## **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.

Run W/U		Run C/D		<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	DAY 1 CIRCUIT (x4)  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	DAY 2 RUN 1 mile (easy pace)  5 x 400m  Work to Rest - 1:3 Pace- Slightly faster than 2-mile pace	DAY 3  CIRCUIT (x4)  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	DAY 4 RUN 4 miles  Easy pace; try to stay in HR Zone 2 (60-70%)	DAY 5 CIRCUIT (x4) 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	DAY 6 RUCK 4 miles 30 lbs. (dry) Pace- <15 min/mi
	RUN 1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)	CALISTHENICS 3 rounds :30 sec Hand Realease Push-up :30 sec Plank :30 sec Alternating FWD Lunge	RUN 2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)	CALISTHENICS  Total Reps (break up as needed)  100 BW Squat  100 V-Up  50 ea Bird Dog	RUN 1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)	
WEEK 2	DAY 1 CIRCUIT (x5)  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	DAY 2 RUN 1 mile (easy pace) 6 x 400m  Work to Rest - 1:3 Pace- Slightly faster than 2-mile pace	DAY 3  CIRCUIT (x5)  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	DAY 4 RUN 5 miles Easy pace; try to stay in HR Zone 2 (60-70%)	CIRCUIT (x5)  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	DAY 6 RUCK 5 miles  30 lbs. (dry)  Pace- <15 min/mi
	RUN 2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)	CALISTHENICS 3 rounds :45 sec Hand Realease Push-up :45 sec Plank :45 sec Alternating FWD Lunge	RUN 2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)	CALISTHENICS  Total Reps (break up as needed)  125 BW Squat  125 V-Up  75 ea Bird Dog	RUN 1 mile Easy pace; try to stay in HR Zones 2-3 (60-80%)	
WEEK 3	DAY 1 CIRCUIT (x6)  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	DAY 2 RUN 1 mile (easy pace)  2 x 800m 4 x 400m  Work to Rest - 1:3 Pace- Slightly faster than 2-mile pace	DAY 3  CIRCUIT (x6)  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	DAY 4 RUN 6 miles Easy pace; try to stay in HR Zone 2 (60-70%)	DAY 5 CIRCUIT (x6) 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	DAY 6 RUCK 5 miles 30 lbs. (dry) Pace- <15 min/mi
	RUN 2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)	CALISTHENICS  3 rounds  60 sec Hand Realease Push-up 60 sec Plank 60 sec Alternating FWD Lunge	RUN 2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)	CALISTHENICS  Total Reps (break up as needed)  150 BW Squat  150 V-Up  100 ea Bird Dog	RUN 2 miles Easy pace; try to stay in HR Zones 2-3 (60-80%)	

WEEK A	DAV 1	DAV 2	DAY 2	DAV 4	DAVE	DAY 6
WEEK 4	DAY 1 CIRCUIT (Total Pens)	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
	CIRCUIT (Total Reps)	RUN 1 mile (easy page)	CIRCUIT (x2)	RUN 5 miles	CIRCUIT (Total Reps)	RUCK 5 miles
	100 Jump Rope/Line Hops	1 mile (easy pace)	10 ea SL Lateral Line Hops	5 miles	100 Jumping Jacks	5 miles
	35 Sand Bag Front Squat	2 000	8 ea Ruck Split Squat	Francisco de la classica de	25 ECC Ruck Squat	25 lbs
	20 Pull-Ups	3 x 800m	:10 sec ISO Chin-Up Hold	Easy pace; try to stay in	15 ECC Pull-Up	35 lbs.
	20 Sand Bag OH Press		:12 sec ISO Deficit Push-Up	HR Zone 2 (60-70%)	20 Step-Ups	(dry)
	20 Lateral Lunge		:30 sec Wall Sit		15 ECC Push-Up	
	100 yd Farmer's Carry	Work to Rest - 1:3	20 yd ea SA OH Carry		20 SL Glute Bridge	<u>Pace-</u> <15 min/mi
	25 Sand Bag RDL	<u>Pace-</u> Slightly faster than	:12 sec ea SL RDL ISO Hold		20 yd ea Sandbag Shoulder Carry	
	10 ea Sand Bag Get-Up	2-mile pace	:20 sec ea Side Plank		50 yd Bear Crawl	
	RUN	<u>CALISTHENICS</u>	RUN	<u>CALISTHENICS</u>	RUN	
	1 mile	1 round	1 mile	Total Reps (break up as needed)	1 mile	
	Easy pace; try to stay in	60 sec Hand Realease Push-up	Easy pace; try to stay in	50 BW Squat	Easy pace; try to stay in	
	HR Zones 2-3 (60-80%)	60 sec Plank	HR Zones 2-3 (60-80%)	50 V-Up	HR Zones 2-3 (60-80%)	
		60 sec Alternating FWD Lunge	(33 3372)	50 ea Bird Dog		
		oo see / weer nating i was sange				
WEEK 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
	CIRCUIT (25 min)	<u>RUN</u>	CIRCUIT (5x)	<u>RUN</u>	CIRCUIT (25 min)	<u>RUCK</u>
	Get as many rounds as possible		Get as many rounds as possible		Get as many rounds as possible	
	25 Jump Rope/Line Hops	1 mile (easy pace)	12 ea SL Lateral Line Hops	7 miles	20 Cross Jacks	6 miles
	8 1.5 Sand Bag Front Squat	, ,, ,	8 ea Ruck RFE Split Squat		8 ECC Ruck Squat	
	3 ea Alt Grip Pull-Ups	4 x 800m	:12 sec ISO Pull-Up Hold	Easy pace; try to stay in	5 ECC Chin-Up	35 lbs.
	5 1.5 Sand Bag OH Press		:15 sec ISO Ruck Push-Up	HR Zone 2 (60-70%)	6 ea Lateral Step-Ups	(dry)
	5 Alt Cross Behind Lunge	Work to Rest - 1:3	:45 sec Wall Sit	1111 20116 2 (00 7070)	6 ECC CG Push-Up	(5.17)
	20 yd SA Farmer's Carry	Pace- Slightly faster than	25 yd ea OH Carry		8 Glute Bridge Walkout	Pace- <15 min/mi
	8 Sand Bag Good Morning	2-mile pace	:15 sec ea SL RDL ISO Hold		20 yd Sandbag Zercher Carry	<u>1 dec</u> \13 \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\
	3 ea Sand Bag Get-Up	Z mile pace	:20 sec ea Side Plank w/ Knee Raise		20 yd BWD Bear Crawl	
	3 ca Sana bag det op		.20 see ear side Harik Wy Kriee Kaise		20 ya BWB Bear Crawi	
	<u>RUN</u>	<u>CALISTHENICS</u>	RUN	<u>CALISTHENICS</u>	RUN	
	1 mile	3 rounds	2 miles	Total Reps (break up as needed)	1 mile	
	Easy pace; try to stay in	:45 sec Hand Realease Push-up	Easy pace; try to stay in	50 yd Walking Lunge	Easy pace; try to stay in	
	HR Zones 2-3 (60-80%)	:45 sec Spiderman Plank	HR Zones 2-3 (60-80%)	50 ea Deadbug	HR Zones 2-3 (60-80%)	
		:45 sec Alternating Lateral Lunge		50 Superman		
				= ·		
WEEK 6	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
	CIRCUIT (30 min)	<u>RUN</u>	CIRCUIT (6x)	RUN	CIRCUIT (30 min)	<u>RUCK</u>
	Get as many rounds as possible		Get as many rounds as possible		Get as many rounds as possible	
	25 Jump Rope/Line Hops	1 mile (easy pace)	12 ea SL Lateral Line Hops	8 miles	20 Cross Jacks	7 miles
	8 1.5 Sand Bag Front Squat		8 ea Ruck RFE Split Squat		8 ECC Ruck Squat	
	3 ea Alt Grip Pull-Ups	5 x 800m	:12 sec ISO Pull-Up Hold	Easy pace; try to stay in	5 ECC Chin-Up	35 lbs.
	5 1.5 Sand Bag OH Press		:15 sec ISO Ruck Push-Up	HR Zone 2 (60-70%)	6 ea Lateral Step-Ups	(dry)
	5 Alt Cross Behind Lunge	Work to Rest - 1:3	:45 sec Wall Sit		6 ECC CG Push-Up	
	20 yd SA Farmer's Carry	Pace- Slightly faster than	25 yd ea OH Carry		8 Glute Bridge Walkout	<u>Pace-</u> <15 min/mi
	8 Sand Bag Good Morning	2-mile pace	:15 sec ea SL RDL ISO Hold		20 yd Sandbag Zercher Carry	
	3 ea Sand Bag Get-Up		:20 sec ea Side Plank w/ Knee Raise		20 yd BWD Bear Crawl	
	<u>RUN</u>	<u>CALISTHENICS</u>	RUN	<u>CALISTHENICS</u>	RUN	
	2 miles	3 rounds	2 miles	Total Reps (break up as needed)	1 mile	
	Easy pace; try to stay in	60 sec Hand Realease Push-up	Easy pace; try to stay in	75 yd Walking Lunge	Easy pace; try to stay in	
	HR Zones 2-3 (60-80%)	•	HR Zones 2-3 (60-80%)		HR Zones 2-3 (60-80%)	
	TIN ZUITES Z-3 (00-00%)	60 sec Spiderman Plank	TIN ZUITES Z-3 (00-00%)	75 ea Deadbug	11h Zulies Z-3 (00-00%)	
		60 sec Alternating Lateral Lunge		75 Superman		

WEEK 7	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
	CIRCUIT (35 min)	<u>RUN</u>	CIRCUIT (7x)	RUN	CIRCUIT (35 min)	<u>RUCK</u>
	Get as many rounds as possible		Get as many rounds as possible		Get as many rounds as possible	
	25 Jump Rope/Line Hops	1 mile (easy pace)	12 ea SL Lateral Line Hops	9 miles	20 Cross Jacks	7 miles
	8 1.5 Sand Bag Front Squat		8 ea Ruck RFE Split Squat		8 ECC Ruck Squat	
	3 ea Alt Grip Pull-Ups	3 x 1600m	:12 sec ISO Pull-Up Hold	Easy pace; try to stay in	5 ECC Chin-Up	40 lbs.
	5 1.5 Sand Bag OH Press		:15 sec ISO Ruck Push-Up	HR Zone 2 (60-70%)	6 ea Lateral Step-Ups	(dry)
	5 Alt Cross Behind Lunge	Work to Rest - 1:1	:45 sec Wall Sit		6 ECC CG Push-Up	
	20 yd SA Farmer's Carry	<u>Pace-</u> 2-mile pace	25 yd ea OH Carry		8 Glute Bridge Walkout	<u>Pace-</u> <15 min/mi
	8 Sand Bag Good Morning	<u>race</u> 2 mile pace	:15 sec ea SL RDL ISO Hold		20 yd Sandbag Zercher Carry	
	3 ea Sand Bag Get-Up		:20 sec ea Side Plank w/ Knee Raise		20 yd BWD Bear Crawl	
	<u>RUN</u>	CALISTHENICS	RUN	CALISTHENICS	RUN	
	2 miles	4 rounds	2 miles	Total Reps (break up as needed)	2 miles	
	Easy pace; try to stay in	60 sec Hand Realease Push-up	Easy pace; try to stay in	10 yd Walking Lunge	Easy pace; try to stay in	
	HR Zones 2-3 (60-80%)	60 sec Spiderman Plank	HR Zones 2-3 (60-80%)	100 ea Deadbug	HR Zones 2-3 (60-80%)	
	(22 22.2)	60 sec Alternating Lateral Lunge		100 Superman		
WEEK 8	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
WEEK 8	DAY 1 CIRCUIT (20 min)	DAY 2 RUN	DAY 3 CIRCUIT (2x)	DAY 4 RUN	DAY 5 CIRCUIT (15 min)	DAY 6 RUCK
WEEK 8						
WEEK 8	CIRCUIT (20 min)		CIRCUIT (2x)		CIRCUIT (15 min)	
WEEK 8	CIRCUIT (20 min) Get as many rounds as possible	<u>RUN</u>	CIRCUIT (2x) Get as many rounds as possible	RUN	CIRCUIT (15 min) Get as many rounds as possible	<u>RUCK</u>
WEEK 8	CIRCUIT (20 min) Get as many rounds as possible 25 Jump Rope/Line Hops	<u>RUN</u> 2 x 400m	CIRCUIT (2x) Get as many rounds as possible 12 ea SL Lateral Line Hops	RUN	CIRCUIT (15 min)  Get as many rounds as possible  20 Cross Jacks	<u>RUCK</u>
WEEK 8	CIRCUIT (20 min) Get as many rounds as possible 25 Jump Rope/Line Hops 8 1.5 Sand Bag Front Squat	RUN 2 x 400m 1 x 800m	CIRCUIT (2x) Get as many rounds as possible 12 ea SL Lateral Line Hops 8 ea Ruck RFE Split Squat	RUN 7 miles	CIRCUIT (15 min)  Get as many rounds as possible  20 Cross Jacks  8 ECC Ruck Squat	RUCK 5 miles
WEEK 8	CIRCUIT (20 min) Get as many rounds as possible 25 Jump Rope/Line Hops 8 1.5 Sand Bag Front Squat 3 ea Alt Grip Pull-Ups	RUN  2 x 400m  1 x 800m  1 x 1600m  Work to Rest - 1:3	CIRCUIT (2x) 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	RUN 7 miles Easy pace; try to stay in	CIRCUIT (15 min)  Get as many rounds as possible  20 Cross Jacks  8 ECC Ruck Squat  5 ECC Chin-Up	RUCK 5 miles 40 lbs.
WEEK 8	CIRCUIT (20 min)  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	RUN  2 x 400m  1 x 800m  1 x 1600m  Work to Rest - 1:3  Pace- Slightly faster than	CIRCUIT (2x)  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	RUN 7 miles Easy pace; try to stay in	CIRCUIT (15 min)  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	RUCK 5 miles 40 lbs.
WEEK 8	CIRCUIT (20 min) 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	RUN  2 x 400m  1 x 800m  1 x 1600m  Work to Rest - 1:3	CIRCUIT (2x) 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	RUN 7 miles Easy pace; try to stay in	CIRCUIT (15 min) 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	RUCK 5 miles 40 lbs. (dry)
WEEK 8	CIRCUIT (20 min)  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	RUN  2 x 400m  1 x 800m  1 x 1600m  Work to Rest - 1:3  Pace- Slightly faster than	CIRCUIT (2x)  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	RUN 7 miles Easy pace; try to stay in	CIRCUIT (15 min)  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	RUCK 5 miles 40 lbs. (dry)
WEEK 8	CIRCUIT (20 min) 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	RUN  2 x 400m  1 x 800m  1 x 1600m  Work to Rest - 1:3  Pace- Slightly faster than	CIRCUIT (2x) 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	RUN 7 miles Easy pace; try to stay in	CIRCUIT (15 min) 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	RUCK 5 miles 40 lbs. (dry)
WEEK 8	CIRCUIT (20 min)  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	RUN  2 x 400m  1 x 800m  1 x 1600m   Work to Rest - 1:3  Pace- Slightly faster than  2-mile pace	CIRCUIT (2x)  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	RUN 7 miles Easy pace; try to stay in HR Zone 2 (60-70%)	CIRCUIT (15 min) 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	RUCK 5 miles 40 lbs. (dry)
WEEK 8	CIRCUIT (20 min)  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	RUN  2 x 400m  1 x 800m  1 x 1600m   Work to Rest - 1:3  Pace- Slightly faster than  2-mile pace  CALISTHENICS	CIRCUIT (2x)  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	RUN 7 miles Easy pace; try to stay in HR Zone 2 (60-70%)	CIRCUIT (15 min)  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	RUCK 5 miles 40 lbs. (dry)
WEEK 8	CIRCUIT (20 min)  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  RUN  1 mile	RUN  2 x 400m  1 x 800m  1 x 1600m   Work to Rest - 1:3  Pace- Slightly faster than  2-mile pace  CALISTHENICS  3 rounds	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	RUN 7 miles Easy pace; try to stay in HR Zone 2 (60-70%)  CALISTHENICS Total Reps (break up as needed)	CIRCUIT (15 min)  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	RUCK 5 miles 40 lbs. (dry)
WEEK 8	CIRCUIT (20 min)  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   RUN  1 mile  Easy pace; try to stay in	RUN  2 x 400m  1 x 800m  1 x 1600m  Work to Rest - 1:3 Pace- Slightly faster than 2-mile pace  CALISTHENICS 3 rounds :30 sec Hand Realease Push-up	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  RUN  1 mile  Easy pace; try to stay in	RUN 7 miles Easy pace; try to stay in HR Zone 2 (60-70%)  CALISTHENICS Total Reps (break up as needed) 40 yd Walking Lunge	CIRCUIT (15 min)  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  RUN  1 mile  Easy pace; try to stay in	RUCK 5 miles 40 lbs. (dry)

## **Abbreviations:**

W/U = Warm-up

C/D = Cool-down

BW = Bodyweight

HR = Heart Rate

SA = Single Arm

ea = Each

sec = seconds

yd = yard

RDL = Romanian Dead Lift

RFE = Rear Foot Elevated

ECC = Eccentric; 5 sec down, 1 sec up ISO = Isometric; no movement, hold the position

Alt = Alternating / Alternate

CG = Close Grip

SL = Single Leg

OH = Overhead

FWD / BWD = Forward / Backward

1.5 = 1 and a half rep; full rep to half rep = 1

## **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).