



12 Week Pre-Ranger School Preparation Packet

Tactical Athlete Performance Center

Briant Wells Field House, Bldg 933

7101 Hall Street

Ft. Benning, GA

Packet Overview

The following 12 week packet is designed to assist in the optimal preparation for the RPA portion of Ranger School. This packet contains 3 mesocycle options (3 weeks of training), that should be performed in the prescribed order. Mesocycle prescription is based around individual strengths and weaknesses determined by the assessments below.

Assessments

The standards we use for the assessments are deliberately more difficult than the standards at Ranger School. Training to a higher standard will give you a buffer for the actual RPA. This buffer will account for the intangibles such as fatigue and technique during the grading process. Using the table below, you should train so you are at least average in all categories.

	Elite	Advanced	Average	Poor
<u>Test</u>	<u>Tier 1</u>	<u>Tier 2</u>	<u>Tier 3</u>	<u>Tier 4</u>
5 Mile Run	Under 34:00	34:00-36:00	36:00-39:00	Over 39:00
Chin Up	15+	10-15	7-10	Under 6
Push Up	65+	60-65	52-60	Under 52
6 Mile Ruck	Under 1:00	1:00-1:10	1:10-1:25	Over 1:25

The next page contains a detailed breakdown of standards for the RPA events, which will be used to guide your training.

Aerobic:

5 mile Run, Pass time is 37:30 or under.

Upper Body Strength:

Dead hang Chin Up, Pass is 10 reps or more.

Ranger Standard Push Up*, Pass is 60 reps or more.

One second hold at top and bottom of push up

6 Mile Ruck: Ruck weight at 30% of body weight. No running, Pass time is 1:25 or under.

Lower Body Strength (Only for Ruck Failures):

Back Squat with body weight on bar, Pass is 10 reps.

Mesocycle Options

<u>Strength Cycle</u>	<u>Endurance Cycle</u>	<u>Balanced Cycle</u>
4 Lifts	2 Lifts	3 Lifts
2 Conditioning	4 Conditioning	3 Conditioning

Mesocycle Order					
<u>Run</u>	<u>Push-Up/Chin-Up</u>	<u>Phase 1</u>	<u>Phase 2</u>	<u>Phase 3</u>	<u>Phase 4</u>
Pass	Pass	Strength	Endurance	Balanced	Choice
Pass	Fail	Strength	Balanced	Strength	Balanced
Fail	Pass	Endurance	Balanced	Balanced	Endurance
Fail	Fail	Balanced	1 st Weakness	2 nd Weakness	Balanced

If you are unable to complete the 6 mile ruck in 1:25, we need to identify if it is a strength or cardiovascular issue. If you fail the ruck perform the Lower Body Strength Assessment. If you are unable to complete 10 reps it is likely there is a strength deficit. If you pass the strength assessment it more than likely a cardiovascular issue.

Mesocycle Order					
<u>Ruck</u>	<u>Lower Strength</u>	<u>Phase 1</u>	<u>Phase 2</u>	<u>Phase 3</u>	<u>Phase 4</u>
Fail	Pass	Endurance	Balanced	Balanced	Endurance
Fail	Fail	Strength	Strength	Strength	Balanced

As an example using the chart above, if an individual passes the run but fails the push-up or chin-up they would begin with the Strength Cycle for Phase 1, Phase 2 Balanced Cycle, Phase 3 Strength Cycle, and finish with the Balanced Cycle. For individuals who pass all assessments they have an option of finishing (last 3 weeks), when any cycle of their choice. For individuals who fail both the run and strength portion, starting Phase 2 they need to select the component which is of greatest concern. Phase 3 would then become the next weakness.

Mesocycle Description

Strength Cycle: As the title implies, main focus is on the development of total body muscular strength and endurance. This program includes 4 lifts (2 Upper Body, 2 Lower Body). Contained within the program is also an Anaerobic Session (Interval or Threshold Run), and an Aerobic Session (LSD Run or Extensive Ruck). The conditioning sessions are included to maintain cardiovascular fitness while developing strength.

Endurance Cycle: Main focus is developing the cardiopulmonary system required for high level running and rucking. This cycle contains 4 conditioning sessions, covering all components of energy system development. The 2 lifting sessions are total body sessions, designed to maintain strength and stability, while not overtraining the body with unnecessary volume.

Balanced Cycle: Includes an even balance of lifting and conditioning (3 lifts, 3 conditioning). Because of the even distribution of training sessions, this program is designed to develop both strength and endurance. Without a specific focus like strength or endurance, the rate of progress will be more gradual than the other options. This cycle is optimal for individuals who are all around fit, or needing the simultaneous improvement of both qualities.

Ruck Marches

Extensive Rucks: Continuous ruck movements performed at a brisk but comfortable pace, with a “Basic Load” of 35lbs plus individual water requirements. Distances will typically be between 4 and 8 miles. These ruck marches are designed to build the capacity to move under load for longer distances, while improving movement economy.

Intensive Rucks: These movements are performed at a fast pace relative to the load and distance. Loads will typically range between 60 and 80lbs plus individual water requirements. Movements will be interval based (start/stop), with body weight movements in-between intervals. These body weight movements are included to simulate the fatigue you will experience from the course. These ruck marches are designed to condition the body to move under heavier loads and strengthen the musculature required for dynamic stability.

Runs

Long Slow Distance (LSD):

Intensity: Generally in the range of 65-75% of your Heart Rate Max. LSD pace should be a comfortable, conversational pace, which can fluctuate daily depending on how you feel. Range can be 20-30sec slower or faster than the specified pace on a given day.

Purpose: LSD promotes physiological benefits that build a solid base from which higher intensity training can be performed. The heart muscle is strengthened, muscles receive increased blood supplies and increase their ability to process oxygen delivered through the cardiovascular system.

Repeat and Max INTERVALS:

Intensity: Generally in the range of 95-100% of your Heart Rate Max. Intervals should be hard but just under an all-out effort. All Repeat/Max Intervals will involve active recovery of walking or jogging at a specified distance or time relative to the runs they follow. Also known as Fartlek Intervals, i.e. continuous movement or active rest.

Purpose: Stress your aerobic power (i.e. VO₂max).

THRESHOLD INTERVALS:

Intensity: Generally in the range of 85-92% of your Heart Rate Max. Threshold pace will be demanding, but slower than a

Repeat or Max Interval Pace. Thresholds will use a 2:1 work/rest ratio, i.e. Run for 4 minutes rest for 2 minutes. The combination of pace and rest during Thresholds will produce more lactic acid than your body can utilize and reconvert back into energy.

Purpose: Improve abilities to buffer lactic acid accumulation and improve endurance.

SPEED INTERVALS:

Intensity: Generally run at near max efforts with complete recoveries.

Purpose: Improve your speed and gait. Shorter distances used to maximize quality technique.

The following page includes a table with relative paces based on an individual's 2 mile run time. Locate your time on the left and find pace for appropriate distance.

PERFORMANCE CENTER
WINNING THE LAST 100 YARDS

Run Paces

LONG SLOW DISTANCE

2mi TIME	2mi	3mi	4mi	5mi
13:00 - 14:00	16:13 - 17:21	24:19 - 26:02	32:25 - 34:42	40:32 - 43:23
14:00 - 15:00	17:21 - 18:29	26:02 - 27:44	34:42 - 36:58	43:23 - 46:13
15:00 - 16:00	18:29 - 19:37	27:44 - 29:25	36:58 - 39:13	46:13 - 49:02
16:00 - 17:00	19:37 - 20:44	29:25 - 31:06	39:13 - 41:27	49:02 - 51:49
17:00 - 18:00	20:44 - 21:50	31:06 - 32:45	41:27 - 43:40	51:49 - 54:35

REPEAT INTERVALS

2mi TIME	400m	800m	1200m	1600m
13:00 - 14:00	1:23 - 1:29	2:46 - 2:58	4:09 - 4:27	5:32 - 5:56
14:00 - 15:00	1:29 - 1:35	2:58 - 3:10	4:27 - 4:45	5:56 - 6:20
15:00 - 16:00	1:35 - 1:41	3:10 - 3:22	4:45 - 5:03	6:20 - 6:44
16:00 - 17:00	1:41 - 1:47	3:22 - 3:34	5:03 - 5:21	6:44 - 7:08
17:00 - 18:00	1:47 - 1:53	3:34 - 3:46	5:21 - 5:39	7:08 - 7:32

THRESHOLD INTERVALS

2mi TIME	400m	600m	800m	1200m
13:00 - 14:00	1:41 - 1:49	2:30 - 2:41	3:23 - 3:37	5:04 - 5:26
14:00 - 15:00	1:49 - 1:56	2:41 - 2:51	3:37 - 3:52	5:26 - 5:47
15:00 - 16:00	1:56 - 2:03	2:51 - 3:02	3:52 - 4:06	5:47 - 6:09
16:00 - 17:00	2:03 - 2:10	3:02 - 3:13	4:06 - 4:20	6:09 - 6:30
17:00 - 18:00	2:10 - 2:17	3:13 - 3:23	4:20 - 4:35	6:30 - 6:52

SPEED INTERVALS

2mi TIME	100m	200m	300m	400m
13:00 - 14:00	0:18 - 0:20	0:37 - 0:39	0:55 - 0:59	1:13 - 1:19
14:00 - 15:00	0:20 - 0:21	0:39 - 0:42	0:59 - 1:03	1:19 - 1:24
15:00 - 16:00	0:21 - 0:22	0:42 - 0:45	1:03 - 1:07	1:24 - 1:29
16:00 - 17:00	0:22 - 0:24	0:45 - 0:47	1:07 - 1:11	1:29 - 1:34
17:00 - 18:00	0:24 - 0:25	0:47 - 0:50	1:11 - 1:15	1:34 - 1:40

Lifts

Resistance training is programmed around “movements” not muscles. This is because optimal movement is the foundation of all high level performers. Some exercises will be focused on the development of strength, while others are for joint stability. The resistance training program is also population specific, meaning the program addresses specific needs of individuals within the tactical community. The lifting blocks include a recommended RPE (Rating of Perceived Exertion) scale from 1 – 10. Use the chart below when selecting weights.

RPE SCALE BASED ON REPETITIONS IN RESERVE	
10	Could not do more reps or load
9.5	Could not do more reps, could do slightly more load
9	Could do 1 more repetition
8.5	Could definitely do 1 more repetition, chance at 2
8	Could do 2 more repetitions
7.5	Could definitely do more 2 more repetitions, chance at 3
7	Could do 3 more repetitions
5-6	Could do 4 to 6 more repetitions
1-4	Very light to light effort

Total Body Lifts:

Both the Balanced and Endurance Cycle will include Total Body Lifts. This means every major muscle group will be trained to some degree within the training session. Total Body Lifts are ideal for optimizing training frequency with the week.

Upper & Lower Body Lifts:

The Strength Cycle contains both Upper and Lower Body Lifts. This is because the program has resistance training on consecutive days. By splitting the body up, it allows one segment of the body to be trained while the other recovers.

Tactical Circuits

The most specific job related task a Soldier performs is the task itself (i.e. infantrymen conducting a raid). Conducting raids during training is “practice” for an infantrymen. Unfortunately the ability to “practice” is dependent on ranges, ammo, and other uncontrollable factors. Tactical Circuits are training sessions designed to mimic the movements and energy systems of “practice”, using accessible equipment. These sessions include exercise stations that mimic a job related task with the use of common equipment (kettlebells, rucksacks, sleds).

Tactical Circuits require strength and stamina thus are a hybrid training session. To be as specific as possible, tactical circuits should be conducted in ACU’s and sometimes plate carrier.

Below are choices to choose from.

SGT Kyle White -173rd

Circuit	Weight	Grade	Sets/Reps	Rounds	RPE
200yds Hill sprints	BWT	>5%	1	3	9
Pushups	BWT		25		
Front Squats w/ruck	45		25		
50yds Laterals	BWT		1		
50yds Karokee	BWT		1		

Equipment - Hill, Ruck or KBs, Cones/Markers (Rest 3 mins at end of Round)**SSG Clinton Romesha- 4th ID**

Circuit	Weight	Time	Sets/Reps	Rounds	RPE
400M Run	BWT	60/90/110	1	2	8
50 yds KB Farmer Carry	30-50 ea				
400M Run	BWT				
Pull-ups (bands for grouping)	8				
Combatatives	BWT	2 mins	1		

Equipment - KBs or Water Cans, Pull-up Bars, Bands, Markers (Rest 4 mins at end of Round)**SGT Ryan Pitts - 173rd**

Circuit	Weight	Sets/Reps	Rounds	RPE
25yds Bear Crawl Pull Through	10lb-25lb	1	4	9
100yds Start from prone Sprint	BWT	1		
25yds High Crawl	BWT	1		
25 yds Lunge w/KB with single arm overhead	5lb-15lb	1R/1L		

Uniform w/boots**Equipment - KBs or Water Cans, Pull-up Bars, Bands, Markers (Rest 3 mins at end of Round)****SSG Robert Miller - SF**

Circuit	Weight	Time	Sets/Reps	Rounds	RPE
1 Mile Run	BWT	7/8/9 mins	1	2	8
Pull-ups (bands)	BWT		10		
Push-ups (bands)	BWT		20		
Hanging Leg Raises	BWT		10		
50yds KB or Water Can Farmer Carries	35-45		1		

Equipment - Water Cans or KBs, Pull-up Bars, Bands (Rest 3 mins at end of Round)

SSG Salvatore Giunta - 173rd

Circuit	Weight	Time	Sets/Reps	Rounds	RPE
300yd shuttle	BWT		1	3	9
Squats w/Ruck	45lb		25		
Combatives	BWT	2 mins	1		
Pull-ups (bands)	BWT		8		

Uniform w/boots and 45lb Ruck
Equipment - Bands, Pull-up bars, Rucks (Rest 5 mins at end of Round)

CPT William Swenson - 10th Mountain

Circuit	Weight	Sets/Reps	Rounds	RPE
300yd Shuttle Sprint	BWT	1	4	8
100yd Ruck Sack Carry (2 rucks)	50 ea	1		
50 yds Bear crawl	BWT	1		
25 yds Standing Long Jump	BWT	1		

Uniform w/boots
Equipment - Ruck or KBs, Cones/Markers (Rest 3 mins at end of Round)

SSG Leroy Petry - 75th

Circuit	Weight	Sets/Reps	Rounds	RPE
25yds Bear crawl	BWT	1	4	8
50yds Skedco Drag	200	1		
25yds Buddy Carries	BWT+Soldier	1/Switch		
25yds Single arm DB overhead walk	15-30	1R/1L		

Uniform w/boots
Equipment - Skedcos, KBs or DB (Rest 3 mins at end of Round)

SFC Jared Monti - 10th Mountain

Circuit	Weight	Time	Sets/Reps	Rounds	RPE
800m Run	BWT	4/5/6 mins	1	1	8
1 Mile Ruck	35lb	<16 mins	1		
800m Run	BWT	4/5/6 mins	1		
1 Mile Ruck	35lb	<16 mins	1		

Uniform w/boots w/35lb ruck
Equipment - Ruck

Strength Cycle

Lower & Upper Body Lifts

Before beginning strength training complete “Extended Warm Up A”

Each lift follows the template below:

Performance Preparation

- Prime body for specific movements in primary training block

Primary Training Block

- Main movement trained, typically a compound barbell exercise

Secondary Training Block

- Auxiliary movements to promote muscle balance and weaknesses

If a specific exercise causes pain or discomfort “STOP”.

Either omit the exercise or find a similar movement that is pain free.

After the completion of the lift spend 5-10 min performing a “Cooldown”

The purpose of a cooldown is gradually return the body to a relaxed state. This allows the recovery process to begin quicker.

This may consist of: foam rolling or other soft tissue work, stretching or mobility work, focused breathing.

Strength

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Lower Body Lift		Upper Body Lift		Pace	Distance	Recovery	Lower Body Lift	Upper Body Lift		Pace	Distance
				Speed Intervals	200m x4 rest 3minutes 300m x4 rest 3minutes 400m x2	3:00				LSD	3 miles
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
Lower Body Lift	Upper Body Lift	Upper Body Lift		Pace	Distance	Recovery	Lower Body Lift	Upper Body Lift		Pace	Distance
				Threshold Intervals	600m x3 rest 2:30minutes 800m x2	walk 1:30 walk 2:00				Extensive Ruck (35 Lbs)	4 miles
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
Lower Body Lift	Upper Body Lift	Upper Body Lift		Pace	Distance	Recovery	Lower Body Lift	Upper Body Lift		Pace	Distance
				Speed Intervals	200m x6 rest 3minutes 300m x5 rest 3minutes 400m x2	3:00				LSD	4 miles
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						

Strength Cycle Workout # 1

Lower Body Strength

Performance Preparation: x 3 Rounds

Instructions: Perform as a circuit, rest as necessary

Dumbbell Reverse Lunge x 8 each

Lateral Band Walk x 8 each

Banded Overhead Squat x 5 (Emphasize Brace)

Primary Training Block: x 5 Rounds (RPE 9)

Back Squat Warm Ups x Reference Warm Up Sheet

Week 1: 4 reps, Week 2: 3 reps, Week 3: 2 reps

Back Squat

Rest 3:00 min

Secondary Training Block: 4 Rounds (RPE 9)

Week 1: 10 reps, Week 2: 8 reps, Week 3: 6 reps

RDL, Dumbbell or Barbell

45 Degree Lunge

Kettlebell Swing

Strength Cycle Workout # 2

Upper Body Strength

Performance Preparation: 3 Rounds

Hanging Scapular Retraction x 10

KB Bottoms Up Press x 10 each arm

Front Facing Split Squat Band Row x 10 each Arm

Primary Training Block: 4 Rounds (RPE 9)

Feet Up Bench Press x Refer to Warm up Sheet

Week 1: 5 reps, Week 2: 4 reps, Week 3: 3 reps

Feet Up Bench Press

Rest 1:00 min

Pull Up x 1 rep before failure (Use Band for assistance if > 4)

Rest 1:00 min

Secondary Training Block: 4 Rounds (RPE 8)

Week 1: 12 reps, Week 2: 10 reps, Week 3: 8 reps

Dips

Lateral Shoulder Raise

Overhead Strict Press

Strength Cycle Workout # 3
Lower Body Muscular Endurance

Performance Preparation: 3 Rounds

Body Weight Lunges x 20

Body Weight Squat x 20

Hanging Knee Raise x 10

Primary Training Block: 3 Rounds (RPE 7)

Week 1: 60s rest, Week 2: 45s rest, Week 3: 30s rest

Reverse Zercher Lunge x10 each

Kettlebell Swing x 20

Squat Jump x 10

Rest 2:00

Secondary Training Block: 3 Rounds (RPE 8)

Week 1: 60s rest, Week 2: 45s rest, Week 3: 30s rest

Step Up x 10 each

Suitcase Deadlift x 5 each side

Spin Bike x 30 seconds

Rest 2:00

Strength Cycle Workout # 4
Upper Body Muscular Endurance

Performance Preparation: 3 Rounds

Push Ups x 20

Chin Ups x 3 Reps before failure

Unanchored Sit Ups x 25

Primary Training Block: 3 Rounds (RPE 7)

Week 1: 60s rest, Week 2: 45s rest, Week 3: 30s rest

Dumbbell Bench Press x 15

Bent Over Row x 15

Seated Dumbbell Overhead Press x 12

Lat Pull Down x 12

Rest 2:00

Secondary Training Block: 3 Rounds (RPE 8)

Week 1: 60s rest, Week 2: 45s rest, Week 3: 30s rest

Triceps Extension x 15 each

Thoracic Push Up x 5 each side

Rear Delt Raise x 15 seconds

Rest 2:00

Balance Cycle

Total Body Lifts

Before beginning strength training complete “Extended Warm Up A”

Each lift follows the template below:

Performance Preparation

- Prime body for specific movements in primary training block

Primary Training Block

- Main movement trained, typically a compound barbell exercise

Secondary Training Block

- Auxiliary movements to promote muscle balance and weaknesses

Push Up, Sit Up, Chin Up

- Practice of the movements evaluated in Ranger School

If a specific exercise causes pain or discomfort “STOP”.

Either omit the exercise or find a similar movement that is pain free.

After the completion of the lift spend 5-10 min performing a “Cooldown”

The purpose of a cooldown is gradually return the body to a relaxed state. This allows the recovery process to begin quicker.

This may consist of: foam rolling or other soft tissue work, stretching or mobility work, focused breathing.

Balanced									
Monday	Tuesday		Wednesday	Thursday	Friday	Saturday			
	Pace	Distance	Recovery			Pace	Distance	Recovery	
Total Body Lift	Threshold Intervals	600m x3 rest 2:30minutes 800m x2	walk 1:30 walk 2:00	Total Body Lift	Tactical Conditioning	Extensive Ruck (35 Lbs)	4 miles >15 min miles		
Monday	Tuesday		Wednesday	Thursday	Friday	Saturday			
	Pace	Distance	Recovery			Pace	Distance	Recovery	
Total Body Lift	Speed Intervals	100 x4 rest 3:00minutes 200 x4	3:00 300	Total Body Lift	Total Body Lift	LSD	4 miles		
Monday	Tuesday		Wednesday	Thursday	Friday	Saturday			
	Pace	Distance	Recovery			Pace	Distance	Recovery	
Total Body Lift	Threshold Intervals	600m x3 rest 3:00minutes 800m x3	walk 1:30 walk 2:00	Total Body Lift	Tactical Conditioning	Extensive Ruck (35 Lbs)	5 miles >15 min miles		

Balanced Cycle Workout # 1

Performance Preparation: x 3 Rounds

Instructions: Perform as a circuit, rest as necessary

Dumbbell Reverse Lunge x 8 each

Alternating Lateral Lunge x 8 each

Birdog x 5

Primary Training Block: x 4 Rounds (RPE 8)

Back Squat Warm Ups x Reference Warm Up Sheet

Week 1: 5 reps, Week 2: 4 reps, Week 3: 3 reps

Back Squat w/ 3s Eccentric

Box Jump x 3

Rest 3:00 min

Secondary Training Block: 4 Rounds (RPE 8)

Week 1: 12 reps, Week 2: 10 reps, Week 3: 8 reps

Seated Cable Row or Similar Movement

Split Stance Band Rotation (Outside Leg Up)

Stability Ball Leg Curl

Push Ups, Sit Ups, and Chin Ups

10:00 min: In a circuit perform as many pushups, sit ups, and chin ups

Focus on quality reps with minimal rest

Balanced Cycle Workout # 2

Performance Preparation: 3 Rounds

Hanging Scapular Retraction x 10

KB Bottoms Up Press x 10 each arm

Front Facing Split Squat Band Row x 10 each Arm

Primary Training Block: 4 Rounds (RPE 8)

Incline Bench Press (1st Notch) x Refer to Warm Up Sheet

Week 1: 5 reps, Week 2: 4 reps, Week 3: 3 reps

Incline Bench w/ 3s Eccentric

Pull Up w/ 3s Eccentric

Rest 3:00 min

Secondary Training Block: 4 Rounds (RPE 8)

Week 1: 12 reps, Week 2: 10 reps, Week 3: 8 reps

Split Squat

Band Pull Apart

Romanian Deadlift

Overhead Strict Press

Push Ups, Sit Ups, and Chin Ups: 4 Rounds

Chin Up x Max Reps (RPE 8)

Sit Up x Max Reps (RPE 8)

Balanced Cycle Workout # 3

Performance Preparation: 3 Rounds

Double Leg Glute Bridge x 10

Side Plank x 15 seconds each side

Straight Arm Pull Down x 10

Primary Training Block: 4 Rounds (RPE 8)

Trap Bar Deadlift x Refer to Warm Up Sheet

Week 1: 5 reps, Week 2: 4 reps, Week 3: 3 reps

Trap Bar Deadlift w/ 3s Eccentric

Broad Jump x 3

Rest 3:00 min

Secondary Training Block: 4 Rounds (RPE 8)

Week 1: 12 reps, Week 2: 10 reps, Week 3: 8 reps

Dumbbell Step Up

Kettle Bell Swing

Seated Dumbbell Overhead Press

Push Ups, Sit Ups, and Chin Ups: 4 Rounds

Chin Up x Week 1: 50 reps, Week 2: 60 reps, Week 3: 70 reps

Push Up x Week 1: 100 reps, Week 2: 125 reps, Week 3: 150 reps

Endurance Cycle

Total Body Lifts

Before beginning strength training complete “Extended Warm Up A”

Each lift follows the template below:

Performance Preparation

- Prime body for specific movements in primary training block

Primary Training Block

- Main movement trained, typically a compound barbell exercise

Secondary Training Block

- Auxiliary movements to promote muscle balance and weaknesses

If a specific exercise causes pain or discomfort “STOP”.

Either omit the exercise or find a similar movement that is pain free.

After the completion of the lift spend 5-10 min performing a “Cooldown”

The purpose of a cooldown is gradually return the body to a relaxed state. This allows the recovery process to begin quicker.

This may consist of: foam rolling or other soft tissue work, stretching or mobility work, focused breathing.

Endurance														
Monday		Tuesday			Wednesday		Thursday		Friday			Saturday		
		Pace	Distance	Recovery					Pace	Distance	Recovery	Pace	Distance	Recovery
Total Body Lift		Intensive Ruck (60 Lbs)	1 mile	3:00	Tactical Conditioning		Total Body Lift		Speed Intervals	100 x 4	rest 3minutes	LSD		2:00
		BW Movements	BW Movements, 2:00 rest						Threshold Intervals	600m x3	walk 1:30			
		Squat, Lunge	1 mile	3:00						rest 2:30minutes				
		Burpee x 20	BW Movements, 2:00 rest							800m x2	walk 2:00			
			1 mile	3:00										
Monday		Tuesday			Wednesday		Thursday		Friday			Saturday		
		Pace	Distance	Recovery					Pace	Distance	Recovery	Pace	Distance	Recovery
Total Body Lift		Intensive Ruck (70 Lbs)	200m x6	3:00	Tactical Conditioning		Total Body Lift		Speed Intervals	600m x3	walk 1:30	Extensive Ruck (35 Lbs)		5 miles
		BW Movements	rest 3minutes						Threshold Intervals	rest 2:30minutes				>15 min miles
		Squat, Lunge	300m x4	3:00						800m x3	walk 2:00			
		Burpee x 20	rest 3minutes											
			400m x2	3:00										
Monday		Tuesday			Wednesday		Thursday		Friday			Saturday		
		Pace	Distance	Recovery					Pace	Distance	Recovery	Pace	Distance	Recovery
Total Body Lift		Intensive Ruck (70 Lbs)	1 mile	3:00	Tactical Conditioning		Total Body Lift		Speed Intervals	600m x2	walk 1:30	LSD		2:00
		BW Movements	BW Movements, 2:00 rest						Threshold Intervals	rest 2:30minutes				rest 3minutes
		Squat, Lunge	1 mile	3:00						800m x4	walk 2:00			
		Burpee x 20	BW Movements, 2:00 rest											
			1 mile	3:00										

Endurance Cycle Workout # 1

Performance Preparation: x 3 Rounds

Instructions: Perform as a circuit, rest as necessary

Dumbbell Reverse Lunge x 8 each

Alternating Lateral Sway x 8 each

Shoulder Taps x 5

Primary Training Block: x 4 Rounds (RPE 9)

Front Squat Warm Ups x Reference Warm Up Sheet

Week 1: 5 reps, Week 2: 4 reps, Week 3: 3 reps

Front Squat w/ 3s Eccentric

Depth Landing x 3

Rest 3:00 min

Secondary Training Block: 4 Rounds (RPE 9)

Week 1: 12 reps, Week 2: 10 reps, Week 3: 8 reps

Dumbbell Single Arm Row

Dumbbell Incline Press

Chin/Pull Up use Band Assistance as needed

Band resisted push up

Endurance Cycle Workout # 2

Performance Preparation: 3 Rounds

Hanging Scapular Retraction x 10

KB Bottoms Up Press x 10 each arm

Front Facing Split Squat Band Row x 10 each Arm

Primary Training Block: 4 Rounds (RPE 9)

Bench Press x Refer to Warm up Sheet

Week 1: 5 reps, Week 2: 4 reps, Week 3: 3 reps

Bench Press

Rest 1:00 min

Pull Up x 1 rep before failure

Rest 1:00 min

Secondary Training Block: 4 Rounds (RPE 8)

Week 1: 12 reps, Week 2: 10 reps, Week 3: 8 reps

Barbell Lunge

Trap Bar Deadlift

Overhead Strict Press

Chest Supported Row