

PSYCHOLOGICAL OPERATIONS PHYSICAL FITNESS PREPARATION GUIDE

Prior to starting this program, familiarize yourself with the exercises and abbreviations. If you are unsure about the execution of an exercise, make sure you research it to avoid improper technique, which can lead to injury.

Before you start training:

- 1. Diet and Hydration:** Maintain a well-balanced diet and increase your water intake while training. In hot weather you must stay hydrated and drink water even if you are not thirsty.
- 2. Weather:** Do not let bad weather interrupt your conditioning. If you can't do a ruckmarch, substitute ruck squats, running stairs, both with and without a ruck, weightlifting, etc. Remember, there is no "inclement weather" in POAS.
- 3. Overtraining:** Be aware of the signs of overtraining. This eight week preparation plan is grinding by design, learn your body and better understand where you are at physically and mentally in any given moment. For example, a significant decrease in performance or lack of improved performance, muscle soreness that does not go away, sleeping issues, an increase in injury, and/or frequent sickness are all ways in which overtraining can manifest. Should you experience any of these signs, simply back off the prescribed workouts, give yourself an extra rest day, eat some good food, and catch up on hydration. If you continue to experience any of the signs of overtraining, seek medical attention to prevent serious injury.
- 4. Warm-up / Cool-down:** Ensure that you conduct the proper warm-up prior to and cool-down after each training session. The warm-up and cool-down routines provided in this program have been designed to activate your muscle groups for each targeted training session. The routines will assist in the prevention of injury and prevent delays in preparing for POAS.
- 5. Technique:** Practice proper technique for the exercises to prevent injury. Below are proper Ruck techniques:
 - Body weight must be kept directly over feet, the sole of the shoe must be placed flat on ground by taking small steps at a steady pace.
 - Knee must be locked on every step in order to rest muscles of the legs (especially when going uphill).
 - When walking cross-country, step over/around obstacles; never step on them.
 - When traveling up steep slopes, always traverse them; climb in zigzag pattern rather than straight up.
 - When descending steep slopes, keep the back straight and knees bent to take the shock of each step. Do not lock knees. Dig in with heels on each step.
 - Practice walking as fast as you can with a rucksack. Do not run with a rucksack as you may injure yourself. When tested you may have to trot, but try not to during training.
 - A good ruckmarch pace is accomplished by continuous movement with short breaks (5 min) every 6-8 miles, or every hour in hot weather.
 - If you cannot ruckmarch then do squats with your rucksack (100 repetitions five times or until muscle failure). To avoid injury to your knees, squat only to the point where the upper and lower leg form a 90 degree bend at the knee.
- 6. Footwear:** For forced marches, select boots that are comfortable and freshly broken-in (not worn out). Insoles specifically designed to absorb shock will reduce injuries. Army issued boots are excellent if fitted properly.
- 7. Recovery:** Ensure that you are getting the proper amount of rest (sleep) daily to support proper recovery of your muscles AND your brain. Recommend 7-8 hours of sleep per night.

<u>Run W/U</u>		<u>Run C/D</u>		<u>Lift W/U</u>		<u>Lift C/D</u>	
10 yd	Stride	10 yd ea	3-way Toe Walk	15	Jumping Jacks	Foam Roll	
10 yd	Stride	10 yd ea	3-way Heel Walk	5 ea	FWD Lunge w/ Reach	:30 sec ea	Calf / Shin
5 ea	Knee Hug	5	Inchworm	5 ea	Leg Cradle to Lateral Lunge	:30 sec ea	Hamstring
5 ea	Quad Pull	5 ea	Toe Grabs	5 ea	Quad Pull to SL RDL	:30 sec ea	Glute
10 yd	Lateral Jacks	5 ea	Hip Cradle	8	BW Squat	:30 sec ea	Quad
10 yd	Lateral Jacks	5 ea	Quad Pull	8	BW Good Morning	:30 sec ea	Groin
5 ea	Hip Cradle	5 ea	Lateral Lunge	6 ea	Plank Reach Outs	:30 sec ea	Hip Flexor
5ea	Toe Grabs			5 ea	Palm Lunge w/ Rotation	:30 sec ea	Lower Back
10 yd	A-Skips			6	Down Dog w/ Ankle Mob	:30 sec ea	Upper Back
10 yd	Back Pedal			6 ea	Bird Dog	:30 sec ea	Lat
5 ea	Lateral Squat			6	Small Pogo		
5 ea	Split Squat			6	Big Pogo		
10 yd	High Knee Run						
10 yd	Back Pedal						
10 yd	Ham Kicks						
10 yd	Back Pedal						
5	Pogo to Snapdown						

WEEK 1	<p>DAY 1 <u>CIRCUIT (x4)</u></p> <p>20 Jump Rope/Line Hops 8 Sand Bag Front Squat 5 Pull-Ups 5 Sand Bag OH Press 5 Lateral Lunge 20 yd Farmer's Carry 8 Sand Bag RDL 3 ea Sand Bag Get-Up</p>	<p>DAY 2 <u>RUN</u></p> <p>1 mile (easy pace)</p> <p>5 x 400m</p> <p><u>Work to Rest - 1:3</u> <u>Pace-</u> Slightly faster than 2-mile pace</p>	<p>DAY 3 <u>CIRCUIT (x4)</u></p> <p>10 ea SL Lateral Line Hops 8 ea Ruck Split Squat :10 sec ISO Chin-Up Hold :12 sec ISO Deficit Push-Up :30 sec Wall Sit 20 yd ea SA OH Carry :12 sec ea SL RDL ISO Hold :20 sec ea Side Plank</p>	<p>DAY 4 <u>RUN</u></p> <p>4 miles</p> <p>Easy pace; try to stay in HR Zone 2 (60-70%)</p>	<p>DAY 5 <u>CIRCUIT (x4)</u></p> <p>20 Jumping Jacks 6 ECC Ruck Squat 5 ECC Pull-Up 6e Step-Ups 6 ECC Push-Up 8 SL Glute Bridge 20 yd ea Sandbag Shoulder Carry 20 yd Bear Crawl</p>	<p>DAY 6 <u>RUCK</u></p> <p>4 miles</p> <p>30 lbs. (dry)</p> <p><u>Pace-</u> <15 min/mi</p>
	<p><u>RUN</u></p> <p>1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u></p> <p>3 rounds :30 sec Hand Realease Push-up :30 sec Plank :30 sec Alternating FWD Lunge</p>	<p><u>RUN</u></p> <p>2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u></p> <p>Total Reps (break up as needed) 100 BW Squat 100 V-Up 50 ea Bird Dog</p>	<p><u>RUN</u></p> <p>1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	
WEEK 2	<p>DAY 1 <u>CIRCUIT (x5)</u></p> <p>20 Jump Rope/Line Hops 8 Sand Bag Front Squat 5 Pull-Ups 5 Sand Bag OH Press 5 Lateral Lunge 20 yd Farmer's Carry 8 Sand Bag RDL 3 ea Sand Bag Get-Up</p>	<p>DAY 2 <u>RUN</u></p> <p>1 mile (easy pace)</p> <p>6 x 400m</p> <p><u>Work to Rest - 1:3</u> <u>Pace-</u> Slightly faster than 2-mile pace</p>	<p>DAY 3 <u>CIRCUIT (x5)</u></p> <p>10 ea SL Lateral Line Hops 8 ea Ruck Split Squat :10 sec ISO Chin-Up Hold :12 sec ISO Deficit Push-Up :30 sec Wall Sit 20 yd ea SA OH Carry :12 sec ea SL RDL ISO Hold :20 sec ea Side Plank</p>	<p>DAY 4 <u>RUN</u></p> <p>5 miles</p> <p>Easy pace; try to stay in HR Zone 2 (60-70%)</p>	<p>DAY 5 <u>CIRCUIT (x5)</u></p> <p>20 Jumping Jacks 6 ECC Ruck Squat 5 ECC Pull-Up 6 ea Step-Ups 6 ECC Push-Up 8 SL Glute Bridge 20 yd ea Sandbag Shoulder Carry 20 yd Bear Crawl</p>	<p>DAY 6 <u>RUCK</u></p> <p>5 miles</p> <p>30 lbs. (dry)</p> <p><u>Pace-</u> <15 min/mi</p>
	<p><u>RUN</u></p> <p>2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u></p> <p>3 rounds :45 sec Hand Realease Push-up :45 sec Plank :45 sec Alternating FWD Lunge</p>	<p><u>RUN</u></p> <p>2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u></p> <p>Total Reps (break up as needed) 125 BW Squat 125 V-Up 75 ea Bird Dog</p>	<p><u>RUN</u></p> <p>1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	
WEEK 3	<p>DAY 1 <u>CIRCUIT (x6)</u></p> <p>20 Jump Rope/Line Hops 8 Sand Bag Front Squat 5 Pull-Ups 5 Sand Bag OH Press 5 Lateral Lunge 20 yd Farmer's Carry 8 Sand Bag RDL 3 ea Sand Bag Get-Up</p>	<p>DAY 2 <u>RUN</u></p> <p>1 mile (easy pace)</p> <p>2 x 800m 4 x 400m</p> <p><u>Work to Rest - 1:3</u> <u>Pace-</u> Slightly faster than 2-mile pace</p>	<p>DAY 3 <u>CIRCUIT (x6)</u></p> <p>10 ea SL Lateral Line Hops 8 ea Ruck Split Squat :10 sec ISO Chin-Up Hold :12 sec ISO Deficit Push-Up :30 sec Wall Sit 20 yd ea SA OH Carry :12 sec ea SL RDL ISO Hold :20 sec ea Side Plank</p>	<p>DAY 4 <u>RUN</u></p> <p>6 miles</p> <p>Easy pace; try to stay in HR Zone 2 (60-70%)</p>	<p>DAY 5 <u>CIRCUIT (x6)</u></p> <p>20 Jumping Jacks 6 ECC Ruck Squat 5 ECC Pull-Up 6 ea Step-Ups 6 ECC Push-Up 8 SL Glute Bridge 20 yd ea Sandbag Shoulder Carry 20 yd Bear Crawl</p>	<p>DAY 6 <u>RUCK</u></p> <p>5 miles</p> <p>30 lbs. (dry)</p> <p><u>Pace-</u> <15 min/mi</p>
	<p><u>RUN</u></p> <p>2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u></p> <p>3 rounds 60 sec Hand Realease Push-up 60 sec Plank 60 sec Alternating FWD Lunge</p>	<p><u>RUN</u></p> <p>2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u></p> <p>Total Reps (break up as needed) 150 BW Squat 150 V-Up 100 ea Bird Dog</p>	<p><u>RUN</u></p> <p>2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	

WEEK 4	<p>DAY 1 <u>CIRCUIT (Total Reps)</u></p> <p>100 Jump Rope/Line Hops 35 Sand Bag Front Squat 20 Pull-Ups 20 Sand Bag OH Press 20 Lateral Lunge 100 yd Farmer's Carry 25 Sand Bag RDL 10 ea Sand Bag Get-Up</p>	<p>DAY 2 <u>RUN</u></p> <p>1 mile (easy pace)</p> <p>3 x 800m</p> <p><u>Work to Rest - 1:3</u> <u>Pace-</u> Slightly faster than 2-mile pace</p>	<p>DAY 3 <u>CIRCUIT (x2)</u></p> <p>10 ea SL Lateral Line Hops 8 ea Ruck Split Squat :10 sec ISO Chin-Up Hold :12 sec ISO Deficit Push-Up :30 sec Wall Sit 20 yd ea SA OH Carry :12 sec ea SL RDL ISO Hold :20 sec ea Side Plank</p>	<p>DAY 4 <u>RUN</u></p> <p>5 miles</p> <p>Easy pace; try to stay in HR Zone 2 (60-70%)</p>	<p>DAY 5 <u>CIRCUIT (Total Reps)</u></p> <p>100 Jumping Jacks 25 ECC Ruck Squat 15 ECC Pull-Up 20 Step-Ups 15 ECC Push-Up 20 SL Glute Bridge 20 yd ea Sandbag Shoulder Carry 50 yd Bear Crawl</p>	<p>DAY 6 <u>RUCK</u></p> <p>5 miles</p> <p>35 lbs. (dry)</p> <p><u>Pace-</u> <15 min/mi</p>
	<p><u>RUN</u></p> <p>1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u></p> <p>1 round 60 sec Hand Release Push-up 60 sec Plank 60 sec Alternating FWD Lunge</p>	<p><u>RUN</u></p> <p>1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u></p> <p>Total Reps (break up as needed) 50 BW Squat 50 V-Up 50 ea Bird Dog</p>	<p><u>RUN</u></p> <p>1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	
WEEK 5	<p>DAY 1 <u>CIRCUIT (25 min)</u></p> <p>Get as many rounds as possible 25 Jump Rope/Line Hops 8 1.5 Sand Bag Front Squat 3 ea Alt Grip Pull-Ups 5 1.5 Sand Bag OH Press 5 Alt Cross Behind Lunge 20 yd SA Farmer's Carry 8 Sand Bag Good Morning 3 ea Sand Bag Get-Up</p>	<p>DAY 2 <u>RUN</u></p> <p>1 mile (easy pace)</p> <p>4 x 800m</p> <p><u>Work to Rest - 1:3</u> <u>Pace-</u> Slightly faster than 2-mile pace</p>	<p>DAY 3 <u>CIRCUIT (5x)</u></p> <p>Get as many rounds as possible 12 ea SL Lateral Line Hops 8 ea Ruck RFE Split Squat :12 sec ISO Pull-Up Hold :15 sec ISO Ruck Push-Up :45 sec Wall Sit 25 yd ea OH Carry :15 sec ea SL RDL ISO Hold :20 sec ea Side Plank w/ Knee Raise</p>	<p>DAY 4 <u>RUN</u></p> <p>7 miles</p> <p>Easy pace; try to stay in HR Zone 2 (60-70%)</p>	<p>DAY 5 <u>CIRCUIT (25 min)</u></p> <p>Get as many rounds as possible 20 Cross Jacks 8 ECC Ruck Squat 5 ECC Chin-Up 6 ea Lateral Step-Ups 6 ECC CG Push-Up 8 Glute Bridge Walkout 20 yd Sandbag Zercher Carry 20 yd BWD Bear Crawl</p>	<p>DAY 6 <u>RUCK</u></p> <p>6 miles</p> <p>35 lbs. (dry)</p> <p><u>Pace-</u> <15 min/mi</p>
	<p><u>RUN</u></p> <p>1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u></p> <p>3 rounds :45 sec Hand Release Push-up :45 sec Spiderman Plank :45 sec Alternating Lateral Lunge</p>	<p><u>RUN</u></p> <p>2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u></p> <p>Total Reps (break up as needed) 50 yd Walking Lunge 50 ea Deadbug 50 Superman</p>	<p><u>RUN</u></p> <p>1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	
WEEK 6	<p>DAY 1 <u>CIRCUIT (30 min)</u></p> <p>Get as many rounds as possible 25 Jump Rope/Line Hops 8 1.5 Sand Bag Front Squat 3 ea Alt Grip Pull-Ups 5 1.5 Sand Bag OH Press 5 Alt Cross Behind Lunge 20 yd SA Farmer's Carry 8 Sand Bag Good Morning 3 ea Sand Bag Get-Up</p>	<p>DAY 2 <u>RUN</u></p> <p>1 mile (easy pace)</p> <p>5 x 800m</p> <p><u>Work to Rest - 1:3</u> <u>Pace-</u> Slightly faster than 2-mile pace</p>	<p>DAY 3 <u>CIRCUIT (6x)</u></p> <p>Get as many rounds as possible 12 ea SL Lateral Line Hops 8 ea Ruck RFE Split Squat :12 sec ISO Pull-Up Hold :15 sec ISO Ruck Push-Up :45 sec Wall Sit 25 yd ea OH Carry :15 sec ea SL RDL ISO Hold :20 sec ea Side Plank w/ Knee Raise</p>	<p>DAY 4 <u>RUN</u></p> <p>8 miles</p> <p>Easy pace; try to stay in HR Zone 2 (60-70%)</p>	<p>DAY 5 <u>CIRCUIT (30 min)</u></p> <p>Get as many rounds as possible 20 Cross Jacks 8 ECC Ruck Squat 5 ECC Chin-Up 6 ea Lateral Step-Ups 6 ECC CG Push-Up 8 Glute Bridge Walkout 20 yd Sandbag Zercher Carry 20 yd BWD Bear Crawl</p>	<p>DAY 6 <u>RUCK</u></p> <p>7 miles</p> <p>35 lbs. (dry)</p> <p><u>Pace-</u> <15 min/mi</p>
	<p><u>RUN</u></p> <p>2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u></p> <p>3 rounds 60 sec Hand Release Push-up 60 sec Spiderman Plank 60 sec Alternating Lateral Lunge</p>	<p><u>RUN</u></p> <p>2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u></p> <p>Total Reps (break up as needed) 75 yd Walking Lunge 75 ea Deadbug 75 Superman</p>	<p><u>RUN</u></p> <p>1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	

WEEK 7	<p>DAY 1 <u>CIRCUIT (35 min)</u> Get as many rounds as possible</p> <p>25 Jump Rope/Line Hops 8 1.5 Sand Bag Front Squat 3 ea Alt Grip Pull-Ups 5 1.5 Sand Bag OH Press 5 Alt Cross Behind Lunge 20 yd SA Farmer's Carry 8 Sand Bag Good Morning 3 ea Sand Bag Get-Up</p>	<p>DAY 2 <u>RUN</u> 1 mile (easy pace) 3 x 1600m <u>Work to Rest - 1:1</u> <u>Pace-</u> 2-mile pace</p>	<p>DAY 3 <u>CIRCUIT (7x)</u> Get as many rounds as possible</p> <p>12 ea SL Lateral Line Hops 8 ea Ruck RFE Split Squat :12 sec ISO Pull-Up Hold :15 sec ISO Ruck Push-Up :45 sec Wall Sit 25 yd ea OH Carry :15 sec ea SL RDL ISO Hold :20 sec ea Side Plank w/ Knee Raise</p>	<p>DAY 4 <u>RUN</u> 9 miles Easy pace; try to stay in HR Zone 2 (60-70%)</p>	<p>DAY 5 <u>CIRCUIT (35 min)</u> Get as many rounds as possible</p> <p>20 Cross Jacks 8 ECC Ruck Squat 5 ECC Chin-Up 6 ea Lateral Step-Ups 6 ECC CG Push-Up 8 Glute Bridge Walkout 20 yd Sandbag Zercher Carry 20 yd BWD Bear Crawl</p>	<p>DAY 6 <u>RUCK</u> 7 miles 40 lbs. (dry) <u>Pace-</u> <15 min/mi</p>
	<p><u>RUN</u> 2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u> 4 rounds 60 sec Hand Release Push-up 60 sec Spiderman Plank 60 sec Alternating Lateral Lunge</p>	<p><u>RUN</u> 2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u> Total Reps (break up as needed) 10 yd Walking Lunge 100 ea Deadbug 100 Superman</p>	<p><u>RUN</u> 2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	
WEEK 8	<p>DAY 1 <u>CIRCUIT (20 min)</u> Get as many rounds as possible</p> <p>25 Jump Rope/Line Hops 8 1.5 Sand Bag Front Squat 3 ea Alt Grip Pull-Ups 5 1.5 Sand Bag OH Press 5 Alt Cross Behind Lunge 20 yd SA Farmer's Carry 8 Sand Bag Good Morning 3 ea Sand Bag Get-Up</p>	<p>DAY 2 <u>RUN</u> 2 x 400m 1 x 800m 1 x 1600m <u>Work to Rest - 1:3</u> <u>Pace-</u> Slightly faster than 2-mile pace</p>	<p>DAY 3 <u>CIRCUIT (2x)</u> Get as many rounds as possible</p> <p>12 ea SL Lateral Line Hops 8 ea Ruck RFE Split Squat :12 sec ISO Pull-Up Hold :15 sec ISO Ruck Push-Up :45 sec Wall Sit 25 yd ea OH Carry :15 sec ea SL RDL ISO Hold :20 sec ea Side Plank w/ Knee Raise</p>	<p>DAY 4 <u>RUN</u> 7 miles Easy pace; try to stay in HR Zone 2 (60-70%)</p>	<p>DAY 5 <u>CIRCUIT (15 min)</u> Get as many rounds as possible</p> <p>20 Cross Jacks 8 ECC Ruck Squat 5 ECC Chin-Up 6 ea Lateral Step-Ups 6 ECC CG Push-Up 8 Glute Bridge Walkout 20 yd Sandbag Zercher Carry 20 yd BWD Bear Crawl</p>	<p>DAY 6 <u>RUCK</u> 5 miles 40 lbs. (dry) <u>Pace-</u> <15 min/mi</p>
	<p><u>RUN</u> 1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u> 3 rounds :30 sec Hand Release Push-up :30 sec Spiderman Plank :30 sec Alternating Lateral Lunge</p>	<p><u>RUN</u> 1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	<p><u>CALISTHENICS</u> Total Reps (break up as needed) 40 yd Walking Lunge 40 ea Deadbug 40 Superman</p>	<p><u>RUN</u> 1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)</p>	

Abbreviations:

W/U = Warm-up
C/D = Cool-down
BW = Bodyweight
HR = Heart Rate
SA = Single Arm
SL = Single Leg
OH = Overhead
ECC = Eccentric; 5 sec down, 1 sec up
ISO = Isometric; no movement, hold the position
Alt = Alternating / Alternate
CG = Close Grip
FWD / BWD = Forward / Backward
1.5 = 1 and a half rep; full rep to half rep = 1

ea = Each
sec = seconds
yd = yard
RDL = Romanian Dead Lift
RFE = Rear Foot Elevated

Notes:

1. Kettle bell can be substituted for sand bag.
2. Sand bag / kettle bell weight 35-40 pounds. If starting out, use a weight that you are comfortable with until you build up to the 35 - 40 pound weight.
3. Daily work outs can be executed consecutively as a single work out, or as 2 a days (Circuit in the morning, Run in the evening OR vice versa).