MARSOC SPECIAL FORCES ASSESSMENT & SELECTION PREPARATION PROGRAM 11 WEEKS

WEEKS 1-3 OUTLINE

DAY 1

SESSION 1 - SPRINTS

DYNAMIC WARM UP

SPRINT DAY 1

SESSION 2 – LIFT

LIFT PREP

LIFT DAY 1

DAY 2

SESSION 1 - RUCK

DYNAMIC WARM UP

RUCK DAY 2

RECOVERY CIRCUIT

SESSION 2 – CAPACITY CIRCUIT

CAPACITY CIRCUIT DAY 2

DAY 3

SESSION – **SWIM**

DYNAMIC WARM UP

SWIM DAY 3

DAY 4

SESSION – RUN

DYNAMIC WARM UP

RUN DAY 4

RECOVERY CIRCUIT

DAY 5

SESSION 1 – SWIM

DYNAMIC WARM UP

SWIM DAY 5

SESSION 2 – LIFT

LIFT PREP

LIFT DAY 5

DAY 6

SESSION – RUCK

DYNAMIC WARM UP

RUCK DAY 6

DAY 7

SESSION – RECOVERY

RECOVERY CIRCUIT

WEEK 4 OUTLINE

DAY 1

<u>SESSION 1</u> – SPRINTS

DYNAMIC WARM UP

SPRINT DAY 1

SESSION 2 - LIFT

LIFT PREP LIFT DAY 1

DAY 2

SESSION 1 – RUCK DYNAMIC WARM UP

PUSH UP & PULL UP TEST (MAX PUSH UPS IN 2 MIN & MAX DEAD HANG PULL UPS)

RUCK DAY 2

RECOVERY CIRCUIT

SESSION 2 – CAPACITY CIRCUIT

CAPACITY CIRCUIT DAY 2

DAY 3

SESSION – SWIM

DYNAMIC WARM UP

300 METER ASSESSMENT

SWIM DAY 3

DAY 4

SESSION – RUN

DYNAMIC WARM UP

3 MILE RUN ASSESSMENT

RECOVERY CIRCUIT

DAY 5

SESSION 1 – SWIM

DYNAMIC WARM UP

SWIM DAY 5

SESSION 2 – LIFT

LIFT DAY 5

DAY 6

SESSION – RUCK

DYNAMIC WARM UP

RUCK ASSESSMENT @ 4 MILES

DAY 7

SESSION – RECOVERY

RECOVERY CIRCUIT

WEEKS 5-8 OUTLINE

DAY 1 **SESSION 1 - SPRINTS** DYNAMIC WARM UP SPRINT DAY 1 **SESSION 2 – LIFT** LIFT PREP LIFT DAY 1 DAY 2 SESSION 1 - RUCK DYNAMIC WARM UP **RUCK DAY 2 RECOVERY CIRCUIT SESSION 2 – CAPACITY CIRCUIT CAPACITY CIRCUIT DAY 2** DAY 3 **SESSION** – SWIM DYNAMIC WARM UP SWIM DAY 3 DAY 4 SESSION - RUN DYNAMIC WARM UP **RUN DAY 4 RECOVERY CIRCUIT** DAY 5 SESSION 1 - SWIM DYNAMIC WARM UP SWIM DAY 5 **SESSION 2 – LIFT**

LIFT PREP LIFT DAY 5

DAY 6

SESSION – RUCK DYNAMIC WARM UP RUCK DAY 6

DAY 7

<u>SESSION</u> – RECOVERY RECOVERY CIRCUIT

WEEK 9 OUTLINE

DAY 1 **SESSION** – LIFT LIFT PREP LIFT DAY 1 DAY 2 SESSION 1 - RUCK DYNAMIC WARM UP PUSH UP & PULL UP TEST (MAX PUSH UPS IN 2 MIN & MAX DEAD HANG PULL UPS) **CAPACITY CIRCUIT DAY 2** DAY 3 **SESSION** – SWIM DYNAMIC WARM UP **300 METER ASSESSMENT** SWIM DAY 3 DAY 4 **SESSION** – RUN DYNAMIC WARM UP **5 MILE RUN ASSESSMENT RECOVERY CIRCUIT** DAY 5 SESSION 1 – SWIM DYNAMIC WARM UP SWIM DAY 5 DAY 6 **SESSION** – RUCK DYNAMIC WARM UP **RUCK ASSESSMENT @ 13 MILES** DAY 7 SESSION - RECOVERY **RECOVERY CIRCUIT**

WEEK 10 OUTLINE (DELOAD WEEK)

DAY 1

SESSION – ACTIVE RECOVERY ROUTINE

DYNAMIC WARM UP

30 MINUTES OF CHOICE CARDIO @ MODERATE INTENSITY. YOU SHOULD BE ABLE TO HOLD A CONVERSATION WITH SOMEONE AT MODERATE INTENSITY. (RUN, TREADMILL, BIKE, SKI ERG, ROW ERG, JACOBS LADDER, VERSACLIMBER, ETC..)

DAY 2

SESSION-RUCK

DYNAMIC WARM UP

RUCK DAY 2

RECOVERY CIRCUIT

DAY 3

SESSION- ACTIVE RECOVERY ROUTINE

DYNAMIC WARM UP

30 MINUTES OF CHOICE CARDIO @ MODERATE INTENSITY. YOU SHOULD BE ABLE TO HOLD A CONVERSATION WITH SOMEONE AT MODERATE INTENSITY. (RUN, TREADMILL, BIKE, SKI ERG, ROW ERG, JACOBS LADDER, VERSACLIMBER, ETC...)

DAY 4

SESSION – RECOVERY

RECOVERY CIRCUIT

DAY 5

SESSION- ACTIVE RECOVERY ROUTINE

DYNAMIC WARM UP

30 MINUTES OF CHOICE CARDIO @ MODERATE INTENSITY. YOU SHOULD BE ABLE TO HOLD A CONVERSATION WITH SOMEONE AT MODERATE INTENSITY. (RUN, TREADMILL, BIKE, SKI ERG, ROW ERG, JACOBS LADDER, VERSACLIMBER, ETC...)

DAY 6

SESSION - RECOVERY

RECOVERY CIRCUIT

DAY 7

SESSION – RECOVERY

RECOVERY CIRCUIT

WEEK 11 OUTLINE (ASSESSMENT WEEK)

DAY 1 **SESSION** – 3 MILE ASSESSMENT DYNAMIC WARM UP 3 MILE FOR TIME (RECORD TIME) DAY 2 SESSION-RECOVERY **RECOVERY CIRCUIT** DAY 3 **SESSION-300 METER SWIM ASSESSMENT** DYNMAIC WARM UP 300 METER SWIM FOR TIME (RECORD TIME) DAY 4 **SESSION** – RUN DYNAMIC WARM UP RUN 2 MILES (EASY PACE) DAY 5 SESSION-PUSH UP & PULL UP ASSESSMENT LIFT PREP MAX PUSH UPS IN 2:00 (RECORD REPS) MAX DEAD HANG PULL UPS (RECORD REPS) DAY 6 **SESSION** – RUCK RUCK 4 MILES FOR TIME (RECORD TIME) DAY 7 **SESSION – RECOVERY** RECOVERY CIRCUIT

DYNAMIC WARM UP

ALL WARM UP EXERCISES ARE TO BE COMPLETED FOR 20 YARDS, OR, FOR THE SPECIFIED NUMBER OF REPETITIONS. JOG BACK TO THE STARTING POSITION, COMPLETE THE NEXT EXERCISE.

- 1. JOG DOWN AND BACK 20 YARDS X4
- 2. HIGH KNEE CARIOCA 20 YARDS AND JOG BACK X1 (RIGHT SIDE LEAD)
- 3. HIGH KNEE CARIOCA 20 YARDS AND JOG BACK X1 (LEFT SIDE LEAD)
- 4. U-STEP WITH HOP 20 YARDS AND JOG BACK X1 (RIGHT SIDE LEAD)
- 5. U-STEP WITH HOP 20 YARDS AND JOG BACK X1 (LEFT SIDE LEAD)
- 6. FORWARD LUNGE WITH ELBOW TO INSTEP AND JOG BACK X5 REPS EACH SIDE
- 7. PUSH UP WALK X10 REPS AND JOG BACK (RIGHT SIDE LEAD)
- 8. PUSH UP WALK X10 REPS AND JOG BACK (LEFT SIDE LEAD)
- 9. INCHWORM TO UPWARD DOG 20 YARDS AND JOG BACK X1
- 10. WALKING HAMSTRING STRETCH 20 YARDS AND JOG BACK X1
- 11. WALKING SQUAD STRETCH 20 YARDS AND JOG BACK X1
- 12. POWER SKIP 20 YARDS AND JOB BACK X1
- 13. SUPINE TO SPRINT 20 YARDS X1

DAY 1 SPRINT PROGRESSION WEEKS 1-4

WEEK 1

400M X8

COMPLETE EACH 400 METER INTERVAL (0.25 MILES) AND RECORD YOUR TIME. JOG BACK TO THE STARTING POSITION AND REPEAT UNTIL ALL REPS ARE COMPLETED.

WEEK 2

800M X5

COMPLETE EACH 800 METER INTERVAL (0.50 MILES) AND RECORD YOUR TIME.

WEEK 3

1600M/1600M/800M

COMPLETE EACH INTERVAL AND RECORD YOUR TIME. JOG BACK TO THE STARTING POSITION AND REPEAT UNTIL ALL REPS ARE COMPLETED.

WEEK 4

400M/400M/600M/600M/800M/800M
COMPLETE EACH REP AND RECORD YOUR TIME. JOG BACK TO THE STARTING POSITION AND REPEAT UNTIL ALL REPS ARE COMPLETED.

DAY 1 SPRINT PROGRESSION WEEKS 5-8

WEEK 5

400M X10

COMPLETE EACH REP AND RECORD YOUR TIME. JOG BACK TO THE STARTING POSITION AND REPEAT UNTIL ALL REPS ARE COMPLETED.

WEEK 6

1600M/1200M/800M/400M
COMPLETE EACH REP AND RECORD YOUR TIME. JOG BACK TO THE STARTING POSITION AND REPEAT UNTIL ALL REPS ARE COMPLETED.

WEEK 7

400M X10

COMPLETE EACH REP AND RECORD YOUR TIME. JOG BACK TO THE STARTING POSITION AND REPEAT UNTIL ALL REPS ARE COMPLETED.

WEEK 8

800M X6

COMPLETE EACH REP AND RECORD YOUR TIME. JOG BACK TO THE STARTING POSITION AND REPEAT UNTIL ALL REPS ARE COMPLETED.

DAY 1 SPRINT PROGRESSION WEEKS 9-11



LIFT PREP

ALL WARM UP EXERCISES ARE TO BE COMPLETED FOR 20 YARDS, OR, FOR THE SPECIFIED NUMBER OF REPS. JOG BACK TO THE STARTING POSITION, COMPLETE THE NEXT EXERCISE.

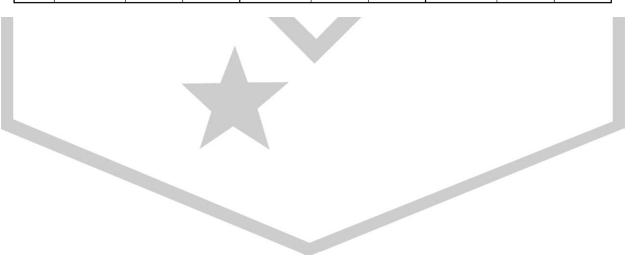
- 1. JOG DOWN AND BACK 20 YARDS X4
- 2. WALKING HAMSTRING STRETCH 20 YARDS AND JOG BACK X1
- 3. WALKING QUAD STRETCH 20 YARDS AND JOG BACK X1
- 4. FORWARD LUNGE WITH ELBOW TO INSTEP X5 REPS EACH
- 5. INCHWORM TO UPWARD DOG X5
- 6. PUSH UPS X10
- 7. SHOULDER TAPS X10 REP
- 8. SCAP PUSH UPS X10
- 9. LYING HAND CUFFS X10

DAY 1 LIFT WEEKS 1-3

LIFT DAY 1 PROGRESSION WEEKS 1-3

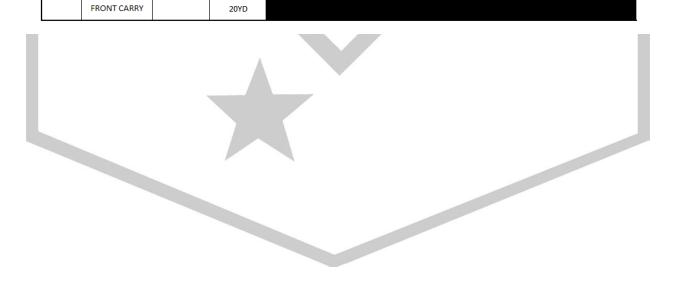
YELLOW EXERCISES INDICATE A NEW MOVEMENT PATTERN WITHIN THE PROGRESSION

	WE	EK 1			WEEK 2			WEEK 3	
BLOCK	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS
Α	LIFT PREF	SEE LIFT PREP	PAGE	LIFT PREF	SEE LIFT PREP	PAGE	LIFT PREF	SEE LIFT PREP	PAGE
_	RUSSIAN KB SWING	3	10	RUSSIAN KB SWING	3	8	RUSSIAN KB SWING	3	10
В	SINGLE LEG GLUTE BRIDGE	3	8/LEG	SINGLE LEG GLUTE BRIDGE	3	8/LEG	SINGLE LEG GLUTE BRIDGE	3	8/LEG
С	GOBLET SQUAT	5	10	GOBLET SQUAT	5	8	2 KB FRONT RACK SQUAT	5	8
C	BAND PULL APART	3	10	BAND PULL APART	3	10	BAND PULL APART	3	10
D	HAND RELEASE PUSH UP	3	15	HAND RELEASE PUSH UP	3	15	HAND RELEASE PUSH UP	3	18
	1 ARM DB ROW	3	10/ARM	1 ARM DB ROW	3	8/ARM	1 ARM DB ROW	3	8/ARM
	90 DEGREE CARRY	3	20YD	90 DEGREE CARRY	3	20YD	WAITER'S WALK	3	20YD
E	LUNGE VARIATION	3	8/SIDE	LUNGE VARIATION	3	8/SIDE	LUNGE VARIATION	3	6/SIDE
	DB FARMER'S CARRY	3	30YD	DB FARMER'S CARRY	3	30YD	SUITCASE CARRY	3	30YD
	BURPEES		5	BURPEES		6	BURPEES		7
	4 COUNT FLUTTER KICKS		10	4 COUNT FLUTTER KICKS		12	4 COUNT FLUTTER KICKS		15
F	PUSH UPS	4	10	PUSH UPS	4	12	PUSH UPS	4	15
	HANGING KNEE TO CHEST		10	HANGING KNEE TO CHEST		12	HANGING KNEE TO CHEST		15
	FRONT CARRY		20YD	FRONT CARRY		20YD	FRONT CARRY		20YD



DAY 1 LIFT WEEKS 4-6

			LIFT DA	AY 1 PROGF	RESSION	WEEK 4	-6				
	YELLOV	V EXERCISE	S INDICATE	A NEW MOVE	MENT PAT	TERN WITH	IIN THE PROGE	RESSION			
WEEK 4 WEEK 5 WEEK 6											
BLOCK	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS		
Α	LIFT PREF	SEE LIFT PREP	PAGE	LIFT PREF	SEE LIFT PREP	PAGE	LIFT PREF	SEE LIFT PREP	PAGE		
_	RUSSIAN KB SWING	3	8	RUSSIAN KB SWING	2	10	1 ARM RUSSIAN KB SWING	3	7/ARM		
В	SINGLE LEG GLUTE BRIDGE	3	8/SIDE	SINGLE LEG GLUTE BRIDGE	2	8/SIDE	SINGLE LEG GLUTE BRIDGE	3	8/SIDE		
_	1 KB FRONT RACK SQUAT	5	4/SIDE	1 KB FRONT RACK SQUAT	4	6/SIDE	FRONT SQUAT	5	7		
С	BAND PULL APART	3	10	BAND PULL APART	2	10	BAND PULL APART	3	10		
	HAND RELEASE PUSH UP	3	15	HAND RELEASE PUSH UP	2	15	TEMPO PUSH UP (4.2.4.1)	3	5		
D	1 ARM DB ROW	3	6/ARM	1 ARM DB ROW	2	10/ARM	1 ARM DB ROW	3	7/ARM		
	WAITER'S WALK	3	20YD	90 DEGREE CARRY	2	20YD	90 DEG. KB BOTTOMS UP CARRY	3	20YD		
E	LUNGE VARIATION	3	6/SIDE	LUNGE VARIATION	2	8/SIDE	LUNGE VARIATION	3	8/SIDE		
	SUITCASE CARRY	3	40YD	DB FARMER'S CARRY	2	40YD	BAR SUITCASE CARRY	3	30YD		
	BURPEES		8								
	4 COUNT FLUTTER KICKS		18								
F	PUSH UPS	4	18								
	HANGING KNEE TO CHEST		18								
	EDONIT CARRY		20VD								

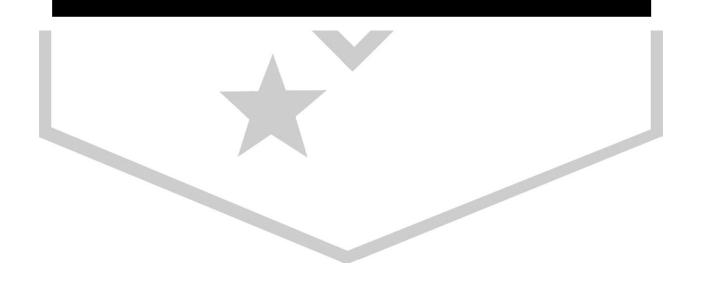


DAY 1 LIFT WEEKS 7-9

LIFT DAY 1 PROGRESSION WEEKS 7-9

YELLOW EXERCISES INDICATE A CHANGE IN THE MOVEMENT PATTERN FOR THE WEEK.

	WE	EK 7			WEEK 8			WEEK 9	
BLOCK	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS
Α	LIFT PREF	SEE LIFT PREP	PAGE	LIFT PREF	SEE LIFT PREP	PAGE	LIFT PREF	SEE LIFT PREP	PAGE
	1 ARM RUSSIAN KB SWING	3	7/ARM	1 ARM RUSSIAN KB SWING	3	5/ARM	1 ARM RUSSIAN KB SWING	3	5/ARM
В	SINGLE LEG GLUTE BRIDGE	3	8/SIDE	SINGLE LEG GLUTE BRIDGE	3	5/SIDE	SINGLE LEG GLUTE BRIDGE	3	5/SIDE
	FRONT SQUAT	5	5	ZERCHER SQUAT	5	5	ZERCHER SQUAT	5	5
С	BAND PULL APART	3	10	BAND PULL APART	3	10	BAND PULL APART	3	10
D	TEMPO PUSH UP (4.2.4.1)	3	5	TEMPO PUSH UP (4.2.4.1)	3	7	TEMPO PUSH UP (4.2.4.1)	3	7
D D	1 ARM DB ROW	3	7/ARM	1 ARM DB ROW	3	5/ARM	1 ARM DB ROW	3	5/ARM
	90 DEG. KB BOTTOMS UP CARRY	3	20YD	OVERHEAD KB BOTTOMS UP CARRY	3	20YD	OVERHEAD KB BOTTOMS UP CARRY	3	20YD
E	LUNGE VARIATION	3	7/SIDE	LUNGE VARIATION	3	5/SIDE	LUNGE VARIATION	3	5/SIDE
	BAR SUITCASE CARRY	3	40YD	2 HANDED BAR SUITCASE CARRY	3	30YD	2 HANDED BAR SUITCASE CARRY	3	40YD



DAY 2 RUCK PROGRESSION WEEKS 1-4

WEEK 1

2X1 MILE RUCK

GOAL IS TO WALK @ 15MIN/MILE. RUCK IS 45LBS (NOT INCLUDING WATER). 3 MIN REST BETWEEN REPS. RECORD TIMES FOR EACH REP.

WEEK 2

8X(.25 MILES)

CARRY AN IMPLEMENT THAT WEIGHS 15LBS. EACH REP YOU WILL CHANGE WHERE YOU CARRY THE IMPLEMENT (RIGHT HAND, LEFT HAND, RIGHT SHOULDER, LEFT SHOULDER). RUCK WEIGHT IS 45 LBS (NOT INCLUDING WATER). GOAL PACE IS LESS THAN 3 MINUTES PER 0.25 MILES. 3 MINUTE REST AFTER THE 4TH REP. RECORD YOUR TIMES FOR EACH REP.

WEEK 3

3x1 MILE RUCK

GOAL IS TO WALK A 15 MIN/MILE. RUCK WEIGHT IS 45 LBS (NOT INCLUDING WATER). 3 MIN REST BETWEEN REPS. RECORD YOUR TIMES FOR EACH REP.

WEEK 4

8X(.25 MILES)

CARRY AN IMPLEMENT THAT WEIGHS 20LBS. EACH REP YOU WILL CHANGE WHERE YOU CARRY THE IMPLEMENT (RIGHT HAND, LEFT HAND, RIGHT SHOULDER, LEFT SHOULDER). RUCK WEIGHT IS 45 LBS (NOT INCLUDING WATER). GOAL PACE IS LESS THAN 3 MINUTES PER 0.25 MILES. 3 MINUTE REST AFTER THE 4TH REP. RECORD YOUR TIMES FOR EACH REP.

DAY 2 RUCK PROGRESSION WEEKS 5-8

WEEK 5

1 MILES & 2 MILE RUCK

GOAL IS TO WALK A 15 MIN/MILE PACE. RUCK WEIGHT IS 45 LBS (NOT INCLUDING WATER). 3 MIN REST BETWEEN REPS. RECORD YOUR TIME FOR EACH REP.

WEEK 6

8X(.25 MILES)

CARRY AN IMPLEMENT THAT WEIGHS 25LBS. EACH REP YOU WILL CHANGE WHERE YOU CARRY THE IMPLEMENT (RIGHT HAND, LEFT HAND, RIGHT SHOULDER, LEFT SHOULDER). RUCK WEIGHT IS 45 LBS (NOT INCLUDING WATER). GOAL PACE IS LESS THAN 3 MINUTES PER 0.25 MILES. 3 MINUTE REST AFTER THE 4TH REP. RECORD YOUR TIMES FOR EACH REP.

WEEK 7

2X2 MILE RUN

GOAL IS TO WALK A 15 MIN/MILE PACE. RUCK WEIGHT IS 45 LBS (NOT INCLUDING WATER). 5 MIN REST BETWEEN REPS. RECORD TIME FOR EACH REP.

WEEK 8

8X(.25 MILES)

CARRY AN IMPLEMENT THAT WEIGHS 30LBS. EACH REP YOU WILL CHANGE WHERE YOU CARRY THE IMPLEMENT (RIGHT HAND, LEFT HAND, RIGHT SHOULDER, LEFT SHOULDER). RUCK WEIGHT IS 45 LBS (NOT INCLUDING WATER). GOAL PACE IS LESS THAN 3 MINUTES PER 0.25 MILES. 2 MINUTE REST AFTER THE 4TH REP. RECORD YOUR TIMES FOR EACH REP.

DAY 2 RUCK PROGRESSION WEEKS 9-11

WEEK 9

NO RUCK

WEEK 10

8X(.25 MILES)

CARRY AN IMPLEMENT THAT WEIGHS 35LBS. EACH REP YOU WILL CHANGE WHERE YOU CARRY THE IMPLEMENT (RIGHT HAND, LEFT HAND, RIGHT SHOULDER, LEFT SHOULDER). RUCK WEIGHT IS 45 LBS (NOT INCLUDING WATER). GOAL PACE IS LESS THAN 3 MINUTES PER 0.25 MILES. 2 MINUTE REST AFTER THE 4TH REP. RECORD YOUR TIMES FOR EACH REP.

WEEK 11

NO RUCK

RECOVERY CIRCUIT

THIS IS WHERE PERFORMANCE IS BUILT. WE BREAK OUR BODIES DOWN TO REBUILD STRONGER THAN WE WERE BEFORE. TAKE YOUR RECOVERY SERIOUSLY.

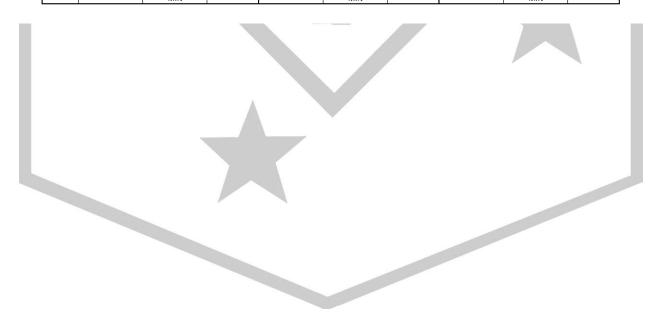
- 1. GROIN STRECH 2X:15 SECONDS
- 2. TRICEPS STRETCH 2X 15 SECONDS
- 3. ROTATOR CUFF STRETCH 2X 15 SECONDS
- 4. MID BACK STRETCH 2X 15 SECONDS
- 5. QUADRAPED THORACIC SPINE 2X 15 SECONDS
- 6. FOAM ROLL CALVES 2X 30 SECONDS
- 7. HAMSTRING FOAM ROLL 2X 30 SECONDS
- 8. FOAM ROLL IT BANDS 2X 30 SECONDS
- 9. QUAD AND HIP FLEXOR FOAM ROLL 2X 30 SECONDS
- 10. GROIN FOAM ROLL 2X 30 SECONDS
- 11. GLUTE GOAM ROLL 2X 30 SECONDS
- 12. MID AND UPPER BACK FOAM ROLL 2X 30 SECONDS
- 13. LAT FOAM ROLL 2X 30 SECONDS
- 14. HAMSTRING STRETCH WITH ROPE 2X 15 SECONDS
- 15. ROPE CALF STRETCH 2X 15 SECONDS
- 16. ROPE QUAD STRETCH 2X 15 SECONDS
- 17. IT BAND STRETCH 2X 15 SECONDS

DAY 2 CAPACITY CIRCUIT WEEKS 1-3

CAPACITY CIRCUIT DAY 2 WEEKS 1-3

PAY ATTENTION TO EXERCISES, SETS, & REPS AS THEY CHANGE AND PROGRESS THROUGH OUT EACH WEEK.

	V	VEEK 1			WEEK 2			WEEK 3	
BLOCK	EXERCISE	ROUNDS	REPS	EXERCISE	ROUNDS	REPS	EXERCISE	ROUNDS	REPS
	SINGLE LEG GLUTE BRIDGE		18/LEG	SINGLE LEG GLUTE BRIDGE		20/LEG	AMMO CAN HIP THRUST		20
A	WALKING LUNGES W/AMMO CANS	3 ROUNDS. (COMPLETING ONE SET OF EACH	15/LEG	WALKING LUNGES W/AMMO CANS	3 ROUNDS. (COMPLETING ONE SET OF EACH	16/LEG	AMMO CAN LUNGE WITH ROTATION	4 ROUNDS. (COMPLETING ONE SET OF EACH	10/LEG
A	SINGLE LEG RDL W/AMMO CAN	EXERCISE = 1 ROUND) REST = 1 MIN	18/LEG	SINGLE LEG RDL W/AMMO CAN	EXERCISE = 1 ROUND) REST = 1 MIN	14/LEG	MAX EFFORT BROAD JUMP	EXERCISE = 1 ROUND) REST = 1 MIN	5
	BURPEE		15	BURPEE		15	BEAR CRAWL		40YD
	AMMO CAN FRONT SQUATS		30	AMMO CAN FRONT SQUATS		40	AMMO CAN THRUSTERS		14
В	V-UPS	3 ROUNDS. (COMPLETING ONE SET OF EACH	15	V-UPS	3 ROUNDS. (COMPLETING ONE SET OF EACH	20	SPLIT SQUAT JUMPS	4 ROUNDS. (COMPLETING ONE SET OF EACH	10/LEG
В	SUPERMANS	EXERCISE = 1 ROUND) REST = 1 MIN	10	SUPERMANS	EXERCISE = 1 ROUND) REST = 1 MIN	12	INS AND OUTS	EXERCISE = 1 ROUND) REST = 1 MIN	16
	FLUTTER KICKS		20/LEG	FLUTTER KICKS		25/LEG	CALF RAISE W/AMMO CANS		20
С	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH	1:00 MIN	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH	1:00 MIN	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH	1:15 MIN
C	SIDE PLANK	EXERCISE = 1 ROUND) REST = 1 MIN	30 SECONDS PER SIDE	SIDE PLANK	EXERCISE = 1 ROUND) REST = 1 MIN	30 SECONDS PER SIDE	SIDE PLANK	EXERCISE = 1 ROUND) REST = 1 MIN	45 SECONDS PER SIDE

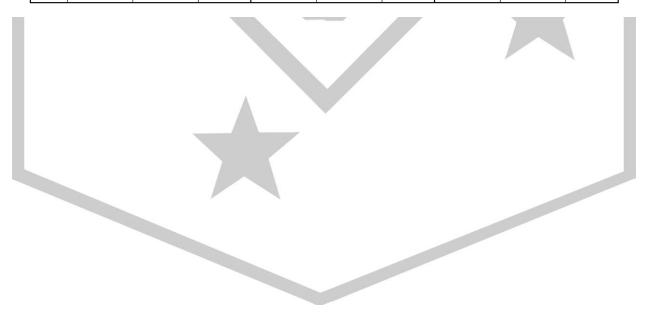


DAY 2 CAPACITY CIRCUIT WEEKS 4-6

CAPACITY CIRCUIT DAY 2 WEEKS 4-6

PAY ATTENTION TO EXERCISES, SETS, & REPS AS THEY CHANGE AND PROGRESS THROUGH OUT EACH WEEK.

	٧	VEEK 4			WEEK 5			WEEK 6	
BLOCK	EXERCISE	ROUNDS	REPS	EXERCISE	ROUNDS	REPS	EXERCISE	ROUNDS	REPS
	AMMO CAN HIP THRUST		25	AMMO CAN HIP THRUST		30	SUMO SQUAT W/AMMO CAN		16
A	AMMO CAN LUNGE WITH ROTATION	3 ROUNDS. (COMPLETING ONE SET OF EACH	12/LEG	AMMO CAN LUNGE WITH ROTATION	2 ROUNDS. (COMPLETING ONE SET OF EACH	14/LEG	AMMO CAN SIDE LUNGES	4 ROUNDS. (COMPLETING ONE SET OF EACH	10/SIDE
	MAX EFFORT BROAD JUMP	EXERCISE = 1 ROUND)	6	MAX EFFORT BROAD JUMP	EXERCISE = 1 ROUND)	7	SQUAT JUMPS	EXERCISE = 1 ROUND)	20
	BEAR CRAWL		40YD	BEAR CRAWL		40YD	DEADLIFT W/AMMO CANS		20
	AMMO CAN THRUSTERS		20	AMMO CAN THRUSTERS		24	REVERSE LUNGES W/AMMO CANS		6/SIDE
В	SPLIT SQUAT JUMPS	3 ROUNDS. (COMPLETING ONE SET OF EACH	12/LEG	SPLIT SQUAT JUMPS	3 ROUNDS. (COMPLETING ONE SET OF EACH	10/LEG	RDL W/AMMO CANS	4 ROUNDS. (COMPLETING ONE SET OF EACH	25
В	INS AND OUTS	EXERCISE = 1 ROUND)	20	INS AND OUTS	EXERCISE = 1 ROUND)	EXERCISE = 1 CROSSOVE		EXERCISE = 1 ROUND)	16/SIDE
	CALF RAISE W/AMMO CANS		20	CALF RAISE W/AMMO CANS		20	AMMO CAN SQUAT TO PRESS OUT		8
-	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH	1:15 MIN	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH	1:30 MIN	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH	1:30 MIN
С	SIDE PLANK	EXERCISE = 1 ROUND)	45 SECONDS PER SIDE	SIDE PLANK	EXERCISE = 1 ROUND)	45 SECONDS PER SIDE	SIDE PLANK	EXERCISE = 1 ROUND)	45 SECONDS PER SIDE

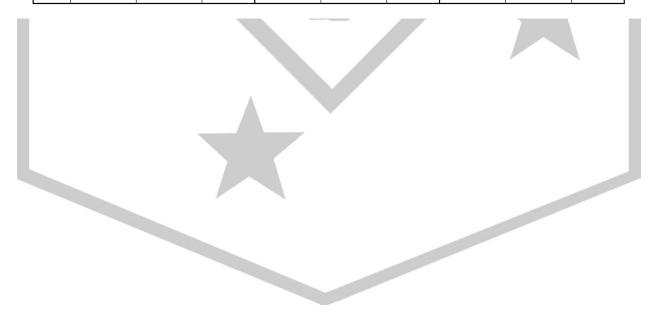


DAY 2 CAPACITY CIRCUIT WEEKS 7-9

CAPACITY CIRCUIT DAY 2 WEEKS 7-9

PAY ATTENTION TO EXERCISES, SETS, & REPS AS THEY CHANGE AND PROGRESS THROUGH OUT EACH WEEK.

	V	VEEK 7			WEEK 8			WEEK 9	
BLOCK	EXERCISE	ROUNDS	REPS	EXERCISE	ROUNDS	REPS	EXERCISE	ROUNDS	REPS
	SUMO SQUAT W/AMMO CAN		18	SUMO SQUAT W/AMMO CAN		18	SUMO SQUAT W/AMMO CAN		18
A	AMMO CAN SIDE LUNGES	2 ROUNDS. (COMPLETING ONE SET OF EACH	12/SIDE	AMMO CAN SIDE LUNGES	2 ROUNDS. (COMPLETING ONE SET OF EACH	12/SIDE	AMMO CAN SIDE LUNGES	3 ROUNDS. (COMPLETING ONE SET OF EACH	10/SIDE
A	SQUAT JUMPS	EXERCISE = 1 ROUND)	20	SQUAT JUMPS	EXERCISE = 1 ROUND)	20	SQUAT JUMPS	EXERCISE = 1 ROUND)	18
	DEADLIFT W/AMMO CANS		25	DEADLIFT W/AMMO CANS		25	DEADLIFT W/AMMO CANS		18
	REVERSE LUNGES W/AMMO CANS		12/SIDE	REVERSE LUNGES W/AMMO CANS		12/SIDE	REVERSE LUNGES W/AMMO CANS		6
В	RDL W/AMMO CANS	2 ROUNDS. (COMPLETING ONE SET OF EACH	30	RDL W/AMMO CANS	2 ROUNDS. (COMPLETING ONE SET OF EACH	30	RDL W/AMMO CANS	3 ROUNDS. (COMPLETING ONE SET OF EACH	24
В	CROSSOVER CRUNCHES	EXERCISE = 1 ROUND)	16/SIDE	CROSSOVER CRUNCHES	EXERCISE = 1 ROUND)	25/SIDE	CROSSOVER CRUNCHES	EXERCISE = 1 ROUND)	20/SIDE
	AMMO CAN SQUAT TO PRESS OUT		12	AMMO CAN SQUAT TO PRESS OUT		12	AMMO CAN SQUAT TO PRESS OUT		10
С	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH	2:00 MIN	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH	2:00 MIN	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH	2:00 MIN
	SIDE PLANK	EXERCISE = 1 ROUND)	1:00 MIN	SIDE PLANK	EXERCISE = 1 ROUND)	1:00 MIN	SIDE PLANK	EXERCISE = 1 ROUND)	1:00 MIN



DAY 3 SWIM PROGRESSION WEEKS 1-2

WEEK 1

WARM UP SWIM (100M)

100M SLICK

SINGLE BREATH SWIM (25M)

25M W/ BLOUSE & TROUSERS (STRIVE FOR MINIMUM OF 25M) TAKE ONE BREATH AND PERFORM THE SWIM AS FARM AS YOU CAN BEFORE NEEDING TO RE-BREATH. RECORD YOUR DISTANCE.

50M SPRINTS (50M X4)

PERFORM EACH REP AS FAST AS YOU CAN WHILE TAKING FULL REST AFTER EACH SPRINT. THIS IS TO BE DONE IN BLOUSE AND TROUSERS.

WATER TREAD (25 MIN)

PERFORM THIS PORTION SLICK. YOU WILL BE TREADING WATER FOR 25 MINUTES. COMPLETE 45 SECONDS OF TREADING WITHOUT A BRICK AND THEN 15 SECONDS OF TREADING WITH THE BRICK IN BOTH HANDS. EXECUTE THIS RATIO PER THE ENTIRE 25 MINUTES.

WEEK 2

WARM UP SWIM (100M)

100M SLICK

SINGLE BREATH SWIM (25M X2)

25M W/ BLOUSE & TROUSERS (STRIVE FOR MINIMUM OF 25M) TAKE ONE BREATH AND PERFORM THE SWIM AS FARM AS YOU CAN BEFORE NEEDING TO RE-BREATH. RECORD YOUR DISTANCE. TWO REPS.

50M SPRINTS (50M X6)

PERFORM EACH REP AS FAST AS YOU CAN WHILE TAKING FULL REST AFTER EACH SPRINT. THIS IS TO BE DONE IN BLOUSE AND TROUSERS.

WATER TREAD (20 MIN)

PERFORM THIS PORTION SLICK. YOU WILL BE TREADING WATER FOR 20 MINUTES. COMPLETE 45 SECONDS OF TREADING WITHOUT A BRICK AND THEN 15 SECONDS OF TREADING WITH THE BRICK IN BOTH HANDS. EXECUTE THIS RATIO PER THE ENTIRE 20 MINUTES.

DAY 3 SWIM PROGRESSION WEEKS 3-4

WEEK 3

WARM UP SWIM (100M)

100M SLICK

SINGLE BREATH SWIM (25M X2)

25M W/ BLOUSE & TROUSERS (STRIVE FOR MINIMUM OF 25M) TAKE ONE BREATH AND PERFORM THE SWIM AS FARM AS YOU CAN BEFORE NEEDING TO RE-BREATH. RECORD YOUR DISTANCE. TWO REPS.

100M SPRINTS (100M X3)

PERFORM EACH REP AS FAST AS YOU CAN WHILE TAKING FULL REST AFTER EACH SPRINT. THIS IS TO BE DONE IN BLOUSE AND TROUSERS.

WATER TREAD (25 MIN)

PERFORM THIS PORTION SLICK. YOU WILL BE TREADING WATER FOR 25 MINUTES. COMPLETE 40 SECONDS OF TREADING WITHOUT A BRICK AND THEN 20 SECONDS OF TREADING WITH THE BRICK IN BOTH HANDS. EXECUTE THIS RATIO PER THE ENTIRE 25 MINUTES.

WEEK 4

WARM UP SWIM (100M)

100M SLICK

300 METER ASSESSMENT

COMPLETE IN BLOUSE AND TROUSERS WHILE USING THE BREAST AND SIDE STROKES.

SINGLE BREATH SWIM (25M X2)

25M W/ BLOUSE & TROUSERS (STRIVE FOR MINIMUM OF 25M) TAKE ONE BREATH AND PERFORM THE SWIM AS FARM AS YOU CAN BEFORE NEEDING TO RE-BREATH. RECORD YOUR DISTANCE. TWO REPS.

50M SPRINTS (50M X8)

PERFORM EACH REP AS FAST AS YOU CAN WHILE TAKING FULL REST AFTER EACH SPRINT. THIS IS TO BE DONE IN BLOUSE AND TROUSERS.

WATER TREAD (25 MIN)

PERFORM THIS PORTION SLICK. YOU WILL BE TREADING WATER FOR 25 MINUTES. COMPLETE 40 SECONDS OF TREADING WITHOUT A BRICK AND THEN 20 SECONDS OF TREADING WITH THE BRICK IN BOTH HANDS. EXECUTE THIS RATIO PER THE ENTIRE 25 MINUTES.

DAY 3 SWIM PROGRESSION WEEKS 5-6

WEEK 5

WARM UP SWIM (100M)

100M SLICK

SINGLE BREATH SWIM (25M X3)

25M W/ BLOUSE & TROUSERS (STRIVE FOR MINIMUM OF 25M) TAKE ONE BREATH AND PERFORM THE SWIM AS FARM AS YOU CAN BEFORE NEEDING TO RE-BREATH. RECORD YOUR DISTANCE. TWO REPS.

100M SPRINTS (100M X3)

PERFORM EACH REP AS FAST AS YOU CAN WHILE TAKING FULL REST AFTER EACH SPRINT. THIS IS TO BE DONE IN BLOUSE AND TROUSERS.

WATER TREAD (30 MIN)

PERFORM THIS PORTION SLICK. YOU WILL BE TREADING WATER FOR 30 MINUTES. COMPLETE 40 SECONDS OF TREADING WITHOUT A BRICK AND THEN 20 SECONDS OF TREADING WITH THE BRICK IN BOTH HANDS. EXECUTE THIS RATIO PER THE ENTIRE 30 MINUTES.

WEEK 6

WARM UP SWIM (100M)

100M SLICK

300 METER ASSESSMENT

COMPLETE IN BLOUSE AND TROUSERS WHILE USING THE BREAST AND SIDE STROKES.

SINGLE BREATH SWIM (25M X3)

25M W/ BLOUSE & TROUSERS (STRIVE FOR MINIMUM OF 25M) TAKE ONE BREATH AND PERFORM THE SWIM AS FARM AS YOU CAN BEFORE NEEDING TO RE-BREATH. RECORD YOUR DISTANCE. TWO REPS.

100M SPRINTS (100M X4)

PERFORM EACH REP AS FAST AS YOU CAN WHILE TAKING FULL REST AFTER EACH SPRINT. THIS IS TO BE DONE IN BLOUSE AND TROUSERS.

WATER TREAD (30 MIN)

PERFORM THIS PORTION SLICK. YOU WILL BE TREADING WATER FOR 30 MINUTES. COMPLETE 40 SECONDS OF TREADING WITHOUT A BRICK AND THEN 20 SECONDS OF TREADING WITH THE BRICK IN BOTH HANDS. EXECUTE THIS RATIO PER THE ENTIRE 30 MINUTES.

DAY 3 SWIM PROGRESSION WEEKS 7-8

WEEK 7

WARM UP SWIM (100M)

100M SLICK

SINGLE BREATH SWIM (25M X3)

25M W/ BLOUSE & TROUSERS (STRIVE FOR MINIMUM OF 25M) TAKE ONE BREATH AND PERFORM THE SWIM AS FARM AS YOU CAN BEFORE NEEDING TO RE-BREATH. RECORD YOUR DISTANCE. TWO REPS.

100M SPRINTS (100M X3)

PERFORM EACH REP AS FAST AS YOU CAN WHILE TAKING FULL REST AFTER EACH SPRINT. THIS IS TO BE DONE IN BLOUSE AND TROUSERS.

WATER TREAD (30 MIN)

PERFORM THIS PORTION SLICK. YOU WILL BE TREADING WATER FOR 30 MINUTES. COMPLETE 45 SECONDS OF TREADING WITHOUT A BRICK AND THEN 15 SECONDS OF TREADING WITH THE BRICK IN BOTH HANDS. EXECUTE THIS RATIO PER THE ENTIRE 30 MINUTES.

WEEK 8

WARM UP SWIM (100M)

100M SLICK

SINGLE BREATH SWIM (25M X3)

25M W/ BLOUSE & TROUSERS (STRIVE FOR MINIMUM OF 25M) TAKE ONE BREATH AND PERFORM THE SWIM AS FARM AS YOU CAN BEFORE NEEDING TO RE-BREATH. RECORD YOUR DISTANCE. TWO REPS.

100M SPRINTS (100M X3)

PERFORM EACH REP AS FAST AS YOU CAN WHILE TAKING FULL REST AFTER EACH SPRINT. THIS IS TO BE DONE IN BLOUSE AND TROUSERS.

WATER TREAD (30 MIN)

PERFORM THIS PORTION SLICK. YOU WILL BE TREADING WATER FOR 30 MINUTES. COMPLETE 45 SECONDS OF TREADING WITHOUT A BRICK AND THEN 15 SECONDS OF TREADING WITH THE BRICK IN BOTH HANDS. EXECUTE THIS RATIO PER THE ENTIRE 30 MINUTES.

DAY 3 SWIM PROGRESSION WEEKS 9

WEEK 9

WARM UP SWIM (100M)

100M SLICK

300 METER ASSESSMENT

COMPLETE IN BLOUSE AND TROUSERS WHILE USING THE BREAST AND SIDE STROKES.

SINGLE BREATH SWIM (25M X3)

25M W/ BLOUSE & TROUSERS (STRIVE FOR MINIMUM OF 25M) TAKE ONE BREATH AND PERFORM THE SWIM AS FARM AS YOU CAN BEFORE NEEDING TO RE-BREATH. RECORD YOUR DISTANCE. TWO REPS.

100M SPRINTS (100M X3)

PERFORM EACH REP AS FAST AS YOU CAN WHILE TAKING FULL REST AFTER EACH SPRINT. THIS IS TO BE DONE IN BLOUSE AND TROUSERS.

WATER TREAD (30 MIN)

PERFORM THIS PORTION SLICK. YOU WILL BE TREADING WATER FOR 30 MINUTES. COMPLETE 45 SECONDS OF TREADING WITHOUT A BRICK AND THEN 15 SECONDS OF TREADING WITH THE BRICK IN BOTH HANDS. EXECUTE THIS RATIO PER THE ENTIRE 30 MINUTES.

DAY 4 RUNNING PROGRESSION

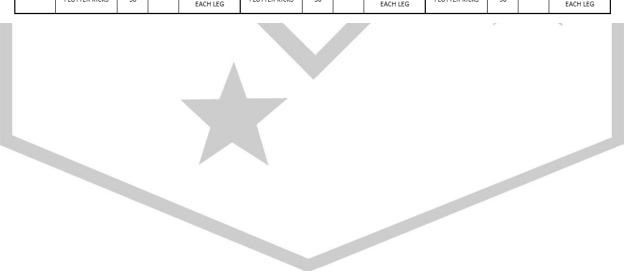
WEEK 1 3 MILE RUN (COMPLETE AS FAST AS POSSIBLE) WEEK 2 2, 1, 2 MILE RUNS TAKE 5 MINUTES OF REST BETWEEN EACH REP. YOU WILL BE RUNNING A 2 MILE, 1 MILE, & 2 MILE FOR TIME. RECORD YOUR TIMES. WEEK 3 3 MILE RUN (COMPLETE AS FAST AS POSSIBLE) WEEK 4 3 MILE RUN (COMPLETE AS FAST AS POSSIBLE) WEEK 5 3 MILE RUN (COMPLETE AS FAST AS POSSIBLE) WEEK 6 5 MILE RUN/JOG RUN/JOG/RUN/JOG/RUN IN 1 MILE INTERVALS. WEEK 7 4 MILE RUN (COMPLETE AS FAST AS POSSIBLE) WEEK 8 5 MILE RUN/JOG RUN 2 MILES, JOG 1 MILE, RUN 2 MILES. WEEK 9 5 MILE RUN (COMPLETE AS FAST AS POSSIBLE) **WEEK 10** OFF RUNNING (COMPLETE RECOVERY CIRCUIT) **WEEK 11** 2 MILE RUN (COMPLETE AT A COMFORTABLE PACE)

DAY 5 SWIM PROGRESSION WEEKS 1-3

SWIM DAY 5 WEEKS 1-3

NEVER SWIM ALONE, AND IF POSSIBLE, COMPLETE ALL AQUATIC TRAINING UNDER THE SUPERVIISION OF AN MCIWS. THIS TRAINING PLAN PROVIDES GUIDANCE; HOWEVER, YOU SHOULD NEVER PUSH YOURSELF BEYOND YOUR PHYSICAL CAPABILITIES.

		WEEK 1			WEEK 2				WEEK 3			
BLOCK	EXERCISE	REPS	ROUNDS	NOTES	EXERCISE	REPS	ROUNDS	NOTES	EXERCISE	REPS	ROUNDS	NOTES
	CHOICE OF BREAST OR SIDE STROKE	200M	1	SLICK. FOCUS ON YOUR TECHNIQUE REFINEMENT.	CHOICE OF BREAST OR SIDE STROKE	200M	1	SLICK. FOCUS ON YOUR TECHNIQUE REFINEMENT.	CHOICE OF BREAST OR SIDE STROKE	200M	1	SLICK. FOCUS ON YOUR TECHNIQUE REFINEMENT.
	BREAST OR SIDE STROKE	200M		BLOUSE & TROUSERS	BREAST OR SIDE STROKE	200M		BLOUSE & TROUSERS	BREAST OR SIDE STROKE	300M		BLOUSE & TROUSERS
INTERVAL A	AIR SQUATS	30	2		AIR SQUATS	30	3		AIR SQUATS	30	2	
INTERVALA	PUSH UPS	30	_		PUSH UPS	30			PUSH UPS	30	_	
	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG
	BREAST OR SIDE STROKE	200M		TROUSERS/NO BLOUSE	BREAST OR SIDE STROKE	200M		TROUSERS/NO BLOUSE	BREAST OR SIDE STROKE	300M		TROUSERS/NO BLOUSE
INTERVAL B	AIR SQUATS	30	2		AIR SQUATS	30	2		AIR SQUATS	30	2	
INTERVALO	PUSH UPS	30	_		PUSH UPS	30			PUSH UPS	30	2	
	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG
	BREAST OR SIDE STROKE	100M		SLICK	BREAST OR SIDE STROKE	100M		SLICK	BREAST OR SIDE STROKE	300M		SLICK
INTERVAL C	AIR SQUATS	30	1		AIR SQUATS	30			AIR SQUATS	30	2	
HILITALE	PUSH UPS	30			PUSH UPS	30	1		PUSH UPS	30		
	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG

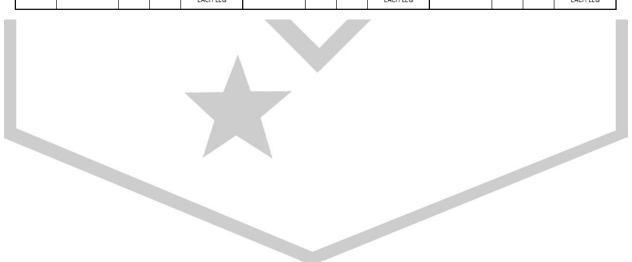


DAY 5 SWIM PROGRESSION WEEKS 4-6

SWIM DAY 5 WEEKS 4-6

NEVER SWIM ALONE, AND IF POSSIBLE, COMPLETE ALL AQUATIC TRAINING UNDER THE SUPERVIISION OF AN MCIWS. THIS TRAINING PLAN PROVIDES GUIDANCE; HOWEVER, YOU SHOULD NEVER PUSH YOURSELF BEYOND YOUR PHYSICAL CAPABILITIES.

		WEEK 4			· ·	VA/E	EK 5		WEEK 6			
BLOCK	EXERCISE	REPS	ROUNDS	NOTES	EXERCISE	REPS	ROUNDS	NOTES	EXERCISE	REPS	ROUNDS	NOTES
TECHNIQUE SWIM		200M	1	SLICK. FOCUS ON YOUR TECHNIQUE REFINEMENT.	CHOICE OF BREAST OR SIDE STROKE	200M	1	SLICK. FOCUS ON YOUR TECHNIQUE REFINEMENT.	CHOICE OF BREAST OR SIDE STROKE	200M	1	SLICK. FOCUS ON YOUR TECHNIQUE REFINEMENT.
	BREAST OR SIDE STROKE	300M		BLOUSE & TROUSERS	BREAST OR SIDE STROKE	200M		BLOUSE & TROUSERS	BREAST OR SIDE STROKE	200M		BLOUSE & TROUSERS
INTERVAL A	AIR SQUATS	30	2		AIR SQUATS	30	2		AIR SQUATS	30	2	
INTERVALA	PUSH UPS	30			PUSH UPS	30	1		PUSH UPS	30	_	
	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG
	BREAST OR SIDE STROKE	300M		TROUSERS/NO BLOUSE	BREAST OR SIDE STROKE	200M		TROUSERS/NO BLOUSE	BREAST OR SIDE STROKE	200M		TROUSERS/NO BLOUSE
INTERVAL B	AIR SQUATS	30	2		AIR SQUATS	30	2		AIR SQUATS	30	2	
INTERVALD	PUSH UPS	30	2		PUSH UPS	30			PUSH UPS	30	2	
	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG
	BREAST OR SIDE STROKE	100M		SLICK	BREAST OR SIDE STROKE	100M		SLICK	BREAST OR SIDE STROKE	100M		SLICK
INTERVAL C	AIR SQUATS	30	2		AIR SQUATS	30]		AIR SQUATS	30	2	
INVIERVALC	PUSH UPS	30	2		PUSH UPS	30	2		PUSH UPS	30		
	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG

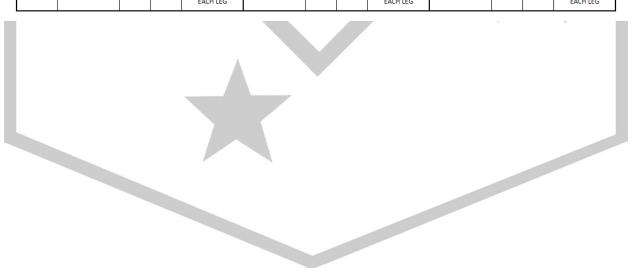


DAY 5 SWIM PROGRESSION WEEKS 7-9

SWIM DAY 5 WEEKS 7-9

NEVER SWIM ALONE, AND IF POSSIBLE, COMPLETE ALL AQUATIC TRAINING UNDER THE SUPERVIISION OF AN MCIWS. THIS TRAINING PLAN PROVIDES GUIDANCE; HOWEVER, YOU SHOULD NEVER PUSH YOURSELF BEYOND YOUR PHYSICAL CAPABILITIES.

GOIDANCE, HOWEVER, 100 SI					OOLD NEVER FO	311 100	NOLLE D	LIOND TOOK FI				
		WEEK 7					EK 8				EK 9	
BLOCK	EXERCISE	REPS	ROUNDS	NOTES	EXERCISE	REPS	ROUNDS	NOTES	EXERCISE	REPS	ROUNDS	NOTES
TECHNIQUE SWIM	CHOICE OF BREAST OR SIDE STROKE	200M	1	SLICK. FOCUS ON YOUR TECHNIQUE REFINEMENT.	CHOICE OF BREAST OR SIDE STROKE	200M	1	SLICK. FOCUS ON YOUR TECHNIQUE REFINEMENT.	CHOICE OF BREAST OR SIDE STROKE	200M	1	SLICK. FOCUS ON YOUR TECHNIQUE REFINEMENT.
	BREAST OR SIDE STROKE	200M		BLOUSE & TROUSERS	BREAST OR SIDE STROKE	200M		BLOUSE & TROUSERS	BREAST OR SIDE STROKE	200M		BLOUSE & TROUSERS
INTERVAL A	AIR SQUATS	30	2		AIR SQUATS	30	2		AIR SQUATS	30	. 2	
INTERVALA	PUSH UPS	30			PUSH UPS	30			PUSH UPS	30	2	
	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG
	BREAST OR SIDE STROKE	200M		TROUSERS/NO BLOUSE	BREAST OR SIDE STROKE	200M		TROUSERS/NO BLOUSE	BREAST OR SIDE STROKE	200M		TROUSERS/NO BLOUSE
INTERVAL B	AIR SQUATS	30	2		AIR SQUATS	30	2		AIR SQUATS	30	2	
INTERVALD	PUSH UPS	30			PUSH UPS	30			PUSH UPS	30		
	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG
	BREAST OR SIDE STROKE	100M		SLICK	BREAST OR SIDE STROKE	100M		SLICK	BREAST OR SIDE STROKE	100M		SLICK
INTERVAL C	AIR SQUATS	30	2		AIR SQUATS	30			AIR SQUATS	30	2	
INTERVALC	PUSH UPS	30			PUSH UPS	30	2		PUSH UPS	30		
	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG	FLUTTER KICKS	30		REPS ARE FOR EACH LEG

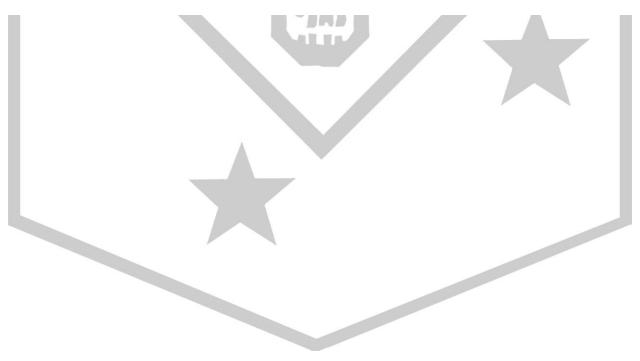


DAY 5 LIFT WEEKS 1-3

LIFT DAY 5 PROGRESSION WEEKS 1-3

YELLOW EXERCISES INDICATE A NEW MOVEMENT PATTERN WITHIN THE PROGRESSION

	WE	EK 1			WEEK 2		WEEK 3			
BLOCK	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS	
Α	LIFT PRE	P SEE LIFT PREP	PAGE	LIFT PRE	P SEE LIFT PREP	PAGE	LIFT PREP SEE LIFT PREP PAGE			
В	KB SQUAT TO HIGH PULL	3	10	KB SQUAT TO HIGH PULL	3	10	KB SQUAT TO HIGH PULL	3	10	
	SUPERMAN	3	12	SUPERMAN	3	12	SUPERMAN	3	12	
С	HEX BAR DEADLIFT	4	10	HEX BAR DEADLIFT	4	8	HEX BAR DEADLIFT	4	6	
D	SINGLE ARM OVERHEAD PRESS	3	10	SINGLE ARM OVERHEAD PRESS	3	8	SINGLE ARM OVERHEAD PRESS	3	6	
	USMC PULL UP	3	MAX/10/10	USMC PULL UP	3	MAX/10/10	USMC PULL UP	3	MAX/10/10	
E	GOBLET STEP UP	3	7/LEG	GOBLET STEP UP	3	7/LEG	GOBLET STEP UP	3	7/LEG	
	DB FRONT FRONT & LATERAL RAISE	3	10/RAISE	DB FRONT FRONT & LATERAL RAISE	3	10/RAISE	DB FRONT FRONT & LATERAL RAISE	3	10/RAISE	
	PLANK		0:45	PLANK		0:45	PLANK		0:50	
F	SIDE PLANK	3	0:45/SIDE	SIDE PLANK	3	0:45/SIDE	SIDE PLANK	3	0:50/SIDE	
	PLANK SHOULDER TAPS		10/SIDE	PLANK SHOULDER TAPS		10/SIDE	PLANK SHOULDER TAPS		8/SIDE	

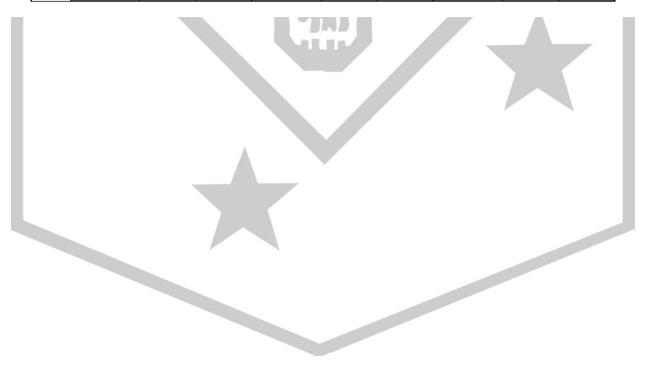


DAY 5 LIFT WEEKS 4-6

LIFT DAY 5 PROGRESSION WEEK 4-6

YELLOW EXERCISES INDICATE A NEW MOVEMENT PATTERN WITHIN THE PROGRESSION

	WE	EK 4			WEEK 5			WEEK 6	
BLOCK	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS
Α	LIFT PRE	P SEE LIFT PREP	PAGE	LIFT PREF	P SEE LIFT PREP	PAGE	LIFT PRE	P SEE LIFT PREP	PAGE
В	KB SQUAT TO HIGH PULL	3	10	KB SQUAT TO HIGH PULL	2	10	KB SQUAT TO HIGH PULL	3	10
В	SUPERMAN	3	12	SUPERMAN	2	12	SUPERMAN	3	12
С	HEX BAR DEADLIFT	4	4	HEX BAR DEADLIFT	3	6	HEX BAR DEADLIFT	4	7
D	SINGLE ARM OVERHEAD PRESS	3	5	SINGLE ARM OVERHEAD PRESS	2	10	SINGLE ARM OVERHEAD PRESS	3	7
	USMC PULL UP	3	MAX/10/10	USMC PULL UP	2	10	USMC PULL UP	3	MAX/7/7
E	MEDBALL ZERCHER STEP UP	3	7/LEG	MEDBALL ZERCHER STEP UP	2	7/LEG	MEDBALL ZERCHER STEP UP	3	7/LEG
	DB FRONT FRONT & LATERAL RAISE	3	10/RAISE	DB FRONT FRONT & LATERAL RAISE	2	10	DB FRONT FRONT & LATERAL RAISE	3	10/RAISE
	PLANK		1:00	PLANK		0:45	PLANK		1:15
F	SIDE PLANK	3	1:00/SIDE	SIDE PLANK	2	0:45/SIDE	SIDE PLANK	3	1:15/SIDE
	PLANK SHOULDER TAPS		8/SIDE	PLANK SHOULDER TAPS		7/SIDE	PLANK SHOULDER TAPS		10/SIDE



DAY 5 LIFT WEEKS 7-8

LIFT DAY 5 PROGRESSION WEEKS 7-8

YELLOW EXERCISES INDICATE A CHANGE IN THE MOVEMENT PATTERN FOR THE WEEK.

	WE	EK 7			WEEK 8			
BLOCK	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS		
Α	LIFT PRE	P SEE LIFT PREP	PAGE	LIFT PREP SEE LIFT PREP PAGE				
В	KB SQUAT TO HIGH PULL	3	10	KB SQUAT TO HIGH PULL	3	10		
В	SUPERMAN	3	12	SUPERMAN	3	12		
С	HEX BAR DEADLIFT	4	5	HEX BAR DEADLIFT	5	5		
D	BARBELL OVERHEAD PRESS	3	5	BARBELL OVERHEAD PRESS	3	5		
U	USMC PULL UP	3	MAX/7/7	USMC PULL UP	3	MAX/7/7		
Е	BARBELL ZERCHER STEP UP	3	7/LEG	BARBELL ZERCHER STEP UP	2	7/LEG		
E	DB FRONT FRONT & LATERAL RAISE	3	10/RAISE	DB FRONT FRONT & LATERAL RAISE	2	10		
	PLANK		1:30	PLANK		1:30		
F	SIDE PLANK	3	1:30/SIDE	SIDE PLANK	2	1:30/SIDE		
	PLANK SHOULDER TAPS		10/SIDE	PLANK SHOULDER TAPS		10/SIDE		



DAY 6 RUCK PROGRESSION

WEEK 1

4 MILE RUCK

RUCK WEIGHT IS 55LBS (NOT INCLUDING WATER). RECORDYOUR TIME.

WEEK 2

6 MILE RUCK

RUCK WEIGHT IS 45 LBS (NOT INCLUDING WATER). RECORD YOUR TIME.

WEEK 3

8 MILE RUCK

RUCK WEIGHT IS 45 LB (NOT INCLUDING WATER). RECORD YOUR TIME.

WEEK 4

4 MILE RUCK

RUCK WEIGHT IS 45 LBS (NOT INCLUDING WATER). RECORD YOUR TIME.

WEEK 5

5 MILE RUCK

RUCK WEIGHT IS 55 LBS (NOT INCLUDING WATER. RECORD YOUR TIME.

WEEK 6

7 MILE RUCK

RUCK WEIGHT IS 45 LBS (NOT INCLUDING WATER). RECORD YOUR TIME.

WEEK 7

9 MILE RUCK

RUCK WEIGHT IS 45 LBS (NOT INCLUDING WATER). RECORD

WEEK 8

6 MILE RUCK

RUCK WEIGHT IS 55 LBS (NOT INCLDUING WATER). RECORD

WEEK 9

13 MILE RUCK

RUCK WIEGHT IS 45 LBS (NOT INCLUDING WATER). RECORD YOUR TIME.

WEEK 10

OFF

WEEK 11

4 MILE RUCK FOR TIME