

Week 1-4

Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
<p>RUN/WALK: 1 Mile</p> <p>12 MINUTE CIRCUIT: 10 Pull Ups 10 Dumbbell Thrusters 20 Flutter Kicks Rest Remainder of Minute</p>	<p>5 ROUNDS: 100M Sprint 20 Jump Squats 5 Pull Ups 1 Minute Rest</p>	<p>RUN: 2 Miles</p> <p>Ab Circuit</p>	<p><i>"I shall either find a way, or make one."</i></p> <p>- Hannibal (a)</p>	<p>3 ROUNDS: 400M Run 10 Goblet Squats 15 Kettlebell Swings 10 Box Jumps 5 Renegade Rows 1 Minute Rest</p>	<p>RUN: 3 Miles</p>	<p><i>"I believe in the sacredness of a promise, that a man's word should be as good as his bond."</i></p> <p>- John D.R</p>
<p>RUN/WALK: 2 Miles</p> <p>15 MINUTE CIRCUIT: 15 Kettlebell Swings 20 V-Ups 5 Push Ups Rest Remainder of Minute</p>	<p>5 ROUNDS: 100M Sprint 20 Jump Squats 5 Pull Ups 1 Minute Rest</p>	<p>RUN: 3 Miles</p> <p>Ab Circuit</p>	<p><i>"All our dreams can come true, if we have the courage to pursue them."</i></p> <p>- Walt Disney</p>	<p>5 SETS EACH: 30 Mountain Climbers 20 Russian Twists 5 Crossover Pull Ups</p> <p>(Complete all sets of each exercise before moving on)</p>	<p>RUN: 4 Miles</p>	<p><i>"A man is great by deeds, not by birth."</i></p> <p>- Chanakya</p>
<p>RUN/WALK: 3 Miles</p> <p>12 MINUTE CIRCUIT: 10 Pull Ups 10 Dumbbell Thrusters 10 V-Ups Rest Remainder of Minute</p>	<p>5 ROUNDS: 20 Goblet Squats 15 Leg Levers 10 Shoulder Push Ups 1 Minute Rest</p>	<p>RUN: 4 Miles</p> <p>Ab Circuit</p>	<p><i>"Just do it!"</i></p> <p>-Shia Labeouf</p>	<p>4 ROUNDS: 100M Sprint 30 Mountain Climbers 10 V-Ups 5 Pull Ups 1 Minutes Rest</p>	<p>RUN: 5 Miles</p>	<p><i>"It is hard to fail, but it is worse never to have tried to succeed."</i></p> <p>- Theodore Roosevelt</p>
<p>RUN/WALK: 3 Miles</p> <p>15 MINUTE CIRCUIT: 10 Pull Ups 10 Push Ups 15 Squats Rest Remainder of Minu</p>	<p>5 SETS EACH: 30 Mountain Climbers 20 Russian Twists 5 Crossover Pull Ups</p> <p>(Complete all sets of each exercise before moving on)</p>	<p>RUN: 5 Miles</p> <p>Ab Circuit</p>	<p><i>"I ask not for lighter burdens, but broader shoulders."</i></p> <p>- Proverb</p>	<p>5 ROUNDS: 800M Run 10 Pull Ups 25 Lunges 20 Dips 20 Push Ups 50 Mountain Climbers 3 Minute Rest</p>	<p>RUN: 5 Miles</p>	<p><i>"Let's do this"</i></p> <p>- Leeroy Jenkins</p>

3 Rounds, 30 Seconds Each

AB CIRCUIT 1
V-Ups
Penguin Taps
Overhead Sit Ups
Bicycle Crunches
Toe Touches

AB CIRCUIT 2
Forearm Plank
Left Side Plank
Right Side Plank
Shoulder Tap Plank

AB CIRCUIT 3
Forearm Plank
Toe Touch
Russian Twist
Oblique Crunch

Week 5-8

Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
<p>RUN: 3 Miles</p> <p>12 MINUTE CIRCUIT: 5 Renegade Rows 5 Push Ups 5 Sit Ups</p> <p>Rest Remainder of Minute</p>	<p>RUN: 3 Miles</p> <p>12 MINUTE CIRCUIT: 5 Renegade Rows 5 Push Ups 5 Sit Ups</p> <p>Rest Remainder of Minute</p>	<p>RUN: 4 Miles</p> <p>Ab Circuit</p>	<p><i>“No man has the right to be an amateur in the matter of physical training.”</i></p> <p>- Socrates</p>	<p>5 ROUNDS: 100M Sprint 20 Jump Squats 5 Pull Ups 1 Minute Rest</p>	<p>RUN: 6 Miles</p>	<p><i>“The first and greatest victory is to conquer yourself; to be conquered by yourself is of all things most shameful and vile.”</i></p> <p>- Plato</p>
<p>RUN: 3 Miles</p> <p>12 MINUTE CIRCUIT: 10 Squats 5 V-Ups 5 Push Ups</p> <p>Rest Remainder of Minute</p>	<p>5 ROUNDS: 100M Sprint 20 Jump Squats 5 Pull Ups 1 Minute Rest</p>	<p>RUN: 4 Miles</p> <p>Ab Circuit</p>	<p><i>“That some achieve great success, is proof to all that others can achieve it as well.”</i></p> <p>- Abraham Lincoln</p>	<p>30 SECONDS EACH 4X CIRCUIT: Lunges Kettlebell Swings V-Ups Goblet Squats Tricep Push Ups</p>	<p>RUN: 5 Miles</p>	<p><i>“The greater the effort, the greater the glory.”</i></p> <p>- Pierre Corneille</p>
<p>RUN: 3 Miles</p> <p>12 MINUTE CIRCUIT: 10 Pull Ups 10 Dumbbell Thrusters 20 Flutter Kicks Rest Remainder of Minute</p>	<p>5 ROUNDS: 800M Run 10 Pull Ups 25 Lunges 20 Dips 20 Push Ups 5 Mountain Climbers 3 Minutes Rest</p>	<p>RUN: 4 Miles</p> <p>Ab Circuit</p>	<p><i>“The Pessimist Sees Difficulty In Every Opportunity. The Optimist Sees The Opportunity In Every Difficulty.”</i></p> <p>- Winston Churchill</p>	<p>5 ROUNDS: 20 Goblet Squats with C4 Jug 15 Leg Levers 10 Shoulder Push Ups</p>	<p>RUN: 5 Miles</p>	<p><i>“It’s Not Whether You Get Knocked Down, It’s Whether You Get Up.”</i></p> <p>- Vince Lombardi</p>
<p>RUN: 3 Miles</p> <p>12 MINUTE CIRCUIT: 5 Pull Ups 10 Push Ups 15 Squats</p> <p>Rest Remainder of Minute</p>	<p>21-15-9 Goblet Squats Kettlebell Swings Box Jumps</p>	<p>RUN: 5 Miles</p> <p>Ab Circuit</p>	<p><i>“Whether You Think You Can Or Think You Can’t, You’re Right.”</i></p> <p>- Henry Ford</p>	<p>30 SECONDS EACH 3X CIRCUIT: Wall Balls Kettlebell Swings Sit Ups Dumbbell Lunges Ski Jumps</p>	<p>RUN: 5 Miles</p>	<p><i>“The Only Limit To Our Realization Of Tomorrow Will Be Our Doubts Of Today.”</i></p> <p>- F.D.R</p>

Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
<p>RUN: 2 Miles</p> <p>12 MINUTE CIRCUIT: 10 Pull Ups 10 Dumbbell Thrusters 20 Flutter Kicks</p> <p>Rest Remainder of Minute</p>	<p>RUN: 2 Miles</p> <p>12 MINUTE CIRCUIT: 10 Pull Ups 10 Dumbbell Thrusters 20 Flutter Kicks</p> <p>Rest Remainder of Minute</p>	<p>RUN: 3 Miles</p> <p>Ab Circuit</p>	<p><i>"What you do today can improve all your tomorrows."</i></p> <p>- Ralph Marston</p>	<p>2 ROUNDS: 100 Jump Ropes 15 Kettlebell Swings 15 Toes to Bar 15 Box Jumps 15 Dumbbell Push Press 15 Pull Ups 15 Ski Jumps 1 Minute Rest</p>	<p>RUN: 6 Miles</p>	<p><i>"The secret of getting ahead is getting started."</i></p> <p>- Mark Twain</p>
<p>RUN: 2 Miles</p> <p>12 MINUTE CIRCUIT: 10 Squats 5 V-Ups 5 Push Ups</p> <p>Rest Remainder of Minute</p>	<p>5 ROUNDS: 20 Goblet Squats 15 Leg Levers 10 Shoulder Push Ups 1 Minute Rest</p>	<p>RUN: 4 Miles</p> <p>Ab Circuit</p>	<p><i>"I find it funny and sad that in a day and age where people spend 12-14 hours in front of a TV screen, people ask me how I have the time."</i></p> <p>- Koji</p>	<p>30 SECONDS EACH 4X CIRCUIT: Lunges Kettlebell Swings V-Ups Goblet Squats Tricep Push Ups</p>	<p>RUN: 8 Miles</p>	<p><i>"A journey of a thousand miles must begin with a single step."</i></p> <p>- Lao Tzu</p>
<p>RUN: 2 Miles</p> <p>5 ROUNDS: 1 Min Bodyweight Jump Squats 1 Min Supermans 1 Min Hanging Leg Raises</p> <p>Rest After Each Minute</p>	<p>3 ROUNDS: 100 Jump Ropes 20 Wall Balls 15 Kettlebell Swings 10 Box Jumps 5 Renegade Rows 1 Minute Rest</p>	<p>RUN: 5 Miles</p> <p>Ab Circuit</p>	<p><i>"Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."</i></p> <p>- Arnold Schwarzenegger</p>	<p>5 ROUNDS: 800M Run 10 Pull Ups 25 Lunges 20 Dips 20 Push Ups 50 Mountain Climbers</p> <p>3 Minutes Rest</p>	<p>RUN: 10 Miles</p>	<p><i>"There are two ways of exerting one's strength: one is pushing down, the other is pulling up."</i></p> <p>- Booker T. Washington</p>
<p>RUN: 3 Miles</p> <p>5 SETS EACH: 30 Mountain Climbers 20 Russian Twists 5 Crossover Pull Ups</p> <p>(Complete all sets of each exercise before moving on)</p>	<p>5 ROUNDS: 1 Minute Jump Squats 1 Minute Kettlebell Swings 1 Minute Pull Ups Rest 15 Seconds After Each Minute</p>	<p>RUN: 4 Miles</p> <p>Ab Circuit</p>	<p><i>"Tough times never last, but tough people do."</i></p> <p>- Robert H. Schuller</p>	<p>RUN/WALK: 2 Miles</p> <p>12 MINUTE CIRCUIT: 10 Pull Ups 10 Dumbbell Thrusters 20 Flutter Kicks</p>	<p>RUN: 8 Miles</p>	<p><i>"The more we do, the more we can do."</i></p> <p>- William Hazlitt</p>

Day One

Army Physical Fitness Test

Push-Ups, max in 2min
Rest 2min
Sit-Ups max in 2min
Rest 2min
Timed Mile Run

Day Two

Body Weight PT

4 Sets AFAP
400m Run
50 Squats
40 Walking Lunges
Rest 3 min Rest as needed

Metabolic Circuit

3-4 sets
50m Sprint DAB
50m Bear Crawl
20 x 4 count Flutter Kicks FLR x 1 min

Day Three

Ruckout

Ruck 1-2 miles with 20-30lbs

Metabolic Circuit with Weight Training

Close Grip Bench Press ~65-75%
BWT, 1 min
Squats, 1 min
Step-Ups, 2 min
Jog, 3 min
Military Press, 1 min
Lunges, 1 min/leg Push-Ups, 1 min
Jog, 3 min
Push Press, 1 min
Burpees, 1 min
Run, 3 min

Day Four

R&R

Day Five

Interval Runs

4 x 400m Run
Rest 2 min between
8 x 200m Run

Rest 90sec between

Day Six

Jog

30-40 min at low to moderate intensity

Simulation Log PT

Sandbag/ammo can reps, 80-100 of shoulder-to shoulders. For every break, drop the sandbag and do a 50m Bear Crawl.

Suggested sandbag weight Male 30-50lbs

Day Seven

R&R

NOTES:

Week 14 - It Gets Worse

Day One

Body Weight PT

5 Sets
Pull-Ups – max reps
Squats x 20
Push-Ups x 15
Lunges x 10/leg

Core Work

Plank Series 3 sets of Side-lying Bridge, 45-60 sec/ side Take 30 sec rest between sides Take 2 min rest between sets

Running

Run 30 min – max distance

Day Two

Ruckout

Ruck 30 min with 20-30lbs – max distance

Mobility Work

Day Three

Body Weight PT/Core Work

5 sets
400m Run
15 x Flutter Kicks
20 x Walking Lunge Steps
400m Run
20 x Squats
20 x Push-Ups
FLR – 3 x 60 sec
Rest 2 min between sets

Running

2 mile timed Run

Day Four

R&R

Day Five

Ruckout

Ruck 30 min with 20-30lbs – max distance

Do the following with ruck
3-5 sets of 25 meter Bear Crawl
25 meter Low Crawl
25 meter Crab Walk
25 meter Lunge Walk

Cross Training

Sub 45:00 of Bike/Row/Swim if your legs are smoked

Day Six

Simulation Log PT
Sandbag/ammo can, 80-100 reps of shoulder-to-shoulders. For every break, drop the sandbag and do 1 min of FLR

Suggested sandbag weight Male 30-50lbs

Running

3 mile Run

Day Seven

R&R

NOTES:

Day One

Ruckout

2 miles with 30-40#

Body Weight PT/Metabolic Circuit

2 Sets AFAP

Strict Pull-Ups x max reps

Sit-Ups x 1 min

Push-Ups x max reps

Rest as needed

2 sets of 800m Run

20-30lbs DB Side-lying Bridge x 60 sec/side

Rest as needed

800m Jog

Burpees x 20

Squats x 25

Body Row x 15

Day Two

Metabolic Circuit

4 sets AFAP

Run 5 min fast

DB Goblet Squats x 20

DB Situps x 15 (DB on chest)

DB Goblet Alternating Reverse Lunges x 10/leg

Males: 30-35# DB

Rest as needed

Body Weight PT

3 sets

Squats x 1 min

Step-Ups x 1 min

Squat Jumps x 20

Jog x 7 min

Day Three

Metabolic Circuit

2 sets

Pull-Ups x max reps

Day Three Continued

Dips x max reps

Sit-ups x max reps in 2 min

Bench Press x 50%

BWT in 1 min or max Push-Ups

Flutterkicks x 50

Burpees play x 25

Body Row play x 20

Interval Runs Sprint Build-Ups

40m x 5

100m x 5

400m x 5

Day Four

R&R

Day Five

Ruckout

1 hour ruck with 25-30#

Core Work

Two sets of FLR x 60 sec

Supine Bridge hold x 60 sec

Side-lying Bridge x 60 sec/side

Cross-training

Bike/Run/Walk for 30-45 min

Day Six

Ruckout

5 mile ruck with 30lbs

Day Seven

R&R

NOTES:

Day One

Ruckout

2 miles with 30-40#

Body Weight PT/Metabolic Circuit

2 Sets AFAP

Strict Pull-Ups x max reps

Sit-Ups x 1 min

Push-Ups x max reps

Rest as needed

2 sets of 800m Run

20-30lbs DB Side-lying Bridge x 60 sec/side

Rest as needed

800m Jog

Burpees x 20

Squats x 25

Body Row x 15

Day Two

Metabolic Circuit

4 sets AFAP

Run 5 min fast

DB Goblet Squats x 20

DB Situps x 15 (DB on chest)

DB Goblet Alternating Reverse Lunges x 10/leg

Males: 30-35# DB

Rest as needed

Body Weight PT

3 sets

Squats x 1 min

Step-Ups x 1 min

Squat Jumps x 20

Jog x 7 min

Day Three

Metabolic Circuit

2 sets

Pull-Ups x max reps

Day Three Continued

Dips x max reps

Sit-ups x max reps in 2 min

Bench Press x 50%

BWT in 1 min or max Push-Ups

Flutter Kicks x 50

Burpees play x 25

Body Row play x 20

Interval Runs Sprint Build-Ups

40m x 5

100m x 5

400m x 5

Day Four

R&R

Day Five

Simulation Log PT

Sandbag/ammo can, 80-100 reps of shoulder-to-shoulders. For every break, drop the sandbag and do 1 min of FLR

Suggested sandbag weight Male 30-50lbs. Rest 6+ hours

Ruckout

Ruck 5-6 miles with 30-40#

Day Six

“The Bear Hunt”

P1 does Bear Crawl for 50m.

P2 sprints 40m in opposite direction and sprints back to try to catch the Bear.

P2 will then buddy carry P1 back to the start line.

P1 and P2 switch roles.

Do 6 total rounds.

Day Seven

R&R

Week 17 - Close

Day One

Body Weight PT

10 sets AFAP
5 x Strict Pull-Ups
7 x Dips
9 x Push-Ups
12 x Squats
Rest 6+ hours

Ruckout

Ruck 4-5 miles with 30-40lbs

Day Two

Interval Runs

3 sets
1 mile Run
Walk ¼ mile
Rest
5 x 400m Run
Rest 2 min

Day Three

Ruckout

Ruck 3 miles with 40-50lbs
Rest 6+ hours

Metabolic Circuit

4 Sets
15 x Lunges/leg
30 x Flutter Kicks
20 x DB Push Press (30-40lbs)
15 x Step-Ups/leg
20 x Burpees
2 min Jump Rope

Day Four

R&R

Day Five

Running

Run x 30 min

Day Six

APFT - Compare to Week 1

Push-Ups x 2 min
Rest 2 min
Sit-Ups x 2 min
Rest 10 min
Run 5 miles for time

Day Seven

R&R

NOTES:

Week 18 - Completion

Day One

Running

3 mile easy Run
Rest

Weight Lift/Body Weight PT

3 Sets slow and easy of
10 x Bench Press ~ 50%
BWT 15 x Squats
10 x Body Rows
10 x Lunges/leg

Day Two

Cardiovascular Work - Low to Mod Intensity

Run 20-30 min

Weight Lift/Body Weight PT

6-8 sets
5 x Strict Pull-Ups
10 x Burpees
5 x Step-Ups/leg
10 x Barbell Push Press (no weight on bar or light DB's)

Day Three

Ruckout

Ruck 45 min with no weight
Spend 30 minutes stretching, foam rolling, etc.

Day Four

R&R

Day Five

The Log

All exercises done with Log (or equivalent)
Two Arm Push-up
Log Sit-up
Forward Bender
Flat Log Squat
Supine Push-up
800m Log Run

Day Six

Hydration-64oz of water
Full, healthy 3 course meals
Sleep

Day Seven

R&R

NOTES: