

MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
W1/D1	W1/D2	W1/D3	W1/D4	W1/D5
<p>Side Planks on elbow w/ 10 leg lifts - 3 sets per side</p> <p>+ A: Power Clean x 2; Deadlift x 3; rest 2min x 3 B1: Wtd Pull-Up @ 32X1 x 5-7; rest 60sec x 3 B2: AMRAP Straight Arm Lat Pull-Downs 50lbs; rest 2min x 3 C: Cable Pull Throughs @ 31X3 x 10-12; rest 60sec x 4</p> <p>+ EMOM 10min odd - 100m Sprint even - 100ft Farmer's Carry 2 x 2pd KB's + Jog 10min Cool-Down</p>	<p>AM: 60minutes Easy Ruck Walk on Gravel Road 40#</p> <p>PM: Swim 100m in pool @ 90% effort Rest 90sec x 5 + Swim 200m in pool @ 90% effort Rest 3min x 3 + AMSAP Tread Water w/ 20# Brick; 1 attempt</p>	<p>AM: Clam Shells 3 sets of 10 each side</p> <p>+ A: Build to a tough Complex of 6 Heavy Back Squats + 1 Push B: Seated Behind the Neck Press @ 30X1 x 8-10; rest 2:30 x 3 C: Good Mornings @ 31X1 x 10-12; rest 2min x 3 D1: Trap-3 Raise @ 3011 x 10-12; rest 45sec b/t arms x 3/arm D2: Tabata Sit-Ups 20sec on/10sec off x 3; rest 45sec x 3</p> <p>PM: EMOM 10min odd- 10 BB Front Rack Walking Lunges @ 135# even- 15 Wall-Balls 20#/10ft + Rest 10min + EMOM 10min odd- Row 12cals even- 5 Wall Walks</p>	<p>2min AMRAP @ 80-90% effort Row 250m 5 Burpees Rest 2min x 3 + 3min AMRAP @ 80-90% effort 4 Strict Pull-Ups Run 10m, 20m, 30m, 40m, 50m (there and back) Rest 3min x 2 + 4min AMRAP @ 80-90% effort 5 Burpee Pull-Ups 10 Box Jump Step-Downs 24"</p>	<p>AM: 30min easy swim</p> <p>PM: Warm-Up: 3 sets of 10 Scapular Push-Ups + A1: Standing Press @ 31X1 x 6-8; rest 20sec x 3 A2: 45sec FLR on Rings; rest 2min x 3 B1: 12 Ring Rows w/ 20# Vest; rest 20sec B2: Row 500m Hard; rest 2min x 3 C: Deadbug Level 4 x 3411 x 8-10/side; rest 90sec x 3 + 20 Burpees AFAP Row 300m HARD Rest 8min x 2</p>
<p>notes: - shoulder blades back and down on farmer's carry - stay true to tempo - straight arm lat pull down, done from standing position with arms straight out in front, pull downs to thighs, FEEL your lats</p>	<p>notes: - Dig deep when treading water with brick, go as long as possible - Ruck walk; leave the ego at the door, keep it an easy pace; it will pick up over time; don't burn yourself out now</p>	<p>notes: - Tabata sit-ups feet hooked, get as tall as possible at top of every rep - Seated behind the neck press: http://vimeo.com/94884823 - Trap-3 Raise: http://vimeo.com/92427269</p>	<p>notes: - general, dynamic, and specific warm/up. Touch on all th modalities when doing the specific warm/up</p>	<p>notes: - keep the swim as easy as possible, especially if you're a bad swimmer, focus on technique - FLR on rings: http://vimeo.com/93958889 - deadbug level 4: http://vimeo.com/97021825</p>
W2/D1	W2/D2	W2/D3	W2/D4	W2/D5
<p>Side Planks on elbow w/ 12 leg lifts - 3 sets per side</p> <p>+ A: Deadlift Clusters 3.3.3.3; rest 3min x 3; rest 10sec b/t B1: Wtd Pull-Up @ 32X1 x 4-6; rest 60sec x 4 B2: AMRAP Straight Arm Lat Pull-Downs 55lbs; rest 2min x 3 C: Cable Pull Throughs @ 31X3 x 9-11; rest 60sec x 4</p> <p>+ EMOM 10min odd - 50m Sandbag Drag Backwards Hard and Heavy even - 20 Wall Balls 20#/10ft + Jog 11min Cool-Down</p>	<p>AM: 90minute easy walk on Gravel Road 40#</p> <p>PM: Swim 100m in pool @ 90% effort Rest 90sec x 5 + Swim 200m in pool @ 90% effort Rest 3min x 4 + Tread Water 20# Brick 30 seconds; Rest 30sec x</p>	<p>AM: Clam Shells 3 sets of 12 each side</p> <p>+ A: High Bar Back Squat 3.3.3.3; rest 3min x 3; rest 10sec b/t B: Seated Behind the Neck Press @ 30X1 x 7-9; rest 2:30 x 3 C: Good Mornings @ 31X1 x 9-11; rest 2min x 3 D1: Trap-3 Raise @ 3011 x 9-11; rest 45sec b/t arms x 3/arm D2: Tabata Sit-Ups 20sec on/10sec off x 4; rest 45sec x 3</p> <p>PM: EMOM 10min odd- 10 BB Front Rack Walking Lunges @ 145# even- 15 Medicine Ball Slams 30# + Rest 10min + EMOM 10min odd- Row 13cals even- 5 Burpee Pull-Ups</p>	<p>2min AMRAP @ 80-90% effort Row 250m 5 Burpees Rest 2min x 3 + 3min AMRAP @ 80-90% effort 4 Strict Pull-Ups Run 10m, 20m, 30m, 40m, 50m (there and back) Rest 3min x 2 + 4min AMRAP @ 80-90% effort 5 Burpee Pull-Ups 10 Box Jump Step-Downs 24" x 2</p>	<p>AM: 30min easy swim 30min easy run</p> <p>PM: Warm-Up: 3 sets of 12 Scapular Push-Ups + A1: Standing Press @ 31X1 x 5-7; rest 20sec x 3 A2: 55sec FLR on Rings; rest 2min x 3 B1: 8 Man Makers w/ 30# DB's Vest; rest 20sec B2: Row 500m Hard; rest 3min x 3 C: Deadbug Level 4 x 3411 x 9-11/side; rest 90sec x 3 + 20 Burpees AFAP Row 300m HARD Rest 8min x 3</p>
<p>notes: - stay true to tempo - straight arm lat pull down, done from standing position with arms straight out in front, pull downs to thighs, FEEL your lats</p>	<p>- Ruck Walk, leave the ego at the door, keep it an easy pace; it will pick up over time; don't burn yourself out now - swim pace should be tough but sustainable</p>	<p>notes: - clam shells, place hand on hip and make sure motion is coming from hips, not from back</p>	<p>notes: - general, dynamic, and specific warm/up. Touch on all th modalities when doing the specific warm/up - Similar to last week, with slightly more volume, compare times, sets, and how you felt</p>	<p>notes: - keep the swim as easy as possible, especially if you're a bad swimmer, focus on technique - FLR on rings: http://vimeo.com/93958888 - deadbug level 4: http://vimeo.com/97021825</p>
W3/D1	W3/D2	W3/D3	W3/D4	W3/D5
<p>Side Planks on elbow w/ 14 leg lifts - 3 sets per side</p> <p>+ A: Deadlift Clusters 2.2.2.2.2; rest 3min x 3; rest 10sec b/t B1: Wtd Pull-Up @ 32X1 x 3-5; rest 60sec x 4 B2: AMRAP Straight Arm Lat Pull-Downs 55lbs; rest 2min x 3 C: Cable Pull Throughs @ 31X3 x 8-10; rest 60sec x 4</p> <p>+ EMOM 10min odd - 16x 24" Step-Up w/ 70# Sandbag on one shoulder - sw even - AMRAP Bench Press 135# @ 20X0 + Jog 12min Cool-Down</p>	<p>AM: 120 minute easy walk on Gravel Road 40#. Every</p> <p>PM: Swim 100m in pool @ 90% effort Rest 90sec x 5 + Swim 200m in pool @ 90% effort Rest 3min x 5 + Tread Water 20# Brick 30 seconds; Rest 30sec x</p>	<p>AM: Clam Shells 3 sets of 14 each side</p> <p>+ A: Build to a 5RM Back Squat; rest as needed B: Seated Behind the Neck Press @ 30X1 x 6-8; rest 2:30 x 4 C: Good Mornings @ 31X1 x 8-10; rest 2min x 4 D1: Trap-3 Raise @ 3011 x 8-10; rest 45sec b/t arms x 3/arm D2: Tabata Sit-Ups 20sec on/10sec off x 4; rest 45sec x 3</p> <p>PM: EMOM 10min odd- 100m Heavy Prowler Push even- 8 Burpee Box Jump 24" + Rest 10min + EMOM 10min odd- 15 Clapping Pushups even- 30 Jumping Lunges</p>	<p>2min AMRAP @ 80-90% effort Row 250m 15 Back Extensions Rest 2min x 3 + 3min AMRAP @ 80-90% effort 5 Hang Power Clean 135# Run 10m, 20m, 30m, 40m, 50m (there and back) Rest 3min x 3 + 4min AMRAP @ 80-90% effort 20 Double Unders 20 WallBalls 20#/10ft x 2</p>	<p>AM: 30min easy swim 45min easy run</p> <p>PM: Warm-Up: 3 sets of 14 Scapular Push-Ups + A1: Standing Press @ 31X1 x 4-6; rest 20sec x 3 A2: 60sec FLR on Rings; rest 2min x 3 B1: AMRAP BW Pull-Ups (-2); rest 10sec B2: Row 500m Hard; rest 3min x 3 C: Deadbug Level 4 x 3411 x 10-12/side; rest 90sec x 3 + 20 Burpees AFAP Row 300m HARD Rest 8min x 4</p>

W4/D1	W4/D2	W4/D3	W4/D4	W4/D5
<p>notes: - stay true to tempo - straight arm lat pull down, done from standing position with arms straight out in front, pull downs to thighs, FEEL your lats</p> <p>3 Sets of 10 Scapular Pull-Ups + A: Deadlift Clusters 1.1.1.1.1; rest 3min x 3; rest 10sec b/t B1: Wtd Pull-Up @ 32X1 x 2-4; rest 60sec x 4 B2: AMRAP Straight Arm Lat Pull-Downs 60lbs; rest 2min x 4 C: Cable Pull Throughs @ 31X3 x 7-9; rest 60sec x 4 + EMOM 10min odd - 24" Box Jump Step Down x 15 even - 10 Hang Power Clean 115# + Jog 13min Cool-Down</p>	<p>- Ruck Walk, leave the ego at the door, keep it an easy pace; it will pick up over time; don't burn yourself out now - swim pace should be tough but sustainable</p> <p>AM: 2 hours 30 minutes moderate walk on Gravel Road</p> <p>PM: Swim 50m in pool @ 90% effort Rest 60sec x 25 + Rest 10min + Hold Breath w/ Hand on pool deck and face under</p>	<p>notes: - clam shells, place hand on hip and make sure motion is coming from hips, not from back</p> <p>AM: Glute Activation 2: 3 sets of 10 each side + A: Build to a 4RM Back Squat; rest as needed B: Seated Behind the Neck Press @ 30X1 x 5-7; rest 2:30 x 4 C: Good Mornings @ 31X1 x 7-9; rest 2min x 4 D1: Trap-3 Raise @ 3011 x 6-8; rest 45sec b/t arms x 3/arm D2: Tabata Sit-Ups 20sec on/10sec off x 5; rest 45sec x 3 + PM: EMOM 10min odd- 100m Heavy Prowler Push even- 8 Burpee Box Jump 24" + Rest 10min + EMOM 10min odd- 12 Burpees AFAP even- 50m Sprint x 2</p>	<p>notes: - general, dynamic, and specific warm/up. Touch on all modalities when doing the specific warm/up - Similar to last week, with slightly more volume, compare times, sets, and how you felt</p> <p>2min AMRAP @ 80-90% effort 15 Jumping Lunges 10 Kipping Pull-Ups Rest 2min x 3 + 3min AMRAP @ 80-90% effort 5 Heavy Push Press Row 250m Rest 3min x 3 + 4min AMRAP @ 80-90% effort 10 Walkin Lunges w/ 135# BB Front Rack 100M Bear Crawl x 3</p>	<p>notes: - keep the swim as easy as possible, especially if you're a bad swimmer, focus on technique - FLR on rings: http://vimeo.com/93958888 - deadbug level 4: http://vimeo.com/97021825</p> <p>AM: 30min easy swim 60min easy run</p> <p>PM: Warm-Up: 30 Light TGU w/ perfect form + A1: Standing Press @ 31X1 x 3-5; rest 20sec x 4 A2: 60sec FLR on Rings; rest 2min x 4 B1: AMRAP BW Pull-Ups (-2); rest 10sec B2: Row 500m Hard; rest 3min x 3 C: Deadbug Level 4 x 3411 x 10-15/side; rest 90sec x 3 + 20 Burpees AFAP Row 300m HARD Rest 8min x 5</p>
W5/D1	W5/D2	W5/D3	W5/D4	W5/D5
<p>notes: - stay true to tempo - straight arm lat pull down, done from standing position with arms straight out in front, pull downs to thighs, FEEL your lats</p> <p>Warm-Up: 3 Rounds: 20 OH Walking Lunges w/ 45# Bar, Ro + A: Build to a 3RM Concentric-Only Deadlift B1: Wtd Pull-Up @ 32X1 x 2-3; rest 60sec x 3 B2: AMRAP Straight Arm Lat Pull-Downs 60lbs; rest 2min x 4 C: Cable Pull Throughs @ 31X3 x 6-8; rest 60sec x 3 + EMOM 8min odd - 20 Jumping Lunges even - Sprint 120m</p>	<p>- Ruck Walk, slightly faster pace than last week, still walking, and still not difficult - swim pace should be tough but sustainable</p> <p>AM: 3 Hour moderate walk on Gravel Road 40#. Every</p> <p>PM: Swim 100m in pool @ 90% effort Rest 2min x 4 Rest 5min x 2</p>	<p>Notes: - Gute Activation 2: http://www.youtube.com/watch?v=a_KC4MR83Ck - 2nd EMOM dig deep each set, breath deep through the belly f</p> <p>AM: Glute Activation 2: 3 sets of 12 each side + A: Back Squat x 5,3,1,5,3,1; rest 3min B: Seated Behind the Neck Press @ 30X1 x 4-6; rest 2:30 x 3 C: Good Mornings @ 31X1 x 6-8; rest 2min x 3 D1: Trap-3 Raise @ 3011 x 5-7; rest 45sec b/t arms x 3/arm D2: Tabata Sit-Ups 20sec on/10sec off x 6; rest 45sec x 2 + PM: EMOM 10min odd- 10 Burpee Broad Jumps even- 8 Strict Pull-Ups</p>	<p>notes: - general, dynamic, and specific warm/up. Touch on all modalities when doing the specific warm/up</p> <p>2min AMRAP @ 80-90% effort Row 150m 10 Wall-Balls Rest 2min x 4 + 3min AMRAP @ 80-90% effort 30 Double Unders 10 KBS 2pd Rest 3min x 4</p>	<p>notes: - keep the swim as easy as possible, especially if you're a bad swimmer, focus on technique - FLR on rings: http://vimeo.com/93958888 - deadbug level 4: http://vimeo.com/97021825</p> <p>AM: 30min easy swim 80min easy run</p> <p>PM: Warm-Up: 30 Light TGU w/ perfect form + A1: Standing Press @ 31X1 x 2-4; rest 20sec x 3 A2: 60sec FLR on Rings; rest 2min x 3 B1: AMRAP BW Pull-Ups (-2); rest 10sec B2: Row 500m Hard; rest 3min x 3 C: Deadbug Level 4 x 3411 x 10-15/side; rest 90sec x 2 + 25 Burpees AFAP Row 350m HARD Rest 8min x 3</p>
W6/D1	W6/D2	W6/D3	W6/D4	W6/D5
<p>notes: - straight arm lat pull down, done from standing position with arms straight out in front, pull downs to thighs, FEEL your lats - stay tall on the jumping lunges, get comfortable with the bur</p> <p>Build to a 1RM High Bar Back Squat; rest as needed + Build to a 1RM Pull-Up; rest as needed + Find your 200m Max Farmer's Carry w/ DB's</p> <p>notes: - must walk during farmer's carry, no running</p>	<p>- Ruck Walk, slightly faster pace than last week, still walking, and still not difficult - swim pace should be tough but sustainable</p> <p>Swim 400m for best possible time</p> <p>notes: - done in pool, without touching sides, no pushing off sides either</p>	<p>Notes: - Gute Activation 2: http://www.youtube.com/watch?v=a_KC4MR83Ck - 2nd EMOM dig deep each set, breath deep through the belly for remainder of each minute - Second wave of Back Squat, heavier than the first - less volume than last week, keep the intensity up</p> <p>Build to a 2RM Deadlift NOT touch and go; rest as needed + Tabata Sit-Ups 20sec on/ 10 sec off, x 8 + Find your 8RM Trap-3 Raise @ 3010</p>	<p>notes: - general, dynamic, and specific warm/up. Touch on all modalities when doing the specific warm/up</p> <p>AM: 10km Run for best possible time</p> <p>notes: warm/up aerobically, with some good lower body dynamic range of motion</p>	<p>notes: - keep the swim as easy as possible, especially if you're a bad swimmer, focus on technique - FLR on rings: http://vimeo.com/93958888 - deadbug level 4: http://vimeo.com/97021825</p> <p>PM: Build to a 1RM Press; rest as needed + 13km Ruck w/ 70lbs for time</p> <p>notes: - no your limitations, if you feel an injury coming on, hold back. Lots more rucking volume work to come</p>
W7/D1	W7/D2	W7/D3	W7/D4	W7/D5

<p>Warm-Up: - Side Plank on elbow with 10 leg lifts x 3/side +</p> <p>A1: Back Squat @ 31X1 x 8-10; rest 60sec x 3 A2: Press @ 21X1 x 8-10; rest 60sec x 3 B: Push Press x 3.3.3.3; rest 10sec b/t clusters; rest 3min x 3 C: Standing Pallof Press x 10-12; rest 70sec x 3 - Hold the ext + 7min AMRAP @ 90% effort 20 40# Overhead Sandbag Lunges 3 Wall Walks Run 150m</p> <p>notes: - push press preferably done on blocks - keep rib cage and pelvis aligned during pallof press, maintain athletic position - 7min AMRAP is there to teach you that you always have something left in the tank, try to hit this shortly after finishing</p>	<p>AM: 15min Swim @ 70% effort 25min Bike @ 70% effort 25min Run @ 70% effort 30min Run w/ 40# Ruck in Fatgienes</p> <p>PM: 2km Run @ 80-90% effort + Rest 8min + 8min AMRAP @ 80-90% effort 20 Push-Ups 6 Strict Pull-Ups 10 Back Extensions 8 Forward Rolls + 30 4-Count Flutter Kicks; rest 60sec x 3</p> <p>notes: - AM workout done at sustainable pace</p>	<p>AM Warm-Up: - 3 Sets of "Peeing on Fire Hydrants" 10 forward and 10 backward + A1: Prowler Push 50m Hard and Heavy; rest 60sec x 4 A2: Hang Power Cleans x 8-10; rest 90sec x 4 B: Deadlifts x 3.3.3.3; rest 10sec b/t clusters; rest 3min x 3 C: Single Arm Standing DB Bent Over Rows @ 31X2 x 8-10; rest 10sec AD or Sprint @ 95-95%; rest 1:50 x 3</p> <p>PM 35min AD @ Z1 pace - every 5min complete 1 rope climb 20ft</p> <p>notes: - Hang power cleans, keep a neutral back, knees back, load the hamstrings, get some coaching if needed - AD sprints tough but not all out, if it makes you sick you're going a little bit too, if you think it's not at all hard because it's 0 10sec, learn to dig deep</p>	<p>AM: 10min EMOM odd - 16 Box jump Step Downs 24" even 160ft Farmer's Carry 80lbs/hand + Rest 6min + 10min EMOM odd- Row 12 cal even- 150ft Buddy Carry</p> <p>PM 90min Ruck w/ 70#'s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hand + 10min Swim w/ Ruck as Flotation Device</p> <p>notes: - Ruck walk done at 5-6km/hr pace - moderate swim with ruck, learn to pack it so it floats</p>	<p>Warm-Up: - 3 sets of 10 clam shells each side + A1: Stiff Legged Deadlifts @ 30X2 x 8-10; rest 45sec x 4 A2: Wtd Ring Dips @ 31X2 x 6-8; rest 45sec x 4 B: RFESS @ 3010 x 10-12; rest 60sec b/t legs x 3/leg C1: 2pd KB Swings x 20-30 lb; rest 60sec x 3 C2: 20-30 Wall Balls 20#/10ft; rest 60sec x 3 D: Band Pull Aparts @ 3032 x 8-10; rest 70sec x 3 + Row 10min Cool Down</p> <p>notes: - do body weight only dips if necessary - stay true to tempo on RFESS</p>
W8/D1	W8/D2	W8/D3	W8/D4	W8/D5
<p>Warm-Up: - Side Plank on elbow with 11 leg lifts x 3/side +</p> <p>A1: Back Squat @ 31X1 x 7-9; rest 60sec x 3 A2: Press @ 21X1 x 7-9; rest 60sec x 3 B: Push Press x 2.2.2.2.2; rest 10sec b/t clusters; rest 3min x 3 C: Standing Pallof Press x 11-13; rest 70sec x 3 - Hold the ext + 7min AMRAP @ 90% effort 20 4-Count Flutter Kicks 5 Man Makers 30#s 10 Medicine Ball Cleans</p> <p>notes: - push press preferably done on blocks - keep rib cage and pelvis aligned during pallof press, maintain athletic position - 7min AMRAP is there to teach you that you always have something left in the tank, try to hit this shortly after finishing</p>	<p>AM: 15min Swim @ 70% effort 30min Bike @ 70% effort 30min Run @ 70% effort 40min Run w/ 40# Ruck in Fatgienes</p> <p>PM: Run 500m @ 80-90% effort Walk 2:30 x 5 + Rest 8min + 8min AMRAP @ 80-90% effort 10 Clapping Push-Ups 10 Ring Rows 10 Stiff Legged Deadlifts 135# 10 No-Push-Up Burpee Broad Jumps + Rest 3min + Hollow Holds 20sec; rest 30sec x 3</p> <p>notes: - AM workout done at sustainable pace</p>	<p>AM Warm-Up: - 3 Sets of "Peeing on Fire Hydrants" 12 forward and 12 backward + A1: Prowler Push 60m Hard and Heavy; rest 60sec x 4 A2: Hang Power Cleans x 7-9; rest 90sec x 4 B: Deadlifts x 2.2.2.2.2; rest 10sec b/t clusters; rest 3min x 3 C: Single Arm Standing DB Bent Over Rows @ 31X2 x 7-9; rest 10sec AD or Sprint @ 95-98%; rest 1:50 x 4</p> <p>PM 40min AD @ Z1 pace - every 5min complete 1 rope climb 20ft OR if you can complete</p> <p>notes: - Hang power cleans, keep a neutral back, knees back, load the hamstrings, get some coaching if needed - AD sprints tough but not all out, if it makes you sick you're going a little bit too, if you think it's not at all hard because it's 0</p>	<p>AM: 11min EMOM odd - 16 Box jump Step Downs 24" even 180ft Farmer's Carry 80lbs/hand + Rest 6min + 11min EMOM odd- Row 12 cal even- 80 Foot Dummy Drag</p> <p>PM 2 hour Ruck w/ 70#'s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hand + 12min Swim w/ Ruck as Flotation Device @ 70% effort</p> <p>notes: - Ruck walk done at 5-6km/hr pace - moderate swim with ruck, learn to pack it so it floats</p>	<p>Warm-Up: - 3 sets of 12 clam shells each side + A1: Stiff Legged Deadlifts @ 30X2 x 7-9; rest 45sec x 4 A2: Wtd Ring Dips @ 31X2 x 5-7; rest 45sec x 4 B: RFESS @ 3010 x 9-11; rest 60sec b/t legs x 3/leg C1: 20-30 KB Thrusters 1/5pd/hand; rest 60sec x 3 C2: 20-30 Burpees; rest 60sec x 3 D: Band Pull Aparts @ 3032 x 9-11; rest 70sec x 3 + Row 12min Cool Down</p> <p>notes: - do body weight only dips if necessary - stay true to tempo on RFESS</p>
W9/D1	W9/D2	W9/D10	W9/D11	W9/D12
<p>Warm-Up: - Side Plank on elbow with 12 leg lifts x 3/side +</p> <p>A1: Back Squat @ 31X1 x 6-8; rest 60sec x 3 A2: Press @ 21X1 x 6-8; rest 60sec x 3 B: Push Press x 3.3.3.3; rest 10sec b/t clusters; rest 3min x 3 C: Standing Pallof Press x 12-15; rest 70sec x 3 - Hold the ext + 8min AMRAP 10 Forward Rolls 5 Deadlifts @ 85%1RM 20 Wall Balls Sprint 50m x 2</p>	<p>AM: 20min Swim @ 70% effort 35min Bike @ 70% effort 35min Run @ 70% effort 45min Run w/ 40# Ruck in Fatgienes</p> <p>PM: Run 500m @ 80-90% effort Walk 2:30 x 6 + Rest 8min + 8min AMRAP @ 80-90% effort 20 Push-Ups 20 Bw Squats 20 Box Jump Step-Downs 24" 150ft Farmer's Carry 2 80lbs + Rest 3min + 15 Hollow Rocks; rest 30sec x 3</p>	<p>AM Warm-Up: - 3 Sets of "Peeing on Fire Hydrants" 12 forward and 12 backward + A1: Prowler Push 70m Hard and Heavy; rest 60sec x 4 A2: Hang Power Cleans x 6-8; rest 90sec x 4 B: Deadlifts x 3.3.3.3; rest 10sec b/t clusters; rest 3min x 3 C: Single Arm Standing DB Bent Over Rows @ 31X2 x 6-8; rest 10sec AD or Sprint @ 95-98%; rest 1:50 x 5</p> <p>PM 45min AD @ Z1 pace - every 5min complete 50m Bear Crawl</p>	<p>AM: 12min EMOM odd - AD 0.3 miles Hard even - 40sec AMRAP Front Rack Walking Lunges 135# + Rest 6min + 12min EMOM odd- Run 220m even- 4 Man Makers 30# DB's</p> <p>PM 2hr 30min Ruck w/ 70#'s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hand + 15min Swim w/ Ruck as Flotation Device @ 70% effort</p>	<p>Warm-Up: - 3 sets of 12 clam shells each side + A1: Stiff Legged Deadlifts @ 30X2 x 6-8; rest 45sec x 4 A2: Wtd Ring Dips @ 31X2 x 4-6; rest 45sec x 4 B: RFESS @ 3010 x 8-10; rest 60sec b/t legs x 3/leg C1: 20-30 KB Thrusters 1/5pd/hand; rest 60sec x 3 C2: 15-20 NPUBBJ 24"; rest 60sec x 3 D: Band Pull Aparts @ 3032 x 10-12; rest 70sec x 3 + Jog 10min Cool Down</p>

W10/D1	W10/D2	W10/D3	W10/D4	W10/D5
<p>notes: - push press preferably done on blocks - keep rib cage and pelvis aligned during pallof press, maintain athletic position - 8min AMRAP is there to teach you that you always have something left in the tank, try to hit this shortly after finishing</p> <p>Warm-Up: - 3 sets of 12 Kneeling Squats 185# + A1: Back Squat @ 31X1 x 5-7; rest 60sec x 4 A2: Press @ 21X1 x 5-7; rest 60sec x 4 B: Push Press x 2.2.2.2; rest 10sec b/t clusters; rest 3min x 3 C: One-Legged Standing Pallof Press x 8-12; rest 70sec x 3 + 8min AMRAP 10 35# DB Single Arm Overhead Walking Lunges L 10 35# DB Snatch L 10 35# DB Single Arm Overhead Walking Lunges R 10 35# DB Snatch R Airborne 0.3 miles</p>	<p>notes: - AM workout done at sustainable pace</p> <p>AM: 20min Swim @ 70% effort 40min Bike @ 70% effort 40min Run @ 70% effort 50min Run w/ 40# Ruck in Fatigues</p> <p>PM: Run 500m @ 90% effort Walk 2:30 x 6 + Rest 8min + 9min AMRAP @ 80-90% effort 100m Bear Crawl Run Backwards 100m 20 Burpee Broad Jumps 20 HR Push-Ups + Rest 3min + 40 second hand stand hold against wall; rest 20sec</p>	<p>notes: - Hang power cleans, keep a neutral back, knees back, load the hamstrings, get some coaching if needed - AD sprints tough but not all out, if it makes you sick you're going a little bit too, if you think it's not at all hard because it's so</p> <p>AM Warm-Up: - 3 sets of Horizontal Hip Thrusts with Barbell + A1: Prowler Push 40m Hard and Heavy; rest 60sec x 5 A2: Hang Power Cleans x 5-7; rest 90sec x 5 B: Deadlifts x 2.2.2.2; rest 10sec b/t clusters; rest 3min x 3 C: Single Arm Standing DB Bent Over Rows @ 31X2 x 5-7; rest + 10sec AD or Sprint @ 95-98%; rest 1:50 x 6 + PM 50min AD @ Z1 pace - every 5min run sideways 50m each way in "fighter stance"</p>	<p>notes: - Ruck walk done at 5-6km/hr pace - moderate swim with ruck, learn to pack it so it floats</p> <p>AM: 12min EMOM odd - 20 Medicine Ball Slams 20# even - 20 Jumping Lunges + Rest 6min + 12min EMOM odd- 20 Clapping Push-Ups even- 15 4- Count Mountain Climbers + PM 3 Hour Ruck w/ 70#s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hand + 15min Swim w/ Ruck as Flotation Device @ 70% effort</p>	<p>notes: - do body weight only dips if necessary - stay true to tempo on RFESS - NPUBBJ: No Push-Up Burpee Box Jump</p> <p>Warm-Up: - 3 sets of 12 clam shells each side + A1: Stiff Legged Deadlifts @ 30X2 x 6-8; rest 45sec x 4 A2: Wtd Ring Dips @ 31X2 x 4-6; rest 45sec x 4 B: RFESS @ 3010 x 8-10; rest 60sec b/t legs x 3/leg C1: 20-30 KB Thrusters 1/5pd/hand; rest 60sec x 3 C2: 15-20 NPUBBJ 24"; rest 60sec x 3 D: Band Pull Aparts @ 3032 x 10-12; rest 70sec x 3 + Jog 12min Cool Down</p>
W11/D1	W11/D2	W11/D3	W11/D4	W11/D5
<p>notes: - push press preferably done from blocks - keep rib cage and pelvis aligned during pallof press, maintain athletic position - 8min AMRAP is there to teach you that you always have something left in the tank, try to hit this shortly after finishing</p> <p>Warm-Up: - 3 sets of 10 Moderate Kneeling Squats + A1: Back Squat @ 31X1 x 4-6; rest 60sec x 4 A2: Press @ 21X1 x 4-6; rest 60sec x 4 B: Push Press x 2.2.2.2; rest 10sec b/t clusters; rest 3min x 3 C: One-Legged Standing Pallof Press x 10-14; rest 70sec x 3 + 5 Sets for Time 15 Burpees 100m Bear Crawl</p>	<p>notes: - AM workout done at sustainable pace - will do a shorter swim/bike/run/ruck next week at higher intensity</p> <p>AM: 20min Swim @ 80-90% effort 45min Run @ 80-90% effort 45min Run w/ 40# Ruck in Fatigues</p> <p>PM: Run 500m @ 90% effort Walk 2:30 x 5 + Rest 8min + 9min AMRAP @ 80-90% effort 40 Backwards Walking Lunges 10 Box Jumps 30" 10 Front Squats 135# + Rest 3min + 40-60 second hand stand hold against wall; rest 2</p>	<p>notes: - Horizontal Hip Thrusts, feet on floor, upper back on bench - Hang power cleans, keep a neutral back, knees back, load the hamstrings, get some coaching if needed - AD sprints tough but not all out, if it makes you sick you're going a little bit too, if you think it's not at all hard because it's so</p> <p>AM Warm-Up: - 3 sets of 10 Horizontal Hip Thrusts with Barbell - Moderate We + A1: Prowler Push 40m Hard and Heavy @ 110%; rest 60sec x A2: Hang Power Cleans x 4-6; rest 90sec x 3 B: Deadlifts x 2.2.2.2; rest 10sec b/t clusters; rest 3min x 3 C: Single Arm Standing DB Bent Over Rows @ 31X2 x 4-6; rest + 10sec AD or Sprint @ 100%; rest 1:50 x 4 + PM 25min AD @ Z1 pace - every 5min, get off and perform 10 Forward Rolls (5/shoulder)</p>	<p>notes: - Ruck walk done at 5-6km/hr pace - moderate swim with ruck, learn to pack it so it floats - medicine ball slams, don't bend at waist but rather extend, as you would into the triple extension of a clean - big, fast strides for mountain climbers, hands on a 18" box, arms straight</p> <p>AM: 8min EMOM odd - 20 Medicine Ball Slams 20# even - 20 Jumping Lunges + Rest 6min + 8min EMOM odd- 20 Clapping Push-Ups even- 15 4- Count Mountain Climbers + PM 2 Hour Ruck w/ 70#s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hand + 20min Swim w/ Ruck as Flotation Device @ 70% effort</p>	<p>notes: - do body weight only dips if necessary - stay true to tempo on RFESS - NPUBBJ: No Push-Up Burpee Box Jump</p> <p>Warm-Up: - 3 sets of 12-14 clam shells each side + A1: Stiff Legged Deadlifts @ 30X2 x 5-7; rest 45sec x 3 A2: Wtd Ring Dips @ 31X2 x 3-5; rest 45sec x 3 B: RFESS @ 3010 x 6-8; rest 60sec b/t legs x 3/leg C1: 10-20 KB Thrusters 2pd/hand; rest 60sec x 3 C2: 15-20 NPUBBJ 24"; rest 60sec x 3 D: Band Pull Aparts @ 3032 x 10-12; rest 70sec x 3 + 5min Walk Cool Down</p>
<p>notes: - Less volume this week, maintain intensity, or increase where noted - push press preferably done from blocks - keep rib cage and pelvis aligned during pallof press, maintain athletic position - Go Hard on the Finisher</p>	<p>notes: - AM workout done at sustainable pace - will do a shorter swim/bike/run/ruck next week at higher intensity - Choose AM effort based on how you feel, if you're feeling great, go for 90%, if not so much, hold off to 80% and save your energy for next week</p>	<p>notes: - Horizontal Hip Thrusts, feet on ground, upper back on bench - Hang power cleans, keep a neutral back, knees back, load the hamstrings, get some coaching if needed - AD sprints all out</p>	<p>notes: - very similar to last week with last volume, note how your differences in results - Ruck walk done at moderate pace - moderate swim with ruck, learn to pack it so it floats - medicine ball slams, don't bend at waist but rather extend, as you would into the triple extension of a clean - big, fast strides for mountain climbers, hands on a 18" box, arms straight</p>	<p>notes: - do body weight only dips if necessary - stay true to tempo on RFESS - NPUBBJ: No Push-Up Burpee Box Jump - increase loads from last week if possible</p>
W12/D1	W12/D2	W12/D3	W12/D4	W12/D5
<p>A: Build to a 3RM Back Squat B: Build to a 3RM Press + Perform 20min of Z1 work, you choose the modality</p>	<p>90min Run w/ 40# Ruck for best possible time + 10min Z1 swim</p>	<p>Find your 200m Max Dumbbell Farmer's Carry + A: Build to a 3RM Touch and Go Deadlift; rest as needed + 400m Sprint for best possible time</p>	<p>TEST: 5 Rounds for Time: Row 350m + 12 Burpee Pull-Ups 8 Wall Walks</p>	<p>60min Hike Easy Unplugged</p>

<p>notes: - little to no pause between reps for the 3RM tests 2-3 seconds is okay though</p>	<p>notes: - warm up appropriately for 90min ruck</p>	<p>notes: - moderate walk pace for farmer's carry, no running - rest as needed between attempts - Sprint should empty the tank</p>	<p>notes: - dig deep and empty the tank - note your strategy going into the event, what changed, and what you would have done differently in the end</p>	<p>notes: - spend the hike thinking about the next 3 months of the program. What you need to do in terms of your mental game and personal attributes to be ready for selection - Make sure nutrition and sleep are dialed in for the last 3 month cycle - will be doing a mini-selection in 6-8 weeks that will last 2-4 days (it'll be a surprise)</p>
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