

# 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

**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

**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

**SESSION – 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 JOG 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***

WEEK 9

OFF

WEEK 10

OFF (ACTIVE RECOVERY)

WEEK 11

3 MILE RUN (COMPLETE AS FAST AS YOU CAN.)



***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

WEEK 1				WEEK 2			WEEK 3		
BLOCK	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS
A	LIFT PREP SEE LIFT PREP PAGE			LIFT PREP SEE LIFT PREP PAGE			LIFT PREP SEE LIFT PREP PAGE		
B	RUSSIAN KB SWING	3	10	RUSSIAN KB SWING	3	8	RUSSIAN KB SWING	3	10
	SINGLE LEG GLUTE BRIDGE	3	8/LEG	SINGLE LEG GLUTE BRIDGE	3	8/LEG	SINGLE LEG GLUTE BRIDGE	3	8/LEG
C	GOBLET SQUAT	5	10	GOBLET SQUAT	5	8	2 KB FRONT RACK SQUAT	5	8
	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
E	90 DEGREE CARRY	3	20YD	90 DEGREE CARRY	3	20YD	WAITER'S WALK	3	20YD
	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
F	BURPEES	4	5	BURPEES	4	6	BURPEES	4	7
	4 COUNT FLUTTER KICKS		10	4 COUNT FLUTTER KICKS		12	4 COUNT FLUTTER KICKS		15
	PUSH UPS		10	PUSH UPS		12	PUSH UPS		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 DAY 1 PROGRESSION WEEK 4-6									
YELLOW EXERCISES INDICATE A NEW MOVEMENT PATTERN WITHIN THE PROGRESSION									
WEEK 4				WEEK 5			WEEK 6		
BLOCK	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS
A	LIFT PREP SEE LIFT PREP PAGE			LIFT PREP SEE LIFT PREP PAGE			LIFT PREP SEE LIFT PREP PAGE		
B	RUSSIAN KB SWING	3	8	RUSSIAN KB SWING	2	10	1 ARM RUSSIAN KB SWING	3	7/ARM
	SINGLE LEG GLUTE BRIDGE	3	8/SIDE	SINGLE LEG GLUTE BRIDGE	2	8/SIDE	SINGLE LEG GLUTE BRIDGE	3	8/SIDE
C	1 KB FRONT RACK SQUAT	5	4/SIDE	1 KB FRONT RACK SQUAT	4	6/SIDE	FRONT SQUAT	5	7
	BAND PULL APART	3	10	BAND PULL APART	2	10	BAND PULL APART	3	10
D	HAND RELEASE PUSH UP	3	15	HAND RELEASE PUSH UP	2	15	TEMPO PUSH UP (4.2.4.1)	3	5
	1 ARM DB ROW	3	6/ARM	1 ARM DB ROW	2	10/ARM	1 ARM DB ROW	3	7/ARM
E	WAITER'S WALK	3	20YD	90 DEGREE CARRY	2	20YD	90 DEG. KB BOTTOMS UP CARRY	3	20YD
	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
F	BURPEES	4	8						
	4 COUNT FLUTTER KICKS		18						
	PUSH UPS		18						
	HANGING KNEE TO CHEST		18						
	FRONT CARRY		20YD						

## 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.									
WEEK 7				WEEK 8			WEEK 9		
BLOCK	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS
A	LIFT PREP SEE LIFT PREP PAGE			LIFT PREP SEE LIFT PREP PAGE			LIFT PREP SEE LIFT PREP PAGE		
B	1 ARM RUSSIAN KB SWING	3	7/ARM	1 ARM RUSSIAN KB SWING	3	5/ARM	1 ARM RUSSIAN KB SWING	3	5/ARM
	SINGLE LEG GLUTE BRIDGE	3	8/SIDE	SINGLE LEG GLUTE BRIDGE	3	5/SIDE	SINGLE LEG GLUTE BRIDGE	3	5/SIDE
C	FRONT SQUAT	5	5	ZERCHER SQUAT	5	5	ZERCHER SQUAT	5	5
	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
	1 ARM DB ROW	3	7/ARM	1 ARM DB ROW	3	5/ARM	1 ARM DB ROW	3	5/ARM
E	90 DEG. KB BOTTOMS UP CARRY	3	20YD	OVERHEAD KB BOTTOMS UP CARRY	3	20YD	OVERHEAD KB BOTTOMS UP CARRY	3	20YD
	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 4<sup>TH</sup> 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 4<sup>TH</sup> 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 4<sup>TH</sup> 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 4<sup>TH</sup> 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 4<sup>TH</sup> 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.									
WEEK 1				WEEK 2			WEEK 3		
BLOCK	EXERCISE	ROUNDS	REPS	EXERCISE	ROUNDS	REPS	EXERCISE	ROUNDS	REPS
A	SINGLE LEG GLUTE BRIDGE	3 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND) REST = 1 MIN	18/LEG	SINGLE LEG GLUTE BRIDGE	3 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND) REST = 1 MIN	20/LEG	AMMO CAN HIP THRUST	4 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND) REST = 1 MIN	20
	WALKING LUNGES W/AMMO CANS		15/LEG	WALKING LUNGES W/AMMO CANS		16/LEG	AMMO CAN LUNGE WITH ROTATION		10/LEG
	SINGLE LEG RDL W/AMMO CAN		18/LEG	SINGLE LEG RDL W/AMMO CAN		14/LEG	MAX EFFORT BROAD JUMP		5
	BURPEE		15	BURPEE		15	BEAR CRAWL		40YD
B	AMMO CAN FRONT SQUATS	3 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND) REST = 1 MIN	30	AMMO CAN FRONT SQUATS	3 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND) REST = 1 MIN	40	AMMO CAN THRUSTERS	4 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND) REST = 1 MIN	14
	V-UPS		15	V-UPS		20	SPLIT SQUAT JUMPS		10/LEG
	SUPERMANS		10	SUPERMANS		12	INS AND OUTS		16
	FLUTTER KICKS		20/LEG	FLUTTER KICKS		25/LEG	CALF RAISE W/AMMO CANS		20
C	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND) REST = 1 MIN	1:00 MIN	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND) REST = 1 MIN	1:00 MIN	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND) REST = 1 MIN	1:15 MIN
	SIDE PLANK		30 SECONDS PER SIDE	SIDE PLANK		30 SECONDS PER SIDE	SIDE PLANK		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.									
WEEK 4				WEEK 5			WEEK 6		
BLOCK	EXERCISE	ROUNDS	REPS	EXERCISE	ROUNDS	REPS	EXERCISE	ROUNDS	REPS
A	AMMO CAN HIP THRUST	3 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	25	AMMO CAN HIP THRUST	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	30	SUMO SQUAT W/AMMO CAN	4 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	16
	AMMO CAN LUNGE WITH ROTATION		12/LEG	AMMO CAN LUNGE WITH ROTATION		14/LEG	AMMO CAN SIDE LUNGES		10/SIDE
	MAX EFFORT BROAD JUMP		6	MAX EFFORT BROAD JUMP		7	SQUAT JUMPS		20
	BEAR CRAWL		40YD	BEAR CRAWL		40YD	DEADLIFT W/AMMO CANS		20
B	AMMO CAN THRUSTERS	3 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	20	AMMO CAN THRUSTERS	3 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	24	REVERSE LUNGES W/AMMO CANS	4 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	6/SIDE
	SPLIT SQUAT JUMPS		12/LEG	SPLIT SQUAT JUMPS		10/LEG	RDL W/AMMO CANS		25
	INS AND OUTS		20	INS AND OUTS		25	CROSSOVER CRUNCHES		16/SIDE
	CALF RAISE W/AMMO CANS		20	CALF RAISE W/AMMO CANS		20	AMMO CAN SQUAT TO PRESS OUT		8
C	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	1:15 MIN	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	1:30 MIN	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	1:30 MIN
	SIDE PLANK		45 SECONDS PER SIDE	SIDE PLANK		45 SECONDS PER SIDE	SIDE PLANK		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.									
WEEK 7				WEEK 8			WEEK 9		
BLOCK	EXERCISE	ROUNDS	REPS	EXERCISE	ROUNDS	REPS	EXERCISE	ROUNDS	REPS
A	SUMO SQUAT W/AMMO CAN	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	18	SUMO SQUAT W/AMMO CAN	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	18	SUMO SQUAT W/AMMO CAN	3 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	18
	AMMO CAN SIDE LUNGES		12/SIDE	AMMO CAN SIDE LUNGES		12/SIDE	AMMO CAN SIDE LUNGES		10/SIDE
	SQUAT JUMPS		20	SQUAT JUMPS		20	SQUAT JUMPS		18
	DEADLIFT W/AMMO CANS		25	DEADLIFT W/AMMO CANS		25	DEADLIFT W/AMMO CANS		18
B	REVERSE LUNGES W/AMMO CANS	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	12/SIDE	REVERSE LUNGES W/AMMO CANS	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	12/SIDE	REVERSE LUNGES W/AMMO CANS	3 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	6
	RDL W/AMMO CANS		30	RDL W/AMMO CANS		30	RDL W/AMMO CANS		24
	CROSSOVER CRUNCHES		16/SIDE	CROSSOVER CRUNCHES		25/SIDE	CROSSOVER CRUNCHES		20/SIDE
	AMMO CAN SQUAT TO PRESS OUT		12	AMMO CAN SQUAT TO PRESS OUT		12	AMMO CAN SQUAT TO PRESS OUT		10
C	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	2:00 MIN	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	2:00 MIN	PLANK	2 ROUNDS. (COMPLETING ONE SET OF EACH EXERCISE = 1 ROUND)	2:00 MIN
	SIDE PLANK		1:00 MIN	SIDE PLANK		1:00 MIN	SIDE PLANK		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 SUPERVISION 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
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.
INTERVAL A	BREAST OR SIDE STROKE	200M	2	BLOUSE & TROUSERS	BREAST OR SIDE STROKE	200M	3	BLOUSE & TROUSERS	BREAST OR SIDE STROKE	300M	2	BLOUSE & TROUSERS
	AIR SQUATS	30			AIR SQUATS	30			AIR SQUATS	30		
	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
INTERVAL B	BREAST OR SIDE STROKE	200M	2	TROUSERS/NO BLOUSE	BREAST OR SIDE STROKE	200M	2	TROUSERS/NO BLOUSE	BREAST OR SIDE STROKE	300M	2	TROUSERS/NO BLOUSE
	AIR SQUATS	30			AIR SQUATS	30			AIR SQUATS	30		
	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
INTERVAL C	BREAST OR SIDE STROKE	100M	1	SLICK	BREAST OR SIDE STROKE	100M	1	SLICK	BREAST OR SIDE STROKE	300M	2	SLICK
	AIR SQUATS	30			AIR SQUATS	30			AIR SQUATS	30		
	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



## 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 SUPERVSION OF AN MCIWS. THIS TRAINING PLAN PROVIDES GUIDANCE; HOWEVER, YOU SHOULD NEVER PUSH YOURSELF BEYOND YOUR PHYSICAL CAPABILITIES.												
WEEK 4					WEEK 5				WEEK 6			
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.
INTERVAL A	BREAST OR SIDE STROKE	300M	2	BLOUSE & TROUSERS	BREAST OR SIDE STROKE	200M	2	BLOUSE & TROUSERS	BREAST OR SIDE STROKE	200M	2	BLOUSE & TROUSERS
	AIR SQUATS	30			AIR SQUATS	30			AIR SQUATS	30		
	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
INTERVAL B	BREAST OR SIDE STROKE	300M	2	TROUSERS/NO BLOUSE	BREAST OR SIDE STROKE	200M	2	TROUSERS/NO BLOUSE	BREAST OR SIDE STROKE	200M	2	TROUSERS/NO BLOUSE
	AIR SQUATS	30			AIR SQUATS	30			AIR SQUATS	30		
	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
INTERVAL C	BREAST OR SIDE STROKE	100M	2	SLICK	BREAST OR SIDE STROKE	100M	2	SLICK	BREAST OR SIDE STROKE	100M	2	SLICK
	AIR SQUATS	30			AIR SQUATS	30			AIR SQUATS	30		
	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



## 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.												
WEEK 7					WEEK 8				WEEK 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.
INTERVAL A	BREAST OR SIDE STROKE	200M	2	BLOUSE & TROUSERS	BREAST OR SIDE STROKE	200M	2	BLOUSE & TROUSERS	BREAST OR SIDE STROKE	200M	2	BLOUSE & TROUSERS
	AIR SQUATS	30			AIR SQUATS	30			AIR SQUATS	30		
	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
INTERVAL B	BREAST OR SIDE STROKE	200M	2	TROUSERS/NO BLOUSE	BREAST OR SIDE STROKE	200M	2	TROUSERS/NO BLOUSE	BREAST OR SIDE STROKE	200M	2	TROUSERS/NO BLOUSE
	AIR SQUATS	30			AIR SQUATS	30			AIR SQUATS	30		
	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
INTERVAL C	BREAST OR SIDE STROKE	100M	2	SLICK	BREAST OR SIDE STROKE	100M	2	SLICK	BREAST OR SIDE STROKE	100M	2	SLICK
	AIR SQUATS	30			AIR SQUATS	30			AIR SQUATS	30		
	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



## DAY 5 LIFT WEEKS 1-3

LIFT DAY 5 PROGRESSION WEEKS 1-3									
YELLOW EXERCISES INDICATE A NEW MOVEMENT PATTERN WITHIN THE PROGRESSION									
WEEK 1				WEEK 2			WEEK 3		
BLOCK	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS
A	LIFT PREP SEE LIFT PREP PAGE			LIFT PREP SEE LIFT PREP PAGE			LIFT PREP SEE LIFT PREP PAGE		
B	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
C	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
F	PLANK	3	0:45	PLANK	3	0:45	PLANK	3	0:50
	SIDE PLANK		0:45/SIDE	SIDE PLANK		0:45/SIDE	SIDE PLANK		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									
WEEK 4				WEEK 5			WEEK 6		
BLOCK	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS
A	LIFT PREP SEE LIFT PREP PAGE			LIFT PREP SEE LIFT PREP PAGE			LIFT PREP SEE LIFT PREP PAGE		
B	KB SQUAT TO HIGH PULL	3	10	KB SQUAT TO HIGH PULL	2	10	KB SQUAT TO HIGH PULL	3	10
	SUPERMAN	3	12	SUPERMAN	2	12	SUPERMAN	3	12
C	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
F	PLANK	3	1:00	PLANK	2	0:45	PLANK	3	1:15
	SIDE PLANK		1:00/SIDE	SIDE PLANK		0:45/SIDE	SIDE PLANK		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.						
WEEK 7				WEEK 8		
BLOCK	EXERCISE	SETS	REPS	EXERCISE	SETS	REPS
A	LIFT PREP SEE LIFT PREP PAGE			LIFT PREP SEE LIFT PREP PAGE		
B	KB SQUAT TO HIGH PULL	3	10	KB SQUAT TO HIGH PULL	3	10
	SUPERMAN	3	12	SUPERMAN	3	12
C	HEX BAR DEADLIFT	4	5	HEX BAR DEADLIFT	5	5
D	BARBELL OVERHEAD PRESS	3	5	BARBELL OVERHEAD PRESS	3	5
	USMC PULL UP	3	MAX/7/7	USMC PULL UP	3	MAX/7/7
E	BARBELL ZERCHER STEP UP	3	7/LEG	BARBELL ZERCHER STEP UP	2	7/LEG
	DB FRONT FRONT & LATERAL RAISE	3	10/RAISE	DB FRONT FRONT & LATERAL RAISE	2	10
F	PLANK	3	1:30	PLANK	2	1:30
	SIDE PLANK		1:30/SIDE	SIDE PLANK		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). RECORD YOUR 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 INCLUDING WATER). RECORD

## WEEK 9

13 MILE RUCK

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

## WEEK 10

OFF

## WEEK 11

4 MILE RUCK FOR TIME