

ACFT Preparation Plan v2.0

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January 2020

Updates from v1.0:

- More focused preparation for the Sprint-Drag-Carry event.
- Standing power throw technique work each week.
- Lifts designed to help create more explosiveness for the standing power throw.
- Added Kettlebell swings to assist with hip explosion, lower back + core strength – all required for the standing power throw.
- Hip stability complex + shoulder durability work.
- Wednesday, or mid- week, moderate/easy paced run or foot march (unit dependent).
- No prescribed training on the weekends. This program is designed for five (5) training sessions per week.

Maintained from v1.0:

- Trap bar dead-lifts. Soldiers must improve their form + technique on this lift.
- Pull-up + leg tuck exercise. I received a lot of positive feedback that this exercise really helped prepare Soldiers for the leg tuck event.
- Threshold/tempo running or interval training after strength training. This is a cornerstone of the program and helps prepare Soldiers to run hard after challenging strength training.
- Planks. The first area to fail – based on my observations – with hand-release push-ups is the core. Planks help to develop a rock solid core that won't wobble in the second minute of the hand release push-up event.
- Interval push-up/pull-up/squat work. These sessions are absolutely critical to developing endurance for the push-ups, leg tucks, and sprint-drag-carry event.

For those unfamiliar with the first program, the concept of difficult but doable (DBD) is that a Soldier works up in weight through his/her sets until they reach a weight that is DBD. The goal throughout the program is to reach the DBD weight earlier in your sets so that you are working at a challenging weight across multiple sets.

For the threshold pace, use the tempo pace in the 2-mile run charts as a guide.

The hand-release push-up is the "T" hand-release push-up.

The Army's ACFT website provides a detailed explanation of each exercise:

<https://www.army.mil/acft/>

Unfamiliar exercises can be found at:

<https://mntactical.com/category/exercises/>

This program is designed to be 8-weeks long. 4 weeks of build, 1-week of de-load, 2 more weeks of build and then a de-load week heading into testing week.

Please use the repetitions listed in this program for exercises like dips, push-ups, pull-ups or leg tucks as a guide, not as a concrete number that must be strictly followed. Some Soldiers and leaders may be able to do more repetitions than prescribed below, and others less. The key point here is to work through the full range of motion on these exercises, and then progress them steadily throughout the program.

Train hard. Train smart.

Session 1: Strength + Threshold running

- Warm-up:

3 rounds of:

5 x trap-bar dead lift @135# (men)/ 95# (women)

10 regular push-ups

3 x pull-ups (use band if necessary, work through full range of motion)

- 5 rounds of:

3 x trap-bar dead lift (increase until weight is difficult but doable)

15 x hand-release push-ups (for very strong athletes, they may start out at a higher number for their working rounds of push-ups, and then increase them at the same rate throughout the program)

- 5 rounds of:

8 x Kettlebell (KB) or Dumbbell (DB) squats – increase DBD

4 x pull-up + leg tuck. (For this exercise, conduct a pull-up – Soldiers can alternate pull-up/chin-up grip – and then bring your knees to your chest. The key here is to rotate your hips slightly up at the top of the movement in order to mimic the exact movement required from the leg tuck event.)

In-step stretch

- 1 round of:

Run 10 minutes at threshold (chart uses tempo) pace. This should be an uncomfortable pace and one where you cannot hold a conversation. (Use 2-mile pace chart as a guide based on your goal 2-mile run time.)

Easy running or walking for 3-5 minutes.

- 1 round of:
Run 5 minutes at threshold pace.

Easy running or walking for 3-5 minutes to cool down.

- 3 rounds of:
60 second front plank
10 x lower back raises

- 3 rounds of:
Standing hamstring stretch
Hip flexor stretch
Seated groin stretch

Session 2: Core/Grip + intervals

Warm-up:

- 3 rounds of:
10 x jumping jacks
10 x mountain climbers (2-count)
Hip swivel stretch, each leg

- 5 rounds of:
5 x leg tucks
20 x seated Russian twists (unweighted)

- 5 rounds of:
10 x KB swings (increase until DBD)
(Focus here is on your posterior chain – low back and then generating power through your hips)
10 x tricep dips (use a bench/stairs – to isolate the triceps)

- 5 rounds of:
50m farmer carry (25m down and back) @40# KB or above. (If you need to start lighter, by all means, use lighter KBs to start.)
Set KBs down.
50m run (25m down/25m back) Jog down, focus on explosive turn, and spring 80-85% effort back.
Rest 45 seconds.

- 5 rounds of:
Run 400m (use 2-mile pace chart to identify the appropriate pace)
Rest 2 minutes

*The first 3 weeks of the program will include 400m intervals to help increase leg turnover for the 2-mile run, and then the program will transition to shorter sprints to prepare for the sprint-drag-carry.

Session 3: Endurance/recovery

Foot-march (at unit prescribed pace/distance)

OR

4-mile run @moderate pace (8-8:30/mile goal)

- 3 rounds of:
Hip stability exercises (lay on side, 25 x leg raises w/ toe pointed down, 25 x leg raises w/toes straight – each leg)
25 x shoulder durability exercise w/2.5 or 3# weight, each arm
<https://mtntactical.com/exercises/mnt435-shoulder-hand-job/>

1 x 70 second front plank.

Session 4: Strength/Technique

The focus of this session is to work on technique and power/explosiveness.

Choose power cleans or hang power cleans after the warm-up for the duration of the program based on your level of comfort with either exercise. Power cleans begin from the ground, hang-power cleans begin from the thighs, with the weight already off the ground.

Warm-up

- 3 rounds of (w/barbell):
3 x hang power cleans@95# men @65# (women)
6 x push press @95# men @65# (women)
6 x back squats @95/65

- 5 rounds of:
2 x power clean or hang power clean (increase DBD)
Chest stretch

- 5 rounds of:
3 x push press (increase DBD)
3rd world stretch

- 5 rounds of:
5 x trap-bar dead-lift (focus here is lighter weight, technique) – Soldiers should work at a lower weight, by 30-40 pounds, than their DBD sets from Session 1 and focus on their form.

Hip flexor stretch into pigeon stretch (each leg)

- 3 rounds of:
30/30 side planks
30 seconds. Rest

- 8-10 minutes of ball throw technique work. Work with a partner and watch each other conduct the power throw to offer coaching tips. Use a 10# ball to start and then work up to a 12 or 15# ball for increased difficulty.

<https://www.youtube.com/watch?v=ihpqz2Wtooc>

(Copy and paste link for a baseline introduction to the standing power throw.)

Session 5: Bodyweight strength work/intervals

Warm-up

- 3 rounds of:
10 x bodyweight squats
10 x regular push-ups
3 x pull-ups (palms away)

- 6 rounds of:
20 sec. on/40 sec. rest – Hand-release push-ups.

- 6 rounds of:
3-5 pull-ups/40 sec. rest (Alternate grip each round) (stronger athletes should begin at 5 pull-ups, while those that struggle with pull-ups should start at 3 and build up throughout the program. Use a band if necessary to work through the full range of motion.)

- 6 rounds of:
6 x DB/KB squat @25# men (10# women)
6 x bodyweight squats
6 x jump squats
30 seconds rest

- 4 rounds of:
15 x dips
15 x bent-over rows (barbell or dumbbell)

1 set of max reps – Leg Tucks.

4 rounds of:
Run 800m (use pace chart)
Rest 3 minutes

Session 6: Strength/Threshold running

Warm-up:

3 rounds of:
5 x trap-bar dead lift @135# (men)/ 95# (women)
10 regular push-ups

3 x pull-ups (use band if necessary, work through full range of motion)

- 5 rounds of:
3 x trap-bar dead lift (increase until weight is difficult but doable)
18 x hand-release push-ups

- 5 rounds of:
8 x Kettlebell (KB) or Dumbbell (DB) squats – increase DBD
5 x pull-up + leg tuck.
In-step stretch

- 1 round of:
Run 12 minutes at threshold pace.

Easy running or walking for 3-5 minutes.

- 1 round of:
Run 5 minutes at threshold pace.

Easy running or walking for 3-5 minutes to cool down.

- 3 rounds of:
65 second front plank
12 x lower back raises

- 3 rounds of:
Standing hamstring stretch
Hip flexor stretch
Seated groin stretch

Session 7: Core/Grip + Intervals

Warm-up:

- 3 rounds of:
10 x jumping jacks
10 x mountain climbers (2-count)
Hip swivel stretch, each leg

- 5 rounds of:
6 x leg tucks
20 x seated Russian twists (unweighted)

- 5 rounds of:
12 x KB swings (increase until DBD)
12 x tricep dips

- 5 rounds of:
50m farmer carry (25m down and back) @40# KB or above.

- Set KBs down -

50m run (25m down/25m back) Jog down, focus on explosive turn, and spring 80-85% effort back.

Rest 45 seconds.

- 6 rounds of:

Run 400m (use 2-mile pace chart to identify the appropriate pace)

Rest 2 minutes

Session 8: Endurance/ Recovery

Foot-march (at unit prescribed pace/distance)

OR

5-mile run @moderate pace (8-8:30/mile goal)

- 3 rounds of:

Hip stability exercises (lay on side, 25 x leg raises w/ toe pointed down, 25 x leg raises w/toes straight – each leg)

25 x shoulder durability exercise w/2.5 or 3# weight

1 x 80 second front plank

Session 9: Strength + Technique work

Warm-up

- 3 rounds of (w/barbell):

3 x hang power cleans@95# men @65# (women)

6 x push press @95# men @65# (women)

6 x back squats @95/65

- 5 rounds of:

2 x power clean or hang power clean (increase DBD)

Chest stretch

- 5 rounds of:

3 x push press (increase DBD)

3rd world stretch

- 5 rounds of:

5 x trap-bar dead-lift (focus here is lighter weight, technique)

Hip flexor stretch into pigeon stretch

- 4 rounds of:

30/30 side planks

30 seconds. Rest

- 8-10 minutes of ball throw technique work.

Session 10: Bodyweight strength/Intervals

Warm-up

- 3 rounds of:

10 x bodyweight squats

10 x regular push-ups

3 x pull-ups (palms away)

- 6 rounds of:

25 sec. on/35 sec. rest – Hand-release push-ups.

- 6 rounds of:

4-6 pull-ups/40 sec. rest (Alternate grip each round)

- 6 rounds of:

7 x DB/KB squat @25# men (10# women)

7 x bodyweight squats

7 x jump squats

30 seconds rest

- 4 rounds of:

16 x dips

16 x bent-over rows (barbell or dumbbell)

1 set of max reps – Leg Tucks.

5 rounds of:

Run 800m (use pace chart)

Rest 3 minutes

Session 11: Strength + threshold running

Warm-up:

3 rounds of:

5 x trap-bar dead lift @135# (men)/ 95# (women)

10 regular push-ups

3 x pull-ups (use band if necessary, work through full range of motion)

- 5 rounds of:

3 x trap-bar dead lift (increase until weight is difficult but doable)

20 x hand-release push-ups

- 5 rounds of:

8 x Kettlebell (KB) or Dumbbell (DB) squats – increase DBD

6 x pull-up + leg tuck.

In-step stretch

- 1 round of:

Run 14 minutes at threshold pace.

Easy running or walking for 3-5 minutes.

- 1 round of:

Run 4 minutes at threshold pace.

Easy running or walking for 3-5 minutes to cool down.

- 3 rounds of:
70 second front plank
12 x lower back raises

- 3 rounds of:
Standing hamstring stretch
Hip flexor stretch
Seated groin stretch

Session 12: Core/Grip + Intervals

Warm-up:
- 3 rounds of:
10 x jumping jacks
10 x mountain climbers (2-count)
Hip swivel stretch, each leg

- 5 rounds of:
7 x leg tucks
20 x seated Russian twists (unweighted)

- 5 rounds of:
14 x KB swings (increase until DBD)
14 x tricep dips

- 5 rounds of:
50m farmer carry (25m down and back) @40# KB or above.
- Set KBs down -
50m run (25m down/25m back) Jog down, focus on explosive turn, and spring 80-85% effort back.
Rest 45 seconds.

- 7 rounds of:
Run 400m (use 2-mile pace chart to identify the appropriate pace)
Rest 2 minutes

Session 13: Endurance/ Recovery

Foot-march (at unit prescribed pace/distance)

OR

5-mile run @moderate pace (8-8:30/mile goal)

- 3 rounds of:
Hip stability exercises (lay on side, 25 x leg raises w/ toe pointed down, 25 x leg raises w/toes straight – each leg)
25 x shoulder durability exercise w/2.5 or 3# weight

1 x 90 second front plank

Session 14: Strength + Technique work

Warm-up
- 3 rounds of (w/barbell):
3 x hang power cleans @95# men @65# (women)
6 x push press @95# men @65# (women)
6 x back squats @95/65

- 5 rounds of:
2 x power clean or hang power clean (increase DBD)
Chest stretch

- 5 rounds of:
3 x push press (increase DBD)
3rd world stretch

- 5 rounds of:
5 x trap-bar dead-lift (focus here is lighter weight, technique)
Hip flexor stretch into pigeon stretch

- 5 rounds of:
30/30 side planks
30 seconds. Rest

- 8-10 minutes of ball throw technique work.

Session 15: Bodyweight strength/Intervals

Warm-up
- 3 rounds of:
10 x bodyweight squats
10 x regular push-ups
3 x pull-ups (palms away)

- 5 rounds of:
30 sec. hand-release push-ups
30 sec. rest

- 6 rounds of:
5-7 pull-ups/35 sec. rest (Alternate grip each round)

- 6 rounds of:
8 x DB/KB squat @25# men (10# women)
8 x bodyweight squats
8 x jump squats
30 seconds rest

- 4 rounds of:
17 x dips
17 x bent-over rows (barbell or dumbbell)

1 set of max reps – Leg Tucks.

6 rounds of:
Run 800m (use pace chart)
Rest 3:30

Session 16: Strength + threshold running

Warm-up:

3 rounds of:

5 x trap-bar dead lift @135# (men)/ 95# (women)

10 regular push-ups

3 x pull-ups (use band if necessary, work through full range of motion)

- 5 rounds of:

3 x trap-bar dead lift (increase until weight is difficult but doable)

23 x hand-release push-ups

- 5 rounds of:

8 x Kettlebell (KB) or Dumbbell (DB) squats – increase DBD

7 x pull-up + leg tuck.

In-step stretch

- 1 round of:

Run 15 minutes at threshold pace.

Easy running or walking for 3-5 minutes to cool down.

- 3 rounds of:

75 second front plank

15 x lower back raises

- 3 rounds of:

Standing hamstring stretch

Hip flexor stretch

Seated groin stretch

Session 17: Core/Grip + Intervals

Warm-up:

- 3 rounds of:

10 x jumping jacks

10 x mountain climbers (2-count)

Hip swivel stretch, each leg

- 5 rounds of:

8 x leg tucks

25 x seated Russian twists (unweighted)

- 5 rounds of:

15 x KB swings (increase until DBD)

15 x tricep dips

- 5 rounds of:

50m farmer carry (25m down and back) @40# KB or above.

- Set KBs down -

50m run (25m down/25m back) Jog down, focus on explosive turn, and spring 80-85% effort back.

Rest 45 seconds.

- 6 rounds of:

100m sprints (25m down & back – 2x)

45 seconds rest

-4 rounds of:

50m side shuffle (25m down & back)

30 seconds rest

Session 18: Endurance/ Recovery

Foot-march (at unit prescribed pace/distance)

OR

5-mile run @moderate pace (8-8:30/mile goal)

- 3 rounds of:

Hip stability exercises (lay on side, 25 x leg raises w/ toe pointed down, 25 x leg raises w/toes straight – each leg)

25 x shoulder durability exercise w/2.5 or 3# weight

1 x 1 min. 40 second front plank

Session 19: Strength + Technique work

Warm-up

- 3 rounds of (w/barbell):

3 x hang power cleans@95# men @65# (women)

6 x push press @95# men @65# (women)

6 x back squats @95/65

- 5 rounds of:

2 x power clean or hang power clean (increase DBD)

Chest stretch

- 5 rounds of:

3 x push press (increase DBD)

3rd world stretch

- 5 rounds of:

5 x trap-bar dead-lift (focus here is lighter weight, technique)

Hip flexor stretch into pigeon stretch

- 4 rounds of:

35/35 side planks

30 seconds. Rest

- 8-10 minutes of ball throw technique work.

Session 20: Bodyweight strength/Intervals

Warm-up

- 3 rounds of:

10 x bodyweight squats

10 x regular push-ups

3 x pull-ups (palms away)

- 5 rounds of:

40 sec. hand-release push-ups

60 sec. rest

- 6 rounds of:

5-7 pull-ups/35 sec. rest (Alternate grip each round)

- 6 rounds of:

8 x DB/KB squat @25# men (10# women)

8 x bodyweight squats

8 x jump squats

30 seconds rest

- 4 rounds of:

18 x dips

18 x bent-over rows (barbell or dumbbell)

1 set of max reps – Leg Tucks.

1 round of:

Run 1600m (use pace chart)

Jog easy for 5 minutes

4 rounds of:

Run 800m (use pace chart)

Rest 3:15

---- De-load week ----

Session 21: Strength + threshold running

Warm-up:

3 rounds of:

5 x trap-bar dead lift @135# (men)/ 95# (women)

10 regular push-ups

3 x pull-ups (use band if necessary, work through full range of motion)

- 5 rounds of:

2 x trap-bar dead lift (increase until weight is difficult but doable)

20 x hand-release push-ups

- 5 rounds of:

6 x Kettlebell (KB) or Dumbbell (DB) squats – increase DBD

6 x pull-up + leg tuck.

In-step stretch

- 1 round of:

Run 10 minutes at threshold pace.

Easy running or walking for 3-5 minutes to cool down.

- 3 rounds of:

65 second front plank

10 x lower back raises

- 3 rounds of:

Standing hamstring stretch

Hip flexor stretch

Seated groin stretch

Session 22: Core/Grip + Intervals

Warm-up:

- 3 rounds of:

10 x jumping jacks

10 x mountain climbers (2-count)

Hip swivel stretch, each leg

- 5 rounds of:

6 x leg tucks

20 x seated Russian twists (unweighted)

- 5 rounds of:

15 x KB swings (increase until DBD)

15 x tricep dips

- 5 rounds of:

50m farmer carry (25m down and back) @40# KB or above.

- Set KBs down -

50m run (25m down/25m back) Jog down, focus on explosive turn, and spring 80-85% effort back.

Rest 45 seconds.

- 4 rounds of:

100m sprints (25m down & back – 2x)

45 seconds rest

-4 rounds of:

50m side shuffle (25m down & back)

30 seconds rest

Session 23: Endurance/ Recovery

Foot-march (at unit prescribed pace/distance)

OR

4-mile run @moderate pace (8-8:30/mile goal)

- 3 rounds of:
Hip stability exercises (lay on side, 25 x leg raises w/ toe pointed down, 25 x leg raises w/toes straight – each leg)
25 x shoulder durability exercise w/2.5 or 3# weight
- 1 x 90 second front plank

Session 24: Strength + Technique work

Warm-up

- 3 rounds of (w/barbell):
3 x hang power cleans @95# men @65# (women)
6 x push press @95# men @65# (women)
6 x back squats @95/65

- 4 rounds of:
2 x power clean or hang power clean (increase DBD)
Chest stretch

- 4 rounds of:
3 x push press (increase DBD)
3rd world stretch

- 3 rounds of:
5 x trap-bar dead-lift (focus here is lighter weight, technique)
Hip flexor stretch into pigeon stretch

- 3 rounds of:
35/35 side planks
30 seconds. Rest

- 5 minutes of ball throw technique work.

Session 25: Bodyweight strength/Intervals

Warm-up

- 3 rounds of:
10 x bodyweight squats
10 x regular push-ups
3 x pull-ups (palms away)

- 4 rounds of:
40 sec. hand-release push-ups
60 sec. rest

- 4 rounds of:
5 pull-ups/40 sec. rest (Alternate grip each round)

- 4 rounds of:
8 x DB/KB squat @25# men (10# women)
8 x bodyweight squats
8 x jump squats
30 seconds rest

- 3 rounds of:
18 x dips
18 x bent-over rows (barbell or dumbbell)

- 1 round of:
Run 1600m (use pace chart)
Jog easy for 5 minutes

- 2 rounds of:
Run 800m (use pace chart)
Rest 3:30

Session 26: Strength + threshold running

Warm-up:

- 3 rounds of:
5 x trap-bar dead lift @135# (men)/ 95# (women)
10 regular push-ups
3 x pull-ups (use band if necessary, work through full range of motion)

- 6 rounds of:
2 x trap-bar dead lift (increase until weight is difficult but doable)
25 x hand-release push-ups

- 5 rounds of:
8 x Kettlebell (KB) or Dumbbell (DB) squats – increase DBD
8 x pull-up + leg tuck.
In-step stretch

- 1 round of:
Run 12 minutes at threshold pace
Jog 3-5 minutes

- 1 round of:
5 minutes at threshold pace

Easy running or walking for 3-5 minutes to cool down.

- 3 rounds of:
80 second front plank
15 x lower back raises

- 3 rounds of:
Standing hamstring stretch
Hip flexor stretch
Seated groin stretch

Session 27: Core/Grip + Intervals

Warm-up:

- 3 rounds of:
10 x jumping jacks

10 x mountain climbers (2-count)
Hip swivel stretch, each leg

- 5 rounds of:
9 x leg tucks
25 x seated Russian twists (unweighted)

- 5 rounds of:
15 x KB swings (increase until DBD)
15 x tricep dips

- 5 rounds of:
50m farmer carry (25m down and back) @40# KB or above.

- Set KBs down -
50m run (25m down/25m back) Jog down, focus on explosive turn, and spring 80-85% effort back.
Rest 45 seconds.

- 8 rounds of:
100m sprints (25m down & back – 2x)
45 seconds rest

-4 rounds of:
50m side shuffle (25m down & back)
30 seconds rest

Session 28: Endurance/ Recovery

Foot-march (at unit prescribed pace/distance)

OR

5.5-mile run @moderate pace (8-8:30/mile goal)

- 3 rounds of:
Hip stability exercises (lay on side, 25 x leg raises w/ toe pointed down, 25 x leg raises w/toes straight – each leg)
25 x shoulder durability exercise w/2.5 or 3# weight

1 x 2 minute front plank

Session 29: Strength + Technique work

Warm-up
- 3 rounds of (w/barbell):
3 x hang power cleans@95# men @65# (women)
6 x push press @95# men @65# (women)
6 x back squats @95/65

- 5 rounds of:
2 x power clean or hang power clean (increase DBD)
Chest stretch

- 5 rounds of:
3 x push press (increase DBD)
3rd world stretch

- 5 rounds of:
5 x trap-bar dead-lift (focus here is lighter weight, technique)
Hip flexor stretch into pigeon stretch

- 4 rounds of:
40/40 side planks
30 seconds. Rest

- 8-10 minutes of ball throw technique work.

Session 30: Bodyweight strength/Intervals

Warm-up
- 3 rounds of:
10 x bodyweight squats
10 x regular push-ups
3 x pull-ups (palms away)

- 2 rounds of:
60 sec. hand-release push-ups
90 sec. rest
- 2 rounds of:
45 sec. HR push-ups
60 sec. rest

- 6 rounds of:
6x pull-ups/35 sec. rest (Alternate grip each round)

- 6 rounds of:
8 x DB/KB squat @25# men (10# women)
8 x bodyweight squats
8 x jump squats
30 seconds rest

- 4 rounds of:
20 x dips
20 x bent-over rows (barbell or dumbbell)

1 set of max reps – Leg Tucks.

2 rounds of:
Run 1600m (use pace chart)
Jog easy for 5 minutes

2 rounds of:
Run 400m (use pace chart)
Rest 2 minutes

Session 31: Strength + threshold running

Warm-up:

3 rounds of:
5 x trap-bar dead lift @135# (men)/ 95# (women)
10 regular push-ups
3 x pull-ups (use band if necessary, work through full range of motion)

- 6 rounds of:
2 x trap-bar dead lift (increase until weight is difficult but doable)
25 x hand-release push-ups

- 5 rounds of:
8 x Kettlebell (KB) or Dumbbell (DB) squats – increase DBD
8 x pull-up + leg tuck.
In-step stretch

- 1 round of:
Run 14 minutes at threshold pace
Easy running or walking for 3-5 minutes to cool down.

- 3 rounds of:
80 second front plank
15 x lower back raises

- 3 rounds of:
Standing hamstring stretch
Hip flexor stretch
Seated groin stretch

Session 32: Core/Grip + Intervals

Warm-up:

- 3 rounds of:
10 x jumping jacks
10 x mountain climbers (2-count)
Hip swivel stretch, each leg

- 5 rounds of:
10 x leg tucks
30 x seated Russian twists (unweighted)

- 5 rounds of:
15 x KB swings (increase until DBD)
15 x tricep dips

- 5 rounds of:
50m farmer carry (25m down and back) @40# KB or above.

- Set KBs down -
50m run (25m down/25m back) Jog down, focus on explosive turn, and spring 80-85% effort back.
Rest 45 seconds.

- 8 rounds of:

100m sprints (25m down & back – 2x)
45 seconds rest

-4 rounds of:
50m side shuffle (25m down & back)
30 seconds rest

Session 33: Endurance/ Recovery

Foot-march (at unit prescribed pace/distance)

OR

5.5-mile run @moderate pace (8-8:30/mile goal)

- 3 rounds of:
Hip stability exercises (lay on side, 25 x leg raises w/ toe pointed down, 25 x leg raises w/toes straight – each leg)
25 x shoulder durability exercise w/2.5 or 3# weight

1 x 2 minute front plank

Session 34: Strength + Technique work

Warm-up

- 3 rounds of (w/barbell):
3 x hang power cleans@95# men @65# (women)
6 x push press @95# men @65# (women)
6 x back squats @95/65

- 5 rounds of:
2 x power clean or hang power clean (increase DBD)
Chest stretch

- 5 rounds of:
3 x push press (increase DBD)
3rd world stretch

- 5 rounds of:
5 x trap-bar dead-lift (focus here is lighter weight, technique)
Hip flexor stretch into pigeon stretch

- 4 rounds of:
40/40 side planks
30 seconds. Rest

- 8-10 minutes of ball throw technique work.

Session 35: Bodyweight strength/Intervals

Warm-up

- 3 rounds of:
10 x bodyweight squats
10 x regular push-ups

3 x pull-ups (palms away)

- 2 rounds of:

75 sec. hand-release push-ups

90 sec. rest

- 2 rounds of:

45 sec. HR push-ups

60 sec. rest

- 6 rounds of:

7x pull-ups/40 sec. rest (Alternate grip each round)

- 5 rounds of:

8 x DB/KB squat @25# men (10# women)

8 x bodyweight squats

8 x jump squats

30 seconds rest

- 4 rounds of:

20 x dips

20 x bent-over rows (barbell or dumbbell)

1 set of max reps – Leg Tucks.

2 rounds of:

Run 1600m (use pace chart)

Jog easy for 5 minutes

2 rounds of:

Run 400m (use pace chart)

Rest 2 minutes

----- De-load week -----

Session 36: Strength + threshold running

Warm-up:

3 rounds of:

5 x trap-bar dead lift @135# (men)/ 95# (women)

10 regular push-ups

3 x pull-ups (use band if necessary, work through full range of motion)

- 4 rounds of:

3 x trap-bar dead lift – stay light, concentrate on form

20 x hand-release push-ups

- 5 rounds of:

6 x Kettlebell (KB) or Dumbbell (DB) squats – increase DBD

6 x pull-up + leg tuck.

In-step stretch

- 1 round of:

Run 10 minutes at threshold pace.

Easy running or walking for 3-5 minutes to cool down.

- 3 rounds of:

65 second front plank

10 x lower back raises

- 3 rounds of:

Standing hamstring stretch

Hip flexor stretch

Seated groin stretch

Session 37: Core/Grip + Intervals

Warm-up:

- 3 rounds of:

10 x jumping jacks

10 x mountain climbers (2-count)

Hip swivel stretch, each leg

- 5 rounds of:

6 x leg tucks

20 x seated Russian twists (unweighted)

- 5 rounds of:

15 x KB swings (increase until DBD)

15 x tricep dips

- 5 rounds of:

50m farmer carry (25m down and back) @40# KB or above.

- Set KBs down -

50m run (25m down/25m back) Jog down, focus on explosive turn, and spring 80-85% effort back.

Rest 45 seconds.

- 4 rounds of:

100m sprints (25m down & back – 2x)

45 seconds rest

-2 rounds of:

50m side shuffle (25m down & back)

30 seconds rest

Session 38: Endurance/ Recovery

Foot-march (at unit prescribed pace/distance)

OR

4-mile run @moderate pace (8-8:30/mile goal)

- 3 rounds of:

Hip stability exercises (lay on side, 25 x leg raises w/ toe pointed down, 25 x leg raises w/toes straight – each leg)
25 x shoulder durability exercise w/2.5 or 3# weight

1 x 90 second front plank

Session 39: Strength + Technique work

Warm-up

- 3 rounds of (w/barbell):
3 x hang power cleans @95# men @65# (women)
6 x push press @95# men @65# (women)
6 x back squats @95/65

- 4 rounds of:
2 x power clean or hang power clean (keep weight light, concentrate on form)
Chest stretch

- 4 rounds of:
3 x push press (keep weight light)
3rd world stretch

- 3 rounds of:
5 x trap-bar dead-lift (focus here is lighter weight, technique)
Hip flexor stretch into pigeon stretch

- 3 rounds of:
35/35 side planks
30 seconds. Rest

- 5 minutes of ball throw technique work.

Session 40: Bodyweight strength/Intervals

Warm-up

- 3 rounds of:
10 x bodyweight squats
10 x regular push-ups
3 x pull-ups (palms away)

- 2 rounds of:
60 sec. hand-release push-ups
90 sec. rest

- 4 rounds of:
6 pull-ups/40 sec. rest (Alternate grip each round)

- 4 rounds of:
6 x DB/KB squat @25# men (10# women)
6 x bodyweight squats
6 x jump squats
30 seconds rest

- 3 rounds of:
15 x dips
15 x bent-over rows (barbell or dumbbell)

3 rounds of:
Run 800m (use pace chart)
Rest 3:30

----- Testing week -----

During testing week, continue to stay loose with light activity until you execute the test. You can execute portions of the de-load sessions to stay loose – just don't over-do it before the test.

Train hard. Train smart.