets progressively harder each week, until week 7, when the training tapers down into the start of selection. Don't skip ahead!! The plan is designed to build upon itself. If you have to miss a training day, start up back where you left off.

This is a 6 day/week training program with many 2-a-Day training sessions.

To successfully complete this program you'll need to make training for selection a priority during your work day.

Ruck Intensive

This plan is "sport specific" to the specific fitness demands you'll face at SFAS and similar selection courses - specifically rucking, running, calisthenic-based "smokers," grip strength, etc. You'll ruck 2 days/week and run 3 days/week. It also includes:

- Testing and progressive training for the APFT
- Extended, multi-modal work capacity events
- Grip strength training.
- Sandbag Getups for work capacity, mental toughness, and core strength
- Intense core, mobility, and stabilizer strength training for durability
- 4-Square Drills for ankle and knee durability

The plan includes 48 Total Training Sessions. It is intended that you'll train Monday - Saturday, and take Sunday's off. Sessions 1, 7, 13, 19, 25, 31, 37, and 43, are Mondays and the beginning of each training week.

RUCK BASED SELECTION TRAINING PLAN, V4, JUNE 2013

Here is the general training Schedule for weeks 2-8:

	Mon	Tues	Wed	Thurs	Fri	Sat
AM	APFT Work	Strength/Core	Work Capacity	Run or Work Cap	Work Cap or Rest	Long Ruck
PM	Heavy Ruck	-----	Run or Work Cap	_____	_____	_____

Saturday Long Rucks

You'll work up to 18 miles at 60# Ruck plus a 10# rubber rifle, sledge hammer or dumbbell.

Assessments

The plan includes 5 specific assessments, and follow-on progressions. You'll take these assessments multiple times over the 8 weeks:

- (1) **APFT+** - Max Sit ups (2 minutes), Max Push ups (2 minutes), Max Pull ups and 2 Mile Run
- (2) **3 Part Work Cap Assessment** - 10 min Sandbag Getups @ 80# for reps, Interval 25m Shuttles for Reps, 3 Mile IBA Run
- (3) **10 Mile Heavy Ruck for Time** - 60# Ruck, 10lb Rubber Rifle or Sledge Hammer, Full Cammies/Boots, Helmet
- (4) **6 Mile Run for Time**, shorts and t-shirt
- (5) **Multi Modal Work Cap for Time**

EXERCISE PROGRESSIONS

During this train-up every number of repetitions you perform is based on the number of repetitions you completed during your latest APFT+ , 25m 60/60 Shuttle Interval for reps, and 10 min Sandbag Getups @ 80# for Reps

Example 1:

Athlete Performs 50x Sit-ups on initial APFT+ during Session 1.

Session 7 from the plan calls for:

5 Rounds

Sit-ups

30% of your Max Reps scored on Session 1, every 60 Seconds, then

1 Round, Max Reps in 60 Seconds.

30% of 50x Sit-ups is 15 ($3 \times 50 = 15$). Set a repeating timer for 60 seconds. On Round one, do 15x Sit-ups as fast as possible, then rest for the remaining time left in the interval. When the Round 1's 60 seconds is up, sprint through 15x sit-ups again for Round 2, rest the remainder of the interval, etc. through 5 Rounds. On the 6th Round, do as many sit-ups as possible during the 60 second interval - you can rest and start again if necessary - just work the entire 60 seconds.

Example 2:

Athlete Performs 52x Sandbag Getups @ 80# in Session 3.

Session 8 from the plan calls for:

8 Rounds - Every 90 Seconds, 10% of Max Sandbag Getups (Round Up)

10% of 52x Sit-ups is 5.2 ($.1 \times 52 = 5.2$). Set a repeating timer for 90 seconds. On Round 1, do 6x Sandbag Getups (Round up from 5.2) as fast as possible, then rest for the remaining time left in the interval. Repeat this 7 more times for a total of 8 Rounds

RUCK BASED SELECTION TRAINING PLAN, V4, JUNE 2013

Example 3:

Athlete Performs 35x 25m Shuttles in Session 3's 60/60 25m Shuttle Event.

Session 9 from the plan calls for:

12 Rounds - Every 30 Seconds, 10% of Max 25m Shuttle Reps (Round Up)

10% of 35x shuttle reps is 3.5 ($1 \times 35 = 3.5$). So, set a repeating timer for 30 seconds. On Round one, do 4x 25m Shuttles (Round up from 3.5) as fast as possible, then rest for the remaining time left in the interval. Repeat this 11 more times for a total of 12 Rounds

RUN/RUCK/IBA RUN PROGRESSION TABLES

The training plan includes scaled paces for your runs, rucks and IBA Run. These paces are based on your assessment results from the heavy ruck, 3-Mile IBA run, 2-mile APFT run, and 6-mile run. You'll take these assessments 3 times throughout the plan. Use your latest assessment results for the subsequent training sessions.

We use interval training to train your run, rucking, and IBA Run fitness. The interval distances are shorter, and pace faster than your latest assessment pace.

Assessment	Interval Distance
2-Mile Run	800m Repeats
6-Mile Run	2 Mile Repeats
10 Mile Heavy Ruck	2 Mile Ruck Repeats
3 Mile IBA Run	800m IBA Run Repeats

Run, Ruck and IBA Run Tables

These are scaled to your latest assessment time, and dictate the pace you need to keep for each repeat. The tables are self explanatory, and easy to figure out as you work through the training plan. Email rob@militaryathlete.com if you are having trouble.

HEAVY RUCK RUCK, IBA RUN, RUN, UNIFORMS

10 Mile Heavy Ruck Assessment and 2-Mile Repeats - Full cammies, boots, helmet, 10 pound rubber rifle, sledge hammer, or dumbbell, 60# ruck plus water

IBA Run and Repeats - Shorts, T-Shirt, boots, 10 pound rubber rifle, sledge hammer, or dumbbell. IBA = Individual Body Armor. In lieu of your IBA, you can also wear a 25# Weight Vest.

6-Mile Run, 2-Mile Run and their interval repeats - Shorts, t-shirt, sneakers

Long Saturday Rucks - Full cammies, boots, helmet, 10 pound rubber rifle, sledge hammer, or dumbbell, 60# ruck plus water

RUCKING ADVICE

Use this training plan to get your rucking dialed - including boots, pack loading (weight high instead of low seems to help), pacing, nutrition, and hydration dialed. Ruck in the same boots you'll take to selection. Refuel the same way you'll refuel at selection, etc. One tip for the Heavy Rucks - Run 3 Minutes, Walk 3 Minutes can help you keep on pace. Also, work to increase the frequency of short strides to increase speed, rather than stretching out your stride.

COMMON QUESTIONS

What equipment is needed to complete this program?

Stop Watch with Repeating Countdown Timer - Timex Ironman is best.

40, 60 and 80# Sandbags

ALICE Ruck or same ruck you will use at selection, 60# of filler,

10# Rubber Rifle (No rifle? Use a 10 lb sledge hammer or a 10# dumbbell)

Pair of 25# Dumbbells

Pull up Bar

Highly Recommended - GPS-enabled Stop Watch with repeating countdown timer (Garmin Forerunner 10 is recommended) A GPS enabled watch will make measuring run and ruck distances much easier.

What if I miss a day?

Don't skip ahead. Start where you left off. The plan is progressive, and its training sessions designed to be completed in order.

What if I have less than 8 weeks before I start the Selection Course?

Still start at the beginning of this training plan anyway. Don't skip ahead.

What if I can't handle the training volume at first?

Building stamina and resilience is a key training goal of this plan, and physical and mental stamina is also key to completing the Selection course. If you can't handle the training volume at first, its better to cut training sessions short, rather than take unscheduled rest days.

What if I can't make the prescribed reps for the bodyweight exercises, or the prescribed interval times for the rucks or runs?

Do your best, and be sure to do the total number of rounds, even if you can't make the reps or the time. Don't quit.

How do you count reps for Sandbag Getups and 25m Shuttle Intervals?

Sandbag Getups - The prescribed rep count is total reps, so 50x Sandbag Getups at 60# sandbag = 50x total reps, 25x each shoulder.

25m Shuttle Intervals - Every length = 1 rep. So each round trip = 2x reps. Only full lengths count.

Unfamiliar Exercises? Questions?

Go to www.militaryathlete.com and click the "Exercises" link to see unfamiliar exercises.

More Questions?

Email rob@militaryathlete.com

Good Luck!



Rob Shaul, Military Athlete

RUCK V4 PLAN, JUNE 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	SESSION 1 Obj: Assessment (APFT+) Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Rest 5 Minutes Training: (1) 2 min. Max Push-Ups Rest 5-10 Minutes (2) 2 min. Max Sit-Ups Rest 5-10 Minutes (3) Max Pull ups Rest 5 minutes (4) 2 Mile Run (timed) RECORD YOUR SCORES	SESSION 2 Obj: Assessment Training: (1) Run 6 miles for Time RECORD YOUR TIME	SESSION 3 Obj: Assessment Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 4 Rounds 60 Sec 25m Shuttle, for reps 60 Sec Rest Rest 5 Minutes (2) 10 Min Sandbag Getups for Reps @ 80# Rest 10 Minutes (3) 3 Mile IBA Run (timed) RECORD YOUR SCORES	SESSION 4 Obj: Assessment Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag RECORD YOUR TIME	SESSION 5 Obj: Rest Day	SESSION 6 Obj: Ruck Assessment (1) 10 Mile Heavy Ruck for Time, Flat Course Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell RECORD YOUR TIME

RUCK V4 PLAN, JUNE 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 2	SESSION 7 AM: Obj: APFT+ Work (Use results from SESSION 1) Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 4 Rounds, every 60 sec. 30% of max reps Push-ups, then immediately... Max reps Push-ups in 60 sec. (2) 4 Rounds, every 60 sec. 30% of max reps Sit-ups then ... Max reps Sit-ups in 60 sec. (3) 4 Rounds, every 60 sec. 30% of max reps Pull-ups then... Max reps Pull-ups in 60 sec. (4) 4 Rounds Run 800m at Interval Pace based on 2-mile Run Time Rest 3 Minutes between runs (5) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs Monday PM: Obj: Heavy Ruck Work (1) 3 Rounds 2 Mile Ruck at Interval Pace based on SESSION 6 Heavy Ruck time, Flat Course Rest 5 Minutes between Rucks, Load - 60# + 10 lb Rubber Rifle/Sledge/ Dumbbell	SESSION 8 Obj: Strength, Work Capacity/Core Warm up: 4 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch raining: (1) 6 Rounds 5x Sandbag Hang Squat Clean @ 60# 5x Pull Up Bar Heel Tap Hip Flexor Stretch (2) 10 Minute AMRAP 5x Burpees 100m Run with 60# sandbag Rest 30 Seconds (3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EO's 60 Sec sandbag hold @ 60# sandbag (4) 2 Rounds 20 Second Jane Fonda 10x Hamstring Hell Foam Roll Legs/Low Back	SESSION 9 AM: Obj: Assessment Work (Use results from SESSION 3) Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch 8x Push-Ups 10x Sit-Ups Instep Stretch Training: (1) 12 Rounds, Every 30 seconds 10% of max reps from 25m Shuttle Sprints (round up) (2) 8 Rounds - Every 90 seconds, 10% of max reps SBGU (round up) (3) 5 Rounds IBA Run Run 800m at Interval Pace based on SESSION 1 3-mile IBA Run Time Rest 2 Minutes between runs (4) 3 Rounds Hip Flexor + Instep + Pigeon Foam Roll Legs/Low Back SESSION 9 PM: Obj: Work Cap Warm up: 3 Rounds 10x Squats 10x Pushups Instep Stretch Training: (1) 20 Min AMRAP 3x Rob Shauls with 40# Sandbag 6x Burpees Run 200m	SESSION 10 Obj: 6 Mile Run Work Training: (1) 2 Rounds 2 Mile Run at Interval Pace based on SESSION 2, 6 Mile time (2) Foam Roll Legs and Low Back	SESSION 11 Obj: Work Capacity/Core Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag Compare finish time to Session 4 (2) 4 Rounds 5x 1-Arm Weighted Situps @ 25# Dumbbell 10x EO's 60 Second Sandbag Hold @ 60# Sandbag 30 Sec Superman Hold (3) 2 Rounds 20 Second Jane Fonda 10x Hamstring Hell Foam Roll Legs/Low Back	SESSION 12 Obj: Long Ruck Ruck 12 miles over uneven, hilly terrain Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell 3 Hour Time Limit

RUCK V4 PLAN, JUNE 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 3	SESSION 13 - AM Obj: APFT+ Work (Use results from SESSION 1) Warm up: 3 Rounds 4x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 4 Rounds, every 60 sec. 35% of max reps Push-ups, then immediately... Max reps Push-ups in 60 sec. (2) 4 Rounds, every 60 sec. 35% of max reps Sit-ups then ... Max reps Sit-ups in 60 sec. (3) 4 Rounds, every 60 sec. 35% of max reps Pull-ups then... Max reps Pull-ups in 60 sec. (4) 5 Rounds Run 800m at Interval Pace based on 2-mile Run Time Rest 3 Minutes between runs (5) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs SESSION 13 PM: Obj: Heavy Ruck Work (1) 3 Rounds 2 Mile Ruck at Interval Pace based on SESSION 4 Heavy Ruck time, Flat Course Rest 5 Minutes between Rucks - Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell	SESSION 8 Obj: Strength, Work Capacity/Core Warm up: 4 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch Training: (1) 6 Rounds 5x Sandbag Burpees @ 60# 3x Tarzan Pull Ups Hip Flexor Stretch *** Rest 3 Minutes *** (2) 10 Rounds, Every 60 seconds 5x Sandbag Walking Lunge @ 60# 10x Seated Russian Twist @ 25# Dumbbell (3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EOs 70 Sec sandbag hold @ 60# sandbag (4) 2 Rounds 25 Second Jane Fonda 15x Hamstring Hell Foam Roll Legs/Low Back	SESSION 15 AM: Obj: Assessment Work (Use results from SESSION 3) Warm up: 3 Rounds 4x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch 8x Push-Ups 10x Sit-Ups Instep Stretch Training: (1) 12 Rounds, Every 30 seconds 10% of max reps from 25m Shuttle Sprints (round up) + 1 rep (2) 8 Rounds - Every 90 seconds, 10% of max reps SBGU (round up) + 1 Rep (3) 6 Rounds IBA Run Run 800m at Interval Pace based on SESSION 1 3-mile IBA Run Time Rest 2 Minutes between runs (4) 3 Rounds Hip Flexor + Instep + Pigeon Foam Roll Legs/Low Back SESSION 15 PM: Warm up: 3 Rounds 10x Squats 10x Pushups 10x Situps Instep Stretch Training: (1) 6 Rounds for Time 8x Sandbag Front Squats @ 60# 8x Burpees Run 200m with Sandbag	SESSION 16 Obj: 6 Mile Run Work Training: (1) 3 Rounds 2 Mile Run at Interval Pace based on SESSION 2, 6 Mile time (2) Foam Roll Legs and Low Back	SESSION 17 Obj: Work Capacity/Core Warm up: 3 Rounds 4x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag Compare finish time to Session 4 (2) 4 Rounds 10x Seated Russian Twist @ 25# Dumbbell 10x EO's 70 Second Sandbag Hold @ 60# Sandbag 30 Sec Superman Hold (3) 2 Rounds 25 Second Jane Fonda 15x Hamstring Hell Foam Roll Legs/Low Back	SESSION 18 Obj: Long Ruck Ruck 14 miles over uneven, hilly terrain Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell 3.5 Hour Time Limit

RUCK V4 PLAN, JUNE 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 4	SESSION 19 - AM Obj: Assessment (APFT+) Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Rest 5 Minutes Training: (1) 2 min. Max Push-Ups Rest 5-10 Minutes (2) 2 min. Max Sit-Ups Rest 5-10 Minutes (3) Max Pull ups Rest 5 minutes (4) 2 Mile Run (timed) RECORD YOUR SCORES	SESSION 20 Obj: Assessment Training: (1) Run 6 miles for Time RECORD YOUR TIME	SESSION 21 Obj: Assessment Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 4 Rounds 60 Sec 25m Shuttle, for reps 60 Sec Rest Rest 5 Minutes (2) 10 Min Sandbag Getups for Reps @ 80# Rest 10 Minutes (3) 3 Mile IBA Run (timed) RECORD YOUR SCORES	SESSION 22 Obj: Assessment Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 8 Rounds for Time wearing IBA 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag RECORD YOUR TIME	SESSION 23 Obj: Rest Day	SESSION 24 Obj: Ruck Assessment (1) 10 Mile Heavy Ruck for Time, Flat Course Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell RECORD YOUR TIME

RUCK V4 PLAN, JUNE 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 5	SESSION 25 AM: Obj: APFT+ Work (Use results from SESSION 19) Warm up: 3 Rounds 5x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 5 Rounds, every 60 sec. 30% of max reps Push-ups, then immediately... Max reps Push-ups in 60 sec. (2) 5 Rounds, every 60 sec. 30% of max reps Sit-ups then ... Max reps Sit-ups in 60 sec. (3) 5 Rounds, every 60 sec. 30% of max reps Pull-ups then... Max reps Pull-ups in 60 sec. (4) 4 Rounds Run 800m at Interval Pace based on 2-mile Run Time Rest 3 Minutes between runs (5) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs SESSION 25 PM: Obj: Heavy Ruck Work (1) 3 Rounds 2 Mile Ruck at Interval Pace based on SESSION 24 Heavy Ruck time, Flat Course Rest 5 Minutes between Rucks Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell	SESSION 26 Obj: Strength, Work Capacity/Core Warm up: 4 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch Training: (1) 6 Rounds 3x Sandbag Curtis P's @ 60# 5x Chin ups Hip Flexor Stretch (2) 5 Rounds for Time 6x Burpee Pullups 3x Jumping Lunges 6x Situps (3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EO's 80 Sec sandbag hold @ 60# sandbag (4) 2 Rounds 30 Second Jane Fonda 15x Hamstring Hell Foam Roll Legs/Low Back	SESSION 27 AM: Obj: Assessment Work (Use results from SESSION 21) Warm up: 3 Rounds 5x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 12 Rounds, Every 30 seconds 10% of max reps from 25m Shuttle Sprints (round up) (2) 8 Rounds - Every 90 seconds, 10% of max reps SBUGU (round up) (3) 5 Rounds IBA Run Run 800m at Interval Pace based on SESSION 21 3-mile IBA Run Time Rest 2 Minutes between runs (4) 3 Rounds Hip Flexor + Instep + Pigeon Foam Roll Legs/Low Back SESSION 27 PM: Obj: 6 Mile Run Work Training: (1) 2 Rounds 2 Mile Run at Interval Pace based on SESSION 20, 6 Mile time (2) Foam Roll Legs and Low Back	SESSION 28 Obj: Work Capacity/Core Warm up: 3 Rounds 5x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 8 Rounds for Time wearing IBA 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag Compare finish time to Session 22 (2) 3 Rounds 10x Toes to Sky 15x EO's 80 Second Sandbag Hold @ 60# Sandbag 40 Sec Superman Hold (3) 2 Rounds 30 Second Jane Fonda 15x Hamstring Hell Foam Roll Legs/Low Back	SESSION 29 Rest Day	SESSION 30 Obj: Long Ruck Ruck 16 miles over uneven, hilly terrain Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell 4 Hour Time Limit

RUCK V4 PLAN, JUNE 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 6	SESSION 31 AM: Obj: APFT+ Work (Use results from SESSION 19) Warm up: 3 Rounds 5x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 5 Rounds, every 60 sec. 35% of max reps Push-ups, then immediately... Max reps Push-ups in 60 sec. (2) 5 Rounds, every 60 sec. 35% of max reps Sit-ups then ... Max reps Sit-ups in 60 sec. (3) 5 Rounds, every 60 sec. 35% of max reps Pull-ups then... Max reps Pull-ups in 60 sec. (4) 3 Rounds Run 800m at Interval Pace based on 2-mile Run Time Rest 3 Minutes between runs (5) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs SESSION 31 PM: Obj: Heavy Ruck Work (1) 3 Rounds 2 Mile Ruck at Interval Pace based on SESSION 24 Heavy Ruck time, Flat Course Rest 5 Minutes between Rucks. Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell	SESSION 32 Obj: 6 Mile Run Work Training: (1) 3 Rounds 2 Mile Run at Interval Pace based on SESSION 20, 6 Mile time (3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EO's 90 Sec sandbag hold @ 60# sandbag (4) 2 Rounds 30 Second Jane Fonda 15x Hamstring Hell Foam Roll Legs/Low Back	SESSION 33 AM: Obj: Assessment Work (Use results from SESSION 21) Warm up: 3 Rounds 5x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 12 Rounds, Every 30 seconds 10% of max reps from 25m Shuttle Sprints (round up) + 1 Rep (2) 8 Rounds - Every 90 seconds, 10% of max reps SBUG (round up) + 1 Rep (3) 5 Rounds IBA Run Run 800m at Interval Pace based on SESSION 21 3-mile IBA Run Time Rest 2 Minutes between runs (4) 3 Rounds Hip Flexor + Instep + Pigeon Foam Roll Legs/Low Back SESSION 33 PM: Training: (1) Run 3 Miles @ moderate pace (comfortable but not easy)	SESSION 34 Obj: Work Capacity/Core Warm up: 3 Rounds 10x Air Squats 5x Scotty Bobs @ 25# Run 200m Instep Stretch Training: (1) 8 Rounds for Time wearing IBA 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag Compare finish time to Session 22 (2) 3 Rounds 10x Toes to Sky 15x EO's 90 Second Sandbag Hold @ 60# Sandbag 45 Sec Superman Hold (3) 2 Rounds 30 Second Jane Fonda 15x Hamstring Hell Foam Roll Legs/Low Back	SESSION 35 Rest Day	SESSION 36 Obj: Long Ruck Ruck 18 miles over uneven, hilly terrain Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell 4.5 Hour Time Limit

RUCK V4 PLAN, JUNE 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 7	SESSION 37 Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Rest 5 Minutes Training: (1) 2 min. Max Push-Ups Rest 5-10 Minutes (2) 2 min. Max Sit-Ups Rest 5-10 Minutes (3) Max Pull ups Rest 5 minutes (4) 2 Mile Run (timed) RECORD YOUR SCORES	SESSION 38 Obj: Assessment Training: (1) Run 6 miles for Time RECORD YOUR TIME	SESSION 39 Obj: Assessment Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 4 Rounds 60 Sec 25m Shuttle, for reps 60 Sec Rest Rest 5 Minutes (2) 10 Min Sandbag Getups for Reps @ 80# Rest 10 Minutes (3) 3 Mile IBA Run (timed) RECORD YOUR SCORES	SESSION 40 Obj: Assessment Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 8 Rounds for Time wearing IBA 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag RECORD YOUR TIME - compare to Session 22	SESSION 41 Rest Day	SESSION 42 Obj: Ruck Assessment (1) 10 Mile Heavy Ruck for Time Load - 60#, 10 lb Rubber Rifle, Sledge Hammer or 10# dumbbell RECORD YOUR TIME

RUCK V4 PLAN, JUNE 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 8	SESSION 43 Obj: Work Capacity Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# 5x Hang Squat Clean with 60# Sandbag Run 200m (2) 2 Rounds 30 Second Jane Fonda 15x Hamstring Hell Foam Roll Legs/Low Back	SESSION 44 Obj: Work Capacity/Core Warm up: 60x Sandbag Getups @ 80# (1) 4-Mile Heavy Ruck, Flat Course, 1 Hour Time Limit Load - 60#, 10 lb Rubber Rifle, Sledge Hammer or 10# dumbbell (2) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EO's 105 Sec sandbag hold @ 60# sandbag	SESSION 45 Obj: Assessment Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 4 Rounds in IBA (Grind, not for time) 5x Scotty Bobs @ 25# 10x Situps Run 400m (2) 2 Rounds Hip Flexor Stretch 15x Hamstring Hell Foam Roll Legs/Low Back	SESSION 46 Obj: Work Capacity Warm up: 60x Sandbag Getups @ 60# Training: (1) Run 6 Miles, Moderate Pace (2) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EO's 105 Sec sandbag hold @ 60# sandbag	SESSION 47 Rest Day	SESSION 48 Rest Day

3-MILE IBA RUN TABLE-1

800M IBA RUN INTERVAL PACE		
3-MILE IBA TIME (H:MM:SS)	800m (MM:SS)	
18:00 - 18:10	02:51	02:53
18:10 - 18:20	02:53	02:54
18:20 - 18:30	02:54	02:56
18:30 - 18:40	02:56	02:57
18:40 - 18:50	02:57	02:59
18:50 - 19:00	02:59	03:01
19:00 - 19:10	03:01	03:02
19:10 - 19:20	03:02	03:04
19:20 - 19:30	03:04	03:05
19:30 - 19:40	03:05	03:07
19:40 - 19:50	03:07	03:08
19:50 - 20:00	03:08	03:10
20:00 - 20:10	03:10	03:12
20:10 - 20:20	03:12	03:13
20:20 - 20:30	03:13	03:15
20:30 - 20:40	03:15	03:16
20:40 - 20:50	03:16	03:18
20:50 - 21:00	03:18	03:20
21:00 - 21:10	03:20	03:21
21:10 - 21:20	03:21	03:23
21:20 - 21:30	03:23	03:24
21:30 - 21:40	03:24	03:26
21:40 - 21:50	03:26	03:27
21:50 - 22:00	03:27	03:29
22:00 - 22:10	03:29	03:31
22:10 - 22:20	03:31	03:32
22:20 - 22:30	03:32	03:34
22:30 - 22:40	03:34	03:35

3-MILE IBA RUN TABLE-2

800M IBA RUN INTERVAL PACE, CONT'D		
3-MILE IBA TIME (H:MM:SS)	800m (MM:SS)	
22:40 - 22:50	03:34	03:37
22:50 - 23:00	03:36	03:37
23:00 - 23:10	03:36	03:38
23:10 - 23:20	03:38	03:39
23:20 - 23:30	03:39	03:41
23:30 - 23:40	03:41	03:42
23:40 - 23:50	03:42	03:44
23:50 - 24:00	03:44	03:46
24:00 - 24:10	03:46	03:47
24:10 - 24:20	03:47	03:49
24:20 - 24:30	03:49	03:50
24:30 - 24:40	03:50	03:52
24:40 - 24:50	03:52	03:53
24:50 - 25:00	03:53	03:55
25:00 - 25:10	03:55	03:57
25:10 - 25:20	03:57	03:58
25:20 - 25:30	03:58	04:00
25:30 - 25:40	04:00	04:01
25:40 - 25:50	04:01	04:03
25:50 - 26:00	04:03	04:04
26:00 - 26:10	04:04	04:06
26:10 - 26:20	04:06	04:08
26:20 - 26:30	04:08	04:09
26:30 - 26:40	04:09	04:11
26:40 - 26:50	04:11	04:12
26:50 - 27:00	04:12	04:14
27:00 - 27:10	04:14	04:15
27:10 - 27:20	04:15	04:17

3-MILE IBA RUN TABLE-3

800M IBA RUN INTERVAL PACE, CONT'D		
3-MILE IBA TIME (H:MM:SS)	800m (MM:SS)	
27:20 - 27:30	04:17	04:19
27:30 - 27:40	04:19	04:20
27:40 - 27:50	04:20	04:22
27:50 - 28:00	04:22	04:23
28:00 - 28:10	04:23	04:25
28:10 - 28:20	04:25	04:26
28:20 - 28:30	04:26	04:28
28:30 - 28:40	04:28	04:29
28:40 - 28:50	04:29	04:31
28:50 - 29:00	04:31	04:33
29:00 - 29:10	04:33	04:34
29:10 - 29:20	04:34	04:36
29:20 - 29:30	04:36	04:37
29:30 - 29:40	04:37	04:39
29:40 - 29:50	04:39	04:40
29:50 - 30:00	04:40	04:42
30:00 - 30:10	04:42	04:44
30:10 - 30:20	04:44	04:45
30:20 - 30:30	04:45	04:47
30:30 - 30:40	04:47	04:48
30:40 - 30:50	04:48	04:50
30:50 - 31:00	04:50	04:51
31:00 - 31:10	04:51	04:53
31:10 - 31:20	04:53	04:55
31:20 - 31:30	04:55	04:56
31:30 - 31:40	04:56	04:58
31:40 - 31:50	04:58	04:59
31:50 - 32:00	04:59	05:01

3-MILE IBA RUN TABLE-4

800M IBA RUN INTERVAL PACE, CONT'D		
3-MILE IBA TIME (H:MM:SS)	800m (MM:SS)	
32:00 - 32:10	04:59	05:02
32:10 - 32:20	05:01	05:03
32:20 - 32:30	05:01	05:03
32:30 - 32:40	05:02	05:04
32:40 - 32:50	05:04	05:05
32:50 - 33:00	05:05	05:07
33:00 - 33:10	05:07	05:08
33:10 - 33:20	05:08	05:10
33:20 - 33:30	05:10	05:12
33:30 - 33:40	05:12	05:13
33:40 - 33:50	05:13	05:15
33:50 - 34:00	05:15	05:16
34:00 - 34:10	05:16	05:18
34:10 - 34:20	05:18	05:19
34:20 - 34:30	05:19	05:21
34:30 - 34:40	05:21	05:22
34:40 - 34:50	05:22	05:24
34:50 - 35:00	05:24	05:26
35:00 - 35:10	05:26	05:27
35:10 - 35:20	05:27	05:29
35:20 - 35:30	05:29	05:30
35:30 - 35:40	05:30	05:32
35:40 - 35:50	05:32	05:33
35:50 - 36:00	05:33	05:35
36:00 - 36:10	05:35	05:36
36:10 - 36:20	05:36	05:38
36:20 - 36:30	05:38	05:39
36:30 - 36:40	05:39	05:41

2-MILE RUN TABLE-1

2 MILE TIME (MIN:SEC)	200m (sec.msec)	800m (min:sec)	1-mile (min:sec)
10:00 - 10:05	32.625 - 34.031	02:27 - 02:28	04:51 - 04:53
10:05 - 10:10	32.897 - 34.313	02:28 - 02:29	04:53 - 04:56
10:10 - 10:15	33.169 - 34.594	02:29 - 02:30	04:56 - 04:58
10:15 - 10:20	33.441 - 34.875	02:30 - 02:31	04:58 - 05:01
10:20 - 10:25	33.712 - 35.156	02:31 - 02:33	05:01 - 05:03
10:25 - 10:30	33.984 - 35.438	02:33 - 02:34	05:03 - 05:06
10:30 - 10:35	34.256 - 35.719	02:34 - 02:35	05:06 - 05:08
10:35 - 10:40	34.528 - 36.000	02:35 - 02:36	05:08 - 05:10
10:40 - 10:45	34.800 - 36.281	02:36 - 02:37	05:10 - 05:13
10:45 - 10:50	35.072 - 36.563	02:37 - 02:38	05:13 - 05:15
10:50 - 10:55	35.344 - 36.844	02:38 - 02:39	05:15 - 05:18
10:55 - 11:00	35.616 - 37.125	02:39 - 02:40	05:18 - 05:20
11:00 - 11:05	35.888 - 37.406	02:40 - 02:41	05:20 - 05:23
11:05 - 11:10	36.159 - 37.688	02:41 - 02:42	05:23 - 05:25
11:10 - 11:15	36.431 - 37.969	02:42 - 02:44	05:25 - 05:27
11:15 - 11:20	36.703 - 38.250	02:44 - 02:45	05:27 - 05:30
11:20 - 11:25	36.975 - 38.531	02:45 - 02:46	05:30 - 05:32
11:25 - 11:30	37.247 - 38.813	02:46 - 02:47	05:32 - 05:35
11:30 - 11:35	37.519 - 39.094	02:47 - 02:48	05:35 - 05:37
11:35 - 11:40	37.791 - 39.375	02:48 - 02:49	05:37 - 05:40
11:40 - 11:45	38.063 - 39.656	02:49 - 02:50	05:40 - 05:42
11:45 - 11:50	38.334 - 39.938	02:50 - 02:51	05:42 - 05:44
11:50 - 11:55	38.606 - 40.219	02:51 - 02:52	05:44 - 05:47
11:55 - 12:00	38.878 - 40.500	02:52 - 02:53	05:47 - 05:49
12:00 - 12:05	39.150 - 40.781	02:53 - 02:55	05:49 - 05:52
12:05 - 12:10	39.422 - 41.063	02:55 - 02:56	05:52 - 05:54
12:10 - 12:15	39.694 - 41.344	02:56 - 02:57	05:54 - 05:56
12:15 - 12:20	39.966 - 41.625	02:57 - 02:58	05:56 - 05:59
12:20 - 12:25	40.237 - 41.906	02:58 - 02:59	05:59 - 06:01
12:25 - 12:30	40.509 - 42.188	02:59 - 03:00	06:01 - 06:04
12:30 - 12:35	40.781 - 42.469	03:00 - 03:01	06:04 - 06:06
12:35 - 12:40	41.053 - 42.750	03:01 - 03:02	06:06 - 06:09
12:40 - 12:45	41.325 - 43.031	03:02 - 03:03	06:09 - 06:11
12:45 - 12:50	41.597 - 43.313	03:03 - 03:04	06:11 - 06:13

2-MILE RUN TABLE-2

2 MILE TIME (MIN:SEC)	200m (sec.msec)	800m (min:sec)	1-mile (min:sec)
12:50 - 12:55	41.869 - 43.594	03:04 - 03:06	06:13 - 06:16
12:55 - 13:00	42.141 - 43.875	03:06 - 03:07	06:16 - 06:18
13:00 - 13:05	42.413 - 44.156	03:07 - 03:08	06:18 - 06:21
13:05 - 13:10	42.684 - 44.438	03:08 - 03:09	06:21 - 06:23
13:10 - 13:15	42.956 - 44.719	03:09 - 03:10	06:23 - 06:26
13:15 - 13:20	43.228 - 45.000	03:10 - 03:11	06:26 - 06:28
13:20 - 13:25	43.500 - 45.281	03:11 - 03:12	06:28 - 06:30
13:25 - 13:30	43.772 - 45.563	03:12 - 03:13	06:30 - 06:33
13:30 - 13:35	44.044 - 45.844	03:13 - 03:14	06:33 - 06:35
13:35 - 13:40	44.316 - 46.125	03:14 - 03:15	06:35 - 06:38
13:40 - 13:45	44.587 - 46.406	03:15 - 03:17	06:38 - 06:40
13:45 - 13:50	44.859 - 46.688	03:17 - 03:18	06:40 - 06:43
13:50 - 13:55	45.131 - 46.969	03:18 - 03:19	06:43 - 06:45
13:55 - 14:00	45.403 - 47.250	03:19 - 03:20	06:45 - 06:47
14:00 - 14:05	45.675 - 47.531	03:20 - 03:21	06:47 - 06:50
14:05 - 14:10	45.947 - 47.813	03:21 - 03:22	06:50 - 06:52
14:10 - 14:15	46.219 - 48.094	03:22 - 03:23	06:52 - 06:55
14:15 - 14:20	46.491 - 48.375	03:23 - 03:24	06:55 - 06:57
14:20 - 14:25	46.763 - 48.656	03:24 - 03:25	06:57 - 07:00
14:25 - 14:30	47.034 - 48.938	03:25 - 03:26	07:00 - 07:02
14:30 - 14:35	47.306 - 49.219	03:26 - 03:28	07:02 - 07:04
14:35 - 14:40	47.578 - 49.500	03:28 - 03:29	07:04 - 07:07
14:40 - 14:45	47.850 - 49.781	03:29 - 03:30	07:07 - 07:09
14:45 - 14:50	48.122 - 50.063	03:30 - 03:31	07:09 - 07:12
14:50 - 14:55	48.394 - 50.344	03:31 - 03:32	07:12 - 07:14
14:55 - 15:00	48.666 - 50.625	03:32 - 03:33	07:14 - 07:17
15:00 - 15:05	48.938 - 50.906	03:33 - 03:34	07:17 - 07:19
15:05 - 15:10	49.209 - 51.188	03:34 - 03:35	07:19 - 07:21
15:10 - 15:15	49.481 - 51.469	03:35 - 03:36	07:21 - 07:24
15:15 - 15:20	49.753 - 51.750	03:36 - 03:37	07:24 - 07:26
15:20 - 15:25	50.025 - 52.031	03:37 - 03:39	07:26 - 07:29
15:25 - 15:30	50.297 - 52.313	03:39 - 03:40	07:29 - 07:31
15:30 - 15:35	50.569 - 52.594	03:40 - 03:41	07:31 - 07:33
15:35 - 15:40	50.841 - 52.875	03:41 - 03:42	07:33 - 07:36

10-MILE RUCK TABLE-1

2 MI. RUCK INTERVAL PACE	
10 MI. RUCK TIME (HR:MIN)	2 MILE (MIN:SEC)
1:40 - 1:43	19:00 - 19:34
1:43 - 1:46	19:34 - 20:08
1:46 - 1:49	20:08 - 20:43
1:49 - 1:52	20:43 - 21:17
1:52 - 1:55	21:17 - 21:51
1:55 - 1:58	21:51 - 22:25
1:58 - 2:01	22:25 - 22:59
2:01 - 2:04	22:59 - 23:34
2:04 - 2:07	23:34 - 24:08
2:07 - 2:10	24:08 - 24:42
2:10 - 2:13	24:42 - 25:16
2:13 - 2:16	25:16 - 25:50
2:16 - 2:19	25:50 - 26:25
2:19 - 2:22	26:25 - 26:59
2:22 - 2:25	26:59 - 27:33
2:25 - 2:28	27:33 - 28:07
2:28 - 2:31	28:07 - 28:41
2:31 - 2:34	28:41 - 29:16
2:34 - 2:37	29:16 - 29:50
2:37 - 2:40	29:50 - 30:24
2:40 - 2:43	30:24 - 30:58
2:43 - 2:46	30:58 - 31:32
2:46 - 2:49	31:32 - 32:07
2:49 - 2:52	32:07 - 32:41
2:52 - 2:55	32:41 - 33:15
2:55 - 2:58	33:15 - 33:49
2:58 - 3:01	33:49 - 34:23
3:01 - 3:04	34:23 - 34:58
3:04 - 3:07	34:58 - 35:32
3:07 - 3:10	35:32 - 36:06
3:10 - 3:13	36:06 - 36:40
3:13 - 3:16	36:40 - 37:14
3:16 - 3:19	37:14 - 37:49
3:19 - 3:22	37:49 - 38:23

10-MILE RUCK TABLE-2

2 MI. RUCK INTERVAL PACE	
10 MI. RUCK TIME (HR:MIN)	2 MILE (MIN:SEC)
3:22 - 3:25	38:23 - 38:57
3:25 - 3:28	38:57 - 39:31
3:28 - 3:31	39:31 - 40:05
3:31 - 3:34	40:05 - 40:40
3:34 - 3:37	40:40 - 41:14
3:37 - 3:40	41:14 - 41:48
3:40 - 3:43	41:48 - 42:22
3:43 - 3:46	42:22 - 42:56
3:46 - 3:49	42:56 - 43:31
3:49 - 3:52	43:31 - 44:05
3:52 - 3:55	44:05 - 44:39
3:55 - 3:58	44:39 - 45:13
3:58 - 4:01	45:13 - 45:47
4:01 - 4:04	45:47 - 46:22
4:04 - 4:07	46:22 - 46:56
4:07 - 4:10	46:56 - 47:30
4:10 - 4:13	47:30 - 48:04
4:13 - 4:16	48:04 - 48:38
4:16 - 4:19	48:38 - 49:13
4:19 - 4:22	49:13 - 49:47
4:22 - 4:25	49:47 - 50:21
4:25 - 4:28	50:21 - 50:55
4:28 - 4:31	50:55 - 51:29
4:31 - 4:34	51:29 - 52:04
4:34 - 4:37	52:04 - 52:38
4:37 - 4:40	52:38 - 53:12
4:40 - 4:43	53:12 - 53:46
4:43 - 4:46	53:46 - 54:20
4:46 - 4:49	54:20 - 54:55
4:49 - 4:52	54:55 - 55:29
4:52 - 4:55	55:29 - 56:03
4:55 - 4:58	56:03 - 56:37
4:58 - 5:01	56:37 - 57:11
5:01 - 5:04	57:11 - 57:46

6-MILE RUN TABLE-1

2 MILE RUN INTERVAL PACE	
6 MILE TIME (MIN:SEC)	2 MILE (min:sec)
34:00 - 34:10	10:26 - 10:29
34:10 - 34:20	10:29 - 10:32
34:20 - 34:30	10:32 - 10:35
34:30 - 34:40	10:35 - 10:38
34:40 - 34:50	10:38 - 10:41
34:50 - 35:00	10:41 - 10:44
35:00 - 35:10	10:44 - 10:47
35:10 - 35:20	10:47 - 10:50
35:20 - 35:30	10:50 - 10:53
35:30 - 35:40	10:53 - 10:56
35:40 - 35:50	10:56 - 10:59
35:50 - 36:00	10:59 - 11:02
36:00 - 36:10	11:02 - 11:05
36:10 - 36:20	11:05 - 11:09
36:20 - 36:30	11:09 - 11:12
36:30 - 36:40	11:12 - 11:15
36:40 - 36:50	11:15 - 11:18
36:50 - 37:00	11:18 - 11:21
37:00 - 37:10	11:21 - 11:24
37:10 - 37:20	11:24 - 11:27
37:20 - 37:30	11:27 - 11:30
37:30 - 37:40	11:30 - 11:33
37:40 - 37:50	11:33 - 11:36
37:50 - 38:00	11:36 - 11:39
38:00 - 38:10	11:39 - 11:42
38:10 - 38:20	11:42 - 11:45
38:20 - 38:30	11:45 - 11:48
38:30 - 38:40	11:48 - 11:51
38:40 - 38:50	11:51 - 11:55
38:50 - 39:00	11:55 - 11:58
39:00 - 39:10	11:58 - 12:01
39:10 - 39:20	12:01 - 12:04
39:20 - 39:30	12:01 - 12:05

6-MILE RUN TABLE-2

2 MILE RUN INTERVAL PACE, CONT'D	
6 MILE TIME (MIN:SEC)	2 MILE (min:sec)
39:30 - 39:40	12:03 - 12:06
39:40 - 39:50	12:06 - 12:09
39:50 - 40:00	12:09 - 12:12
40:00 - 40:10	12:12 - 12:15
40:10 - 40:20	12:15 - 12:18
40:20 - 40:30	12:18 - 12:21
40:30 - 40:40	12:21 - 12:24
40:40 - 40:50	12:24 - 12:27
40:50 - 41:00	12:27 - 12:30
41:00 - 41:10	12:30 - 12:33
41:10 - 41:20	12:33 - 12:36
41:20 - 41:30	12:36 - 12:39
41:30 - 41:40	12:39 - 12:43
41:40 - 41:50	12:43 - 12:46
41:50 - 42:00	12:46 - 12:49
42:00 - 42:10	12:49 - 12:52
42:10 - 42:20	12:52 - 12:55
42:20 - 42:30	12:55 - 12:58
42:30 - 42:40	12:58 - 13:01
42:40 - 42:50	13:01 - 13:04
42:50 - 43:00	13:04 - 13:07
43:00 - 43:10	13:07 - 13:10
43:10 - 43:20	13:10 - 13:13
43:20 - 43:30	13:13 - 13:16
43:30 - 43:40	13:16 - 13:19
43:40 - 43:50	13:19 - 13:22
43:50 - 44:00	13:22 - 13:25
44:00 - 44:10	13:25 - 13:28
44:10 - 44:20	13:28 - 13:31
44:20 - 44:30	13:31 - 13:34
44:30 - 44:40	13:34 - 13:37
44:40 - 44:50	13:36 - 13:40

6-MILE RUN TABLE-3

2 MILE RUN INTERVAL PACE, CONT'D	
6 MILE TIME (MIN:SEC)	2 MILE (min:sec)
44:50 - 45:00	13:36 - 13:39
45:00 - 45:10	13:39 - 13:42
45:10 - 45:20	13:42 - 13:45
45:20 - 45:30	13:45 - 13:48
45:30 - 45:40	13:48 - 13:51
45:40 - 45:50	13:51 - 13:54
45:50 - 46:00	13:54 - 13:57
46:00 - 46:10	13:57 - 14:00
46:10 - 46:20	14:00 - 14:03
46:20 - 46:30	14:03 - 14:06
46:30 - 46:40	14:06 - 14:09
46:40 - 46:50	14:09 - 14:12
46:50 - 47:00	14:12 - 14:15
47:00 - 47:10	14:15 - 14:18
47:10 - 47:20	14:18 - 14:21
47:20 - 47:30	14:21 - 14:25
47:30 - 47:40	14:25 - 14:28
47:40 - 47:50	14:28 - 14:31
47:50 - 48:00	14:31 - 14:34
48:00 - 48:10	14:34 - 14:37
48:10 - 48:20	14:37 - 14:40
48:20 - 48:30	14:40 - 14:43
48:30 - 48:40	14:43 - 14:46
48:40 - 48:50	14:46 - 14:49
48:50 - 49:00	14:49 - 14:52
49:00 - 49:10	14:52 - 14:55
49:10 - 49:20	14:55 - 14:58
49:20 - 49:30	14:58 - 15:01
49:30 - 49:40	15:01 - 15:04
49:40 - 49:50	15:04 - 15:07
49:50 - 50:00	15:07 - 15:10
50:00 - 50:10	15:10 - 15:13

6-MILE RUN TABLE-4

2 MILE RUN INTERVAL PACE, CONT'D	
6 MILE TIME (MIN:SEC)	2 MILE (min:sec)
50:10 - 50:20	15:13 - 15:16
50:20 - 50:30	15:16 - 15:19
50:30 - 50:40	15:19 - 15:22
50:40 - 50:50	15:22 - 15:25
50:50 - 51:00	15:25 - 15:28
51:00 - 51:10	15:28 - 15:31
51:10 - 51:20	15:31 - 15:34
51:20 - 51:30	15:34 - 15:37
51:30 - 51:40	15:37 - 15:40
51:40 - 51:50	15:40 - 15:43
51:50 - 52:00	15:43 - 15:46
52:00 - 52:10	15:46 - 15:49
52:10 - 52:20	15:49 - 15:52
52:20 - 52:30	15:52 - 15:56
52:30 - 52:40	15:56 - 15:59
52:40 - 52:50	15:59 - 16:02
52:50 - 53:00	16:02 - 16:05
53:00 - 53:10	16:05 - 16:08
53:10 - 53:20	16:08 - 16:11
53:20 - 53:30	16:11 - 16:14
53:30 - 53:40	16:14 - 16:17
53:40 - 53:50	16:17 - 16:20
53:50 - 54:00	16:20 - 16:23
54:00 - 54:10	16:23 - 16:26
54:10 - 54:20	16:26 - 16:29
54:20 - 54:30	16:29 - 16:32
54:30 - 54:40	16:32 - 16:35
54:40 - 54:50	16:35 - 16:38
54:50 - 55:00	16:38 - 16:41
55:00 - 55:10	16:41 - 16:44
55:10 - 55:20	16:44 - 16:47
55:20 - 55:30	16:47 - 16:50

2-MILE RUN TABLE-3

2 MILE TIME (MIN:SEC)	200m (sec.msec)	800m (min:sec)	1-mile (min:sec)
15:40 - 15:45	51.112 - 53.156	03:42 - 03:43	07:36 - 07:38
15:45 - 15:50	51.384 - 53.438	03:43 - 03:44	07:38 - 07:41
15:50 - 15:55	51.656 - 53.719	03:44 - 03:45	07:41 - 07:43
15:55 - 16:00	51.928 - 54.000	03:45 - 03:46	07:43 - 07:46
16:00 - 16:05	52.200 - 54.281	03:46 - 03:47	07:46 - 07:48
16:05 - 16:10	52.472 - 54.563	03:47 - 03:48	07:48 - 07:50
16:10 - 16:15	52.744 - 54.844	03:48 - 03:50	07:50 - 07:53
16:15 - 16:20	53.016 - 55.125	03:50 - 03:51	07:53 - 07:55
16:20 - 16:25	53.288 - 55.406	03:51 - 03:52	07:55 - 07:58
16:25 - 16:30	53.559 - 55.688	03:52 - 03:53	07:58 - 08:00
16:30 - 16:35	53.831 - 55.969	03:53 - 03:54	08:00 - 08:03
16:35 - 16:40	54.103 - 56.250	03:54 - 03:55	08:03 - 08:05
16:40 - 16:45	54.375 - 56.531	03:55 - 03:56	08:05 - 08:07
16:45 - 16:50	54.647 - 56.813	03:56 - 03:57	08:07 - 08:10
16:50 - 16:55	54.919 - 57.094	03:57 - 03:58	08:10 - 08:12
16:55 - 17:00	55.191 - 57.375	03:58 - 03:59	08:12 - 08:15
17:00 - 17:05	55.462 - 57.656	03:59 - 04:01	08:15 - 08:17
17:05 - 17:10	55.734 - 57.938	04:01 - 04:02	08:17 - 08:20
17:10 - 17:15	56.006 - 58.219	04:02 - 04:03	08:20 - 08:22
17:15 - 17:20	56.278 - 58.500	04:03 - 04:04	08:22 - 08:24
17:20 - 17:25	56.550 - 58.781	04:04 - 04:05	08:24 - 08:27
17:25 - 17:30	56.822 - 59.063	04:05 - 04:06	08:27 - 08:29
17:30 - 17:35	57.094 - 59.344	04:06 - 04:07	08:29 - 08:32
17:35 - 17:40	57.366 - 59.625	04:07 - 04:08	08:32 - 08:34
17:40 - 17:45	57.638 - 59.906	04:08 - 04:09	08:34 - 08:37
17:45 - 17:50	57.909 - 60.188	04:09 - 04:10	08:37 - 08:39
17:50 - 17:55	58.181 - 60.469	04:10 - 04:12	08:39 - 08:41
17:55 - 18:00	58.453 - 60.750	04:12 - 04:13	08:41 - 08:44
18:00 - 18:05	58.725 - 61.031	04:13 - 04:14	08:44 - 08:46
18:05 - 18:10	58.997 - 61.313	04:14 - 04:15	08:46 - 08:49
18:10 - 18:15	59.269 - 61.594	04:15 - 04:16	08:49 - 08:51
18:15 - 18:20	59.541 - 61.875	04:16 - 04:17	08:51 - 08:54
18:20 - 18:25	59.813 - 62.156	04:17 - 04:18	08:54 - 08:56
18:25 - 18:30	60.084 - 62.438	04:18 - 04:19	08:56 - 08:58

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01:00