

Introduction

This manual is designed to assist prospective candidates for the physical rigors of assessment and selection. The contents of this program are intended to afford each operator the opportunity to achieve proper physical preparation for this event. The training progressions in this guide can be accomplished with traditional strength training equipment.

Due to the current/future operational tempo of each individual, adherence to the program may vary. Therefore, it is recommended that you seek additional consultation with your Hp Staff. This will ensure you can accomplish tasks in a manner that is optimal for your situation.

The formation of this program was designed for the following conditions:

- 724 Hp Human Performance Combine
- Ruck an undetermined distance with load
- Overall Physical preparedness to help endure and recover during the selection process

This is a 12-week program designed to lead you up to selection. Before starting this program, it is recommended to have a baseline level of fitness.

- Be able to Trap Bar Deadlift your 1.5x Body Weight for 3 reps
- Ruck 12 Miles with 45lbs averaging a 15 min pace
- Run 3 Miles averaging a 7:30 pace
- No Serious Musculoskeletal issues

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Off/Regen	Strength	Turf/Ruck	Strength	Turf	Strength	Ruck
2	Off/Regen	Strength	Turf/Ruck	Strength	Turf	Strength	Ruck
3	Off/Regen	Strength	Turf/Ruck	Strength	Turf	Strength	Ruck
4	Off/Regen	Strength	Turf/Ruck	Strength	Turf	Strength	Ruck
5	Off/Regen	Strength	Turf/Ruck	Strength	Turf	Strength	Ruck
6	Off/Regen	Strength	Turf/Ruck	Strength	Turf	Strength	Ruck
7	Off/Regen	Strength	Turf/Ruck	Strength	Turf	Strength	Ruck
8	Off/Regen	Strength	Turf/Ruck	Strength	Turf	Strength	Ruck
9	Off/Regen	Strength	Turf/Ruck	Strength	Turf	Strength	Ruck
10	Off/Regen	Strength	Turf/Ruck	Turf	Strength	Turf	Ruck
11	Off/Regen	Strength	Turf/Ruck	Turf	Strength	Turf	Ruck
12	Off/Regen	Strength	Turf/Ruck	Turf	Strength	Turf	Ruck

Start Everyday with Soft Tissue, Mobility/Stability work and a dynamic warmup

NAME												
WEEKLY ROTATION	Total Body											
Soft Tissue, Mobility/Stability,Dynamic Warmup												
Mon	Week 1			Week 2			Week 3					
	%	REPS	WT	%	REPS	WT	%	REPS	WT	%	REPS	WT
P1) Box Jump	3 x 6			3 x 6			3 x 6					
P2) MB Slam	3 x 10			3 x 10			3 x 10					
WARM UP												
A1) Trap Bar Deadlift	60%	6		65%	6		70%	6				
	60%	6		65%	6		70%	6				
	60%	6		65%	6		70%	6				
	60%	6		65%	6		70%	6				
A2) Sumo Squat Hold	15 sec ea			15 sec ea			15 sec ea					
	15 sec ea			15 sec ea			15 sec ea					
	15 sec ea			15 sec ea			15 sec ea					
	15 sec ea			15 sec ea			15 sec ea					
B1) DB Step Ups	8ea			8ea			8ea					
	8ea			8ea			8ea					
	8ea			8ea			8ea					
	10yds			10yds			10yds					
B2) Mini Band Backwards Walk	10yds			10yds			10yds					
	10yds			10yds			10yds					
	10yds			10yds			10yds					
B3) Plank	30 sec			30 sec			30 sec					
	30 sec			30 sec			30 sec					
	30 sec			30 sec			30 sec					
C1) Single Arm DB Bench	10			10			10					
	10			10			10					
	10			10			10					
	15 sec ea			15 sec ea			15 sec ea					
C2) Side Lying KB Armbar	15 sec ea			15 sec ea			15 sec ea					
	15 sec ea			15 sec ea			15 sec ea					
	15 sec ea			15 sec ea			15 sec ea					
C3) Seated Row	10			10			10					
	10			10			10					
	10			10			10					
G1) Bar Hang	30 sec			45 sec			30 sec					
	30 sec			45 sec			30 sec					
	30 sec			45 sec			30 sec					
							30 sec					
							30 sec					
							30 sec					
G2) KB Farmers Carry	30 sec			45 sec			30 sec					
	30 sec			45 sec			30 sec					
	30 sec			45 sec			30 sec					
							30 sec					
ESD	1 Min run at pace you can hold for 1 min- Rest until HR gets back to 130. Then repeat x 5			1 Min run at pace you can hold for 1 min- Rest until HR gets back to 130. Then repeat x 5			1 Min run at pace you can hold for 1 min- Rest until HR gets back to 130. Then repeat x 6					
REGEN												

Soft Tissue, Mobility/Stability,Dynamic Warmup												
Wed	Week 1			Week 2			Week 3					
	%	REPS	WT	%	REPS	WT	%	REPS	WT	%	REPS	WT
P1) Iron Mikes	3 x 8 ea			3 x 8 ea			3 x 8 ea					
P2) Plyo Pushups	3 x 8			3 x 8			3 x 8					
WARM UP												
A1) Front Squat	60%	8		65%	8		70%	8				
	60%	8		65%	8		70%	8				
	60%	8		65%	8		70%	8				
	60%	8		65%	8		70%	8				
	60%	8		65%	8		70%	8				
A2) Mini Band Clamshell	10			10			10					
	10			10			10					
	10			10			10					
	10			10			10					
B1) Alt DB Incline Bench	8ea			8ea			8ea					
	8ea			8ea			8ea					
	8ea			8ea			8ea					
	10			10			10					
B2) Band Pull Aparts	10			10			10					
	10			10			10					
	10			10			10					
B3) Pull Ups	8			8			8					
	8			8			8					
	8			8			8					
C1) Landmine Squat to Press	10			10			10					
	10			10			10					
	10			10			10					
	25 sec			25 sec			30 sec					
C2) Side Plank	25 sec			25 sec			30 sec					
	25 sec			25 sec			30 sec					
	25 sec			25 sec			30 sec					
C3) Single Leg Glute Bridge	15ea			15ea			15ea					
	15ea			15ea			15ea					
	15ea			15ea			15ea					
G1) Plate Pinch	30 sec			45 sec			30 sec					
	30 sec			45 sec			30 sec					
	30 sec			45 sec			30 sec					
							30 sec					
							30 sec					
							30 sec					
G2) Wrist Flexion	15			15			15					
	15			15			15					
	15			15			15					
G3) Wrist Extension	15			15			15					
	15			15			15					
	15			15			15					
ESD	400 Meters			400 Meters			400 Meters					
Concept 2 Rower	Rest 1:30			Rest 1:30			Rest 1:30					
	x 6			x 7			x 8					
REGEN												

PHASE	Selection Prep Weeks 1-3											
METHOD	Soft Tissue, Mobility/Stability,Dynamic Warmup											
Fri	Week 1			Week 2			Week 3					
	%	REPS	WT	%	REPS	WT	%	REPS	WT	%	REPS	WT
P1) DB Squat Jump	3 x 5 ea			3 x 5 ea			3 x 5 ea					
P2) Broad Jumps	3 x 3			3 x 3			3 x 3					
WARM UP												
A1) Bench Press	60%	8		65%	8		70%	8				
	60%	8		65%	8		70%	8				
	60%	8		65%	8		70%	8				
	60%	8		65%	8		70%	8				
	60%	8		65%	8		70%	8				
A2) Bear Crawl Hold	15 sec ea			15 sec ea			15 sec ea					
	15 sec ea			15 sec ea			15 sec ea					
	15 sec ea			15 sec ea			15 sec ea					
	15 sec ea			15 sec ea			15 sec ea					
A3) Db Reverse Fly	10			10			10					
	10			10			10					
	10			10			10					
	10			10			10					
B1) KB Swings	8			8			8					
	8			8			8					
	8			8			8					
	10			10			10					
B2) Band Pull Throughs	10			10			10					
	10			10			10					
	10			10			10					
B3) Paloff Press	10ea			10ea			10ea					
	10ea			10ea			10ea					
	10ea			10ea			10ea					
C1) DB Split Squat	8ea			8ea			8ea					
	8ea			8ea			8ea					
	8ea			8ea			8ea					
	10ea			10ea			10ea					
	10ea			10ea			10ea					
	10ea			10ea			10ea					
C2) Band TKE	10ea			10ea			10ea					
	10ea			10ea			10ea					
	10ea			10ea			10ea					
C3) Stability Ball Leg Curl	10			10			10					
	10			10			10					
	10			10			10					
G1) Wrist Roller	30 sec			45 sec			30 sec					
	30 sec			45 sec			30 sec					
	30 sec			45 sec			30 sec					
							30 sec					
							30 sec					
							30 sec					
G2) KB Hold(Fat Grip)	30 sec			45 sec			30 sec					
	30 sec			45 sec			30 sec					
	30 sec			45 sec			30 sec					
							30 sec					
ESD	5 min Run			6 min Run			5 Min Run					
Woodway Curve	Rest 5 min			Rest 5 min			Rest 5 min					
	x 2			x 2			x 3					
REGEN												

NAME																					
WEEKLY ROTATION		Total Body																			
Soft Tissue, Mobility/Stability,Dynamic Warmup																					
Mon	Week 4			Week 5			Week 6														
	%	REPS	WT	%	REPS	WT	%	REPS	WT												
P1) Box Jump	3 x 6			3 x 6			3 x 6														
P2) MB Slam	3 x 10			3 x 10			3 x 10														
WARM UP																					
A1) Trap Bar Deadlift	75%	6		80%	5		60%	6													
	75%	6		80%	5		60%	6													
	75%	6		80%	5		60%	6													
	75%	6		80%	5		60%	6													
A2) Sumo Squat Hold	15 sec			15 sec			15 sec														
	15 sec			15 sec			15 sec														
	15 sec			15 sec			15 sec														
	15 sec			15 sec			15 sec														
WARM UP																					
B1) Db Step Ups	8ea			8ea			8ea														
	8ea			8ea			8ea														
	8ea			8ea			8ea														
	10yds			10yds			10yds														
B2) Mini Band Backwards Walk	10yds			10yds			10yds														
	10yds			10yds			10yds														
	10yds			10yds			10yds														
	10yds			10yds			10yds														
B3) Plank	15 sec			15 sec			15 sec														
	15 sec			15 sec			15 sec														
	15 sec			15 sec			15 sec														
C1) Single Arm DB Bench	10ea			10ea			10ea														
	10ea			10ea			10ea														
	10ea			10ea			10ea														
C2) Side Lying KB Armbar	15 sec ea			15 sec ea			15 sec ea														
	15 sec ea			15 sec ea			15 sec ea														
	15 sec ea			15 sec ea			15 sec ea														
C3) Seated Row	10			10			10														
	10			10			10														
	10			10			10														
G1) Bar Hang	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
G2) KB Farmers Carry	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
ESD																					
Treadmill Incline Run 10% Incline	1 Min run at pace you can hold for 1 min- Rest until HR gets back to 130. Then repeat x 7			1 Min run at pace you can hold for 1 min- Rest until HR gets back to 130. Then repeat x 8			1 Min run at pace you can hold for 1 min- Rest until HR gets back to 130. Then repeat x 8														
REGEN																					

Soft Tissue, Mobility/Stability,Dynamic Warmup																					
Wed	Week 4			Week 5			Week 6														
	%	REPS	WT	%	REPS	WT	%	REPS	WT												
P1) Iron Mikes	3 x 8 ea			3 x 8 ea			3 x 8 ea														
P2) Plyo Pushups	3 x 8			3 x 8			3 x 8														
WARM UP																					
A1) Front Squat	75%	8		80%	6		60%	8													
	75%	8		80%	6		60%	8													
	75%	8		80%	6		60%	8													
	75%	8		80%	6		60%	8													
A2) Mini Band Clamshell	10			10			10														
	10			10			10														
	10			10			10														
	10			10			10														
WARM UP																					
B1) Alternating Incline DB Press	8ea			8ea			8ea														
	8ea			8ea			8ea														
	8ea			8ea			8ea														
	10			10			10														
B2) Band Pull Aparts	10			10			10														
	10			10			10														
	10			10			10														
	10			10			10														
B3) Pull Ups	8			8			8														
	8			8			8														
	8			8			8														
C1) Landmine Squat to Press	10ea			10ea			10ea														
	10ea			10ea			10ea														
	10ea			10ea			10ea														
C2) Side Plank	25 sec			25 sec			30 sec														
	25 sec			25 sec			30 sec														
	25 sec			25 sec			30 sec														
	15 ea			15 ea			15 ea														
C3) Single Leg Glute Bridge	15 ea			15 ea			15 ea														
	15 ea			15 ea			15 ea														
	15 ea			15 ea			15 ea														
G1) Plate Pinch	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
G2) Wrist Flexion	15			15			15														
	15			15			15														
	15			15			15														
	15			15			15														
G3) Wrist Extension	15			15			15														
	15			15			15														
	15			15			15														
	15			15			15														
ESD																					
Concept 2 Rower	400 Meters			400 Meters			400 Meters														
	Rest 1:00			Rest 1:00			Rest 1:00														
	x 6			x 7			x 8														
REGEN																					

PHASE		Selection Prep Weeks 4-6																			
METHOD		Soft Tissue, Mobility/Stability,Dynamic Warmup																			
Fri	Week 4			Week 5			Week 6														
	%	REPS	WT	%	REPS	WT	%	REPS	WT												
P1) DB Squat Jump	3 x 5 ea			3 x 5 ea			3 x 5 ea														
P2) Broad Jumps	3 x 3			3 x 3			3 x 3														
WARM UP																					
A1) Bench Press	75%	8		80%	6		60%	8													
	75%	8		80%	6		60%	8													
	75%	8		80%	6		60%	8													
	75%	8		80%	6		60%	8													
A2) Bear Crawl Hold	15 sec			15 sec			15 sec														
	15 sec			15 sec			15 sec														
	15 sec			15 sec			15 sec														
	15 sec			15 sec			15 sec														
A3) DB Reverse Fly	10			10			10														
	10			10			10														
	10			10			10														
	10			10			10														
B1) KB Swings	10			10			8														
	10			10			8														
	10			10			8														
	10			10			8														
B2) Band Pull Through	10			10			10														
	10			10			10														
	10			10			10														
	10			10			10														
B3) Paloff Press	10ea			10ea			10ea														
	10ea			10ea			10ea														
	10ea			10ea			10ea														
C1) DB Split Squat	8ea			8ea			8ea														
	8ea			8ea			8ea														
	8ea			8ea			8ea														
C2) Band TKE	10			10			8														
	10			10			8														
	10			10			8														
	10			10			8														
C3) Stability Leg Curl	10			10			10														
	10			10			10														
	10			10			10														
G1) Wrist Roller	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
G2) KB Hold (Fat Grip)	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
	30 sec			45 sec			30 sec														
ESD																					
Woodway Curve	6 min Run			5 min Run			6 Min Run														
	Rest 5 min			Rest 4 min			Rest 4 min														
	x 3			x 3			x 3														
REGEN																					

NAME	Turf								
WEEKLY ROTATION	Turf								
Soft Tissue, Mobility/Stability, Dynamic Warmup									
Tues	Week 4			Week 5			Week 6		
	Distance	REPS	WT	Distance	REPS	WT	Distance	REPS	WT
Agility Ladder									
A1) Quick Feet - 2 Feet in box		1			1			1	
A2) Quick Feet Lateral- 2 Feet in each Box		1			1			1	
A3) Ickey Shuffle		1			1			1	
A4) Scissor Hops		1			1			1	
A5) Hop Scotch- Two feet outside, one foot inside		1			1			1	
A6) Double Leg Hops		1			1			1	
A7) Double Leg Hops Lateral		1			1			1	
Mini 6" Hurdles- 5 Total									
B1) Double Leg Hops		2			2			2	
B2) Double Leg Hops Lateral		2ea			2ea			2ea	
B3) High Knees - 1 foot in each		2			2			2	
B4) High Knees - 2 feet in each		2			2			2	
B5) Single Leg Hop		1			1			1	
B6) Single Leg Hop- Lateral outside leg leads		1ea			1ea			1ea	
Change Of Direction									
C1) Side Shuffle 5 yds-Crossover to 10 yd Acceleration		5ea			5ea			5ea	
C2) 5-10-5		5ea			5ea			5ea	
Linear Speed									
D1) 2 Point Stance Sprint *30 sec rest in between	20yds	5ea		20yds	5ea		20yds	5ea	
Sled Sprints									
E1) Sled Sprint With Handles *1/2 BW Total Weight-Including sled *1 min rest between reps *30 min recovery before starting ruck	30yds	12		30yds	14		30yds	16	
Speed Endurance									
F1) Speed Ruck 12min pace or faster *4 min rest between reps	800m	2	50lbs	800m	3	50lbs	800m	4	50lbs
F2) Run 6:30 min pace or faster *4 min rest between reps	800m	3		800m	4		800m	5	

PHASE	Selection Prep Weeks 4-6								
METHOD	Selection Prep Weeks 4-6								
Soft Tissue, Mobility/Stability, Dynamic Warmup									
Thurs	Week 4			Week 5			Week 6		
	Distance	REPS	WT	Distance	REPS	WT	Distance	REPS	WT
Sled/KB Farmers Carry									
A1) Sled Push w/ Handles	25yds	1	5Plates	30yds	1	6 Plates	30yds	1	6 Plates
A2) Sled Backwards Pull w/TRX Straps facing sled	25yds	1	5Plates	30yds	1	6 Plates	30yds	1	6 Plates
A3) KB Farmers Carry w/ sorinex band *8 Rounds 1 Min rest Between	60yds	1	28 Kg	60yds	1	32 Kg	60yds	1	24 Kg
Suicide Runs									
B1) 10yd-20yd-30yd		2			2			1	
B2) 30yd-20yd-10yd		2			2			1	
B3) 20yd-10yd-30yd		2			2			1	
B4) 30yds-10yds-20yds *1 Min Rest Between		1			2			1	
C1) Run 7min pace or faster *3 min rest between	1mi	2		1mi	3		1mi	4	

PHASE	Selection Prep Weeks 4-6								
METHOD	Aerobic Output								
Soft Tissue, Mobility/Stability, Dynamic Warmup									
Sat	Week 4			Week 5			Week 6		
	Time	REPS	WT	Time	REPS	WT	Time	REPS	WT
Bike									
A1) Bike *Road / Mountain / Stationary *If using stationary highest gear possible staying in seat cadence 80-100spm	45min			60min			75min		
Ruck									
B1) Ruck 15min pace or faster *Complete immediately following bike	45min		55lbs	60min		55lbs	60min		55lbs

NAME		Turf										
WEEKLY ROTATION		Turf										
Soft Tissue, Mobility/Stability, Dynamic Warmup												
Tues	Week 7			Week 8			Week 9					
	Distance	REPS	WT	Distance	REPS	WT	Distance	REPS	WT	Distance	REPS	WT
Agility Ladder												
A1)	Quick Feet - 2 Feet in box		1			1				1		
A2)	Quick Feet Lateral- 2 Feet in each Box		1			1				1		
A3)	Ickey Shuffle		1			1				1		
A4)	Scissor Hops		1			1				1		
A5)	Hop Scotch- Two feet outside, one foot inside		1			1				1		
A6)	Double Leg Hops		1			1				1		
A7)	Double Leg Hops Lateral		1			1				1		
Mini 6" Hurdles- 5 Total												
B1)	Double Leg Hops		2			2				2		
B2)	Double Leg Hops Lateral		2ea			2ea				2ea		
B3)	High Knees - 1 foot in each		2			2				2		
B4)	High Knees - 2 feet in each		2			2				2		
B5)	Single Leg Hop		1			1				1		
B6)	Single Leg Hop- Lateral outside leg leads		1ea			1ea				1ea		
Change Of Direction												
C1)	Side Shuffle 5 yds-Crossover to 10 yd Acceleration		5ea			5ea				5ea		
C2)	5-10-5		5ea			5ea				5ea		
Linear Speed												
D1)	2 Point Stance Sprint *30 sec rest in between	20yds	5ea			20yds	5ea			20yds	5ea	
Sled Sprints												
E1)	Sled Sprint With Handles *1/2 BW Total Weight-Including sled *1 min rest between reps * 30 min recovery before starting ruck	30yds	12			30yds	14			30yds	16	
Speed Endurance												
F1)	Speed Ruck 13min pace or faster	2mi	2	50lbs	3mi	3	50lbs	4mi	4	50lbs		

PHASE		Selection Prep Weeks 7-9										
METHOD		Selection Prep Weeks 7-9										
Soft Tissue, Mobility/Stability, Dynamic Warmup												
Thurs	Week 7			Week 8			Week 9					
	Distance	REPS	WT	Distance	REPS	WT	Distance	REPS	WT	Distance	REPS	WT
Sled/KB Farmers Carry												
A1)	Sled Push w/ Handles	25yds	1	7 Plates	30yds	1	8 Plates	30yds	1	8 Plates		
A2)	Sled Backwards Pull w/TRX Straps facing sled	25yds	1	7 Plates	30yds	1	8 Plates	30yds	1	8 Plates		
A3)	KB Farmers Carry w/ sorinex band *8 Rounds 1 Min rest Between	60yds	1	28 Kg	60yds	1	32 Kg	60yds	1	32 Kg		
Sled Suicide												
B1)	5yd-10yd-15yd-20yd-25yd-30yd *2 Plates on Sled *Push Sled 5 yds then backwards pull back *Repeat all the way up to 30 yds		2			3				4		

PHASE		Selection Prep Weeks 7-9										
METHOD		Aerobic Output										
Soft Tissue, Mobility/Stability, Dynamic Warmup												
Sat	Week 7			Week 8			Week 9					
	Time	REPS	WT	Time	REPS	WT	Time	REPS	WT	Time	REPS	WT
Bike												
A1)	Bike *Road / Mountain / Stationary *If using stationary highest gear possible staying in seat cadence 80-100spm	60min			75min			90min				
Ruck												
B1)	Ruck 15min pace or faster *Complete immediately following bike	60min		55lbs	75min		55lbs	90min		55lbs		

NAME										
WEEKLY ROTATION		Total Body								
Soft Tissue, Mobility/Stability,Dynamic Warmup										
Mon	Week 10			Week 11			Week 12			
	%	REPS	WT	%	REPS	WT	%	REPS	WT	
P1) Box Jump	3	6		3	6		3	6		
P2) MB Slam	3	10		3	10		3	10		
A1) Trap Bar Deadlift	WARM UP									
	80%	5		82.5	5		65%	6		
	85%	3		87.5	3		65%	6		
	90%	RO		92.5	RO		65%	6		
A2) Sumo Squat Hold	15 sec			15 sec			15 sec			
	15 sec			15 sec			15 sec			
	15 sec			15 sec			15 sec			
B1) BB Step Up	6ea			6ea			6ea			
	6ea			6ea			6ea			
	6ea			6ea			6ea			
B2) Mini Band Walk	10yds			10yds			10yds			
	10yds			10yds			10yds			
	10yds			10yds			10yds			
B3) Ab Wheel	15			15			15			
	15			15			15			
	15			15			15			
C1) Push Ups	Max			Max			Max			
	Max			Max			Max			
	Max			Max			Max			
C2) Side Lying KB Armbar	15 sec ea			15 sec ea			15 sec ea			
	15 sec ea			15 sec ea			15 sec ea			
	15 sec ea			15 sec ea			15 sec ea			
C3) Single Arm Seated Row	10ea			10ea			10ea			
	10ea			10ea			10ea			
	10ea			10ea			10ea			
G1) Bar Hang	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
G2) KB Farmers Carry	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
ESD	Run 1:30			Run 1:30			Run 1:30			
Turf Runs	Rest 1:30			Rest 1:30			Rest 1:30			
*25 or 30 yd Turf	x 6			x 6			x 2			
*Road will work										
*Run Back and Forth for time										
*Be within 15 yds each round										
REGEN										

PHASE		Selection Prep Weeks 10-12								
METHOD		Soft Tissue, Mobility/Stability,Dynamic Warmup								
Thurs	Week 10			Week 11			Week 12			
	%	REPS	WT	%	REPS	WT	%	REPS	WT	
P1) DB Squat Jump	3	5 ea		3	5 ea		3	5 ea		
P2) Broad Jumps	3	3		3	3		3	3		
A1) Bench Press	WARM UP									
	60%	15		60%	15		60%	8		
	60%	15		60%	15		60%	8		
	60%	15		60%	15		60%	8		
	60%	RO		60%	RO		60%	8		
A2) Bear Crawl Hold	15 sec			15 sec			15 sec			
	15 sec			15 sec			15 sec			
	15 sec			15 sec			15 sec			
A3) TRX Row	10			10			10			
	10			10			10			
	10			10			10			
	10			10			10			
B1) Single Arm KB Swing	10ea			10ea			8ea			
	10ea			10ea			8ea			
	10ea			10ea			8ea			
B2) Glute Bridge	10			10			10			
	10			10			10			
	10			10			10			
B3) Paloff Press RDL	10			10			10			
	10			10			10			
	10			10			10			
C1) DB Lateral Lunge	10ea			10ea			8ea			
	10ea			10ea			8ea			
	10ea			10ea			8ea			
C2) Band TKE	10			10			10			
	10			10			10			
	10			10			10			
C3) Stability Leg Curl	10			10			10			
	10			10			10			
	10			10			10			
G1) Wrist Roller	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
G2) KB Hold(Fat Grip)	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
	45 sec			45 sec			45 sec			
ESD	25 yds x 12			25 yds x 12			25 yds x 12			
Shuttle Runs	Rest 2 Min			Rest 1:45 Min			Rest 2 Min			
*Distance is one length	x 4			x 4			x 2			
*Total yards will equal 300										
REGEN										

NAME	Turf								
WEEKLY ROTATION	Turf								
Soft Tissue, Mobility/Stability, Dynamic Warmup									
Tues	Week 10			Week 11			Week 12		
	Distance	REPS	WT	Distance	REPS	WT	Distance	REPS	WT
Agility Ladder									
A1) Quick Feet - 2 Feet in box	1			1			1		
A2) Quick Feet Lateral- 2 Feet in each Box	1			1			1		
A3) Ickey Shuffle	1			1			1		
A4) Scissor Hops	1			1			1		
A5) Hop Scotch- Two feet outside, one foot inside	1			1			1		
A6) Double Leg Hops	1			1			1		
A7) Double Leg Hops Lateral	1			1			1		
Mini 6" Hurdles- 5 Total									
B1) Double Leg Hops	2			2			2		
B2) Double Leg Hops Lateral	2ea			2ea			2ea		
B3) High Knees - 1 foot in each	2			2			2		
B4) High Knees - 2 feet in each	2			2			2		
B5) Single Leg Hop	1			1			1		
B6) Single Leg Hop- Lateral outside leg leads	1ea			1ea			1ea		
Change Of Direction									
C1) Side Shuffle 5 yds-Crossover to 10 yd Acceleration	Sea			Sea			Sea		
C2) 5-10-5	Sea			Sea			Sea		
Linear Speed									
D1) 2 Point Stance Sprint	25yds	Sea		25yds	Sea		20yds	4 ea	
*30 sec rest in between									
Running									
E1) Run	60yds	15		60yds	15		60yds	10	
*30 yds and turn around									
Every Minute on the Minute									
* 30 min recovery before starting ruck									
Speed Endurance									
F1) Speed Ruck 13min pace or faster	3mi	2	50lbs	4mi	3	50lbs	5mi	4	50lbs

PHASE	Selection Prep Weeks 10-12								
METHOD	Turf								
Soft Tissue, Mobility/Stability, Dynamic Warmup									
Wed	Week 10			Week 11			Week 12		
	Distance	REPS	WT	Distance	REPS	WT	Distance	REPS	WT
Sled/KB Farmers Carry									
A1) Sled Push w/ Handles	25yds	1	7 Plates	30yds	1	8 Plates	30yds	1	4 Plates
A2) Sled Backwards Pull w/TRX Straps facing sled	25yds	1	7 Plates	30yds	1	8 Plates	30yds	1	4 Plates
A3) KB Farmers Carry w/ sorinex band	60yds	1	28 Kg	60yds	1	32 Kg	60yds	1	24 Kg
*8 Rounds 1 Min rest Between									
Sled Sleds									
B1) 5yd-10yd-15yd-20yd-25yd-30yd		2	3 Plates		3	3 Plates		1	1 Plate
*3 Plates on Sled									
*Push Sled 5 yds then backwards pull back									
*Repeat all the way up to 30 yds									
Soft Tissue, Mobility/Stability, Dynamic Warmup									
Fri	Week 10			Week 11			Week 12		
	Distance	REPS	WT	Distance	REPS	WT	Distance	REPS	WT
HICT									
A1) Sled Push w/ Handles	Max	2	2 Plates	Max	2	2 Plates	Max	1	2 Plates
*Push Sled at Steady Pace for 8 min									
*Rest 5 Min then Repeat									
Soft Tissue, Mobility/Stability, Dynamic Warmup									
Sat	Week 10			Week 11			Week 12		
	Time	REPS	WT	Time	REPS	WT	Time	REPS	WT
Bike									
A1) Bike	75min			90min			90min		
*Road / Mountain / Stationary									
*If using stationary highest gear possible									
staying in seat cadence 80-100spm									
Ruck									
B1) Ruck 15min pace or faster	75min		55lbs	90min		55lbs	105min		55lbs
*Complete immediately following bike									