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 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.

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### WEEK 1

#### DAY 1
- **CIRCUIT (x6)**
  - 20 Jump Rope/Later Hops
  - 8 Sand Bag Front Squat
  - 5 Pull-Ups
  - 5 Sand Bag OH Press
  - 5 Lateral Lunge
  - 20 yd Farmer’s Carry
  - 3 ea Sand Bag Get-Up
- **RUN**
  - 1 mile (easy pace)

#### DAY 2
- **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
  - :30 sec SA OH Carry
  - 20 yd ea SL RDL ISO Hold
  - :20 sec ea Side Plank

#### DAY 3
- **RUN**
  - 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
  - :30 sec SA OH Carry
  - 20 yd 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 (x6)**
  - 20 Jumping Jacks
  - 5 ECC Ruck Squat
  - 6 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

### WEEK 2

#### DAY 1
- **CIRCUIT (x6)**
  - 20 Jump Rope/Later Hops
  - 8 Sand Bag Front Squat
  - 5 Pull-Ups
  - 5 Sand Bag OH Press
  - 5 Lateral Lunge
  - 20 yd Farmer’s Carry
  - 3 ea Sand Bag Get-Up
- **RUN**
  - 1 mile (easy pace)
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)

#### DAY 2
- **RUN**
  - :30 sec Hand Realease Push-up
  - :30 sec Plank
  - :30 sec Alternating FWD Lunge

#### DAY 3
- **CIRCUIT (x6)**
  - :45 sec Hand Realease Push-up
  - :45 sec Plank
  - :45 sec Alternating FWD Lunge

#### DAY 4
- **RUN**
  - 2 miles
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)

#### DAY 5
- **CIRCUIT (x6)**
  - 5 miles
  - Easy pace; try to stay in HR Zone 2 (60-70%)

#### DAY 6
- **RUCK**
  - 5 miles

### WEEK 3

#### DAY 1
- **CIRCUIT (x6)**
  - 20 Jump Rope/Later Hops
  - 8 Sand Bag Front Squat
  - 5 Pull-Ups
  - 5 Sand Bag OH Press
  - 5 Lateral Lunge
  - 20 yd Farmer’s Carry
  - 3 ea Sand Bag Get-Up
- **RUN**
  - 1 mile (easy pace)
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)

#### DAY 2
- **RUN**
  - 2 miles
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)

#### DAY 3
- **CIRCUIT (x6)**
  - :10 sec SL Lateral Line Hops
  - :10 sec ISO Chin-Up Hold
  - :12 sec ISO Deficit Push-Up
  - :30 sec Wall Sit
  - :30 sec 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
  - 5 ECC Ruck Squat
  - 6 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

### DAY 1
- **RUN**
  - 1 mile
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)

### DAY 2
- **CALISTHENICS**
  - Total Reps (break up as needed)
  - 125 BW Squat
  - 125 V-Up
  - 50 ea Bird Dog

### DAY 3
- **RUN**
  - 2 miles
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)

### DAY 4
- **CALISTHENICS**
  - Total Reps (break up as needed)
  - 150 BW Squat
  - 150 V-Up
  - 100 ea Bird Dog

### DAY 5
- **RUN**
  - 3 rounds
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)

### DAY 6
- **CALISTHENICS**
  - Total Reps (break up as needed)
  - 200 BW Squat
  - 200 V-Up
  - 150 ea Bird Dog

### DAY 1
- **RUN**
  - 2 miles
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)

### DAY 2
- **CALISTHENICS**
  - Total Reps (break up as needed)
  - 150 BW Squat
  - 150 V-Up
  - 100 ea Bird Dog

### DAY 3
- **RUN**
  - 3 rounds
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)

### DAY 4
- **CALISTHENICS**
  - Total Reps (break up as needed)
  - 200 BW Squat
  - 200 V-Up
  - 150 ea Bird Dog

### DAY 5
- **RUN**
  - 4 rounds
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)

### DAY 6
- **CALISTHENICS**
  - Total Reps (break up as needed)
  - 200 BW Squat
  - 200 V-Up
  - 150 ea Bird Dog
### WEEK 4

#### DAY 1
- **RUN**
  - 1 mile (easy pace)

#### DAY 2
- **CALISTHENICS**
  - 1 round
  - 60 sec Hand Realease Push-up
  - 60 sec Plank
  - 60 sec Alternating FWD Lunge

#### DAY 3
- **CALISTHENICS**
  - 2 rounds
  - 60 sec ISO Chin-Up Hold
  - 60 sec ISO Deficit Push-Up
  - 60 sec Side Plank

#### DAY 4
- **CALISTHENICS**
  - 3 rounds
  - 60 sec ISO Pull-Up Hold
  - 60 sec Side Plank w/ Knee Raise

#### DAY 5
- **CALISTHENICS**
  - 4 rounds
  - 60 sec Hand Realease Push-up
  - 60 sec Spiderman Plank
  - 60 sec Alternating Lateral Lunge

#### DAY 6
- **CALISTHENICS**
  - 5 rounds
  - 60 sec Hand Realease Push-up
  - 60 sec Spiderman Plank
  - 60 sec Alternating Lateral Lunge

### WEEK 5

#### DAY 1
- **RUN**
  - 1 mile (easy pace)

#### DAY 2
- **CALISTHENICS**
  - 1 round
  - 60 sec ISO Chin-Up Hold
  - 60 sec ISO Deficit Push-Up
  - 60 sec Side Plank

#### DAY 3
- **CALISTHENICS**
  - 2 rounds
  - 60 sec ISO Pull-Up Hold
  - 60 sec Wall Sit
  - 60 sec Side Plank

#### DAY 4
- **CALISTHENICS**
  - 3 rounds
  - 60 sec ISO Chin-Up Hold
  - 60 sec ISO Deficit Push-Up
  - 60 sec Side Plank

#### DAY 5
- **CALISTHENICS**
  - 4 rounds
  - 60 sec ISO Pull-Up Hold
  - 60 sec Wall Sit
  - 60 sec Side Plank w/ Knee Raise

#### DAY 6
- **CALISTHENICS**
  - 5 rounds
  - 60 sec ISO Chin-Up Hold
  - 60 sec ISO Deficit Push-Up
  - 60 sec Side Plank

### WEEK 6

#### DAY 1
- **RUN**
  - 1 mile (easy pace)

#### DAY 2
- **CALISTHENICS**
  - 1 round
  - 60 sec Hand Realease Push-up
  - 60 sec Plank
  - 60 sec Alternating FWD Lunge

#### DAY 3
- **CALISTHENICS**
  - 2 rounds
  - 60 sec ISO Chin-Up Hold
  - 60 sec ISO Deficit Push-Up
  - 60 sec Side Plank

#### DAY 4
- **CALISTHENICS**
  - 3 rounds
  - 60 sec ISO Pull-Up Hold
  - 60 sec Wall Sit
  - 60 sec Side Plank w/ Knee Raise

#### DAY 5
- **CALISTHENICS**
  - 4 rounds
  - 60 sec ISO Pull-Up Hold
  - 60 sec Wall Sit
  - 60 sec Side Plank

#### DAY 6
- **CALISTHENICS**
  - 5 rounds
  - 60 sec ISO Pull-Up Hold
  - 60 sec Wall Sit
  - 60 sec Side Plank
### WEEK 7

#### DAY 1
- **CIRCUIT (35 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 miles
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)

#### DAY 2
- **RUN**
  - 1 mile (easy pace)
- **CIRCUIT (7x)**
  - 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
- **CALISTHENICS**
  - 4 rounds
    - 60 sec Hand Release Push-up
    - 60 sec Spiderman Plank
    - 60 sec Alternating Lateral Lunge
  - Pace- Slightly faster than 2-mile pace

#### DAY 3
- **RUN**
  - 2 miles
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)
- **CIRCUIT (7x)**
  - Get as many rounds as possible
  - 9 miles
  - Easy pace; try to stay in HR Zones 2 (60-70%)

#### DAY 4
- **RUN**
  - 1 mile
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)

#### DAY 5
- **CIRCUIT (35 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**
  - 2 miles
  - Easy pace; try to stay in HR Zones 2-3 (60-80%)

#### WEEK 8

#### DAY 6
- **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 HR Zones 2-3 (60-80%)
- **CALISTHENICS**
  - 3 rounds
    - 30 sec Hand Release Push-up
    - 30 sec Spiderman Plank
    - 30 sec Alternating Lateral Lunge
  - Work to Rest - 1:3
- **CALISTHENICS**
  - Total Reps (break up as needed)
  - 10 yd Walking Lunge
  - 100 ea Deadbug
  - 100 Superman

### Abbreviations:
- W/U = Warm-up
- C/D = Cool-down
- BW = Bodyweight
- HR = Heart Rate
- SA = Single Arm
- RDL = Romanian Dead Lift
- RFE = Rear Foot Elevated
- 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

### 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).