		-			
SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Obj: Assessment (APFT #1)	Obj: Assessment	Obj: Assessment	Obj: APFT Work	Obj: Rest Day	Obj: Ruck Assessment
Warm up:	Training:	Warm up:	Warm up:		(1) 8 Mile Ruck Run for Time
3 Rounds	(1) Run 5 miles for Time	3 Rounds	3 Rounds		Flat Course
2x 4-Square Drill	3	2x 4-Square Drill	3x 4-Square Drill		
8x Squats		8x Squats	8x Squats		Load - 45# + 10 lb Rubber
8x Push-Ups	RECORD YOUR TIME	8x Push-Ups	8x Push-Ups		Rifle/Sledge/Dumbbell
8x Sit-Ups		8x Sit-Ups	8x Sit-Ups		
Instep Stretch		Instep Stretch	Instep Stretch		RECORD YOUR TIME
Rest 5 Minutes		Training:	Training:		
		(1) 8 Rounds for Time	(1) 6 Rounds, every 75 sec		
Training:		5x Renegade Man Makers @	30% of max reps Push-ups		
(1) 2 min. Max Push-Ups		25# Dumbbells			
Rest 5-10 Minutes		10x Sandbag Back Squats @	(2) 6 Rounds, every 75 sec		
		60#	30% of max reps Sit-ups		
(2) 2 min. Max Sit-Ups		15x Situps			
Rest 5-10 Minutes		Run 200m with Sandbag	(3) 8 Rounds		
			Run 400m at Interval Pace		
(3) 2 Mile Run (timed)		RECORD FINISH TIME	based on SESSION 1 2-mile		
			Run Time using the MTI		
RECORD YOUR SCORES			Running Calculator		
			Rest 2 Minutes between runs		
			(4) 3 Rounds		
			Lat + Pec Stretch		
			Instep + Hip Flexor Stretch		
			Foam Roll legs/Low Back		
			CLICK HERE for Running		
			Calculator		

CLICK HERE for Running Calculator

CLICK HERE for Ruck Calculator

SESSION 7 AM:  SESSION 8  Obj: APFT Work (Use results Obj: Work Capacity/Chassis		SESSION 9	SESSION 10	SESSION 11	SESSION 12
	positi/Obsession	>		A STATE OF THE STA	
	pacity/Criassis	Cbj: 5-Mile Run Assessment	Obj. APFT Work	Obj: Rest Day	Obj: Long Ruck
from SESSION 1) Integrity		Work (Use results from			
		SESSION 2)	Warm up:		Ruck 10 miles over uneven, hilly
3 Rounds 3 Rounds		Warm up:	3x 4-Square Drill		terrain
ire Drill			8x Squats		Load - 45# + 10 lb Rubber
			8x Push-Ups		Rifle/Sledge/Dumbbell
ps		8x Squats	8x Sit-Ups		
		8x Push-Ups	Instep Stretch		2.5 Hour Time Limit
Instep Stretch		8x Sit-Ups			
Training:		Instep Stretch	Training:		
Training: (1) 8 Rounds for Time	for Time	W.	(1) 6 Rounds, every 75 sec		
(1) 6 Rounds, every 75 sec 5x Renegade	kers @	Training:	35% of max reps Push-ups		
		(1) 2 Rounds	CONTRACTOR		
10x Sandbag	10x Sandbag Back Squats @	Run 2 Miles at Interval Pace	(2) 6 Rounds, every 75 sec		
(2) 6 Rounds, every 75 sec 60#		based on SESSION 2 5-mile	35% of max reps Sit-ups		
30% of max reps Sit-ups 15x Situps		Run Time using the MTI			
Run 200m with Sandbag		Running Calculator	(3) 4 Rounds		
Run 400m at Interval Pace Compare finish time to		rear o militates permeen rans	bared on SESSION 13 mile		
mile		(2) 3 Rounds	Run Time using the MTI	*	
Run Time using the MTI		Hip Flexor + Instep + Pigeon	Running Calculator		
Running Calculator (3) 4 Rounds		Foam Roll Legs/Low Back	Rest 3 Minutes between runs		
Rest 2 Minutes between runs 20/20 Standing Founder	g Founder				
		CLICK HERE for Running	(4) 3 Rounds		
		Calculator	Lat + Pec Stretch		
Lat + Pec Stretch 60 Sec Sandba	60 Sec Sandbag Hold @ 60#		Instep + Hip Flexor Stretch		
Instep + Hip Flexor Stretch sandbag			Foam Roll legs/Low Back		
Foam Roll legs/Low Back					
(4) 2 Rounds			CLICK HERE for Running		
<del></del>	Hell				
48541	ter				
2 Mile Ruck at Interval Pace					
based on SESSION 6 Ruck (5)Foam Roll L	(5)Foam Roll Legs/Low Back				
Run time using the MTI Ruck					
Calculator, Flat Course					
Rest 6 Minutes between Rucks,					
Load - 45# + 10 lb Rubber					
Rifle/Sledge/Dumbbell					
CLICK HERE for Running					
Calculator					
100000000000000000000000000000000000000					

SESSION 13 - AM     SESSION 14     SESSION 15 AM:     Obj: 5-Mile Run Assessment       Obj: APFT Work     Obj: Work Capacity/Chassis     Obj: 5-Mile Run Assessment       (Use results from SESSION 1)     Integrity     Work (Use results from SESSION 2)       Warm up:     3 Rounds     Warm up:       3 Rounds     3 Rounds     4 Rounds       3x 4-Square Drill     3x Scotty Bob @ 25#     4 Rounds       8x Squats     3x Scotty Bob @ 25#     8x Squats       8x Sit-Ups     8x Sit-Ups     8x Sit-Ups       Instep Stretch     Instep Stretch     Instep Stretch	W: Assessment sults from	SESSION 16 Obj: APFT Work (Use results from SESSION 1)  Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups 8x Sit-Ups 1nstep Stretch	SESSION 17 Obj: Rest Day	SESSION 18 Obj: Long Ruck Ruck 11 miles over uneven, hilly terrain Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell 3 Hour Time Limit
lork  Obj: Work Capacity/Chassis  from SESSION 1)  Warm up:  3 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch  Training:	Assessment sults from	Obj: APFT Work (Use results from SESSION 1)  Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups 1nstep Stretch	Obj: Rest Day	Obj. Long Ruck  Ruck 11 miles over uneven, hilly terrain  Load - 45# + 10 lb Rubber  Rifle/Sledge/Dumbbell  3 Hour Time Limit
from SESSION 1)  Warm up:  3 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch  Training:	sults from	(Use results from SESSION 1)  Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups 1nstep Stretch	Cu). Nosi Day	Ruck 11 miles over uneven, hilly terrain  Load - 45# + 10 lb Rubber  Rifle/Siedge/Dumbbell  3 Hour Time Limit
Warm up:       W         3 Rounds       4         10x Squats       4         3x Scotty Bob @ 25#       10         10x Situps       8x         Instep Stretch       8x         Training:       In:		Warm up: 3 Rounds 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch		Ruck 11 miles over uneven, hilly terrain  Load - 45# + 10 lb Rubber Rifle/Siedge/Dumbbell  3 Hour Time Limit
Warm up:  3 Rounds  10x Squats  3x Scotty Bob @ 25#  10x Situps  Instep Stretch  Training:		Warm up: 3 Rounds 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch		terrain  Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell  3 Hour Time Limit
3 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch		3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch		Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell 3 Hour Time Limit
Drill  10x Squats  3x Scotty Bob @ 25#  10x Situps Instep Stretch  Training:		3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch		Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell 3 Hour Time Limit
3x Scotty Bob @ 25# 10x Situps Instep Stretch Training:		8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch		Rifle/Sledge/Dumbbell  3 Hour Time Limit
10x Situps Instep Stretch h Training:		8x Push-Ups 8x Sit-Ups Instep Stretch		3 Hour Time Limit
Instep Stretch Training:		8x Sit-Ups Instep Stretch		3 Hour Time Limit
Training:		Instep Stretch		
ids for Time		Training:		
(1) 6 Rounds, every 75 sec 5x Renegade Man Makers @ Training:		(1) 6 Rounds, every 75 sec		
25# Dumbbells		40% of max reps Push-ups		
10x Sandbag Back Squats @ Run 2 Miles at Interval Pace	nterval Pace	2		
	SSION 2 5-mile	(2) 6 Rounds, every 75 sec		
35% of max reps Sit-ups 15x Situps Run Time using the MTI	ng the MTI	40% of max reps Sit-ups		
Run 200m with Sandbag	ulator	NO ADD		
(3) 4 Rounds Rest 8 Minutes between runs	between runs	(3) 2 Rounds		
Compare finish time to		Run 1-mile at per mile Interval		
mile Session 3				
30/30 Standing Founds	tep + Pigeon	2-mile Run Time using the MTI		
Rest 3 Minutes between runs 20/20 Kneeling Founder	LOW DUCK	Root & Minutes between the		
	Running			
(4) 3 Rounds 70 Sec sandbag hold @ 60# Calculator		(4) 3 Rounds		il vene
Lat + Pec Stretch sandbag		Lat + Pec Stretch		
Instep + Hip Flexor Stretch		Instep + Hip Flexor Stretch		
Foam Roll legs/Low Back (4) 2 Rounds		Foam Roll legs/Low Back		
15 Second Jane Fonda	35-2-4			
SESSION 13 PM: 15x Hamstring Hell		CLICK HERE for Running		
Obj: Ruck Work Shoulder Blaster		Calculator		
(1) 3 Rounds				
Mile Ruck at Interval Pace (5) Foam Roll Legs/Low Back				
based on SESSION 6 Ruck				
Run time using the MTI Ruck				
Calculator, Flat Course				
Rest 6 Minutes between Rucks,				
Load - 45# + 10 lb Rubber				
Rifle/Sledge/Dumbbell				
CLICK HERE for Running				
Calculator				

SESSION 19 - AM	SESSION 20	SESSION 21	SESSION 22	SESSION 23	SESSION 24
Obj: Assessment (APFT #2)	Obj: Assessment	Obj: Assessment	Obj: APFT Work (Use results from SESSION 19)	Obj. Rest Day	Obj. Ruck Assessment
Warm up:	Training:	Warm up:			(1) 8 Mile Ruck Run for Time
3 Rounds	(1) Run 5 miles for Time	3 Rounds	Warm up:		Flat Course
2x 4-Square Drill		2x 4-Square Drill	3 Rounds		
8x Squats	RECORD YOUR TIME &	8x Squats	3x 4-Square Drill		Load - 45# + 10 lb Rubber
8x Push-Ups	COMPARE TO SESSION 2	8x Push-Ups	8x Squats		Rifle/Sledge/Dumbbell
8x Sit-Ups		8x Sit-Ups	8x Push-Ups		
Instep Stretch		Instep Stretch	8x Sit-Ups		RECORD YOUR TIME &
			Instep Stretch		COMPARE TO SESSION 6
Rest 5 Minutes		Training:			
		(1) 8 Rounds for Time	Training:		
Training:		5x Renegade Man Makers @	(1) 6 Rounds, every 75 sec		
(1) 2 min. Max Push-Ups		25# Dumbbells	30% of max reps Push-ups		
Rest 5-10 Minutes		10x Sandbag Back Squats @	53		
		60#	(2) 6 Rounds, every 75 sec		
(2) 2 min. Max Sit-Ups		15x Situps	30% of max reps Sit-ups		
Rest 5-10 Minutes		Run 200m with Sandbag	8		
			(3) 8 Rounds		
(3) 2 Mile Run (timed)		RECORD FINISH TIME &	Run 400m at Interval Pace		
		COMPARE TO SESSION 3	based on SESSION 19 2-mile		
RECORD YOUR SCORES &			Run Time using the MTI		
COMPARE TO SESSION 1			Running Calculator		
			Rest 2 Minutes between runs		
			(4) 3 Rounds		
			Lat + Pec Stretch		
			Instep + Hip Flexor Stretch		
			Foam Roll legs/Low Back		
			CLICK HERE for Running		
			Calculator		

CLICK HERE for Running Calculator

CLICK HERE for Ruck Calculator

Citi Cilana Calaction and Assessment - Week of	Sassillelit - Areav S				
SESSION 25 AM:	SESSION 26	SESSION 27 AM:	SESSION 28	SESSION 29	SESSION 30
Obj: APFT Work (Use Results	Obj: Work Capacity/Chassis	Obj: 5-Mile Run Assessment	Obj: APFT Work (Use Results	Rest Day	Obj. Long Ruck
from SESSION 19)	Integrity	Work (Use results from	from SESSION 19)		
Warm up:	Warm up:		Warm up:		terrain
3 Rounds	3 Rounds	Warm up:	3 Rounds		
3x 4-Square Drill	10x Squats	4 Rounds	3x 4-Square Drill		Load - 45# + 10 lb Rubber
8x Squats	3x Scotty Bob @ 25#	100m Run	8x Squats		Rifle/Sledge/Dumbbell
8x Push-Ups	10x Situps	8x Squats	8x Push-Ups		G
8x Sit-Ups	Instep Stretch	8x Push-Ups	8x Sit-Ups		3 Hour Time Limit
Instep Stretch		8x Sit-Ups	Instep Stretch		
8	Training:	Instep Stretch			
Training:	(1) 8 Rounds for Time		Training:		
(1) 6 Rounds, every 75 sec	5x Renegade Man Makers @	Training	(1) 6 Rounds, every 75 sec		
30% of max reps Push-ups	25# Dumbbells	(1) 2 Rounds	35% of max reps Push-ups		
	10x Sandbag Back Squats @	Run 2 Miles at Interval Pace	į.		
(2) 6 Rounds, every 75 sec	60#	based on SESSION 20 5-mile	(2) 6 Rounds, every 75 sec		
30% of max reps Sit-ups	15x Situps	Run Time using the MTI	35% of max reps Sit-ups		
	Run 200m with Sandbag	Running Calculator	2 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2		9,40
(3) 8 Rounds	9.	Rest 8 Minutes between runs	(3) 4 Rounds		
Run 400m at Interval Pace	Compare finish time to		Run 800m at Interval Pace		
based on SESSION 19 2-mile	Session 21	(2) 3 Rounds	based on SESSION 19 2-mile		
Run Time using the MTI		Hip Flexor + Instep + Pigeon	Run Time using the MTI		
Running Calculator	(3) 4 Rounds	Foam Roll Legs/Low Back	Running Calculator		
Rest 2 Minutes between runs	20/20 Standing Founder		Rest 3 Minutes between runs		
ACCEPTANCE OF THE PROPERTY OF	20/20 Kneeling Founder	CLICK HERE for Running			
(5) 3 Rounds	10x EO's	Calculator	(5) 3 Rounds		
Lat + Pec Stretch	80 Sec sandbag hold @ 60#		Lat + Pec Stretch		
Instep + Hip Flexor Stretch	sandbag		Instep + Hip Flexor Stretch		
Foam Roll legs/Low Back			Foam Roll legs/Low Back		
and a second company of the second company o	(4) 2 Rounds				
SESSION 25 PM:	20 Second Jane Fonda		CLICK HERE for Running		
Obj: Ruck Work	20x Hamstring Hell		Calculator		
(1) 3 Rounds	Shoulder Blaster @ 2.5#				
2 Mile Ruck at Interval Pace					
based on SESSION 24 Ruck	(5) Foam Roll Legs/Low Back				
Run time using the MTI Ruck					
Calculator, Flat Course					
Rest 6 Minutes between Rucks,					
Load - 45# + 10 lb Rubber					
Rifle/Sledge/Dumbbell			7		
			ž		
CLICK HERE for Running					
CLICK HERE for Running					

IVII Alialis Selection and Assessment -	SSILIEUL - WEEK O				
SESSION 31 AM:	SESSION 32	WY EE NOISSES	SESSION 34	SESSION 35	
Use results	Obi: Strength Chassis Integrity	Ohi: 5-Mile Run Assessment	Oh: ABET Work (Lies results	SESSION 35	SESSION 36
		Work (Use results from	from SESSION 19)		Col. Lough Cach
<	Warm up:	SESSION 20)	()		Ruck 13 miles over uneven, hilly
Warm up: 3	3 Rounds		Warm up:		terrain
	10x Squats	Warm up:	3 Rounds		
ire Drill	3x Scotty Bob @ 25#	4 Rounds	3x 4-Square Drill		Load - 45# + 10 lb Rubber
8x Squats 1	10x Situps	100m Run	8x Squats		Rifle/Sledge/Dumbbell
8x Push-Ups Ir	Instep Stretch	8x Squats	8x Push-Ups		•
		8x Push-Ups	8x Sit-Ups		3:15 Hour Time Limit
tch	Training:	8x Sit-Ups	Instep Stretch		
	(1) 8 Rounds for Time	Instep Stretch			
Training: 5	5x Renegade Man Makers @		Training:		
nds, every 75 sec	25# Dumbbells	Training:	(1) 6 Rounds, every 75 sec		
- 1256 - 1256	10x Sandbag Back Squats @	(1) 3 Rounds	40% of max reps Push-ups		
	60#	Run 2 Miles at Interval Pace	8		
(2) 6 Rounds, every 75 sec 1	15x Situps	based on SESSION 20 5-mile	(2) 6 Rounds, every 75 sec		
35% of max reps Sit-ups	Run 200m with Sandbag	Run Time using the MTI	40% of max reps Sit-ups		
		Running Calculator			
	Some and a series of	Sept o Militates DelMeeti Talls	(a) # Roullas		
based on SESSION 19 2-mile	OdeelOll F.	(2) 3 Rounds	based on SESSION 19 2-mile		
West.	(3) 4 Rounds	Hip Flexor + Instep + Pigeon	Run Time using the MTI		
Same :	20/20 Standing Founder	Foam Roll Legs/Low Back	Running Calculator		
Rest 3 Minutes between runs 2	20/20 Kneeling Founder		Rest 3 Minutes between runs		
	10x EO's	CLICK HERE for Running			
	90 Sec sandbag hold @ 60#	Calculator	(5) 3 Rounds		
Lat + Pec Stretch	sandbag		Lat + Pec Stretch		
3			Instep + Hip Flexor Stretch		
Foam Roll legs/Low Back (4	(4) 2 Rounds		Foam Roll legs/Low Back		
	20 Second Jane Fonda				
-	Charles Blocks & FE		CEICK HERE for Running		
(1) 3 Rounds	Snoulder blaster @ 5#		Calculator		
it Interval Pace	(5) Foam Roll Legs/Low Back				
Š					
Run time using the MTI Ruck					
Calculator, Flat Course					
Rest 6 Minutes between Rucks,				20.17	
Load - 45# + 10 lb Rubber					
Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell					
Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell CLICK HERE for Running					
Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell CLICK HERE for Running Calculator					

and Constitution and Cooperation	THOOK !				
SESSION 37 SESSION 38	ю	SESSION 39	SESSION 40	מבספוטאו אי	2120001 12
lork (Use results	Obj: Strength, Chassis Integrity	Obi: 5-Mile Run Assessment	Ohi: APET Work /I se results	Rest Day	Obi- Long Buck
		Work (Use results from	from SESSION 19)	The conj	Cal. roig track
Warm up:		SESSION 20)	i i		Ruck 14 miles over uneven, hilly
Warm up: 3 Rounds			Warm up:		terrain
3 Rounds 10x Squats		Warm up:	3 Rounds		
3x 4-Square Drill 3x Scotty Bob @ 25#	ob @ 25#	4 Rounds	3x 4-Square Drill		Load - 45# + 10 lb Rubber
		100m Run	8x Squats		Rifle/Sledge/Dumbbell
ps	뫄	8x Squats	8x Push-Ups		
8x Sit-Ups		8x Push-Ups	8x Sit-Ups		3.5 Hour Time Limit
Instep Stretch Training:		8x Sit-Ups	Instep Stretch		
(1) 8 Rounds for Time	s for Time	Instep Stretch			
Training: 5x Renegad	5x Renegade Man Makers @		Training:		
ids, every 75 sec		Training:	(1) 6 Rounds, every 75 sec		
40% of max reps Push-ups 10x Sandba	10x Sandbag Back Squats @	(1) 3 Rounds	40% of max reps Push-ups		
60#		Run 2 Miles at Interval Pace	2		
(2) 6 Rounds, every 75 sec 15x Situps		based on SESSION 20 5-mile	(2) 6 Rounds, every 75 sec		
40% of max reps Sit-ups Run 200m w	Run 200m with Sandbag	Run Time using the MTI	40% of max reps Sit-ups		
		Running Calculator			
-	TISH UHING TO	Kest o Milibles between rons	(3) 2 Rounds		
based on SESSION 19 2-mile		(2) 3 Rounds	hased on SESSION 19 2-mile		
Run Time using the MTI (3) 4 Rounds	cs.	Hip Flexor + Instep + Pigeon	Run Time using the MTI		
		Foam Roll Legs/Low Back	Running Calculator		
Rest 3 Minutes between runs 20/20 Kneeling Founder			Rest 3 Minutes between runs		
10x EO's		CLICK HERE for Running			
(5) 3 Rounds 90 Sec sand	90 Sec sandbag hold @ 60#	Calculator	(5) 3 Rounds		
Lat + Pec Stretch sandbag			Lat + Pec Stretch		
Instep + Hip Flexor Stretch			Instep + Hip Flexor Stretch		
Foam Roll legs/Low Back (4) 2 Rounds	S		Foam Roll legs/Low Back		
20 Second Jane Fonda	lane Fonda				
SESSION 31 PM: 20x Hamstring Hell	ng Hell		CLICK HERE for Running		
Obj: Ruck Work Shoulder Blaster @ 5#	aster @ 5#		Calculator		
(1) 3 Rounds					
2 Mile Ruck at Interval Pace (5) Foam Ro	(5) Foam Roll Legs/Low Back				
based on SESSION 24 Ruck					
Run time using the MTI Ruck					
Calculator, Flat Course					
Rest 6 Minutes between Rucks,					
Load - 45# + 10 lb Rubber					
101010000					
Rifle/Sledge/Dumbbell					
Rifle/Sledge/Dumbbell LICK HERE for Running					
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SESSION 43	SESSION 44	SESSION 45	SESSION 46	SESSION 47	SESSION 48
Obj: Assessment (APFT #2)	Obj: Assessment	Obj: Ruck Assessment	Rest Day	Rest Day	Rest Day
Warm up:	Training:	(1) 8 Mile Ruck Run for Time,			
3 Rounds	(1) Run 5 miles for Time	Flat Course			
2x 4-Square Drill					
8x Squats	RECORD YOUR TIME	Load - 45# + 10 lb Rubber			
8x Push-Ups	COMPARE TO SESSION 2 & 20	Rifle/Sledge/Dumbbell			
8x Sit-Ups					
Instep Stretch		RECORD YOUR TIME &			
OTAL PROPERTY NA		COMPARE TO SESSION 6 &			
Rest 5 Minutes		24			
Training					
(1) 2 min. Max Push-Ups					
Rest 5-10 Minutes			123		
(2) 2 min. Max Sit-Ups					
Rest 5-10 Minutes					
(3) 2 Mile Run (timed)		77 = 1			
RECORD YOUR SCORES COMPARE TO SESSION 1 &					
į					