



Military Athlete

Strong. Swift. Durable

Jackson, Wyoming
www.militaryathlete.com

Afghanistan Pre-Deployment Training Program

This program is designed to build your legs and lungs in preparation for deployment to the steep, rocky environment down range in Afghanistan.

It is also designed to use minimal equipment, and thus be utilized to train up personnel without access to full featured gyms, bunches of equipment, and/or personnel who have little lifting experience.

This is a 6-week long program and makes the assumption that athletes will be training 5 days/week, yielding 30 total training sessions.

The program is build around the following exercises and activities:

DOT Drill - The DOT drill is a basic-level plyometric drill used in collegiate and high school weight rooms across the country. It serves as a great warm up. Also, it helps build ankle and knee joint strength, key for hiking and rucking over uneven terrain.

Leg Blasters - Leg Blasters are an intense, body weight only, lower body complex of exercises which builds incredible leg strength, and lactate tolerance. Also, we've found it key to building eccentric leg strength. Down range, you'll be climbing plenty of steep hills, but you'll also be hiking down them. Coming down forces your legs to work eccentrically, and can lead to crippling soreness in the early weeks. Leg Blasters will help you prepare for this.

Just because Leg Blasters use only body weight, don't discount their effectiveness in building strength. In my gym we did a 6-week cycle heavy in Leg Blasters and subsequently tested front squat max lifts shortly afterward. The max effort front squat for nearly all my athletes increased. These things are incredible.

Note: Midway into the training program you'll be doing full Leg Blasters with just 30 seconds rest in between. Thirty seconds rest is just that, 30 seconds, not a second more. Don't milk the rest! (Sorry about the fire in your legs)

Step Ups - Step ups are a basic, butt-kicking single mode exercise used to build sport-specific climbing leg strength and cardio in a controlled, gym environment. During this program, expect to do thousands of step ups with a 40# pack. This is the primary exercise I'll use to get your legs and lungs ready for long patrols in hilly Afghanistan.

300m Sprint - This sprint is divided up into twelve, 25m lengths. The athlete shuttles back and forth between two cones, 25m apart for 6 round trips (12x lengths). Sprinting is a key survival fitness attribute for military athletes facing combat, and the 300m sprint will help build leg strength and anaerobic endurance in a very sport-specific way. By the end of this program, you'll be doing six 300m sprints in a full kit and helmet.

Sandbag Getup - We've found that core strength is a huge determinate of performance. Even more important, a strong mid section protects vulnerable limbs. I'm using this exercise to make you not only strong, but durable. The sandbag getup is an old school, basic exercise which builds core strength like no other, plus it makes you breath like mother. Expect to do hundreds of these with an 80# sandbag.

Tabata Calf Raises - One of the first muscles to fatigue when hiking steep hills is the calf muscles. We use the Tabata interval protocol and calf raises to help strength your calves. The Tabata protocol is a 4-minute long interval of 8 rounds, 20 seconds work, 10 seconds rest. Tabata Calf Raises are 20 seconds continuous, rapid calf raises, un loaded, for 20 seconds, followed by 10 seconds in a holding "rest" position up on your toes (it's really not a "rest.")

1/4 Tabata Calf Raises would be just 1-minute long, or 20 sec. work, 10 sec. rest, 20 sec. work, 10 sec. rest.

1/2 Tabata Calf Raise would be 2-minutes long, or 20 sec. work, 10 sec. rest, 20 sec. work, 10 sec. rest, 20 sec. work, 10 sec. rest, 20 sec. work, 10 sec. rest, etc.

Upper Body Strength Endurance - One thing you'll notice about this programming is you won't be spending much time doing upper body training. We've purposely limited upper body work to a circuit of strict pull ups, dips and push ups, which double in volume over the course of the program. Why the limitation? Because you won't be climbing hills in Afghanistan on your hands. Everything begins and ends with the legs. We put our attention here.

Rucking - You'll be doing bunches of rucking down range, and nothing will prepare you for rucking like rucking. On the other hand, too much rucking can lead to nagging joint and other overuse injuries. You'll ruck once a week on this program, in a full kit, helmet, carrying a weapon, with an extra 25# in a ruck sack.

We've kept the total volume of rucking down, but continually amp up the intensity. Note also that we are not loading you super heavy and we understand that you may carry much greater loads down range. We are seeking a balance here. Our aim is to get you strong for your deployment, not break you down before you get there.

When possible, ruck over broken, uneven, hilly terrain.

Distance Running - You'll run relatively short distances at a moderate pace on this program. Moderate pace distance running will help build your aerobic base, add durability to the connective tissue in your joints, and work to flush out the lactic acid and other waste products from your sore legs and other muscles.

Pacing - For the purposes of rucking and running in this program, we prescribe two paces. Here are their definitions:

"Moderate Pace" - Comfortable, but not easy

"Threshold Pace" - Fastest pace you can hold without straining.

Mobility Drills - Included in the program are two hip mobility drills we use; HAM, and HUG.

EQUIPMENT NEEDED:

25# Dumbbells

80# Sandbag. Watch this to build one - <http://www.youtube.com/watch?v=8j6yE8LbQTg>

16-19" Box, bench, stool or whatever for step ups

Watch with second hand or countdown timer (Timex is best)

EXERCISE DESCRIPTIONS:

30/5/30 Sean Special - 30 second side bridge, 5x push ups, 30 second side bridge, other side

60 Second Ab Bridge Complex - 20 second side bridge, 20 second front bridge, 20 second side bridge, other side.

Plank Walk up - Get into a front plank position, on toes and elbows, then “walk up” onto your right hand, and then left until you’re in the push up position. Then “walk” back down into the plank position. Repeat rapidly for the allotted time. Video: <http://www.youtube.com/watch?v=MLXCa0-BV24>

Leg Blaster: <http://www.youtube.com/watch?v=EyfwQLWSMX4>

Full Leg Blaster = 20x air squats +
20x in-place lunges (10x each leg) +
20x jumping lunges (10x each leg) +
10x squat jumps

Mini Leg Blaster = 10x air squats +
10x in-place lunges (5x each leg) +
10x jumping lunges (5x each leg) +
5x squat jumps

Step Ups - Step up onto a 16-19" box, bench or step. Each foot counts as one rep, so 50x step ups = 25x each foot. Come to complete knee lock out at the top, and both feet must be touching the ground between reps. Alternate feet each rep. These suck, but work. They will prepare you well for hiking uphill. Here’s an example: <http://www.youtube.com/watch?v=1lvVE35-Gpw>

300m Sprint - Set a cone or other marker down on flat ground and step out 25m. Set down another cone or marker. At “go” sprint back and forth between the cones for 12 lengths or 6x round trips. Touch the ground at each cone. This is 300m.

You’ll be doing a 300m sprint every 2.5 minutes. This means the faster you finish, the more rest you get before starting the next rep.

Not only are we training your sprinting ability and anaerobic endurance, but also your ability to recover, and sprint again.

Sandbag Getup - The exercise starts standing, with the sandbag on one shoulder. Lay down, then “get up” any way you can. Come to complete standing, with both feet shoulder width apart. You’ll be doing these for time. Switch shoulders as needed.

Here's a video of some Air Force JTACs doing our Operator Ugly fitness test in Boulder, CO. The fitness test includes 300m sprints and 80# sandbag getups: <http://www.youtube.com/watch?v=MCbVMrkqhXI>

HUG - Hip Mobility Drill: Side lunge, plus prisoner stretch, plus pigeon stretch.
<http://www.youtube.com/watch?v=gle5HaV65Rc>

HAM - Hip Mobility Drill: instep stretch, hip drop, pigeon stretch, frog stretch, 5x duck walks. "1/2 HAM" means do just one leg, and alternate legs each round. <http://www.youtube.com/watch?v=EANtKWs73zE>

DOT Drill: <http://www.youtube.com/watch?v=Mwyxy3wDfp8>
<http://www.cathletics.com/articles/index.php?show=shorty&shortyID=44>

Scotty Bob - Push up on 25# dumbbells, right hand row, push up, left hand row = 1 rep.
<http://www.youtube.com/watch?v=xB3kUpDgXFU>

Tabata Calf Raises - The Tabata protocol is a 4-minute long interval of 8 rounds, 20 seconds work, 10 seconds rest. Tabata Calf Raises are 20 seconds continuous, rapid calf raises, un loaded, for 20 seconds, followed by 10 seconds in a holding "rest" position up on your toes (it's really not a "rest.")

1/4 Tabata Calf Raise would be just 1-minute long, or 20 sec. work, 10 sec. rest, 20 sec. work, 10 sec. rest.

1/2 Tabata Calf Raise would be 2-minutes long, or 20 sec. work, 10 sec. rest, 20 sec. work, 10 sec. rest, 20 sec. work, 10 sec. rest, 20 sec. work, 10 sec. rest, etc.

PROGRESSING THROUGH THE PROGRAM

This program is set up to be completed sequentially. Exercises and volumes build as it progresses, so don't skip around. Start at the beginning, or if you have less time or already very fit, start into it a week or two, and then do the sessions in order until finished from there.

Again, we are assuming a 5 day/week training schedule. Try not to train on the weekends.

Sessions 1, 6, 11, 16, 21 and 26 are the first session of each week's training.

If you are doing the program Monday through Friday, here is what your schedule will look like:

Monday - DOT Drill and Step Ups

Tuesday - Distance run, moderate pace

Wednesday - Sandbag Getups and Leg Blasters

Thursday - Ruck in kit, with 25# in ruck sack, carrying weapon

Friday - 300m sprints and Calf Tabatas

Questions? Good Luck!

- Rob Shaul, 307-200-1968, rob@militaryathlete.com, June 15, 2009

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Afghanistan Pre-Deployment Training Program

SESSION 1

Warm up: 5 Rounds
2x DOT Drill
30/5/30 Sean Special
1/2 HAM – Hip Mobility Drill

Training:

- (1) 6 Rounds
Run 400m
50x Step Ups @ 40#

SESSION 2

Training:

- (1) Run 3 miles, moderate pace
- (2) 5 Rounds
5x Pull ups (Strict)
10x Dips (full range of motion)
15x Push ups (perfect form)

SESSION 3

Warm up: 10 minute Sandbag Getup @ 80#

Training: 10 Rounds
Mini Leg Blaster
5x Ankles-to-Bar

SESSION 4

Training: Ruck 5 miles, Moderate Intensity, @ Kit
+ 25# in Ruck

SESSION 5

Warm up: 5 Rounds
20x Squats
5x Scotty Bob @ 25#

Training:

- (1) 4 Rounds
300m Sprint every 2.5 minutes

- (2) 3 Rounds
1/4 Calf Tabata
HUG – Hip Mobility Drill

SESSION 6

Warm up: 5 Rounds
3x DOT Drill
60 Second Ab Bridge Complex
1/2 HAM – Hip Mobility Drill

Training:

- (1) 2 Rounds
Run 800m
200x Step ups @ 40#

SESSION 7

Training:

- (1) Run 3 miles, moderate pace
- (2) 6 Rounds
5x Pull ups (Strict)
10x Dips (full range of motion)
15x Push ups (perfect form)

SESSION 8

Warm up: 10 minute sandbag getup @ 80#

Training:

- (1) 10 Rounds
Mini Leg Blaster
5x Ankles-to-Bar
- (2) 5 Minute Sandbag Getup @ 80#

SESSION 9

Training:

Ruck 5 miles total @ Kit + 25#. Use this pace scheme:

Ruck 1 mile, threshold pace
Ruck 3 miles, moderate pace
Ruck 1 mile, threshold pace

SESSION 10

Warm up: 5 Rounds

20x Squats
5x Scotty Bob @ 25#

Training:

- (1) 5 Rounds
300m Sprint every 2.5 minutes
- (2) 4 Rounds
1/4 Calf Tabata
HUG – Hip Mobility Drill

SESSION 11

Warm up: 5 Rounds

3x DOT Drill
30 sec. Plank Walk up
1/2 HAM – Hip Mobility Drill

Training:

- (1) 10 Rounds
50x Stepups @ 40#
10x Push ups
5x Ankles-to-Bar

SESSION 12

Training:

- (1) Run 4 miles, moderate pace
- (2) 7 Rounds
5x Pull ups (Strict)
10x Dips (full range of motion)
15x Push ups (perfect form)

SESSION 13

Warm Up: 15 minute Sandbag Getup

Training:

- (1) 3 Rounds
Full Leg Blaster
30 Seconds Rest

SESSION 14

Training:

(1) Ruck 5 miles total @ Kit + 25#. Use this pace scheme:

Ruck 1 mile, threshold pace
Ruck 1 miles, moderate pace
Ruck 1 mile, threshold pace
Ruck 1 miles, moderate pace
Ruck 1 mile, threshold pace

SESSION 15

Warm up: 5 Rounds

20x Squats
5x Scotty Bob @ 25#

Training:

- (1) 6 Rounds
300m Sprint every 2.5 minutes
- (2) 2 Rounds
1/2 Calf Tabata
HUG – Hip Mobility Drill

SESSION 16

Warm up: 15 minute Step up @ 40#

Training:

- (1) 5 Rounds
4x DOT Drill
30/5/30 Sean Special
HUG – Hip Mobility Drill
- (2) 15 minute step up @ 40#

SESSION 17

Training:

(1) Run 4 miles, moderate pace

(2) 8 Rounds
5x Pull ups (Strict)
10x Dips (full range of motion)
15x Push ups (perfect form)

SESSION 18

Warm Up: 15 minute Sandbag Getup

Training:

(1) 4 Rounds
Full Leg Blaster
30 Seconds Rest

SESSION 19

Training:

(1) Ruck 8 miles, moderate pace

SESSION 20

Warm up: 5 Rounds
20x Squats
5x Scotty Bob @ 25#

Training:

(1) 6 Rounds
300m Sprint every 2.5 minutes
** Run the first two sprints in Full Kit + Helmet

(2) 3 Rounds
1/2 Calf Tabata
HUG – Hip Mobility Drill

SESSION 21

Warm up: 15 minute Step up @ 40#

Training:

(1) 5 Rounds
4x DOT Drill
45 second Plank Walkup
HUG – Hip Mobility Drill

(2) 15 minute step up @ 40#

SESSION 22

Training:

(1) Run 4 miles, moderate pace

(2) 9 Rounds
5x Pull ups (Strict)
10x Dips (full range of motion)
15x Push ups (perfect form)

SESSION 23

Warm Up: 10 minute Sandbag Getup @ 80#

Training:

(1) 4 Rounds
Full Leg Blaster
30 Seconds Rest

(2) 10 Minute Sandbag Getup @ 80#

SESSION 24

Training:

(1) Ruck 5 miles total @ Kit + 25#. Use this pace scheme:

Ruck 2 miles, threshold pace
Ruck 1 miles, moderate pace
Ruck 2 miles, threshold pace

SESSION 25

Warm up: 5 Rounds
20x Squats
5x Scotty Bob @ 25#

Training:

- (1) 6 Rounds
300m Sprint every 2.5 minutes
** Run the first 4 sprints in Full Kit + Helmet

- (2) 3 Rounds
1/2 Calf Tabata
HUG – Hip Mobility Drill

SESSION 26

Training:

- Warm up: 5 Rounds
5x DOT Drill
1 Minute Second Plank Walk Up
HUG – Hip Mobility Drill

Training:

- (1) 1,000x Step ups, @ 40#, within 50 minutes

SESSION 27

Training:

- (1) Run 5 miles, moderate pace
- (2) 10 Rounds
5x Pull ups (Strict)
10x Dips (full range of motion)
15x Push ups (perfect form)

SESSION 28

- Warm up: 5 Rounds
Full Leg Blaster
30 seconds rest

Training:

- (1) 20 minute sandbag getup @ 80#

SESSION 29

Training:

- (1) Ruck 5 miles, threshold pace

SESSION 30

- Warm up: 5 Rounds
20x Squats
5x Scotty Bob @ 25#

Training:

- (1) 6 Rounds
300m Sprint every 2.5 minutes in Full Kit + Helmet
- (2) Full Calf Tabata (8 rounds, 4 minutes)
- (3) HAM – Hip Mobility Drill



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ARMY PHYSICAL FITNESS TEST (APFT) 6-WEEK TRAINING PROGRAM

The following is a 6-week program designed specifically to help fit applicants max out the APFT:

2 Minute Push Ups = 100 Reps
2 Minute Sit Ups = 100 Reps
2 Mile Run = 12 Minutes

This program is designed for athletes who have been following the Military Athlete Operator or Squat PT training sessions, and would like to focus their attention for the 6 weeks prior to taking the APFT. This is a “sport specific” program with the sole objective of achieving the highest fitness standards for the APFT.

***** CAUTION *****

The following plan is a suggested preparation program. We do not guarantee that if you complete it, you’ll max the APFT.

This program is based on my own experience completing the APFT and my knowledge of strength and conditioning.

Finally, this is a very intense training program. If you have not been completing the Military Athlete programming for several weeks prior, do not be surprised if you are unable to complete these sessions.

PROGRAM DESCRIPTION

This program follows a general format and gets progressively harder each week.

Mondays

- Interval training. You will start each week with interval training. This allows you to get perspective of the pace that you will need to hold to reach goal pace. As you tire the distance drops so that you can learn to maintain your goal pace. Regulate rest periods so that every interval you run is on target. You should not get progressively slower throughout the session. Instead, you should maintain the same pace and remember how it feels for race day. When doing interval work it is important that you immediately go from round to round when your prescribed rest is over.

Military Athlete APFT 6-Week Training Program

- Push ups done sprint style. You will be asked 3x/week to pump out max reps of push ups. This will improve your ability to move fast and efficiently, and also learn how to rotate your elbows in and out in the up, “rest” position for recovery. During testing, speed is the key. Once you’ve maxed out, you will break remaining reps up into smaller increments.
- Sit ups done sprint style. You will be asked 3x/week to do sets of sit ups at maximal speed.
- APFT - On the Monday of the first, third and fifth weeks, you’ll be taking the APFT.

Tuesdays

- Work Capacity Training. These are short/intense training sessions designed to compliment your main objectives. They train primarily full body strength and power. These sessions will also enhance your ability to deal with lactic acid.
- Push ups for volume. Higher volume (more sets and reps) are necessary to increase the number of push ups that you can do at any one time. The ability to do 100x push ups in two minutes is a measure of strength endurance. Volume training will help build your endurance.
- Sit ups for volume. The ability to do 100x sit ups in two minutes is a measure of strength endurance. Volume training will help build your endurance.

Wednesdays

- Speed endurance days. You run distance based intervals, with an active recovery i.e jogging. Your pace on your recovery is dictated by your ability to hit your interval. So if you are hitting your interval you can speed up your active recovery to a faster pace. If you are not, slow it down to a slow jog or even a fast walk. Just keep moving.
- Push ups and Sit ups sprint style

Thursdays

- Interval training. Your goal is get perspective of the pace that you will need to hold to to maintain goal pace. As you tire the distance drops so that you can learn to maintain your goal pace, Regulate rest periods so that every interval you run is on target. You should not get progressively slower throughout the session. Instead, you should maintain the same pace and remember how it feels for race day. When doing interval work it is important that you immediately move from round to round as soon as your prescribed rest is over.
- Push ups and Sit ups for volume

Fridays

- Negative Splits. You can divide this between the road and the track, running the first mile on the road and finishing on the track to get your speed work. Or you can run it all on the track and keep your pace honest. Regardless you will start your 800’s immediately after your mile a slightly faster than goal pace. This is to teach you to run fast on tired legs.
- Strength training in the gym. Theses strength sessions are short, but effective. The idea is to maintain strength during this time period; or at least diminish loss of strength.
- Push ups and sit ups sprint style

*Note: Sessions are displayed in a Monday-Friday format, 5 days on, 2 days off. If you are unable to follow this format, that is fine. Simply, do the workouts on available days of the week without skipping any.

Running Form:

Proper running form will not only make a huge difference in your speed, but also make you more efficient - thereby saving energy, and most important, significantly decrease the impact these activities have on your body.

There are several running form philosophies and even books available, but we’ve found that all of them share key

Military Athlete APFT 6-Week Training Program

form characteristics: stand tall, forward lean (fall forward), flat foot strike (don't land heel first), 90 steps per minute cadence (shorter steps, faster rpm), forward only arm swing, circular foot rotation.

We strongly recommend you purchase one or more of these books: Chi Running, POSE Method of Running Method and either purchase a metronome and/or download a metronome MP3 for you iPod and begin to learn how run on cadence. Go to <http://www.reztronics.com/prod01.htm> for a metronome MP3.

Footwear - wear the same footwear during your training runs you will wear during the APFT. If these are boots, so be it.

*Note: While I don't expect everyone to be able to run a 6:00 minute mile starting this program you should be able to run a 3:00 minute 800m. The intervals increase each week allowing you to progress your time and distance. If at anytime you are having a problem hitting an interval, take a longer than prescribed recovery and strive to get as close to the interval as possible. Don't be too discouraged if you can't hit an interval just be consistent in your training.

Push Up Form & Strategy

During testing, you are required to touch your chest to the ground and return to the top, elbows locked, position of the push up. Resting is allowed, but only in the "up" position. There are no regulations about hand distance; however, you are not allowed to pick your hands up off the ground. There is a little wiggle room for moving them, so don't get used to picking up your hands, or moving into many different positions.

Strategy: First, no one can do 100x pushups straight. At some point, you're going to have to rest in the up position. Here's what we recommend:

- 1) Start out sprinting. Go as fast and as hard as possible, and knock out as many reps with the initial sprint as you can.
- 2) Continue sprinting through all of your push ups. Doing your pushups slow and steady will fatigue you fast. Sprint and knock off your pushups even if you're down to doing 2 reps/set. You want to "sprint then rest, sprint then rest, sprint then rest" your way to 100x pushups.
- 3) Never go to complete failure. Always stop to rest with 1 or 2 reps in reserve. You will recover much faster and last much longer if you stop with a little in reserve than if you go to complete failure.
- 4) Learn the trick to "resting." In the up, "rest" position, you will recover faster if you rotate back and forth around your shoulders. Think of twisting your elbows out, then back in, then out, in, etc. When you twist your elbows out, it seems your triceps take the load, and your chest/shoulders can rest. When you rotate your elbows in, your chest/shoulders take the load, and your triceps can rest. Sharing the load this way will allow you to recover faster, and punch out more pushups.

Sit Up Form and Strategy

During testing, your fingers must be interlocked behind your head. A full sit up requires you to touch your hands to the floor, and then return to the full upright position. Do all of your sit ups with this form. You will also have someone to hold your feet, so do your sit ups with feet held stationary and anchored during this program.

You can only "rest" in the up position during the situps, which means you really cannot rest at all. You pretty much must be continually moving, and thus must pace yourself through the event. Use your training in this program to find the pace that works for you.

Unfamiliar Exercises

Go to www.militaryathlete.com and click the "Exercises" link to see unfamiliar exercises.

Questions?

Military Athlete APFT 6-Week Training Program

Email rob@militaryathlete.com

Good Luck!

- Rob Shaul, Military Athlete Head Coach
- Kristen Oullette, Military Athlete Certified Coach
- Tod Moore, Military Athlete Certified Coach

Military Athlete APFT 6-Week Training Program

***** WEEK 1*****

1. Monday

Warm Up:

(1) Run ¼ mile

Instep Stretch

(2) 4 Rounds

Run 50m @80% speed + walk back to start

AM Training:

APFT Test

2 min. Max Push Ups

Rest 5 min.

2 min. Max Sit Ups

Rest 5 min.

2 mile run (timed)

PM Training:

(1) 80 reps Push Ups

-1st set: Max Reps (aim for 40+)

-remaining sets: Break up the remaining reps into sets of 3-8, resting no longer than 10s. between sets. You may put your knees on the ground to rest. Continue until all reps are completed.

(2) 6 Rounds

20 second. Sit ups (Sprint! Aim for 15 reps/set, anchor feet)

Rest 10 sec

2. Tuesday

Warm Up:

5 Rounds

10x Goblet Squats with 12kg kettlebell

10x Swings with 12kg kettlebell

Instep Stretch

Training:

(1) 5 Rounds for Time

21 KB Swings @ 24kg kettlebell

21 Box Jumps @ 24"

(2) 20 Rounds (grind, not for time)

10 Push Ups

10 Sit Ups

** try to move immediately from the push ups to the sit ups and vice versa. Anchor your feet for the sit ups.

3. Wednesday

Warm Up: 4 Rounds

5x Shoulder Y + L @2.5#. plates

5x Shoulder Dislocates @PVC

Training:

(1) 85x Push Ups

-1st set: Max Reps (aim for 42+)

- remaining sets: Break up the remaining reps into sets Of 3-8, resting no longer than 10s. between sets. You may put your knees down to rest. Continue Until all reps are completed.

(2) 6 Rounds

20 second. Sit ups (Sprint! Aim for 15 reps/set, anchor feet)

Rest 10 sec

(3) 2 Rounds

800m Run in 3:15 min

Rest 1:30

(4) 4 Rounds

400m Run in 1:35

Rest 1 min

(5) 4 Rounds

200m Run in 45 sec

Rest 30 sec

4. Thursday

Warm Up: 4 Rounds

100m. Run (1st Round 60%, 2nd Round 70%, 3rd Round 80%, 4th Round 90% speed)

HUG

Rest 30 sec

Training

Military Athlete APFT 6-Week Training Program

***** WEEK 2*****

(1) 5 min easy jog
(2) 4 Rounds
800m in under 3:15 min
Rest 1 min easy jog between 800's
(Your recovery should slow enough to allow you to hit your goal pace, but fast enough to not allow total recovery)

(3) 20 Rounds (grind, not for time)
10 Push Ups
10 Sit Ups

** try to move immediately from the push ups to the sit ups and vice versa. Anchor your feet for the sit ups.

5. Friday

Warm Up: Run 800m, moderate pace

Training:

(1) Run 1 mile in 6:30 min
Rest 2:00 min

(2) 2 Rounds
800m Run in 3:15 minutes
Rest 1:00 min between run

(3) 8 Rounds
3x Dead Lift (increase load each round until 3x is hard but doable), then immediately
3x Squat jumps
5x Pull ups (Strict! No kipping!)

(4) 90x Push Ups
-1st set: Max Reps (aim for 45+)
-remaining sets: Break up the remaining reps into sets Of 3-8, resting no longer than 10s. between sets. You may put your knees on the ground to rest. Continue until all reps are completed.

(5) 7 Rounds
20 second. Sit ups (Sprint! Aim for 15 reps/set, anchor feet)
10 second rest

6. Monday

Warm Up:

(1) Run ¼ mile
HAM

(2) 4 Rounds
50m Run @ 80% speed +walk back to start

Training:

(1) 85x Push Ups
-1st set: Max Reps (aim for 42+)
-remaining sets: Break up the remaining reps into sets of 3-8, resting no longer than 10s. between sets. You may put knees down to rest. Continue until all reps are completed.

(2) 7 Rounds
20 second. Sit ups (Sprint! Aim for 15 reps/set, anchor feet)
10 second rest

(3) 2 Rounds
800m Run in 3:00 min
Rest 1:00 min between runs

(4) 4 Rounds
400m Run in 1:30 min
Rest 1:00 min between runs

(5) 4 Rounds
200m Run in 40 sec
Rest 30 sec between runs

7. Tuesday

Warm Up:

15x Turkish Get Up (30x total) @ 12kg kettlebell

Training:

(1) 5 Rounds for Time
10x Power Cleans @ 95#
8x Jingle Jangles

(2) 20 Rounds

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11 Push Ups

11 Sit Ups

** try to move immediately from the push ups to the sit ups and vice versa. Anchor your feet for the sit ups.

8. Wednesday

Warm Up: 4 Rounds

5x Shoulder Y + L @2.5#. plates

5x Shoulder Dislocates @PVC

Training:

(1) 95x Push Ups

-1st set: Max Reps (aim for 48+)

-remaining sets: Break up the remaining reps into sets Of 3-8, resting no longer than 10s. between sets. You may put your knees down to rest. Continue Until all reps are completed.

(2) 7 Rounds

20 second. Situps (Sprint! Aim for 15 reps/set, anchor feet)

Rest 10 sec

(3) 5 min easy jog

(4) 4 Rounds

Run 800m in under 3:00 minutes.

Rest 1 min easy jog between 800's

(Your recovery should slow enough to allow you to hit your goal pace, but not slow enough to allow total recovery)

9. Thursday

Warm Up: 4 Rounds

100m. Run (1st Round 60%, 2nd Round 70%, 3rd Round 80%, 4th Round 90% speed)

HUG

Rest 30 sec

Training:

(1) 2 Rounds

800m Run in 3:00 min

Rest 1:00 min between runs

(2) 4 Rounds

400m Run in 1:30 min

Rest 1:00 min between runs

(3) 4 Rounds

200m Run in 40 sec

Rest 30 sec between runs

(2) 20 Rounds

11 Push Ups

11 Sit Ups

** try to move immediately from the push ups to the sit ups and vice versa. Anchor your feet for the sit ups.

10. Friday

Warm Up: Run 800m, moderate pace

Training:

(1) Run 1 mile in 6:00 min

Rest 2:00 min between runs

(2) 2 Rounds

800m Run in 3:00 min

Rest 1:00 min between runs

(3) 8 Rounds

3x Front Squat (increase load each round until 3x is hard, but doable), then immediately

3x Jumping Lunge (6x total)

Rope Climb or 8x Horizontal Pull Up

(4) 100x Push Ups

-1st set: Max Reps (aim for 50+)

-remaining sets: Break up the remaining reps into sets Of 3-8, resting no longer than 10 sec between sets.. You may put your knees down during rests. Continue Until all reps are completed.

(5) 8x Rounds

20 second. Sit ups (Sprint! Aim for 15 reps/set, anchor feet)

Rest 10 sec

Military Athlete APFT 6-Week Training Program

***** WEEK 3 *****

11. Monday

Warm Up:

(1) Run ¼ mile
HAM

(2) 4 Rounds
50m Run @ 80% speed + Walk back to start

AM Training:

APFT Test
2min. Max Push Ups
Rest 5 min.
2min. Max Sit Ups
Rest 5 min.
2 mile run (timed)

PM Training:

(1) 105 reps Push Ups
-1st set: Max Reps (aim for 40+)
-remaining sets: Break up the remaining reps into sets of 3-8, resting no longer than 10s. between sets. You may put your knees on the ground to rest. Continue until all reps are completed.

(2) 8 Rounds
20 second. Sit ups (Sprint! Aim for 15 reps/set, anchor feet)
10 second rest

12. Tuesday

Warm Up:

(1) Run ¼ mile
HAM

(2) 4 rounds
50m Run @ 80% speed+ Walk Back to Start

Training:

(1) 2 Rounds
800m Run in 2:55 min
Rest 1:00 min between runs

(2) 4 Rounds
400m Run in 1:25 min
Rest 1:00 min between runs

(3) 4 Rounds
200m Run in 40 sec
Rest 30 sec between runs

(2) 20 Rounds
12 Push Ups
12 Sit Ups
** try to move immediately from the push ups to the sit ups and vice versa. Anchor your feet for the sit ups.

13. Wednesday

Warm Up: 4 Rounds
5x Shoulder Y + L @2.5# plates
5x Shoulder Dislocates @PVC

Training:

(1) 100x Push Ups
-1st set: Max Reps (aim for 50+)
- Break up remaining reps as needed. Do not put your knees down to rest. Continue until you finish the reps.

(2) 6 Rounds
20 second. Sit ups (Sprint! Aim for 16 reps/set, anchor feet)
Rest 10 sec

(3) 5 min easy jog

(4) 4 Rounds
Run 800m in under 2:55 min
Rest 1 min easy jog between 800's
(Your recovery should slow enough to allow you to hit your goal pace, but not slow enough to allow total recovery)

14. Thursday

Warm Up: 4 Rounds
100m. Run (1st Round 60%, 2nd Round 70%, 3rd Round 80%, 4th Round 90% speed)
HUG - Hip Mobility Drill
30 sec Rest

Military Athlete APFT 6-Week Training Program

Training:

(1) 2 Rounds
800m Run in 2:55 min
Rest 1:00 min between runs

(2) 4 Rounds
400m Run in 1:25 min
Rest 45 sec between runs

(3) 4 Rounds
200m Run in 40 sec
Rest 25 sec between runs

(2) 20 Rounds
12 Push Ups
12 Sit Ups
** try to move immediately from the push ups to the sit ups and vice versa. Anchor your feet for the sit ups.

15. Friday

Warm Up: Run 800m, moderate pace

Training:

(1) 1 mile in 5:50 min
Rest 1:30 min

(2) 2 Rounds
Run 800m in 2:55 minutes
Rest 1:00 min between runs

(3) 6 Rounds
6x Hang Squat Clean (increase load until 6x is hard but doable), then immediately
8x Swings @ 24kg kettlebell
10x Russian Twist @25#. plate (10x each side)

(4) 105x Push Ups
-1st set: Max Reps (aim for 53+)
- Break up remaining reps as needed. Do not put your knees down to rest. Continue until you finish the reps.

(5) 6 Rounds
20 second. Sit ups (Sprint! Aim for 16 reps/set, anchor feet)
10 second rest

***** WEEK 4 *****

16. Monday

Warm Up:
(1) Run ¼ mile
HAM

(2) 4 Rounds
50m Run @ 80% speed. +Walk back to start

Training:

(1) 105x Push Ups
-1st set: Max Reps (aim for 53+)
- Break up remaining reps as needed. Do not put your knees down to rest. Continue until you finish the reps.

(2) 7 Rounds
20 second. Situps (Sprint! Aim for 16 reps/set, anchor feet)
Rest 10 sec

(3) 2 Rounds
800m Run in 2:55 min
Rest 1:00 min between runs

(4) 4 Rounds
400m Run in 1:25 min
Rest 45 sec between runs

(5) 4 Rounds
200m Run in 35 sec
Rest 25 sec between runs

17. Tuesday

Warm Up:
5 Rounds
10x Goblet Squats with 12kg kettlebell
10x Swings with 12kg kettlebell
Instep Stretch
10x Overhead Squat @PVC

Training:

(1) 5 Rounds for Time
10x Power Cleans @ 95#

Military Athlete APFT 6-Week Training Program

8x Jingle Jangles

Rest 45 sec between runs

(2) 20 Rounds

13 Push Ups

13 Sit Ups

** try to move immediately from the push ups to the sit ups and vice versa. Anchor your feet for the sit ups.

(4) 4 Rounds

200m Run in 35 sec

Rest 20 sec between runs

18. Wednesday

Warm Up: 4 Rounds

5x Shoulder Y + L @2.5# plates

5x Shoulder Dislocates @PVC

(2) 20 Rounds

13 Push Ups

13 Sit Ups

** try to move immediately from the push ups to the sit ups and vice versa. Anchor your feet for the sit ups.

Training:

20. Friday

Warm Up: Run 800m, moderate pace

(1) 110x Push Ups

-1st set: Max Reps (aim for 55+)

Break up remaining reps as needed. Do not put your knees down to rest. Continue until you finish the reps.

Training:

(1) Run 1 mile in 5:50 min

Rest 1:30 min

(2) 7 Rounds

20 second. Situps (Sprint! Aim for 16 reps/set, anchor feet)

10 second rest

(2) 2 Rounds

800m Run in 2:50 minutes

Rest 1:00 min between runs

(3) 5 min easy jog

(4) 4 Rounds

800m in under 2:55 min

Rest 1 min easy jog between 800's (Your recovery should slow enough to allow you to hit your goal pace, but not slow enough to allow total recovery)

(3) 8 Rounds

3x Dead Lift (increase load each round until 3x is hard but doable), then immediately

3x Squat jumps

5x Pull ups (Strict! No kipping!)

19. Thursday

Warm Up: 4 Rounds

100m. Run (1st Round 60%, 2nd Round 70%, 3rd Round 80%, 4th Round 90% speed)

Instep Stretch

Rest 30 sec

(4) 115x Push Ups

-1st set: Max Reps (aim for 57+)

Break up remaining reps as needed. Do not put your knees down to rest. Continue until you finish the reps.

Training:

(5) 7 Rounds

20 second. Sit ups (Sprint! Aim for 16 reps/set, anchor feet)

Rest 10 sec

(1) 2 Rounds

800m Run in 2:50 min

Rest 1:00 min between runs

(3) 4 Rounds

400m Run in 1:20 min

Military Athlete APFT 6-Week Training Program

***** WEEK 5 *****

21. Monday

Warm Up:

(1) Run ¼ mile
HAM

(2) 4 Rounds
50m Run @ 80% speed+ Walk Back to Start

AM Training:

APFT Test
2 min. Max Push Ups
Rest 5 min.
2 min. Max Sit Ups
Rest 5 min.
2 mile run (timed)

PM Training:

(1) 115 reps Push Ups
-1st set: Max Reps (aim for 40+)
-remaining sets: Break up the remaining reps into sets of 3-8, resting no longer than 10s. between sets. You may put your knees on the ground to rest. Continue until all reps are completed.

(2) 7 Rounds
20 second. Sit ups (Sprint! Aim for 16 reps/set, anchor feet)
Rest 10 sec

22. Tuesday

Warm Up:

15x Turkish Getup @ 12kg kettlebell (30x total)

Training:

(1) 5 Rounds for Time
10x Power Cleans @ 95#
8x Jingle Jangles

(2) 20 Rounds
14 Push Ups
14 Sit Ups

** try to move immediately from the push ups to the sit ups and vice versa. Anchor your feet for the sit ups.

23. Wednesday

Warm Up: 4 Rounds
5x Shoulder Y + L @ 2.5# plates
5x Shoulder Dislocates @PVC

Training:

(1) 120x Push Ups
-1st set: Max Reps (aim for 60+)
Break up remaining reps as needed. Do not put your knees down to rest. Continue until you finish the reps.

(2) 8 Rounds
20 second. Sit ups (Sprint! Aim for 16 reps/set, anchor feet)
Rest 10 sec

(3) 2 Rounds
Run 800m in 2:45 min
Rest 1 min between runs

(4) 4 Rounds
Run 400m in 1:20
Rest 45 sec between runs

(5) 4 Rounds
Run 200m in 35 sec
Rest 20 sec between runs

24. Thursday

Warm Up: 4 Rounds
100m. Run (1st Round 60%, 2nd Round 70%, 3rd Round 80%, 4th Round 90% speed)
Hip swivel
Rest 30 sec

Training:

(1) 5 min easy jog

(2) 4 Rounds
Run 800m in under 2:45 min
Rest 1 min easy jog between 800's

Military Athlete APFT 6-Week Training Program

(Your recovery should slow enough to allow you to hit your goal pace, but not slow enough to allow total recovery)

(2) 20 Rounds

14 Push Ups

14 Sit Ups

** try to move immediately from the push ups to the sit ups and vice versa. Anchor your feet for the sit ups.

25. Friday

Warm Up: Run 800m, moderate pace

Training:

(1) Run 1 mile in 5:45 min

Rest 1:00 min

(2) 2 Rounds

800m Run in 2:45 minutes

Rest 1:00 min between runs

(3) 8 Rounds

3x Front Squat (increase load each round until 3x is hard, but doable), then immediately

3x Jumping Lunges (6x total)

5x Strict Pull ups

(4) 120x Push Ups

-1st set: Max Reps (aim for 65+)

Break up remaining reps as needed. Do not put your knees down to rest. Continue until you finish the reps.

(5) 8 Rounds

20 second. Situps (Sprint! Aim for 16 reps/set, anchor feet)

Rest 10 sec

***** WEEK 6 - UNLOAD *****

26. Monday

Warm Up:

(1) Run ¼ mile

HAM

(2) 4 Rounds

50m Run @ 80% speed + Walk Back to Start

Training:

(1) 100 Push Ups

-Few Sets as possible

-Rest in the up position

(2) 100 Sit Ups

- No Rest, go for time.

(3) 1 Rounds

800m Run in 2:45 min

Rest 45 sec.

(4) 2 Rounds

400m Run in 1:20 min

Rest 30 sec

(5) 2 Rounds

200m Run in 30 sec

Rest 20 sec

27. Tuesday

Warm Up:

15x Turkish Getup @ 12kg kettlebell(30x total)

Training:

(1) 5 Rounds for Time

21 KB Swings @ 24kg kettlebell

21 Box Jumps @ 24"

(2) 15 Rounds

14 Push Ups

14 Sit Ups

** try to move immediately from the push ups to the sit ups and vice versa. Anchor your feet for the sit ups.

28. Wednesday

Warm Up:

4 Rounds

5x Shoulder Y + L @2.5# plates

5x Shoulder Dislocates @PVC

Training:

Military Athlete APFT 6-Week Training Program

(1) 100x Push Ups
- Rest only in the “up” position

(2) 6 Rounds
20 second. Situps (Sprint! Aim for 16 reps/set, anchor feet)
10 second rest

(3) 5 min easy jog

(4) 2 Rounds
Run 800 in under 2:45 min
Rest 1 min easy jog between 800's
(Your recovery should slow enough to allow you to hit your goal pace, but not slow enough to allow total recovery)

29. Thursday

Warm Up: 4 Rounds
100m. Run (1st Round 60%, 2nd Round 70%, 3rd Round 80%, 4th Round 90% speed)
HUG
Rest 30 sec

Training:

(1) 1 Round
800m Run in 2:45 min
Rest 1:00 min between runs

(2) 2 Rounds
400m Run in 1:20 min
Rest 45 sec between runs

(3) 2 Rounds
200m Run in 30 sec
Rest 20 sec between runs

(2) 10 Rounds
15 Push Ups
15 Sit Ups
** try to move immediately from the push ups to the sit ups and vice versa. Anchor your feet for the sit ups.

30. Friday

Warm Up: Run 800m, moderate pace

Training:

(1) 1 mile in 5:45 min
Rest 1 Min

(2) 1 Round
800 in 2:45
Rest 1 min

Training:

(1) 6 Rounds
6x Hang Squat Clean (increase load until 6x is hard but doable), then immediately
8x Swings @ 24kg kettlebell
10x Russian Twist @25#. plate (10x each side)

(2) 100x Push Ups
-Rest only in the “up” position

(3) 5 Rounds
20 second. Sit ups (Sprint! Aim for 16 reps/set, anchor feet)
10 second rest



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4-WEEK HYPERTROPHY PROGRAM FOR SKINNY GUYS

The following is a 4-week program (20x Training Sessions) designed specifically to add muscle mass to hard gainers and skinny guys.

This program is not appropriate for long term muscle heads, body builders and barrel-chested, big-gunned dudes who are already massive. You're likely carrying around too muscle right now, do not have good relative strength, and probably suck at work capacity, cardio and squats. We recommend you do our Operator Sessions.

Rather, this program is for younger and leaner Military Athletes who are having trouble adding any weight.

PROGRAM DESCRIPTION

This 5 day/week program follows a classic hypertrophy training format in terms of rep schemes, volume and body part splits.

On Monday's and Thursdays you'll train Legs and Arms.

On Tuesdays and Friday's you'll train Chest, Shoulders and Back.

Wednesdays you'll do a short, hard, intense 10-minute work capacity event and finish with some core and hip/shoulder durability work.

Take Saturday and Sunday completely off. Total rest.

Also, if possible, don't do any cardio or any other outside training during this 4-week program. Long, slow runs or cardio especially will hamper the muscle-building goal of the program and keep you weak and skinny forever!

PACING

The Monday, Tuesday, Thursday and Friday Training Session have circuit formats. Each circuit generally has two exercises and a stretch or durability exercise of some sort. Work briskly through these circuits, but not frantically. These are not CrossFit-style metabolic efforts. Focus on good lifting form and reps.

LOADING

Military Athlete Hypertrophy Program for Skinny Guys

Load the exercises so you can get all the reps in the set. If it's easy, add weight. Finishing each set should be hard, but doable. If you can't get all the reps, drop weight. If it's easy, add weight. Be smart, and honest with yourself.

DIET

Eat, Eat, and Eat more while completing this program. You must stuff yourself at mealtime and be constantly snacking. The more meat, the better.

..... BUT EAT WELL. Eat only meat, veggies, fruit and nuts. Drink only water or coffee.

DO NOT EAT: Bread, pasta, rice, potatoes, sugar of any type or drink alcohol.

SUPPLEMENTS

Please drink a protein shake 15 minutes before and within 30 minutes after every training session. Please drink a protein shake and eat at least two tablespoons of natural peanut butter (no added sugar) at bedtime. Don't get too hung up on brands - EAS, stuff from GNC, Bio Test or trueprotein.com will work. Just get a good quality protein shake and go with it.

Unfamiliar Exercises

Go to www.militaryathlete.com and click the "Exercises" link to see unfamiliar exercises.

Questions?

Email rob@militaryathlete.com

Good Luck Skinny!

- Rob Shaul, Military Athlete Head Coach

***** WEEK 1 *****

SESSION 1 - MONDAY

Warm up: 4x Barbell Complex @ 55#

Training:

(1) 8 Rounds

8x Front Squat (Increase load each round until 8 is hard, but doable)

8x Standing Barbell Power Curls (These aren't strict - you can swing your upper body - keep increasing load until 8x is hard but doable)

5x Shoulder dislocate + 5x Overhead Squat with PVC

(2) 6 Rounds

10x Dead Lift (Increase load each round until 10x is hard, but doable.)

10x Tricep Bench Dips (Feet on one bench, hands on another, lower your body and press up. Add weight (dumbbell/plate) on your lap to increase load)

15x Situps

(3) 4 Rounds

12x Back Squat (Increase load each round until 12x is hard, but doable.)

Military Athlete Hypertrophy Program for Skinny Guys

12x Curl to Press (Keep these strict.)
30/5/30 Sean Special

SESSION 2 - TUESDAY

Warm up: 4x Barbell Complex @ 55#

Training:

(1) 8 Rounds

8x Bench Press (Increase load each round until 8 is hard, but doable)

8x Bent over Barbell Rows (Increase load each round until 8 is hard, but doable. Stay strict - no swinging!)

8x Shoulder Dislocate with PVC

(2) 6 Rounds

10x Sitting Alternating & Rotating Dumbbell Shoulder Press each arm (Increase load each round until 10x is hard, but doable.)

10x Horizontal Pull ups

15x Situps

(3) 4 Rounds

12x Incline Bench Press (Increase load each round until 12x is hard, but doable)

8x Chin ups (palms toward face - strict! - no kipping!)

30/30 side bridge

SESSION 3 - WEDNESDAY

Warm up:

10-9-8-7-6-5-4-3-2-1

Squat Jumps

Clapping push ups

Situps

Training:

(1) 5 Rounds

60 second 25m shuttle sprint back and forth, touch line at each end

60 second rest

(2) 5 Rounds

10x Slasher to halo @ 12kg (20x total)

1 minute front bridge feet elevated

10x weighted situps @ 35#

15x Back Extensions unloaded

(3) 2 Rounds

50x Glute Leg Lifts

50x Shoulder Hand Jobs @ 2.5#

SESSION 4 - THURSDAY

Warm up: 4x Barbell Complex @ 55#

Training:

(1) 8 Rounds

8x Dead Lift (Increase load each round until 8x is hard, but doable)

8x Standing alternating dumbbell curls each arm (Try to increase load. These don't need to be super strict - you can swing)

3/3/3 Toe Touch Complex

(2) 6 Rounds

10x Walking Lunge Steps each Leg holding 2x 16kg kettlebells or 2x 35# dumbbells

10x Dips (loaded if possible)

8x Shoulder Scare Crow @ 2.5#

(3) 4 Rounds

12x Back Squats (Increase load each round until 12x is hard, but doable.)

12x Curl to Press @ 25# dumbbells (Go heavier if possible but keep these strict.)

30/5/30 Sean Special

SESSION 5 - FRIDAY

Warm up: 4x BarbellComplex @ 55#

Training:

(1) 8 Rounds

8x Incline Bench Press (Increase load each round until 8x is hard, but doable)

8x Chin Ups (palms facing face)

Frog Stretch

(2) 6 Rounds

10x Dumbbell Fly (Increase load until 10x is hard, but doable - do these slow and strict, Try to)

10x 1-Arm Dumbbell Row each hand (Increase load until 10x is hard, but doable - do these slow and strict)

8x Shoulder Dislocate

(3) 4 Rounds

12x Tricep Bench Dips (Feet on one bench, hands on another, lower your body and press up. Add weight (dumbbell/plate) on your lap to increase load)

12x Bent over Row (Increase load until 12x is hard but doable. Stay strict)

Pigeon Stretch

Military Athlete Hypertrophy Program for Skinny Guys

***** **WEEK 2** *****

SESSION 6 - MONDAY

Warm up: 4x Barbell Complex @ 65#

Training:

(1) 8 Rounds

8x Dead Lift (Increase load each round until 10x is hard, but doable.)

8x Tricep Bench Dips (Feet on one bench, hands on another, lower your body and press up. Add weight (dumbbell/plate) on your lap to increase load)

15x Situps

(2) 6 Rounds

10x Back Squat (Increase load each round until 10x is hard, but doable.)

10x Curl to Press @ 25# dumbbells (go heavier if possible but keep these strict.)

30/5/30 Sean Special

(3) 4 Rounds

12x Front Squat (Increase load each round until 8 is hard, but doable)

12x Standing Standing Barbell Power Curls (These aren't strict - you can swing your upper body - keep increasing load until 12x is hard but doable)

5x Shoulder dislocate + 5x Overhead Squat with PVC

SESSION 7 - TUESDAY

Warm up: 4x Barbell Complex @ 65#

Training:

(1) 8 Rounds

8x Sitting Alternating & Rotating Dumbbell Shoulder Press each arm (Increase load each round until 8x is hard, but doable.)

8x Horizontal Pull ups

15x Situps

(2) 6 Rounds

10x Incline Bench Press (Increase load each round until 10x is hard, but doable)

10x Chin ups (palms toward face - strict! - no kipping!)

30/30 side bridge

(3) 4 Rounds

12x Bench Press (Increase load each round until 12 is hard, but doable)

12x Bent over Barbell Rows (Increase load each round until 12 is hard, but doable. Do these strict - no swinging!)

8x Shoulder Dislocate with PVC

SESSION 8 - WEDNESDAY

Military Athlete Hypertrophy Program for Skinny Guys

Warm up:

10-9-8-7-6-5-4-3-2-1

Squat Jumps

Clapping push ups

Situps

Training:

(1) 5 Rounds

60 second 25m shuttle sprint back and forth, touch line at each end

60 second rest

(2) 5 Rounds

5x Kneeling Sandbag half-moon @ 40#

10x Ankles-to-Bar

15x Back Extensions unloaded

(3) 2 Rounds

50x Glute Leg Lifts

50x Shoulder Hand Jobs @ 2.5#

SESSION 9 - THURSDAY

Warm up: 4x Barbell Complex @ 65#

Training:

(1) 8 Rounds

8x Walking Lunge Steps each Leg holding 2x 20kg kettlebells or 2x 45# dumbbells

8x Dips (loaded if possible)

8x Shoulder Scare Crow @ 2.5#

(2) 6 Rounds

10x Back Squats (Increase load each round until 10x is hard, but doable.)

10x Curl to Press @ 25# dumbbells (Go heavier if possible but keep these strict.)

30/5/30 Sean Special

(3) 4 Rounds

12x Dead Lift (Increase load each round until 12x is hard, but doable.)

12x Standing alternating dumbbell curls each arm (Try to increase load - start @ 25# if possible. These don't need to be super strict - you can swing)

3/3/3 Toe Touch Complex

SESSION 10 - FRIDAY

Warm up:

4x BarbellComplex @ 65#

Military Athlete Hypertrophy Program for Skinny Guys

Training:

(1) 8 Rounds

8x Dumbbell Fly (Increase load until 10x is hard, but doable - do these slow and strict)

8x 1-Arm Dumbbell Row each hand (Increase load until 10x is hard, but doable - do these slow and strict)

8x Shoulder Dislocate

(2) 6 Rounds

10x Tricep Bench Dips (Feet on one bench, hands on another, lower your body and press up. Add weight (dumbbell/plate) on your lap to increase load)

10x Bent over Row (increase load until 10x is hard but doable. Stay strict)

Pigeon Stretch

(3) 4 Rounds

12x Incline Bench Press (Increase load each round until 8x is hard, but doable)

12x Chin Ups (palms facing face)

Frog Stretch

***** **WEEK 3** *****

SESSION 11 - MONDAY

Warm up: 4x Barbell Complex @ 75#

Training:

(1) 8 Rounds

8x Back Squat (Increase load each round until 8x is hard, but doable.)

8x Curl to Press @ 35# dumbbells (go heavier if possible but keep these strict.)

30/5/30 Sean Special

(2) 6 Rounds

10x Front Squat (Increase load each round until 8 is hard, but doable)

10x Standing Standing Barbell Power Curls (These aren't strict - you can swing your upper body - keep increasing load until 10x is hard but doable)

5x Shoulder dislocate + 5x Overhead Squat with PVC

(3) 4 Rounds

12x Dead Lift (Increase load each round until 12x is hard, but doable.)

12x Tricep Bench Dips (Feet on one bench, hands on another, lower your body and press up. Add weight (dumbbell/plate) on your lap to increase load)

15x Situps

SESSION 12 - TUESDAY

Warm up: 4x Barbell Complex @ 75#

Training:

Military Athlete Hypertrophy Program for Skinny Guys

(1) 8 Rounds

8x Incline Bench Press (Increase load each round until 10x is hard, but doable)

8x Chin ups (palms toward face - strict! - no kipping!)

30/30 side bridge

(2) 6 Rounds

10x Bench Press (Increase load each round until 10 is hard, but doable.)

10x Bent over Barbell Rows (Increase load each round until 12 is hard, but doable. Do these strict - no swinging!)

8x Shoulder Dislocate with PVC

(3) 4 Rounds

12x Sitting Alternating & Rotating Dumbbell Shoulder Press each arm (Increase load each round until 12x is hard, but doable - Start @ 25# if possible.)

12x Horizontal Pull ups

15x Situps

SESSION 13 - WEDNESDAY

Warm up:

10-9-8-7-6-5-4-3-2-1

Squat Jumps

Clapping push ups

Situps

Training:

(1) 10 Rounds

30 second jingle jangle

30 second rest

(2) 5 Rounds

10x Sitting Russian Twist @ 25# (20x total)

10x GHD Situps or 20 regular situps

15x Back Extensions unloaded

(3) 2 Rounds

50x Glute Leg Lifts

50x Shoulder Hand Jobs @ 2.5#

SESSION 14 - THURSDAY

Warm up:

4x Barbell Complex @ 75#

Training:

Military Athlete Hypertrophy Program for Skinny Guys

(3) 4 Rounds

12x Walking Lunge Steps each Leg holding 2x 16kg kettlebells or 2x 35# dumbbells

12x Dips (loaded if possible)

8x Shoulder Scare Crow @ 2.5#

(1) 8 Rounds

8x Back Squats (Increase load each round until 8x is hard, but doable.)

8x Curl to Press @ 30# dumbbells (Go heavier if possible but keep these strict.)

30/5/30 Sean Special

(2) 6 Rounds

10x Dead Lift (Increase load each round until 10x is hard, but doable.)

10x Standing alternating dumbbell curls each arm (These don't need to be super strict - you can swing)

3/3/3 Toe Touch Complex

SESSION 15 - FRIDAY

Warm up: 4x Barbell Complex @ 75#

Training:

(1) 8 Rounds

8x Tricep Bench Dips (Feet on one bench, hands on another, lower your body and press up. Add weight (dumbbell/plate) on your lap to increase load)

8x Bent over Row (increase load until 8x is hard but doable. Stay strict)

Pigeon Stretch

(2) 6 Rounds

10x Incline Bench Press (Increase load each round until 8x is hard, but doable)

10x Chin Ups (palms facing face)

Frog Stretch

(3) 4 Rounds

12x Dumbbell Fly (Increase load until 12x is hard, but doable - do these slow and strict)

12x 1-Arm Dumbbell Row each hand (Increase load until 12x is hard, but doable - do these slow and strict)

8x Shoulder Dislocate

***** **WEEK 4** *****

SESSION 16 - MONDAY

Warm up: 4x Barbell Complex @ 85#

Training:

(1) 8 Rounds

8x Front Squat (Increase load each round until 8 is hard, but doable)

8x Standing Standing Barbell Power Curls (These aren't strict - you can swing your upper body - keep increasing load until 8x is hard but doable)

Military Athlete Hypertrophy Program for Skinny Guys

5x Shoulder dislocate + 5x Overhead Squat with PVC

(2) 6 Rounds

10x Dead Lift (Increase load each round until 10x is hard, but doable.)

10x Tricep Bench Dips (Feet on one bench, hands on another, lower your body and press up. Add weight (dumbbell/plate) on your lap to increase load)

15x Situps

(3) 4 Rounds

12x Back Squat (Increase load each round until 12x is hard, but doable.)

12x Curl to Press @ 25# dumbbells (go heavier if possible but keep these strict.)

30/5/30 Sean Special

SESSION 17 - TUESDAY

Warm up: 4x Barbell Complex @ 85#

Training:

(1) 8 Rounds

8x Bench Press (Increase load each round until 8 is hard, but doable)

8x Bent over Barbell Rows (Increase load each round until 8 is hard, but doable. Do these strict - no swinging!)

8x Shoulder Dislocate with PVC

(2) 6 Rounds

10x Sitting Alternating & Rotating Dumbbell Shoulder Press each arm (Increase load each round until 10x is hard, but doable)

10x Horizontal Pull ups

15x Situps

(3) 4 Rounds

12x Incline Bench Press (Increase load each round until 12x is hard, but doable)

8x Chin ups (palms toward face - strict! - no kipping!)

30/30 side bridge

SESSION 18 - WEDNESDAY

Warm up:

10-9-8-7-6-5-4-3-2-1

Squat Jumps

Clapping push ups

Situps

Training:

(1) 8 Rounds for Time

6x Burpees

3x Turkish Getups each Arm @ 12kg or 25# dumbbell

Military Athlete Hypertrophy Program for Skinny Guys

(2) 5 Rounds

10x Slasher to halo @ 12kg (20x total)

1 minute front bridge feet elevated

10x weighted situps @ 35#

15x Back Extensions unloaded

(3) 2 Rounds

50x Glute Leg Lifts

50x Shoulder Hand Jobs @ 2.5#

SESSION 19 - THURSDAY

Warm up:

4x Barbell Complex @ 85#

Training:

(1) 8 Rounds

8x Dead Lift (Increase load each round until 8x is hard, but doable.)

8x Standing alternating dumbbell curls each arm (These don't need to be super strict - you can swing)

3/3/3 Toe Touch Complex

(2) 6 Rounds

10x Walking Lunge Steps each Leg holding 2x 20kg kettlebells or 2x 45# dumbbells

10x Dips (loaded if possible)

8x Shoulder Scare Crow @ 2.5#

(3) 4 Rounds

12x Back Squats (Increase load each round until 12x is hard, but doable.)

12x Curl to Press @ 25# dumbbells (Go heavier if possible but keep these strict.)

30/5/30 Sean Special

SESSION 20 - FRIDAY

Warm up: 4x BarbellComplex @ 85#

Training:

(1) 8 Rounds

8x Incline Bench Press (Increase load each round until 8x is hard, but doable)

8x Chin Ups (palms facing face)

Frog Stretch

(2) 10 Rounds

10x Dumbbell Fly (Increase load until 10x is hard, but doable - do these slow and strict)

10x 1-Arm Dumbbell Row each hand (Increase load until 10x is hard, but doable - do these slow and strict)

8x Shoulder Dislocate

Military Athlete Hypertrophy Program for Skinny Guys

(3) 4 Rounds

12x Tricep Bench Dips (Feet on one bench, hands on another, lower your body and press up. Add weight (dumbbell/plate) on your lap to increase load)

12x Bent over Row (increase load until 12x is hard but doable. Stay strict)

Pigeon Stretch



Military Athlete

Strong. Swift. Durable.

Jackson, Wyoming

www.militaryathlete.com

MILITARY ATHLETE FOR CROSSFITTERS 8-Week Introductory Program

This is a 8-week program is designed to develop a high level of strength, work capacity and stamina, which can then be applied to a more specific fitness goal. It is a great introduction to Military Athlete Base Fitness programming for experienced CrossFitters.

HOW MILITARY ATHLETE PROGRAMMING DIFFERS FROM CROSSFIT

- **Programming Detail:** Military Athlete training sessions are thoroughly periodized, programmed and designed. Nothing is random about our training sessions.
- **Fluid Periodization:** Military Athlete mesocycles have a cyclic emphasis which rotates between strength, work capacity and stamina. To our knowledge, typical CrossFit programming does not deploy periodization or mesocycles of any type.
- **Bias toward Strength:** Military Athlete programming has a bias towards relative strength, as opposed to the work capacity emphasis of CrossFit programming.
- **Volume and Training Session Length:** Military Athlete programming pushes more volume, and its training sessions are longer than typical CrossFit WOD's. Strength and Work Capacity sessions are designed to be 60 minutes long. Stamina Sessions can be 60-120 minutes long, and include 2-a-days.

Military Athlete for CrossFitters, An 8-Week Plan

- Training Schedule: The Military Athlete Base Fitness training schedule is typically 5 days on, 2 days off, as opposed to the 3:1 CrossFit WOD schedule.

- Durability Included: Mobility and durability drills are included in these training sessions, sometimes worked into strength circuits, and sometimes worked into durability-only circuits.

- Focused Core Strength Training: Several sessions included dedicated and focused core strength training circuits. We believe a strong midsection is essential to durability and our programming reflects this.

- Not every Training Session or Circuit is a Race: Circuits or other training session parts which are “for time” or are to be sprinted through are clearly indicated in this training plan. Unless the training plan calls for “for time” or “sprint effort” work briskly, not frantically. In general, these sprint efforts will be regulated to parts of Work Capacity training sessions.

TRAINING PROGRAM DESCRIPTION

This training plan deploys Fluid Periodization, and includes a 3-week Strength, 3-week Work Capacity and 2-week long Gym-Based Stamina cycles, which are run back to back.

Ideally, you will train Monday through Friday, and take Saturday and Sunday as full rest days. If for some reason you cannot keep this schedule, do not skip any sessions, do them exactly in order as they are designed.

This program can be completed in any CrossFit affiliate, or gym outfitted for functional training.

There are two pieces of special equipment you will need to complete this program:

Sandbag. Men will need a 60-pound sandbag, Women will need a 40-pound sandbag

Weight Vest. Men will need a 25-pound weight vest. Women will need a 15-pound weight vest.

Body Armor can be worn instead of a weight vest

COMMON QUESTIONS

How long should the training session take?

Approximately 60 minutes from start to finish for Strength and Work Capacity Training Sessions. Stamina Sessions can take up to 120 minutes.

Why are there two numbers listed for the exercises with assigned loads?

The lower weight is the prescribed weight for women, and the higher is for men.

Are loads given for both Kettlebells and Dumbbells?

Yes, for example “5x Swings at 20kg/45#” means 5x Swings with a 20kg kettlebell or 45# dumbbell.

Military Athlete for CrossFitters, An 8-Week Plan

What if I am unfamiliar an exercise?

A complete list and video demonstration of our exercises can be found here: http://militaryathlete.com/page.php?page_ID=30

Questions?

Contact: rob@militaryathlete.com

Good Luck!

Rob Shaul
Military Athlete
Jackson, WY

***** TRAINING PROGRAM *****

***** **START STRENGTH CYCLE** *****

SESSION 1

Obj: Strength

Warm up:

4 Rounds
Barbell Complex @45#(women), 75# (men)
Instep Stretch

Training:

(1) Work up to 1RM Squat Clean

(2) 5 Rounds
2x Squat Clean @ 85% of 1RM
2x Shoulder Sweep

(3) 6 Rounds
5x Walking Lunge (10x Steps total), with
dumbbells/kettlebells, increase load rapidly each
round until 5x steps is hard, but doable, then
immediately ...
2x Jumping Lunge (4x lunges total) - jump high as
possible
5x Y+L holding 2.5# Plates

(3) 6 Rounds
8x Ring or Bar Dips, increase load rapidly each
round until 8x is hard, but doable

15 foot Rope Climb or 4x Tarzan Pullups (8x total)
3/3/3 Toe Touch Complex

***** **SESSION 2**

Obj: Strength

Warm up:

3 Rounds
10x Goblet Squat (M-20kg/45#, W-12kg/25#)
10x Push up
10x Situp
5x Pull up (3x for women)
Pigeon Stretch

Training:

(1) Work up to 1RM Front Squat (note final load)

(2) 10 Rounds
Every 60 Seconds, 3x Front Squat at 75% 1RM

(3) 6 Rounds
5x Military Press - increase load rapidly each
round until 5x is hard, but doable
5x 1-Arm Horizontal Row - increase load rapidly
each round until 5x is hard, but doable
3x Floor Slide
Hip Flexor Stretch

(4) 6 Rounds

Military Athlete for CrossFitters, An 8-Week Plan

4x Power Clean - increase load rapidly each round until 4x is hard, but doable, then immediately ...
3x Box Jump (jump up, step off) @ 30" (men), 24" (women)
5x Shoulder Scare Crow @ 2.5#

SESSION 3

Obj: Work Capacity

Warm up:

5 Rounds
5x Dislocate with PVC
5x Overhead Squat with PVC
5x Hang Squat Snatch with PVC
5x Push ups
5x Sit ups
Instep Stretch

Training:

(1) 5 Rounds for Time
15x Hang Squat Snatch (M-75#, W-45#)
5x Scotty Bob (M-25#, W-15#)

*** Rest 5 Minutes ***

(2) 8 Rounds
Every 75 Seconds
6x Mutant Maker (hang squat clean into a thruster) M-75#, W-45#
Run 200m

(3) 4 Rounds (grind, not for time)
10x Weighted Sit ups (M-45#, W-35#)
60 sec Elevated Front Bridge (feet on box or step)
5x Plate Halfmoons (10x total) M-45#, W-25#
15x Face Down Back Extension

(4) 3 Rounds
Third World Stretch
2x Shoulder Sweep
30 sec Shoulder Scare Crow, unloaded

Comments:

Part (2) sprint through the mutant makers and 200m run. Start a new round every 75 seconds. The faster you finish, the more rest you get before the next round.

SESSION 4

Obj: Stamina

Training:

(1) Run 3.5 miles, moderate pace

Moderate = comfortable but not easy

(2) 4 Rounds
15/15/15 Low Back Complex
15/15 Low Back Lunge
15/15 Kneeling Founder
15x Face Down Back Extensions
15x GHD Situps

SESSION 5

Obj: Strength

Warm up:

3 Rounds
5x Scotty Bob (M-25#, W-15#)
5x Swings (M-20kg/45#, W-12kg/25#)
5x Goblet Squat (M-20kg/45#, W-12kg/25#)
5x Slashers (M-20kg/45#, W-12kg/25#)
Instep Stretch

Training:

(1) Work up to 1RM Bench Press

(2) 6 Rounds
2x Bench Press @ 85% 1RM
2x Shoulder Sweep

(3) 6 Rounds
4x Mr. Spectacular (increase load rapidly each round until 4x is hard, but doable), then immediately ...
4x Jingle Jangles (fast as possible)
3/3/3 Toe Touch Complex

(4) 6 Rounds
8x Back Squat - increase load rapidly each round until 8x is hard, but doable, then immediately ...
4x Squat Jump (unloaded - jump high as possible)
5x Y+L at 2.5#

Military Athlete for CrossFitters, An 8-Week Plan

SESSION 6

Obj: Strength

Warm up:

4 Rounds

5x Shoulder Dislocate with PVC

8x Overhead Squat (M-65#, W-45#)

5x Push ups

5x Situps

Pigeon Stretch

Training:

(1) 8 Rounds

3x Overhead Squat - increase load rapidly each round until 3x is hard, but doable. Increase rapidly - aim to be at this load by round 4

3x Floor Slide

(2) 6 Rounds

5x Box Squat - increase load rapidly each round until 5x is hard, but doable, then immediately

3x Box Jump (jump up, step off) M-30", W-24"

5x Shoulder Scarecrow @ 2.5#

(3) 6 Rounds

8x Kneeling Curl to Press - increase load rapidly each round until 8x is hard, but doable

5x Pull ups (Strict, no kipping!)

Hip Flexor Stretch

SESSION 7

Obj: Strength

Warm up:

3 Rounds

10x Front Squat (M-95#, W-55#)

10x Push up

10x Situp

5x Pull up (3x for women)

Pigeon Stretch

2x Shoulder Sweep

Training:

(1) 10 Rounds

Every 60 Seconds, 3x Front Squat at 80% 1RM from Session (2)

(2) 6 Rounds

5x Kettlebell/Dumbbell Floor Press - increase load rapidly each round until 5x is hard, but doable

15ft Rope Climb or 4x Tarzan Pull ups

3rd World Stretch

(4) 6 Rounds

3x Curtis P - increase load rapidly each round until 3x is hard, but doable, then immediately ...

2x Burpees (be explosive)

5x Shoulder Scare Crow @ 2.5#

SESSION 8

Obj: Work Capacity

Warm up:

4 Rounds

5x Burpees

5x Overhead Walking Lunges holding 10# Plate (10x steps total)

5x Pull ups (3x for women)

10x Stiuups

3/3/3Toe Touch Complex

(1) 8 Rounds

6x Power Clean + Push Press (M-115#, W-75#)

50x Step ups to a 20" Box

30 Seconds Rest

(2) 4 Rounds (grind, not for time)

10x Weighted Sit ups (M-45#, W-35#)

60 sec Elevated Front Bridge (feet on box or step)

5x Plate Halfmoons (10x total) M-45#, W-25#

15x Face Down Back Extension

(3) 3 Rounds

2x Shoulder Sweep

Instep Stretch

30 sec Y+L, unloaded

Comments:

Sprint through the power clean + Push press and step ups to the rest in Part (1). Take the full 30 seconds between rounds.

SESSION 9

Obj: Stamina

Military Athlete for CrossFitters, An 8-Week Plan

Training:

(1) Run 3.5 Miles, moderate pace

Moderate = comfortable but not easy

(2) 4 Rounds

15/15/15 Low Back Complex

15/15 Low Back Lunge

15/15 Kneeling Founder

15x Face Down Back Extensions

15x GHD Situps

SESSION 10

Obj: Strength

Warm up:

5 Rounds (M-75#, W-45#)

5x Hinge Lift

5x Hang Squat Clean

5x Push Press

5x Sit ups

Pigeon Stretch

3x Floor Slide

Training:

(1) Work up to 1RM Push Press

(2) 6 Rounds

2x Push Press @ 85% 1RM

Foam Roll Lower Back

(3) 5 Rounds

3x Craig Special - increase load rapidly each round until 3x is hard, but doable, then immediately ...

5x Jingle Jangles

Hip Flexor Stretch

(4) 6 Rounds

8x Hinge Lift - increase load rapidly each round until 8x is hard, but doable, then immediately ...

3x Broad Jump

30 sec Shoulder Scare Crow, unloaded

SESSION 11

Obj: Strength

Warm up:

4 Rounds

5x Shoulder Dislocate with PVC

8x Overhead Squat (M-65#, W-45#)

5x Push ups

5x Situps

Instep Stretch

Training:

(1) 8 Rounds

3x "The Exercise" - increase load rapidly rapidly until 3x is hard, but doable

2x Shoulder Sweep

(2) 6 Rounds

5x Shoulder Hold Lunge - increase load rapidly until 5x is hard but doable, then immediately ...

2x Jumping Lunge each leg (4x total - be explosive!)

5x Shoulder Scarecrow @ 2.5#

(3) 6 Rounds

8x Military Press - increase load rapidly until 8x is hard, but doable

15 ft Rope Climb or 4x Tarzan pull ups

3rd World Stretch

SESSION 12

Obj: Strength

Warm up:

3 Rounds

10x Front Squat (M-95#, W-55#)

10x Push up

10x Situp

5x Pull up (3x for women)

Instep Stretch

2x Shoulder Sweep

Training:

(1) 10 Rounds

Every 60 Seconds, 3x Front Squat at 85% 1RM from Session (2)

(2) 6 Rounds

5x Bench Press - increase load rapidly each round until 5x is hard, but doable, then immediately ...

Military Athlete for CrossFitters, An 8-Week Plan

3x Clapping Push Ups
3/3/3 Toe Touch Complex

Moderate = comfortable but not easy

(4) 6 Rounds
4x Mr. Spectacular - increase load rapidly each round until 3x is hard, but doable, then immediately ...
2x Burpees (be explosive)
5x Y+L @ 2.5#

(2) 4 Rounds
20/20/20 Low Back Complex
20/20 Low Back Lunge
20/20 Kneeling Founder
20x Face Down Back Extensions
20x GHD Situps

SESSION 13

SESSION 15

Obj: Work Capacity

Obj: Strength

Warm up:

Warm up:

5 Rounds
10x Squat Jump
10x Push up
10x Sit up
Pigeon Stretch

4 Rounds
Barbell Complex (M-75#, W-45#)
Instep Stretch

Training:

Training:

(1) 25x Power Clean + Push Press for Time
(M-135#, W-85#)

(1) Work up to 1RM Military Press

*** Rest 5 minutes ***

(2) 6 Rounds
2x Military Press @ 85% 1RM
3rd World Stretch

(2) 10 Rounds
30 sec 12m sprint (sprint back and forth between 2 cones, 12m apart. Touch line at both ends
30 sec Rest

(3) 6 Rounds
4x Hang Squat Snatch - increase load rapidly until 4x is hard, but doable, then immediately
3x Squat Jumps (be explosive!)
2x Shoulder Sweep

(3) 4 Rounds (grind, not for time)
10x Weighted Sit ups (M-45#, W-35#)
60 sec Elevated Front Bridge (feet on box or step)
5x Plate Halfmoons (10x total) M-45#, W-25#
15x Face Down Back Extension

(4) 6 Rounds
8x Box Squat - increase load rapidly until 8x is hard, but doable, then immediately,
2x Seated Box Jumps
5x Shoulder Scarecrow @ 2.5#

(4) 3 Rounds
2x Floor Slide
Hip Flexor Stretch
30 Sec Shoulder Scare Crow, unloaded

START WORK CAPACITY CYCLE

SESSION 14

SESSION 16

Obj: Stamina

Obj: Work Capacity

Training:

Warm up:

(1) Run 4 Miles, moderate pace

3 Rounds
10x Goblet Squats @ 20kg/45#
10x Push ups
Run 200m

Military Athlete for CrossFitters, An 8-Week Plan

Pigeon Stretch

Training:

(1) 25x Curtis P for Time (M-95#, W-65#)

Rest 5 Minutes

(2) 5 Rounds

300m Shuttle every 2:20

(3) 4 Rounds

10x Ankles to Bar (no kipping)

10m Dumbbell Crawl

5x Slasher to Halo (M-16kg/35#)

10x Good Morning (M-45# barbell, W-25# plate)

(4) 3 Rounds

Foam Roll Lower Back

Pec + Lat Stretch

3x Floor or Wall Slide (do wall slide if floor slide is too easy)

SESSION 17

Obj: Strength

Warm up:

4 Rounds

Barbell Complex (M-65#, W-45#)

Hip Flexor Stretch

Training:

(1) 8 Rounds

3x Squat Clean - increase load rapidly each round until 3x is hard, but doable

5x Y+L @ 2.5#

(2) 6 Rounds

4x Box Squat - increase load rapidly each round until 4x is hard, but doable, then immediately

2x Jumping Lunges each leg (4x Total - be explosive!)

Lat + Pec Stretch

(3) 6 Rounds

8x Standing Kettlebell/dumbbell Military Press - increase load rapidly until 8x is hard, but doable

5x Strict Pull ups (3x for women)

Pigeon Stretch

4 Rounds

20/20/20 Low Back Complex

20/20 Low Back Lunge

20/20 Kneeling Founder

20x Face Down Back Extensions

20x GHD Situps

SESSION 18

Obj: Work Capacity

Warm up:

4 Rounds

5x Overhead Walking Lunge holding 25# Plate or 2x 10# Dumbbells

5x GHD Situps

5x Scotty Bob (M-25#, W-15#)

Pigeon Stretch

Training:

(1) 10 Rounds, every 2:15

5x Mr. Spectacular (M-20kg/45#, W-12kg/25#)

Run 200m

Faster you finish, the more rest you get before the next round

(2) 4 Rounds

20/20/20 Low Back Complex

20/20 Low Back Lunge

20/20 Kneeling Founder

20x Face Down Back Extensions

20x GHD Situps

(3) 3 Rounds

Hip Flexor Stretch

30 sec Y+L, unloaded

Lat + Pec Stretch

SESSION 19

Obj: Stamina

Training:

(1) Run 4 Miles, Moderate Pace

Moderate = Comfortable but not easy

(2) 2 Rounds

Military Athlete for CrossFitters, An 8-Week Plan

Jane Fonda - 30 Seconds each movement
50x Shoulder Hand Job @ 2.5#

SESSION 20

Obj: Work Capacity

Warm up:

3 Rounds
10x Hinge Lift (M-95#, W-65#)
10x Push ups
10x Air Squats
10x Situps
Pigeon Stretch

Training:

(1) 15-14-13-12-11-10-9-8-7-6-5-4-3-2-1 For Time
Hinge Lift (M-165#, W-135#)
2-Handed Kettlebell/Dumbbell Clean and Press
(M-16kg/35#, W-8kg/15#)
Box Jump @ 24" (jump up, step off)
Kneeling Plate Halfmoon (every touch counts as one rep) M-45#, W-25#
Scotty Bob (every pushup counts as one rep)
M-25#, W-15#

(2) 3 Rounds
Foam Roll Lower Back
Lat + Pec Stretch
3x Wall Slide

SESSION 21

Obj: Work Capacity

Warm up:

4 Rounds
5x Curtis P (M-75#, W-45#)
Hip Flexor Stretch

Training:

(1) 30-20-10 For Time
Swings (M-24kg, W-16kg)
Box Jump @ 24" Box
Weighted Stiuups @ 25#

Rest 5 Minutes

(2) 5 Rounds
300m Shuttle every 2:20

(3) 4 Rounds
10x Ankles to Bar (no kipping)
10m Dumbbell Crawl
5x Slasher to Halo (M-16kg/35#)
10x Good Morning (M-45# barbell, W-25# plate)

(4) 3 Rounds
5x Shoulder Scare Crow @ 2.5#
Pigeon Stretch
Lat + Pec Stretch

SESSION 22

Obj: Strength

Warm up:

4 Rounds
Barbell Complex (M-75#, W-45#)
Foam Roll Lower Back

Training:

(1) 8 Rounds
3x Front Squat - increase load rapidly each round until 3x is hard, but doable
3x Wall Slide

(2) 6 Rounds
5x Kettelbell/Dumbbell Floor Press - increase load rapidly each round until 5x is hard, but doable
15ft Rope Climb
Pigeon Stretch

(3) 6 Rounds
4x Power Clean - increase load rapidly each round until 4x is hard, but doable, then immediately ...
3x Box Jump (jump up, step off) @ 30" Box (24" for women)
Pec + Lat Stretch

SESSION 23

Obj: Work Capacity

Warm up:

4 Rounds

Military Athlete for CrossFitters, An 8-Week Plan

10x Squat Jump
10x Push up
10x Situp
Pigeon Stretch

(1) 10-9-8-7-6-5-4-3-2-1 for Time
Back Squat (M-135#, W-95#)
Swing x2 (so 20x first round, 18x second round, etc) M-24kg, W-16kg
Bench Press (M-155#, W-85#)
Jingle Jangles
GHD Situps

(2) 4 Rounds
25/25/25 Low Back Complex
25/25 Low Back Lunge
25/25 Kneeling Founder
25x Face Down Back Extensions
25x GHD Situps

(3) 3 Rounds
Hip Flexor Stretch
30 Sec Y+L, unloaded
Lat + Pec Stretch

SESSION 24

Obj: Stamina

Training:

(1) Run 4 Miles, Moderate Pace

Moderate = Comfortable but not Easy

(2) 2 Rounds
Jane Fonda - 35 Sec each Movement
50x Shoulder Hand Job @ 2.5#

SESSION 25

Obj: Work Capacity

Warm up:

5 Rounds
5x Burpees
Pigeon Stretch

Training:

(1) For Time, 100x Barbell Burpees at 75%
Bodyweight (men), 65% Bodyweight (women)

(2) 3 Rounds
3x Wall Slide
5x Y+L @ 2.5#
Foam Roll Lower Back

SESSION 26

Obj: Work Capacity

Warm up:

4 Rounds
5x Curtis P (M-75#, W-45#)
Pigeon Stretch

Training:

(1) 8 Rounds for Time
3x Turkish Getup each side (M-16kg, W-8kg)
6x Burpees

Don't be RKC-Strict with the Turkish get up, lay all the way down (both shoulders on floor), bring your feet together and fully stand at the top of each rep

Rest 5 Minutes

(2) 5 Rounds
300m Shuttle every 2:00

(3)

Swings (M-24kg, W-16kg)
Box Jump @ 24" Box
Weighted Stiups @ 25#

Rest 5 Minutes

(2) 5 Rounds
300m Shuttle every 2:20

(3) 4 Rounds
15x Ankles to Bar (no kipping)
10m Dumbbell Crawl
5x Slasher to Halo (M-20kg/45#, W-16kg/35#)
10x Good Morning (M-65# barbell, W-35# plate)

(4) 3 Rounds
30 Sec Shoulder Scare Crow unloaded

Military Athlete for CrossFitters, An 8-Week Plan

Foam Roll Lower Back
Lat + Pec Stretch

SESSION 27

Obj: Strength

Warm up:

4 Rounds
Barbell Complex (75# men, 45# women)
Instep Stretch

Training:

(1) Work up to 1RM Bench Press

(2) 6 Rounds
2x Bench Press @ 85% 1RM
Lat + Pec Stretch

(3) 6 Rounds
4x Power Clean + Push Press - increase load rapidly until 4x is hard, but doable, then immediately ...
2x Burpees (be explosive!)
Hip Flexor Stretch

(4) 6 Rounds
8x Hinge Lift - increase load rapidly until 8x is hard, but doable, then immediately ...
3x Broad Jump
5x Y+L @ 2.5#

SESSION 28

Obj: Work Capacity

Warm up: 10 minute Kettlebell Complex (M-12kg, W-8kg)

Training:

(1) 10 Rounds
Every 120 seconds (Men - 2x 20kg/45#, Women - 2x 12kg/25#)
3x 2-Handed Swing
3x 2-Handed Clean plus strict (no legs) military press
3x 2-Handed Front Squat

3x 2-handed Snatch or Clean and Push Press (your choice)
3x 2-handed Squat Clean into Thruster

(2) 4 Rounds
25/25/25 Low Back Complex
25/25 Low Back Lunge
25/25 Kneeling Founder
25x Face Down Back Extensions
25x GHD Situps

(3) 3 Rounds
Foam Roll Lower Back
Instep Stretch
Lat + Pec Stretch
3x Wall Slide

SESSION 29

Obj: Stamina

Training:

(1) Run 4.5 Miles, Moderate Pace

Moderate = Comfortable but not easy

(2) 2 Rounds
Jane Fonda - 40 Sec each Movement
50x Shoulder Hand Job @ 2.5#

SESSION 30

Obj: Work Capacity

Warm up:

4 Rounds
5x Craig Special (M-75#, W-45#)
Run 200m
Instep Stretch

Training:

(1) 8 Rounds
8x Front Squat (M-135#, W-95#)
50x Step ups to 20" Box
30 Second Rest
Sprint to the rest each round

After last round, move immediately to ...

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(2) 8 Rounds

8x Power Clean + Push Press (M-115#, W-75#)

Run 200m

30 Second Rest

(3) 3 Rounds

Hip Flexor + Pigeon Stretch

5x Y+L @ 2.5#

Foam Roll Lower Back

START GYM-BASED STAMINA CYCLE

SESSION 31

Obj: Gym-Based Stamina (75 min)

(1) 15 min Sandbag Getup @ 60#

(2) AMRAP in 20 Minutes

10x Push ups

5x 1-Arm KB Cleans each arm at 16kg/35#
dumbbell

10x Goblet Squat @ 16kg/35#

10x Push Press at 2x 25# dumbbells or a 45#
barbell

5x Reverse Lunges each leg (unloaded) - step
backward

(3) 20 Minutes Step ups at 25# Weight Vest or
IBA

(4) 10-1

Hang Power Snatch @ 65#

KB Front Squats @ 16kg

Box Jumps @ 24"

Weighted Situp @ 25#

SESSION 32

Obj: Stamina (90 min)

(1) Ruck Run/Jog 30 minutes with 40# Pack (aim
for 12-min miles)

(2) 8 Rounds

8x 15m Shuttle

4x Scotty Bobs @ 25#

8x Ball Slams at 20#

16x Situps

(3) 15 min Sandbag Getup @ 60#

(4) 6 Rounds (30 sec work/30 sec rest - rotate
exercises during the rest)

Kettlebell Swing @ 20kg

1-Arm Kettlebell Clean @ 20kg

Jingle Jangles

Box Jumps @ 20" (Step Down)

Thrusters @ 2x 25# Dumbbells or a 45# Barbell

SESSION 33

Obj: Strength/Work Capacity

Warm up:

3x Rounds

4x 15m Shuttle

8x Air Squat

8x Push up

8x Sit up

Instep Stretch

Training:

(1) 8 Rounds

3x Back Squat - increase load rapidly

Pigeon Stretch

(2) 20 Rounds

Suicide Sprint every 30 seconds

(3) 4 Rounds

15/15/15 Low Back Complex

20/20 Kneeling Founder

5x Kneeling Plate halfmoon @ 25# plate

10x Face Down Back Ext

SESSION 34

Obj: Stamina (90 min)

(1) 12 Rounds

10x Bench @ 95#

10x Hang Power Clean @ 75#

10x SB Squat @ 80# (Alternate Shoulders each
Round)

10x KB push press @ 2x25# Dumbbell or a 45#
Barbell

10x Seated russian twists (10/10) @ 25#

(2) Run 30 minutes with 25# Weight Vest

(3) 15 Rounds

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Every 2 minutes complete

5x box jumps @ 24"

5x 1-arm Kettlebell Clean and Press each arm @ 16kg

2x 15m Sprints (down/back)

20x KB Swings @ 16kg

SESSION 35

Obj: Recovery

Training:

(1) Run 2 miles, Easy Pace

(2) 3 Rounds

HUG - Hip Mobility Drill

3x Shoulder Sweep

Foam Roll Lower Back and Legs

SESSION 36

Obj: Stamina - 120 minutes

(1) 30 Min Step Ups @ 25# vest or IBA (Women - 15# vest or IBA)

(2) 15 min AMRAP

20x KB Swings @ 16kg (12kg for women)

10x Box Jump @ 20"

5x Pull ups (3x pullups for women)

5x Burpees

(3) 15 min AMRAP

4x15m Shuttle run/walk with 60# sandbag (40# for women)

4x15m Shuttle unloaded

5x Curtis P's @ 55# (45# for women)

Rope Climb

(4) 30 min Ruck Run @ 40# (25# for women)

(5) 12 Rounds

10x Ball Slams @ 20#

10x Back squat @ 115# (95# for women)

5x Slashers to Halo @ 12kg (5r/5l) (8kg for women)

10x Goblet Squats @ 12kg (8kg for women)

2x tarzan pull ups (2r/2l) (1x for women)

SESSION 37

Obj: Stamina (90 minute)

(1) Run 30 min @25# vest/IBA

(2) 10 Rounds

8x SB Clean to shoulder (4r/4l) @ 60#

4x Mr. Spectacular @ 16kg

8x KB Front squat @ 16kg

8x Alligator Push ups

(3) 10 min SBUGU @ 60#

(4) 15 rounds

every 2 minutes complete

5x KB Snatches @ 16kg (5r/5l)

10x Hinge Lift @ 135#

10x Box Jumps @ 20"

SESSION 38

Obj: Strength/Work Capacity

Warm up:

10-9-8-7-6-5-4-3-2-1

Squat Jumps

Push ups

Sit ups

Training:

(1) 6 Rounds

2x Craig Special - Light to moderate loading.

Focus on speed and form

Foam Roll Lower Back

(2) 3 Rounds for Time

5x Renegade Man Maker (M-25#, W-15#)

5x Ankles to Bar

(3) 4 Rounds

20/20/20 Low Back Complex

20/20 Low Back Lunge

20/20 Kneeling Founder

20x Weighted Situps @ 25#

(4) 2 Rounds

3x Shoulder Sweep

Instep + Hip Flexor + Pigeon Stretch

30 sec Shoulder Scarecrow, Unloaded

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SESSION 39

Obj: Stamina (120 minute)

(1) 10 Rounds - every 2 minutes ...
Barbell Complex @ 65# (45# for women)
6x Pushups

(2) Run 20 minutes in 25# weight vest or IBA (15# for women)

(3) 10-9-8-7-6-5-4-3-2-1
Hang Power Snatch @ 65# (45# for women)
Scotty Bob @ 25# (every pushup counts as 1x rep) (15# for women)
Sandbag Getups @ 60# (40# for women)
Thrusters @ 65# (55# for women)
GHD Situps or weighted sit-ups @ 45# (25# for women)

(4) Run 20 minutes in 25# weight vest or IBA (15# for women)

(5) 15 Minute AMRAP (As Many Rounds As Possible)
3x Squat Cleans @ 95# (65# for women)
6x Pull ups (strict!) (3x for women)
9x Box Jumps at 20"

(6) 20 Minute AMRAP (As Many Rounds As Possible), in 25# weight Vest or IBA ... (15# vest for women)
30m jog with 60# sandbag (40# for women)
10x Push ups
30m jog with 60# sandbag (40# for women)
4x Touch/Jump/Touch
30m jog with 60# sandbag (40# for women)
10x Situps

Comments:

Here's how Rob did on this Session:

Part (2) 2+ miles

Part (3) 25:16

Part (4) 2+ miles

Part (5) 11

Part (6) 8+ Rounds

SESSION 40

Obj: Recovery

Training:

(1) Run 2 miles, Easy Pace

(2) 3 Rounds
HUG - Hip Mobility Drill
3x Shoulder Sweep
Foam Roll Lower Back and Legs



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ULTIMATE MEATHEAD CYCLE

This training program is designed to increase lower body strength and power, and increase upper body size and mass.

TRAINING PROGRAM DESCRIPTION

The Ultimate Meathead Cycle is an 3 1/2 week, gym-based training program. You will train 4 days/week for a total of 14 training sessions. The intention is that Monday through Thursday are training days. Friday, Saturday and Sunday are rest days.

This training program can be completed in a commercial gym with basic free weight equipment, but it is much easier to complete the program using Olympic weightlifting equipment, especially rubber bumper plates.

The program is built around supersets which pair high intensity, low volume, lower body strength/power exercises with low intensity, high volume upper body exercises. An example would be pairing heavy power cleans (sets of 3) with high-rep bench press (10x reps) - like this:

(1) 6 Rounds

3x Power Clean - increase load each round until 3x is hard, but doable

10x Bench Press - increase load each round until 10x is hard but doable

Lat + Pec Stretch

PROGRESSING THROUGH THE PROGRAM

This training program is set up to be completed sequentially. Start at the beginning and follow the sessions in order.

We are assuming a 4 day/week training schedule (Monday through Thursday). Try not to train on the weekends.

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Sessions 1, 5, 9, and 13 are the first session of each week's training (Monday).

If you are doing the program Monday through Thursday, here is what your schedule will look like:

Monday - Lower Body Power/Strength, Upper Body Mass

Tuesday - Lower Body Power/Strength, Upper Body Mass Short Work Capacity Effort + Core

Wednesday - Short Work Capacity Effort + Core

Thursday - Lower Body Power/Strength, Upper Body Mass

COMMON QUESTIONS

How long should the training sessions take?

60-70 minutes. The circuits within each strength training session are mini CrossFit WODs. Work briskly, not frantically - the goal is to lift as much weight as possible, but still get the prescribed number of reps. Each circuit also includes a stretch or mobility exercise. Consider these mobility exercises built in "working rest" between strength sets.

What if I can't keep up the Monday to Thursday Training Schedule?

In a Monday - Thursday training schedule, Training Sessions 1, 5, 9, and 13 are all Mondays. If for any reason you cannot keep this Monday-Thursday training schedule, do not skip a training session. Rather, complete all the training sessions in succession. Whatever the schedule, always take three days a week, ideally together, as total rest.

What if I'm not an expert with the Olympic Lifts?

You need some familiarity with the traditional Olympic weightlifting exercises, but you don't need to be an expert. One of the hallmarks of the program is that you'll get lots and lots of practice with these exercises, and by the end of the program you will be more proficient with them than when you started.

What about unfamiliar exercises?

Most unfamiliar exercises are demonstrated here: http://militaryathlete.com/page.php?page_ID=30

What about my diet?

Eating well does not take rocket science. It takes discipline. Here are our recommended diet guidelines:

6 days/week - eat as much meat, vegetables, fruit, seeds and nuts as you want - no restriction. Drink only water, coffee or tea. Do not eat bread, pasta, or grain of any kind, no potatoes, corn or other starchy vegetables. No sugar, candy, soda or alcohol.

1 day/week - cheat like a mother. Eat/drink anything you want.

What about supplements?

Drink a whey protein shake 15 minutes before, and 15 minutes after training.

What if I have more questions?

Email: rob@militaryathlete.com

Good luck!

Rob Shaul
Military Athlete
Jackson, Wyoming

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***** TRAINING PROGRAM *****

SESSION 1

Obj: Lower Body Strength/Power, Upper Body Mass

Warm up:

4 Rounds
6x Hang Squat Clean @ 45/65
6x Bench Press @ 65/115#
12x Situps
12x Swings @ 12/16kg
Instep Stretch

Training:

(1) 6 Rounds
3x Squat Clean - increase load each round until 3x is hard, but doable
10x Bench Press - increase load each round until 10x is hard, but doable
3/3/3 Toe Touch Complex

(2) 5 Rounds
6x Hinge Lift - increase load each round until 6x is hard, but doable
12x Dips (ring or bar) - add weight if possible
Lat + Pec Stretch

(3) 4 Rounds
15x Dumbbell Fly - increase load each round until 15x is hard, but doable
15-Foot Rope Climb - Arms only if possible - or 4x Tarzan Pullups
Foam Roll Low Back

SESSION 2

Obj: Lower Body Strength/Power, Upper Body Mass

Warm up:

4 Rounds
6x Hang Squat Snatch @ Pvc, 15#, 35#, 45#
3x Scotty Bobs @ 25/15#
12x Situps

12x Swings @ 12/16kg
Instep Stretch

Training:

(1) 5 Rounds
4x The Exercise - increase load each round until 4x is hard, but doable
8/4x Chinups - break rounds and/or do negatives if necessary (lower number for women)
5x Dislocate with PVC

(2) 6 Rounds
4x Box Squat - increase load each round until 4x is hard, but doable
10x Kettlebell Floor Press - increase load each round until 10x is hard, but doable
3rd World Stretch

(3) 4 Rounds
15x Military Press - increase load each round until 15x is hard, but doable
15x 1-Arm Horizontal Row - increase load each round until 15x is hard, but doable
Foam Roll Low Back

SESSION 3

Obj: Lower Body Strength/Power, Upper Body Mass

Warm up:

4 Rounds
6x Hang Squat Clean @ 45/65
6x Bench Press @ 65/115#
12x Situps
12x Swings @ 12/16kg
Instep Stretch

Training:

(1) 6 Rounds
3x Power Clean - increase load each round until 3x is hard, but doable
10x Bench Press - increase load each round until 10x is hard, but doable

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3/3/3 Toe Touch Complex

(2) 5 Rounds

3x Shoulder Hold Lunge- increase load each round until 3x is hard, but doable
12x Dips (ring or bar) - add weight if possible
Lat + Pec Stretch

(3) 4 Rounds

15x Dumbbell Fly - increase load each round until 15x is hard, but doable
Rope Climb - Arms only if possible
Foam Roll Low Back

SESSION 4

Obj: Lower Body Strength/Power, Upper Body Mass

Warm up:

4 Rounds

6x Hang Squat Snatch @ Pvc, 15#, 35#, 45#
3x Scotty Bobs @ 25/15#
12x Situps
12x Swings @ 12/16kg
Instep Stretch

Training:

(1) 5 Rounds

4x Overhead Squat - increase load each round until 4x is hard, but doable
4/8x Chinups - break rounds and/or do negatives if necessary (lower number for women)
5x Dislocate with PVC

(2) 6 Rounds

4x Box Squat - increase load each round until 4x is hard, but doable
10x Kettlebell Floor Press - increase load each round until 10x is hard, but doable
3rd World Stretch

(3) 4 Rounds

15x Military Press - increase load each round until 15x is hard, but doable
15x 1-Arm Horizontal Row - increase load each round until 15x is hard, but doable
Foam Roll Low Back

SESSION 5

Obj: Work Capacity/Recovery

Warm up:

10-1

Squat Jump
Clapping pushup
Situp

Training:

(1) For 10 Minutes

Burpee Box Jump Horizontal Lap + 30-foot Sprint, and walk back

(2) 4 Rounds

15x GHD Situps
60 Second Front Bridge
15x Swings @ 12/16kg
5x Kneeling Plate Halfmoons @ 25/35#

(3) 3 Rounds

Instep Stretch + Hip Flexor + Pigeon
10x Poor Man's Leg Curl
Foam Roll Legs

SESSION 6

Obj: Lower Body Strength/Power, Upper Body Mass

Warm up:

4 Rounds

6x Hang Squat Clean @ 45/65
12x Push Ups
12x Situps
12x Swings @ 12/16kg
Instep Stretch

Training:

(1) 6 Rounds

3x Craig Special - increase load each round until 3x is hard, but doable
10x Standing, 2-arm Dumbbell Curl - increase load each round until 10x is hard, but doable
2x Shoulder Sweep

(2) 5 Rounds

6x Back Squat - increase load each round until 6x is hard, but doable

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12x Arnold Press - increase load each round until
12x is hard, but doable
Lat + Pec Stretch

(3) 4 Rounds
15x Bench Press - increase load each round until
15x is hard, but doable
4/8x Pull ups - add weight if possible, break/do
negatives if necessary
Foam Roll Low Back

SESSION 7

Obj: Lower Body Strength/Power, Upper Body
Mass

Warm up:

4 Rounds
6x Hang Squat Clean @ 45/65
6x Bench Press @ 65/115#
12x Situps
12x Swings @ 16/20kg
Instep Stretch

Training:

(1) 6 Rounds
4x Walking Lunge - increase load each round until
4x is hard, but doable
10x Dips - increase load each round until 10x is
hard, but doable (add weight if possible)
3/3/3 Toe Touch Complex

(2) 5 Rounds
4x Curtis P (85/45, 95/55, 105/65, 105/65, 115/75)
12x Bench Press increase load each round until
10x is hard, but doable
Lat + Pec Stretch

(3) 4 Rounds
15x Dumbbell Fly - increase load each round until
15x is hard, but doable
Rope Climb - Arms only if possible
Foam Roll Low Back

SESSION 8

Obj: Lower Body Strength/Power, Upper Body
Mass

Warm up:

4 Rounds
6x Hang Squat Snatch @ Pvc, 15#, 35#, 45#
3x Scotty Bobs @ 25/15#
12x Situps
12x Swings @ 16/20kg
Instep Stretch

Training:

(1) 6 Rounds
3x The Exercise - increase load each round until
3x is hard, but doable
4/8x Chinups - Add weight if possible
5x Dislocate with PVC

(2) 5 Rounds
6x Box Squat - increase load each round until 6x
is hard, but doable
12x Kettlebell Floor Press - increase load each
round until 12x is hard, but doable
3rd World Stretch

(3) 4 Rounds
8x Heavy Dumbbell/Kettlebell Shrugs - increase
load until 8x is hard, but doable
8x 1-Arm Dumbbell Tricep Kick Backs - increase
load each round until 8 is hard, but doable
Foam Roll Low Back

SESSION 9

Warm up:

10-1
Air Squat
Clapping pushup
Situp

Training:

(1) 10 Rounds
Sled Push or Drag, every 75 Seconds (No sled?)
Do 10x Jingle Jangles)

(2) 4 Rounds
10x Ankles to Bar
30/30 Elevated Side Bridge
15x Swings @ 16/20kg
5x Kneeling Slashers to Halo @ 8/12kg

(3) 2 Rounds
30 Sec Jane Fonda

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60 Second Shoulder Hand Job, unloaded

SESSION 10

Obj: Lower Body Strength/Power, Upper Body Mass

Warm up:

4 Rounds
6x Hang Squat Clean @ 45/65
12x Push Ups
12x Situps
12x Swings @ 16/20kg
Instep Stretch

Training:

(1) 6 Rounds
4x Back Squat - increase load each round until 4x is hard, but doable
10x Arnold Press - increase load each round until 10x is hard, but doable
Lat + Pec Stretch

(2) 5 Rounds
4x Craig Special - increase load each round until 4x is hard, but doable
12x Standing, 2-arm Dumbbell Curl - increase load each round until 12x is hard, but doable
2x Shoulder Sweep

(3) 4 Rounds
15x Bench Press - increase load each round until 15x is hard, but doable
4/8x Pull ups - add weight if possible, break/do negatives if necessary
Foam Roll Low Back

SESSION 11

Obj: Lower Body Strength/Power, Upper Body Mass

Warm up:

4 Rounds
6x Hang Squat Clean @ 45/65
6x Bench Press @ 65/115#
12x Situps
12x Swings @ 20/24kg
Instep Stretch

Training:

(1) 6 Rounds
3x Squat Clean - increase load each round until 3x is hard, but doable
10x Incline Bench Press - increase load each round until 10x is hard, but doable
3/3/3 Toe Touch Complex

(2) 5 Rounds
6x Hinge Lift - increase load each round until 6x is hard, but doable
12x Dips (ring or bar) - add weight if possible
Lat + Pec Stretch

(3) 4 Rounds
15x Reverse Dumbbell Fly (lay face down on bench) - increase load each round until 15x is hard, but doable
10x Standing Barbell Curl - Increase load each round until 10x is hard, but doable
Foam Roll Low Back

SESSION 12

Obj: Lower Body Strength/Power, Upper Body Mass

Warm up:

4 Rounds
6x Hang Squat Snatch @ Pvc, 15#, 35#, 45#
3x Scotty Bobs @ 25/15#
12x Situps
12x Swings @ 20/24kg
Instep Stretch

Training:

(1) 5 Rounds
3x Overhead Squat - increase load each round until 3x is hard, but doable
15-Foot Rope Climb - arms only if possible. No rope? Do 4x Tarzan Pullups.
5x Dislocate with PVC

(2) 6 Rounds
4x Front Squat - increase load each round until 4x is hard, but doable (do kb front squat if rack space is an issue)
10x Bench Press Press - increase load each round until 10x is hard, but doable

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3rd World Stretch

(3) 4 Rounds

15x Military Press - increase load each round until 15x is hard, but doable
10x Standing 1-arm dumbbell curl, 10x each arm, 20x total - increase load each round until 10x is hard, but doable
Foam Roll Low Back

SESSION 13

Warm up:

10-1
Air Squat
Clapping pushup
Situp

Training:

(1) For 10 Minutes

Burpee Box Jump Horizontal Lap + 30-foot Sprint, and jog back

(2) 4 Rounds

15x GHD Situps
30-foot Dumbbell Crawl at 25#
15x Swings @ 20/24kg
5x Kneeling Plate Halfmoons @ 25/35#

(3) 3 Rounds

Instep Stretch + Hip Flexor + Pigeon
10x Poor Man's Leg Curl
Foam Roll Legs

SESSION 14

Obj: Working Strength

Warm up:

2 Rounds

10x Back Squat @ 95/65#
10x Bench Press @ 115/65#
10x Dead Lift @ 135/95#
3x Chinnups

Training:

(1) 25 Rounds

4x Back Squat @ 185/115#

4x Bench Press @ 185/95#

4x Hinge @ 225/135#

2/5x Alternate Grip Pull ups (one hand forward, one hand back)

Comments:

We finish this "Ultimate Meathead Cycle" with a great Meathead session, focused on "Working Strength."

I define "Working Strength" as the ability to do multiple reps at a high percentage of your max effort strength.

Strength is King in my overall programming approach. Strength is the foundation of performance, durability and confidence.

But ... in the field, it's much more likely that a military athlete will have to drag a 200# fallen soldier 400 meters, than lift a truck off someone. In other words, absolute max effort strength is important, but you can get carried away if this is your ultimate goal. Military athletes are not power lifters, or competing Olympic weightlifters.

Our strength standards are based on "Relative Strength," or strength per bodyweight, accordingly.

But you have to be careful with this also - especially for smaller guys like me (150-155#). The military doesn't make smaller radios, smaller rifles, smaller ammo, for smaller guys. Smaller guys still need to have the strength needed to perform in the field.

In comes "Working Strength" - which today's session aims at. Can we do multiple reps of reactively heavy loads, in a long grind?

Loading - the prescribed loading above is a great place to start. If you're a 225# beast, though, I'd recommend you bump up to 225# on the bench and back squat, and 275# on the dead lift.

In my gym, I bumped up Dave and Jordan - two leg mutants, to 225# on the back squat, and James - with his big bench press, to 205# on the bench press.

Grind through this effort - don't sprint. Aim to complete all the rounds unbroken. Drop loading as necessary to get all the sets unbroken.

With the warm up, we finished the session in 65 minutes.

- Rob Shaul