



UNITED STATES MARINE CORPS  
MARINE AVIATION DETACHMENT  
22401 CEDAR POINT ROAD, BUILDING 102  
NAVAL AIR STATION  
PATUXENT RIVER, MARYLAND 20670-1188

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CO  
20 Oct 21

From: Commanding Officer, Marine Aviation Detachment, Patuxent River and  
China Lake-Point Mugu  
To: Distribution List

Subj: LETTER OF INSTRUCTION FOR MARINE AVIATION DETACHMENT FORCE FITNESS  
PROGRAM

Ref: (a) MCO 6100.14, Marine Corps Physical Fitness Program  
(b) MCO 6110.3A W/CH-3, Marine Corps Body Composition Program  
(c) MCO 1500.62, Force Fitness Instructor Program

Encl: (1) Training Schedule  
(2) Force Fitness Cards  
(3) Running Program  
(4) Risk Assessment Worksheets  
(5) Flash Report

1. Situation. Physical fitness is an essential part of being a Marine; therefore, physical fitness must be an integral part of every Marine's character. The Force Fitness Instructor (FFI) serves as the commander's subject matter expert on nutrition, physical fitness, and sports-related injury prevention and rehabilitation. The FFI advises the commander on the design and implementation of a structured physical fitness training program that is uniquely tailored to the unit's training and exercise employment plan. An FFI is capable of assessing and baselining the physical fitness of individual Marines and then designing a comprehensive program to facilitate progressive improvement to serve as the unit's Force Fitness Program (FFP). Every Marine attached to Marine Aviation Detachment (MAD) must be physically fit regardless of age, rank or billet. Marines who do not meet the Marine Corps physical fitness requirements detract from their unit's readiness. Due to the nature of the mission at the MAD, training will be conducted by Marines at the best available time in their schedule. Marines will conduct training in safe training areas. Training will follow instruction based on the FFP and references.

2. Mission. Beginning 1 November 2021, the primary Force Fitness Instructor will begin the implementation of the MAD's FFP utilizing Force Fitness methodologies. The Force Fitness Cards and training schedule are to be utilized by the Marines attached to the MAD. The Force Fitness Cards are structured so Marines can complete the workouts on the training schedule regardless of location (i.e. being on leave or on a temporary duty assignment). Training is conducted in order to increase the combat readiness of our Marines, and to ensure that the MAD remains compliant with Marine Corps Order 6110.3A CH-3, and 6100.14.

3. Execution

a. Commander's Intent. The FFP will ensure the Marines of the MAD understand the physical standards of fitness and how they can best train to uphold those standards. Marines must be consistent in training and understand that it takes commitment to adopt a healthy lifestyle of fitness. Leaders at the lowest level need to understand how to train their Marines in accordance with the Force Fitness methodologies. This will be accomplished by instruction from the primary FFI. My end state is to shape physically fit Marines to become stronger warfighters.

b. Concept of Operations. FFIs assigned to the MAD will access individual and unit strengths for Marines in accordance with references (a), (b), and (c) utilizing the FFI unit and individual assessment guides. The techniques and required combat conditioning associated with the Marine Corps FFP are designed to be rigorous and will be physically and mentally challenging for each Marine that receives the training. Force Fitness Instructors will execute and oversee the training while implementing and enforcing all aspects of safety through demonstration of all techniques and utilizing Operational Risk Management (ORM), see enclosure 4. The FFIs will NOT treat Marines for obesity, diagnose or treat medical injuries, or prescribe meal plans and specific caloric needs for Marines.

c. Combat Conditioning. Combat conditioning is any physical training that directly improves our Marines' readiness for combat. Combat conditioning plays a major role in a Marine's ability to stay in the fight and accomplish the mission. As such, Marines will conduct PT events that will challenge them physically and mentally. Marines will use the Marine Corps' FFP to guide them in their overall training.

d. Running Program. The running program provided is a 6 week program designed to be utilized alongside the FFP. Marines can use this plan at their discretion. It is structured so that the Marine only runs 3 days per week. A detailed explanation of the program can be found in enclosure 3. Day 1 is an aerobic conditioning day done in conjunction with your active recovery day. An active recovery day would be a mobility day during the program. Day 2 is designed to incorporate speed workouts. This can be done at any point during the week as long as it does not interfere with lower body or speed and agility cards. Make sure you leave time for optimal recovery from these cards as well as the speed workout. Day 3 is an aerobic conditioning run. Generally this will best fit in on the weekend; however, it is at the discretion of the individual when to incorporate this.

e. Tasks

(1) Primary Force Fitness Instructor

- (a) Brief the training plan to the MAD Commanding Officer and provide ORM matrix to be used during training.

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- (b) Provide a copy of the training schedule to the MAD Training Chief.
  - (c) Plan, implement, and supervise the FFP training schedule.
  - (d) The FFIs are responsible for the training and safety of all Marines participating in the training.
  - (e) Conduct a safety brief at the beginning of each training session to ensure full compliance with this LOI and ensure that Marines fully understand safety guidelines.
  - (f) Suspend or remove any Marine conducting training in any unsafe manner.
  - (g) Ensure that step by step execution is utilized for all movements.
  - (h) Report all injuries, regardless of lost work time, via flash report and a copy of the flash report will be sent to MAD S-1 for tracking.
  - (i) Give nutrition and injury prevention classes during annual or semi-annual unit training.
  - (j) Share Department of Defense resources with Marines regarding physical fitness, injury prevention, and nutrition.
  - (k) Educate and assist Marines in organization and planning regarding physical fitness and nutrition.
  - (l) Coordinate with local Medical and Athletic Trainers to develop a customized program for Marines with injuries or mobility concerns.
  - (m) Work individually with Marines to achieve required MOS and Marine Corps standards (i.e. Physical/Combat Fitness Tests).
- (2) MAD HQ/S-1
- (a) File a copy of the Quarterly Training Schedule and Risk Assessment Matrix.
  - (b) Maintain copies of any flash reports sent by the FFI for tracking purposes.
  - (c) Ensure appointment letters for FFIs are filed and maintained accordingly.

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f. Coordinating Instructions

(1) The uniform worn during training will be Marine Corps approved Physical Fitness uniforms, seasonal camouflage utilities or appropriate civilian PT gear.

(2) Due to the nature of the mission at the MAD, training will be conducted by Marines at the best available time in their schedule. Marines will conduct training in safe training areas. Training will follow instruction based on the Force Fitness Program and references.

4. Administration and Logistics

a. Accountability. FFIs will maintain accountability of all Marines in training to include administrative material.

b. Risk Management. Due to the nature of training, deliberate and time critical risk assessment must be utilized in order to mitigate potential hazards.

c. Training. All training will be in compliance with FFI Force Fitness methodologies.

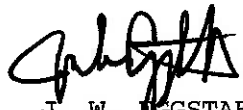
5. Command and Signal

a. Command

(1) The Primary Force Fitness Instructor is Gunnery Sergeant Brashear.

(2) The MAD Commanding Officer will select and assign in writing command approved FFIs.

b. Signal. The point of contact for this training is Gunnery Sergeant Bryan K. Brashear at bryan.k.brashear2.mil@us.navy.mil or phone (252)497-0435.

  
J. W. McGSTAFF

## **Quarterly Training Schedule (November, December, January 2021/2022)**

### **COMMANDERS INTENT:**

The Force Fitness Program will ensure the Marines of MAD Patuxent River understand the physical standards of fitness and how they can best train to uphold those standards. Marines must be consistent in training and understand that it takes commitment to adopt a healthy lifestyle of fitness. Leaders at the lowest level need to understand how to train their Marines in accordance with the Force Fitness methodologies. This will be accomplished by instruction from the primary FFI. My end state is to shape physically fit Marines to become stronger warfighters.

### **NUMBER OF PERSONNEL:**

Approximately 170 Marines, spread out over 24 Program Offices, 3 developmental test squadrons, US Naval Test Pilot School, 2 competencies (Engineering and Logistics) and the MAD headquarters.

### **EQUIPMENT AND SPACE:**

The Drill Hall Fitness Center aboard Naval Air Station Patuxent River has enough space and equipment to complete all workouts prescribed in the training program. However, the Force Fitness Cards are designed to be used in any location by simply modifying workouts to the available equipment and space. All PT events will be conducted in Marine Corps approved Physical Fitness uniforms, seasonal camouflage utilities or appropriate civilian PT gear.

### **TIME ALLOTTED:**

The unit does not have specific times allotted for physical training. The expectation will be that Marines will conduct the workouts prescribed each day on their own time. In most cases, Marines should be able to accomplish the workouts within one hour.

### **TIME FRAME COVERED:**

This training calendar has been programmed for three months. It will start on 5 November 2021 and end on 31 January 2022. The training calendar will be updated quarterly.

#### LEGEND FOR CALENDAR:

The first line will state what phase we are in the programming. The second line will state what Force Fitness Card will be executed on that day. (i.e. Card #1, Card #2). The third line will state what type of workout is being prescribed (i.e. Upper Body, Challenge Card, 800m sprints, etc).

**PHASES OF STRENGTH TRAINING:** There are four phases of strength training that provide a foundational baseline for developing combat efficiency. These phases are not exclusive or individual, the Marine will continue to work through all phases or cycle through phases in practicality.

**a. Foundational/Hypertrophy.** The foundational/hypertrophy training phase will adapt the body for more strenuous resistance training later on, by increasing both muscle fiber size and work capacity along with other adaptations such as preparing the ligaments and connective tissue for more strenuous training. The Marine will also develop a base of strength and coordination that will give them the foundation to progress to a Strength Phase. Increasing fiber size will increase the number of cross bridges and capacity.

Example: 3 working sets of 10 repetitions at 60% of one Rep Max (1RM)

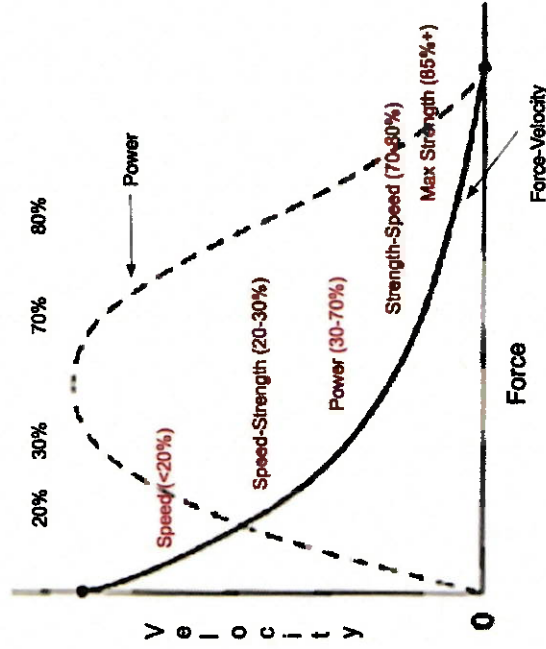
**b. Strength.** Strength is defined as the max load the Marine can move one time. A strength training phase will lead to a high neuromuscular adaptations that will aid in speed development and an increase in joint stability. The body will continue to adapt and be able to recruit more muscle fibers on demand. In this phase, the Marine will be working with loads closer to their 1RM with the goal of increasing their maximal amount of strength.

Example: 4 working sets of 5 repetitions at 85-90% of 1RM

**c. Power.** In this phase the Marine will be training with higher velocities of movement being the focus. They will be moving less than maximal loads but at a higher rate of speed. The Marine will be working on the higher end of the force velocity-curve.

(1) The Force-Velocity Relationship. As the speed of movement increases, force decreases, at very high speeds force production is very low. Between these two extremes is an optimal point for power development. In fact, maximal power occurs at intermediate velocities when lifting moderate loads.

- (a) Assuming a Marine has maximized his or her ability to apply force (through strength training); it would be beneficial if they could train to increase the rate of force production. Increasing the rate at which strength can be generated positively alters the time aspect of the power equation.
- (b) When the athlete can competently lift relatively heavy loads, target repetitions should be in the 3-5 per set range with loads of 75-85% 1RM. Normally, with exercises such as bench presses and squats, loads in the region of 87-93% 1RM can be lifted for 3-5 repetitions. Peak power however, is achieved with moderate, not maximal loads, executed with a fast tempo. By using a load of 75% 1RM and completing a maximum of five repetitions, proper form and speed of execution can be maintained.



- d. **Endurance.** Muscular endurance is required to overcome a relatively low resistance but for prolonged periods. Aerobic endurance is training the cardiovascular system to be more efficient.

Example: Performing 3 repetitions on the minute for 10 minutes at 70% of 1RM or running 3 miles at a sub max pace.

Month #1		November 2021					Hypertrophy/Foundational	
SUN	MON	TUE	WED	THU	FRI	SAT		
	1	2	3	4	5 Hypertrophy CARD #1 Upper Body	6		
7	8 Hypertrophy CARD #2 Lower Body	9	10 Hypertrophy CARD #3 Swim PT	11	12 Hypertrophy CARD #4 PFT Prep	13		
14	15 Hypertrophy CARD #5 Speed and Agility	16	17 <u>PFT</u>	18	19 Hypertrophy CARD #6 Lower Body	20		
21	22 Hypertrophy CARD #7 Upper Body	23	24 Hypertrophy CARD #8 400m Sprints	25	26 Hypertrophy CARD #9 Lower Body	27		
28	29 Deload CARD #10 Upper Body	30 Deload CARD #11 Row Workout						



Month #2				December 2021			Strength Phase		
SUN	MON	TUE	WED	THU	FRI	SAT			
	Strength CARD #13 Upper Body		1 Strength CARD #13 Upper Body	2	3 Strength CARD #14 Lower Body	4			
5	6 Strength CARD #15 Swim PT	7	8 Strength Card #16 800m Sprints	9	10 Strength CARD #17 Upper Body	11			
12	13 Strength CARD #18 Speed & Agility	14	15 Strength CARD #19 Mobility	16	17  CFT	18			
19	20 Strength CARD #20 Lower Body	21	22 Strength CARD #21 Upper Body	23	24	25			
26	27	28	29 Last Date for CFT/Weigh Ins	30	31	1			

January 2022							Endurance Phase	
SUN	MON	TUE	WED	THU	FRI	SAT		
2	3	4 Deload CARD #23 Mobility	5 Deload CARD #24 400m Sprints	6	7	8		
9	10 Endurance CARD #25 Speed & Agility	11	12 Endurance CARD #26 Lower Body	13	14 <u>PFT</u>	15		
16	17 Endurance CARD #27 Upper Body	18	19 Endurance CARD #28 Lower Body	20	21 Endurance CARD #29 Challenge Day	22		
23	24 Endurance CARD #30 Upper Body	25	26 <u>PFT</u>	27	28 Endurance CARD #31 Lower Body	29		
30	31							

# UPPER BODY<sub>v4</sub> CARD

#1

<b>Tier 1</b>	<b>Dynamic Warm-up</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>SETS</b>	<b>NOTES</b>
<b>A</b>	Arm Circles	10		1	
<b>B</b>					
<b>C</b>	Knee to Elbow Push-up	10		1	
<b>D</b>					
<b>E</b>	Bear Crawl		20YDS	1	
<b>F</b>					
<b>G</b>	Inchworm		20YDS	1	
<b>H</b>					
	Side Slide w/ Arm Swing		20YDS	1	
	Build-Up 75%		20YDS	1	
	Mountain Climbers	10		1	
	Burpees	10		1	
<b>Tier 2</b>	<b>Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>NOTES</b>
<b>A</b>	T-Spine Heel Sit w/ Reach	2	10		5 each side
<b>B</b>					
<b>C</b>	TRX Atomic Push-Up	2	10		Push-ups
<b>D</b>					
	Prone Superman	2	10		
	Barbell Bench Press	2	10	Light	
<b>Rest 60 sec Between Rounds</b>					
<b>Tier 3</b>	<b>Main Stressor; Complete 1 set of Exercise A-C, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>REGRESSION</b>
<b>A</b>	Barbell Bench Press	3	8	Medium	TRX Push-up
<b>B</b>					
<b>C</b>	Ammo Can Depth Push-Up	3	10		Push-up
	TRX Plank on Elbow	3	30SEC		Plank
<b>Rest 1 min Between Rounds</b>					
<b>Tier 4</b>	<b>Auxiliary Exercises; Complete 1 set of exercise A-F, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>REGRESSION</b>
<b>A</b>	Kettlebell Upright Row	2	30SEC		Ammo Can or Band Upright Row
<b>B</b>					
<b>C</b>	Med Ball Russian Twist	2	30SEC		Lighter Med Ball
<b>D</b>					
<b>E</b>	Dead Hang Pull-up	2	30SEC		Band Assisted Pull-up

F	Flutter Kicks		2	30SEC		Abdominal Crunches
	Band Triceps Press Downs		2	30SEC		Lighter Band
	Side Plank		2	30SEC		Plank on Hands
	Rest 1 min Between Rounds					
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A					
Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	Bent Over IYT		2	10	N/A	
	1/2 Kneeling Wall Rotation		2	10	N/A	
Tier 6	Flexibility and Foam Rolling					
Order	EXERCISE		SETS	TIME	NOTES	
A B C D	Chest Roll	Chest Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	T-Spine Roll	Shoulder Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Triceps Roll	Triceps Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Trap Roll	Trap Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
STRENGTH • POWER • SPEED • FLEXIBILITY						

<b>LOWER BODY<sub>v4</sub></b>					
<b>CARD #2</b>					
<b>Tier 1</b>	<b>Dynamic Warm-up</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>SETS</b>	<b>NOTES</b>
<b>A B C D E F G H</b>	Long Strider	10		1	
	Side Straddle Hops	10		1	
	Inchworm		20YDS	1	
	Frankenstein		20YDS	1	
	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Groiners	10		1	
	Squat Drops	10		1	
<b>Tier 2</b>	<b>Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A</b>				
	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>NOTES</b>

Order A B C D	Elbow to Instep		2	10		5 each side
	Lateral Squat Wave		2	10		
	Prone Superman		2	10		
	Barbell Front Squat		2	10	Light	
	Rest 60 sec Between Rounds					
Tier 3	Main Stressor; Complete 1 set of Exercise A-C, Repeat from Exercise A					
Order A B C	EXERCISE		SETS	REPS	LOAD	REGRESSION
	Barbell Front Squat		3	10	Medium	KB Goblet Squat
	Sandbag Clean		3	10		Lighter Sandbag
	Farmer Carry		3	1		40 Yard Farmer Walk
	Rest 1 min Between Rounds					
Tier 4	Auxiliary Exercises; Complete 1 set of Exercise A-G, Repeat from Exercise A					
Order A B C D E F G	EXERCISE		SETS	REPS	LOAD	REGRESSION
	Ammo Can Lateral Lunge		2	30SEC		Lateral Lunge
	Med Ball Wood Choppers		2	30SEC		Russian Twist (No Weight)
	Kettlebell Squat		2	30SEC		Bodyweight Squat
	TRX V-sit		2	30SEC		V-Situp
	Tire Flip		2	30SEC		Smaller Tire
	TRX Plank on Elbow		2	30SEC		Regular Plank
	Pistol Box Squat		2	30SEC		Higher Box Height
	Rest 1 min Between Rounds					
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A					
Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	Seated Cross Leg Rotation		2	10	N/A	
	Combinaton Hip		2	10	N/A	
Tier 6	Flexibility and Foam Rolling					
Order A B C D	EXERCISE		SETS	TIME	NOTES	
	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left	

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**SWIM PT**

**CARD #3**

Tier 1					
Dynamic Warm-up					
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Long Strider	15		1	
B					
C	Side Straddle Hops	15		1	
D					
E	Inchworm		20YDS	1	
F					
G	Frankenstein		20YDS	1	
H					
	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Mountain Climbers	20		1	
	Burpees	10		1	
MAIN STRESSOR / WORKOUT					
<p><u>Warm-up Laps:</u></p> <p>25 Meter Crawlstroke (x4)</p> <p><u>Swim Card:</u></p> <p>25 Meter Crawlstroke</p> <p>Arm Circles (10 each direction)</p> <p>25 Meter Crawlstroke</p> <p>20 Leg Lifts</p> <p>25 Meter Crawlstroke</p> <p>20 Flutter Kicks (4 count)</p> <p>25 Meter Crawlstroke</p> <p>25 Push-ups</p> <p>25 Meter Crawlstroke</p> <p>25 Push-ups</p> <p>25 Meter Crawlstroke</p> <p>20 V-ups</p> <p>50 Meter Crawlstroke</p>					

Tier 6		Flexibility and Foam Rolling			
Order A B C D E F G	EXERCISE		SETS	TIME	NOTES
	Calf Roll	Calf Stretch	2	30sec	1 Set Right/1 Set Left
	Hamstring Roll	Hamstring Stretch	2	30sec	1 Set Right/1 Set Left
	Glute Roll	Glute Stretch	2	30sec	1 Set Right/1 Set Left
	Quad Roll	Quad Stretch	2	30sec	1 Set Right/1 Set Left
	Chest Roll	Chest Stretch	2	30sec	1 Set Right/1 Set Left
	Triceps Roll	Triceps Stretch	2	30sec	1 Set Right/1 Set Left
	Trap Roll	Shoulder Stretch	2	30sec	1 Set Right/1 Set Left
<b>STRENGTH • POWER • SPEED • FLEXIBILITY</b>					

PFT PREP					
CARD #4					
Tier 1	Dynamic Warm-up				
Order A B C D E F G H	EXERCISE	REPS	DISTANCE	SETS	NOTES
	Long Strider	15		1	
	Side Straddle Hops	15		1	
	Inchworm		20YDS	1	
	Frankenstein		20YDS	1	
	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Mountain Climbers	20		1	
	Burpees	10		1	
	MAIN STRESSOR / WORKOUT				

	<p style="text-align: center;"><b><u>Complete 8 rounds of:</u></b></p> <p style="text-align: center;">400 meter run 5 burpees 10 pull-ups</p>				
<b>Tier 6</b>	<b>Flexibility and Foam Rolling</b>				
<b>Order</b>	<b>EXERCISE</b>		<b>SETS</b>	<b>TIME</b>	<b>NOTES</b>
<b>A</b>	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>B</b>	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>C</b>					
<b>D</b>	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>STRENGTH • POWER • SPEED • FLEXIBILITY</b>					

<b>AGILITY &amp; THRESHOLD TRAINING v4</b>					
<b>CARD #5</b>					
<b>Tier 1</b>	<b>Dynamic Warm-up</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>SETS</b>	<b>NOTES</b>
<b>A</b>	Highland Fling	10		1	
<b>B</b>					
<b>C</b>	Long Strider	10		1	
<b>D</b>					
<b>E</b>	Inchworm		20YDS	1	
<b>F</b>					
<b>G</b>	Frankenstein		20YDS	1	
<b>H</b>	Walking Leg Cradle		20YDS	1	
<b>I</b>					
<b>J</b>	Walking Lunge		20YDS	1	
<b>K</b>					
<b>L</b>	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Carioca w/ Knee Drive		20YDS	1	
	Speed Skaters	10		1	



	Frog Thrust w/ Jump	10		1	
	Eight Count Body Builder	10		1	
<b>Tier 2</b>	<b>Linear Speed Mechanics; Complete all sets for Exercise A, then B, then C, then D</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>NOTES</b>
<b>A</b>	Prone Starts	2		20yds	
<b>B</b>					
<b>C</b>	Partner Resisted Sprint	2		20yds	
<b>D</b>					
	Straight Leg Shuffle	2		20yds	
	Sprints	2		30yds	
Rest as needed between sets, but keep rest time minimum as possible					
<b>Tier 3</b>	<b>Agility; Complete 1 set of Exercise A-C, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>NOTES</b>		
<b>A</b>	Ladder High Knees	2			
<b>B</b>					
<b>C</b>	Hurdle Hops-Forward	2			
	Prone 5-10-5 Drill	2			
Rest as needed between sets, but keep rest time minimum as possible					
<b>Tier 4</b>	<b>Lactic Acid Threshold; Complete all sets for Exercise A, then B</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>DISTANCE</b>	<b>NOTES</b>	
<b>A</b>	Forward Sled Pull	2	25YDS	Rest 1 minute between sets	
<b>B</b>	300yds Shuttle	2		Rest 2 minutes between sets	
Rest 3 minutes Between Exercise A and B					
<b>Tier 5</b>	<b>Flexibility and Foam Rolling</b>				
<b>Order</b>	<b>EXERCISE</b>		<b>SETS</b>	<b>TIME</b>	<b>NOTES</b>
<b>A</b>	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>B</b>					
<b>C</b>	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>D</b>	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>STRENGTH • POWER • SPEED • FLEXIBILITY</b>					

<p align="center"><b>LOWER BODY<sub>v4</sub> CARD</b></p> <p align="center"><b>#6</b></p>
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<b>Tier 1</b>	<b>Dynamic Warm-up</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>SETS</b>	<b>NOTES</b>
<b>A</b>	Hip Abduction	10		1	
<b>B</b>					
<b>C</b>	Hip Adduction	10		1	
<b>D</b>					
<b>E</b>	Lateral Squat Wave		25YDS	1	
<b>F</b>					
<b>G</b>	Walking Quad Stretch		25YDS	1	
<b>H</b>					
	Carioca w/ Knee Drive		25YDS	1	
	Power Skip (Height)		25YDS	1	
	Frog Thrust w/ Jump	10		1	
	Squat Drops	10		1	
<b>Tier 2</b>	<b>Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>NOTES</b>
<b>A</b>	Elbow to Instep	2	5		5 each side
<b>B</b>					
<b>C</b>	Kettlebell Swing	2	10	Light	
<b>D</b>					
	Prone Superman	2	10		
	Barbell Deadlift	2	10	Light	Hex Bar if available
	<b>Rest 60 sec Between Rounds</b>				
<b>Tier 3</b>	<b>Main Stressor; Complete 1 set of Exercise A-C, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>REGRESSION</b>
<b>A</b>	Barbell Deadlift	3	10	Medium	KB Deadlifts
<b>B</b>					
<b>C</b>	Box Jump	3	8		Box height
	Sandbag Lateral Bag Drag	3	8		Plank
	<b>Rest 1 min Between Rounds</b>				
<b>Tier 4</b>	<b>Auxiliary Exercises; Complete 1 set of Exercise A-G, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>REGRESSION</b>
<b>A</b>	TRX Balance Lunge	2	30SEC		TRX Lunge
<b>B</b>					
<b>C</b>	Sandbag Kneeling Around the World	2	30SEC		Standing or Lighter Sandbag
<b>D</b>					
<b>E</b>	Sandbag Front Squat	2	30SEC		Goblet Squat
<b>F</b>					
<b>G</b>	Hanging Knee Raises	2	30SEC		Flutter Kicks
	Sandbag Clean	2	30SEC		Lighter Sandbag
	Plank	2	30SEC		Abdominal Crunch

	Sandbag Single Leg Deadlift	2	30SEC		Lighter Sandbag	
	Rest 1 min Between Rounds					
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A					
Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	Band Ankle Stretch		3	10	N/A	
	Band Posterior Hip		3	10	N/A	
Tier 6	Flexibility and Foam Rolling					
Order A B C D	EXERCISE		SETS	TIME	NOTES	
	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
STRENGTH • POWER • SPEED • FLEXIBILITY						

UPPER BODY <sub>v4</sub> CARD #7					
Tier 1	Dynamic Warm-up				
Order A B C D E F G H	EXERCISE	REPS	DISTANCE	SETS	NOTES
	Arm Circles	10		1	
	Knee to Elbow Push-up	10		1	
	Bear Crawl		20YDS	1	
	Spiderman		20YDS	1	
	Side Slide w/ Arm Swing		20YDS	1	
	Eight Count Body Builder	10		1	
	Mountain Climbers	10		1	
	Burpees	10		1	
Tier 2	Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A				
Order A B C	EXERCISE	SETS	REPS	LOAD	NOTES
	TRX Power Pull	2	10		5 each side
	Dead hang Pull-up	2	10		

D	Plank With Hand Raise		2	10		
	Barbell Bent Over Row		2	10	Light	
	Rest 60 seconds Between Rounds					
Tier 3	Main Stressor; Complete 1 set of Exercise A-C, Repeat from Exercise A					
Order A B C	EXERCISE		SETS	REPS	LOAD	REGRESSION
	Barbell Bent Over Row		3	8	Medium	Sandbag Row
	Med Ball Slam		3	10		Lighter Med Ball
	TRX Plank on Elbow		3	30SEC		Plank
	Rest 1 min Between Rounds					
Tier 4	Auxiliary Exercises; Complete 1 set of Exercise A-F, Repeat from Exercise A					
Order A B C D E F	EXERCISE		SETS	REPS	LOAD	REGRESSION
	Ammo Can Press		2	30SEC		Push-ups
	Hanging Oblique Knee Raises		2	30SEC		Heel Touches
	Dead Hang Pull-up		2	30SEC		Band Assisted Pull-up
	TRX Pike		2	30SEC		TRX Crunch on Hands
	Dumbbell Curl		2	30SEC		Light DBs
	Farmer Carry		2	30SEC		Kettlebells, Lighter Load
Rest 1 min Between Rounds						
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A					
Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	Bent Over IYT		2	10	N/A	
	1/2 Kneeling Wall Rotation		2	10	N/A	
Tier 6	Flexibility and Foam Rolling					
Order	EXERCISE		SETS	TIME	NOTES	
A B C D	Chest Roll	Chest Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	T-Spine Roll	Shoulder Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Triceps Roll	Triceps Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Trap Roll	Trap Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
STRENGTH • POWER • SPEED • FLEXIBILITY						

## 400m Sprints

### CARD #8

<b>Tier 1</b>	<b>Dynamic Warm-up</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>SETS</b>	<b>NOTES</b>
<b>A</b>	Split Jack Forward	10		1	
<b>B</b>					
<b>C</b>	Highland Fling	10		1	
<b>D</b>					
<b>E</b>	Lateral Squat Wave		20YDS	1	
<b>F</b>					
<b>G</b>	Walking Leg Cradle		20YDS	1	
<b>H</b>					
	Back Peddle Reach		20YDS	1	
	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Groiners	10		1	
<b>MAIN STRESSOR / WORKOUT</b>					
	<p><b>8x400m Sprints</b></p> <p>After each 400m sprint, rest 2 minutes.</p> <p><b><u>After all 8 sprints have been performed:</u></b></p> <p>Complete 5 pull-ups every minute on the minute for 10 minutes.</p>				
<b>Tier 6</b>	<b>Flexibility and Foam Rolling</b>				
<b>Order</b>	<b>EXERCISE</b>		<b>SETS</b>	<b>TIME</b>	<b>NOTES</b>
<b>A</b>	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>B</b>					
<b>C</b>	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>D</b>					
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>STRENGTH • POWER • SPEED • FLEXIBILITY</b>					

# LOWER BODY<sub>v4</sub> CARD

#9

<b>Tier 1</b>	<b>Dynamic Warm-up</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>SETS</b>	<b>NOTES</b>
<b>A</b>	Highland Fling	10		1	
<b>B</b>					
<b>C</b>	Long Strider	10		1	
<b>D</b>					
<b>E</b>	Inchworm		20YDS	1	
<b>F</b>					
<b>G</b>	Frankenstein		20YDS	1	
<b>H</b>					
	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Groiners	10		1	
	Squat Drops	10		1	
<b>Tier 2</b>	<b>Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>NOTES</b>
<b>A</b>	Elbow to Instep	2	10		5 each side
<b>B</b>					
<b>C</b>	Sandbag Lateral Lunge	2	10		
<b>D</b>					
	4 Way Bear Crawl	2	2		
	Barbell Back Squat	2	10	Light	
<b>Rest 60 sec Between Rounds</b>					
<b>Tier 3</b>	<b>Main Stressor; Complete 1 set of Exercise A-C, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>REGRESSION</b>
<b>A</b>	Barbell Back Squat	3	10	Medium	Bodyweight Squat
<b>B</b>					
<b>C</b>	Prisoner Squat Jumps	3	10		
	Side Plank	3	30SEC		30 seconds each side
<b>Rest 1 min Between Rounds</b>					
<b>Tier 4</b>	<b>Auxiliary Exercises; Complete 1 set of Exercise A-G, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>REGRESSION</b>
<b>A</b>	Overhead Plate Lunge	2	30SEC		Bodyweight Lunge
<b>B</b>					
<b>C</b>	Med Ball Wood Choppers	2	30SEC		Russian Twist (No Weight)
<b>D</b>					
<b>E</b>	Sandbag Front Squat	2	30SEC		Lighter Load for Sandbag

F G	TRX V-sit		2	30SEC		V-Situp
	Kettlebell Swing		2	30SEC		Lighter KB
	TRX Plank on Elbow		2	30SEC		Regular Plank
	Pistol Box Squat		2	30SEC		Higher Box Height
	Rest 1 min Between Rounds					
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A					
Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	Band Ankle Stretch		2	10	N/A	
	PVC 1/2 Kneeling Hip Flexor		2	10	N/A	
Tier 6	Flexibility and Foam Rolling					
Order A B C D	EXERCISE		SETS	TIME	NOTES	
	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
STRENGTH • POWER • SPEED • FLEXIBILITY						

UPPER BODY <sub>v4</sub> CARD #10					
Tier 1	Dynamic Warm-up				
Order A B C D E F G H	EXERCISE	REPS	DISTANCE	SETS	NOTES
	Arm Circles	10		1	
	Knee to Elbow Push-up	10		1	
	Bear Crawl		20YDS	1	
	Inchworm		20YDS	1	
	Side Slide w/ Arm Swing		20YDS	1	
	Build-Up 75%		20YDS	1	
	Mountain Climbers	10		1	
	Burpees	10		1	
Tier 2	Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A				

Order A B C D	EXERCISE		SETS	REPS	LOAD	NOTES
	TRX T-Spine Rotation		2	10		
	Ammo Can Press		2	10		
	Plank With Hand Raise		2	10		
	Barbell Standing Press		2	10	Light	
	Rest 1 min Between Rounds					
Tier 3	Main Stressor; Complete 1 set of Exercise A-C, Repeat from Exercise A					
Order A B C	EXERCISE		SETS	REPS	LOAD	REGRESSION
	Barbell Standing Press		3	10	50% of 1RM	Light Dumbbell Press
	Wall Ball		3	10		Decrease Load of Med Ball
	Sandbag Lateral Bag Drag		3	10		Regular Plank
	Rest 1 min Between Rounds					
Tier 4	Auxiliary Exercises; Complete 1 set of Exercise A-F, Repeat from Exercise A					
Order A B C D	EXERCISE		SETS	REPS	LOAD	REGRESSION
	Dead Hang Pull-up		2	8		Assisted Pull-ups
	Med Ball Wood Choppers		2	8		Band Wood Choppers
	Sandbag Bent Over Rows		2	8		Lighter Sandbag
	Hanging Flutter Kicks		2	8		Supine Flutter Kicks
	Rest 1 min Between Rounds					
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A					
Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	Combination RTC		2	10	N/A	
	Seated Cross Leg Rotation		2	10	N/A	
Tier 6	Flexibility and Foam Rolling					
Order	EXERCISE		SETS	TIME	NOTES	
A B C D	Chest Roll	Chest Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	T-Spine Roll	Shoulder Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Triceps Roll	Triceps Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Trap Roll	Trap Stretch	2	45sec/30sec	1 Set Right/1 Set Left	

STRENGTH • POWER • SPEED • FLEXIBILITY



# ROW WORKOUT

## CARD #11

Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Long Strider	15		1	
B					
C	Side Straddle Hops	15		1	
D					
E	Inchworm		20YDS	1	
F					
G	Frankenstein		20YDS	1	
H					
	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Mountain Climbers	20		1	
	Burpees	10		1	
MAIN STRESSOR / WORKOUT					
<p align="center"><b>10 X 500m Row</b></p> <p align="center">After each 500m row, rest 2 minutes. Attempt to maintain same time for the 500m row each round.</p> <p align="center"><b><u>After all 10 rounds have been performed:</u></b></p> <p align="center">Complete 5 pull-ups every minute on the minute for 10 minutes.</p>					
Tier 6	Flexibility and Foam Rolling				
Order	EXERCISE	SETS	TIME	NOTES	
A	Calf Roll	Calf Stretch	2	30sec	1 Set Right/1 Set Left
B					
C	Hamstring Roll	Hamstring Stretch	2	30sec	1 Set Right/1 Set Left
D					
E	Glute Roll	Glute Stretch	2	30sec	1 Set Right/1 Set Left
F					
G	Quad Roll	Quad Stretch	2	30sec	1 Set Right/1 Set Left
	Chest Roll	Chest Stretch	2	30sec	1 Set Right/1 Set Left
	Triceps Roll	Triceps Stretch	2	30sec	1 Set Right/1 Set Left

Trap Roll	Shoulder Stretch	2	30sec	1 Set Right/1 Set Left
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## STRENGTH • POWER • SPEED • FLEXIBILITY

### MOBILITY / RECOVERY v4

#### CARD #12

DYNAMIC WARM-UP					
	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Split Jack Forward	10		1	
B	Heel/Toe Raises	10		1	
C	Hip Abduction	10		1	
D	Hip Adduction	10		1	
E	Walking Leg Cradle		20YDS	1	
F	Walking lunge w/ Twist		20YDS	1	
G	Straight Leg Shuffle 50%		20YDS	1	
H	Straight Leg Shuffle 75%		20YDS	1	
I	Straight Leg Shuffle 100%		20YDS	1	
J	Mountain Climbers	10		1	
K	Burpees	10		1	
UPPER BODY					
	ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
A	Roll Lower Back	1	30SEC		
B	Childs Pose	1	30SEC		
C	Peanut T-Spine	1	30SEC		
D	Warrior stretch	1	30SEC		
E	Lax Ball Pecs	1	30SEC		
F	Door Frame Stretching	1	30SEC		
G	Roll Triceps	1	30SEC		
H	Triceps on Wall	1	30SEC		
..					
STABILITY / ACTVATION; Complete 1 set of Exercise A-D, Repeat from Exercise A					

EXERCISE		SETS	REPS/TIME	HOLD	NOTES
A	Bent Over IYT	2	10		
B	Marching Corective	2	10		
C	TRX Single Leg Squat	2	10		
D	4 Way Bear Crawl	2	30SEC		
LOWER BODY					
ROLLING/MOBILITY		SETS	REPS/TIME	HOLD	NOTES
A	Roll Calf	2	30SEC		1 Set Right/1 Set Left
B	Band Ankle Stretch	2	30SEC		1 Set Right/1 Set Left
C	Roll Hamstring	2	30SEC		1 Set Right/1 Set Left
D	PVC RDL Stretching	2	30SEC		1 Set Right/1 Set Left
E	Roll Glute	2	30SEC		1 Set Right/1 Set Left
F	Sprinter Stretching	2	30SEC		1 Set Right/1 Set Left
G	Roll Quads	2	30SEC		1 Set Right/1 Set Left
H	Couch Stretch	2	30SEC		1 Set Right/1 Set Left

## STRENGTH • POWER • SPEED • FLEXIBILITY

UPPER BODY <sub>v4</sub> CARD #13					
Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Arm Circles	10		1	
B					
C	Knee to Elbow Push-up	10		1	
D					
E	Bear Crawl		20YDS	1	
F	Inchworm		20YDS	1	
G	Side Slide w/ Arm Swing		20YDS	1	
H	Build-Up 100%		20YDS	1	50% x2, 75% x2, 100% x2
	Mountain Climbers	10		1	
	Burpees	10		1	

Tier 2		Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A				
Order A B C D	EXERCISE		SETS	REPS	LOAD	NOTES
	TRX Split Fly		2	10		
	Push-up		2	10		
	Med Ball V-up		2	10		
	Barbell Bench Press		2	10	Light	
	Rest 60 sec Between Rounds					
Tier 3		Main Stressor; Complete 1 set of Exercise A-C, Repeat from Exercise A				
Order A B C	EXERCISE		SETS	REPS	LOAD	REGRESSION
	Barbell Bench Press		3	5	Heavy	Push-ups
	Med Ball Chest Throw Against Wall		3	10		Lighter Med Ball
	Farmer Carry		3	30SEC		Lighter Kettlebells for Carry
	Rest 3 minutes Between Rounds					
Tier 4		Auxiliary Exercises; Complete 1 set of Exercise A-F Repeat from Exercise A				
Order A B C D E F	EXERCISE		SETS	REPS	LOAD	REGRESSION
	Kettlebell Upright Row		2	30SEC		Ammo Can or Band Upright Row
	Med Ball Russian Twist		2	30SEC		Lighter Med Ball
	Dead Hang Pull-up		2	30SEC		Band Assisted Pull-up
	Flutter Kicks		2	30SEC		Abdominal Crunches
	BarBell Curl		2	30SEC		Banded Curls
	Plank With Hand Raise		2	30SEC		Plank, shoulder taps
	Rest 1 min Between Rounds					
Tier 5		Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A				
Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	X Band Exercise		2	10	N/A	
	Seated Cross Leg Rotation		2	10	N/A	
Tier 6		Flexibility and Foam Rolling				
Order	EXERCISE		SETS	TIME	NOTES	
A	Chest Roll	Chest Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
B	T-Spine Roll	Shoulder Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
C	Triceps Roll	Triceps Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
D	Trap Roll	Trap Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
STRENGTH • POWER • SPEED • FLEXIBILITY						

# LOWER BODY<sub>v4</sub> CARD

#14

Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Split jack Forward	10		1	
B					
C	Highland Fling	10		1	
D					
E	Lateral Squat Wave		20YDS	1	
F					
G	Walking Leg Cradle		20YDS	1	
H	Back Peddle Reach		20YDS	1	
	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Groiners	10		1	
Tier 2	Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Elbow to Instep	2	10		
B					
C	Sandbag Front Lunge	2	8		
D	4 Way Bear Crawl	2	2		Move 10 yards each direction
	Barbell Front Squat	2	10	Light	Goblet Squat
Rest 60 sec Between Rounds					
Tier 3	Main Stressor; Complete 1 set of Exercise A-C, Repeat from Exercise A				
Order	EXERCISE	SETS	REPS	LOAD	REGRESSION
A	Barbell Front Squat	3	5	Heavy	Goblet Squat
B					
C	Star Jumps	3	8		Prisoner Squat Jumps
	Plank	3	30SEC		
Rest 3 minutes Between Rounds					
Tier 4	Auxiliary Exercises; Complete 1 set of Exercise A-G, Repeat from Exercise A				
Order	EXERCISE	SETS	REPS	LOAD	REGRESSION
A	Barbell Reverse lunge	2	30SEC	LIGHT	Bodyweight
B					
C	Med Ball Russian Twist	2	30SEC		Russian Twist, no med ball
D					
E	PVC Overhead Squat	2	30SEC		Bodyweight Squats
F	TRX Pike	2	30SEC		Abdominal Crunch

G	Dumbbell Romanian Deadlift		2	30SEC		Band good morning
	Side Plank		2	30SEC		N/A
	Ammo Can Single Leg Deadlift		2	30SEC		Use Light Dumbbell
	Rest 1 min Between Rounds					
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A					
Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	Couch Stretch		2	10	N/A	
	Tapes Exercise		2	10	N/A	
Tier 6	Flexibility and Foam Rolling					
Order A B C D	EXERCISE		SETS	TIME	NOTES	
	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
STRENGTH • POWER • SPEED • FLEXIBILITY						

<b>SWIM PT CARD #15</b>					
<b>Tier 1</b>	<b>Dynamic Warm-up</b>				
<b>Order A B C D E F G H</b>	<b>EXERCISE</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>SETS</b>	<b>NOTES</b>
	Long Strider	15		1	
	Side Straddle Hops	15		1	
	Inchworm		20YDS	1	
	Frankenstein		20YDS	1	
	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Mountain Climbers	20		1	
	Burpees	10		1	
	<b>MAIN STRESSOR / WORKOUT</b>				

	<p><b><u>Warm-up Laps:</u></b></p> <p>25 Meter Crawlstroke (x4)</p> <p><b><u>Swim Card:</u></b></p> <p>25 Meter Crawlstroke</p> <p>Arm Circles (10 each direction)</p> <p>25 Meter Crawlstroke</p> <p>20 Leg Lifts</p> <p>25 Meter Crawlstroke</p> <p>20 Flutter Kicks (4 count)</p> <p>25 Meter Crawlstroke</p> <p>25 Push-ups</p> <p>25 Meter Crawlstroke</p> <p>25 Push-ups</p> <p>25 Meter Crawlstroke</p> <p>20 V-ups</p> <p>50 Meter Crawlstroke</p>				
<b>Tier 6</b>	<b>Flexibility and Foam Rolling</b>				
<b>Order</b>	<b>EXERCISE</b>		<b>SETS</b>	<b>TIME</b>	<b>NOTES</b>
<b>A</b>	Calf Roll	Calf Stretch	2	30sec	1 Set Right/1 Set Left
<b>B</b>	Hamstring	Hamstring Stretch	2	30sec	1 Set Right/1 Set Left
<b>C</b>	Roll				
<b>D</b>	Glute Roll	Glute Stretch	2	30sec	1 Set Right/1 Set Left
<b>E</b>					
<b>F</b>	Quad Roll	Quad Stretch	2	30sec	1 Set Right/1 Set Left
<b>G</b>	Chest Roll	Chest Stretch	2	30sec	1 Set Right/1 Set Left
	Triceps Roll	Triceps Stretch	2	30sec	1 Set Right/1 Set Left
	Trap Roll	Shoulder Stretch	2	30sec	1 Set Right/1 Set Left
<b>STRENGTH • POWER • SPEED • FLEXIBILITY</b>					

<p><b>800m Sprints</b></p> <p><b>CARD #16</b></p>					
<b>Tier 1</b>	<b>Dynamic Warm-up</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>SETS</b>	<b>NOTES</b>
<b>A</b>	Split jack Forward	10		1	
<b>B</b>					
<b>C</b>	Highland Fling	10		1	

D E F G H	Lateral Squat Wave			20YDS	1	
	Walking Leg Cradle			20YDS	1	
	Back Peddle Reach			20YDS	1	
	High Knees			20YDS	1	
	Butt-Kickers			20YDS	1	
	Groiners		10		1	
MAIN STRESSOR / WORKOUT						
	<div>4x800m Sprints</div> <div>After each 800m sprint, rest 3 minutes.</div>					
Tier 6	Flexibility and Foam Rolling					
Order	EXERCISE		SETS	TIME	NOTES	
A B C D	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
STRENGTH • POWER • SPEED • FLEXIBILITY						

UPPER BODYV4					
CARD #17					
Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Arm Circles	10		1	
B					
C	Knee to Elbow Push-up	10		1	
D					
E	Bear Crawl		20YDS	1	
F	Spiderman		20YDS	1	



G H	Side Slide w/ Arm Swing		20YDS	1	
	Eight Count Body Builder	10		1	
	Mountain Climbers	10		1	
	Burpees	10		1	
Tier 2	Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A				
Order A B C D	EXERCISE	SETS	REPS	LOAD	NOTES
	TRX Split Fly	2	10		5 each side
	Dead hang Pull-up	2	10		
	Plank With Hand Raise	2	10		
	Barbell Standing Press	2	10	Light	
	Rest 60 seconds Between Rounds				
Tier 3	Main Stressor; Complete 1 set of Exercise A-C, Repeat from Exercise A				
Order A B C	EXERCISE	SETS	REPS	LOAD	REGRESSION
	Barbell Standing Press	3	5	Heavy	Push-ups
	Med Ball Chest Throw Against Wall	3	10		Lighter Med Ball
	Farmer Carry	3	30SEC		Lighter Kettlebells for Carry
	Rest 3 minutes Between Rounds				
Tier 4	Auxiliary Exercises; Complete 1 set of Exercise A-F, Repeat from Exercise A				
Order A B C D E F	EXERCISE	SETS	REPS	LOAD	REGRESSION
	Ammo Can Press	2	30SEC		Push-ups
	Hanging Oblique Knee Raises	2	30SEC		Heel Touches
	Dead Hang Pull-up	2	30SEC		Band Assisted Pull-up
	TRX Pike	2	30SEC		TRX Crunch on Hands
	Dumbbell Curl	2	30SEC		Light DBs
	Farmer Carry	2	30SEC		Kettlebells, Lighter Load
	Rest 1min Between Rounds				
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A				
Order A B	EXERCISE	SETS	REPS	LOAD	NOTES
	Bent Over IYT	2	10	N/A	
	1/2 Kneeling Wall Rotation	2	10	N/A	

Tier 6					
Flexibility and Foam Rolling					
Order	EXERCISE		SETS	TIME	NOTES
A B C D	Chest Roll	Chest Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	T-Spine Roll	Shoulder Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Triceps Roll	Triceps Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Trap Roll	Trap Stretch	2	45sec/30sec	1 Set Right/1 Set Left
STRENGTH • POWER • SPEED • FLEXIBILITY					

AGILITY & THRESHOLD TRAINING v4					
CARD #18					
Tier 1					
Dynamic Warm-up					
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Highland Fling	10		1	
B					
C	Long Strider	10		1	
D					
E	Inchworm		20YDS	1	
F					
G	Frankenstein		20YDS	1	
H					
I	Walking lunge w/ Twist		20YDS	1	
J					
K	Walking Quad Stretch		20YDS	1	
L					
	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Back Peddle Reach		20YDS	1	
	Straight Leg Shuffle 100%		20YDS	1	
	Frog Thrust w/ Jump	10		1	
	Burpees	10		1	
Tier 2					
Linear Speed Mechanics; Complete all sets for Exercise A, then B, then C, then D					
Order	EXERCISE	SETS	REPS	DISTANCE	NOTES
A	Prone Starts	2		20yds	
B					
C	Broad Jump Start	2		20yds	
	Sprints	4		40yds	

	Rest as needed between sets, but keep rest time minium as possible				
Tier 3	Agility; Complete 1 set of Exercise A-C, Repeat from Exercise A				
Order A B C	EXERCISE		SETS	NOTES	
	Ladder Icky Shuffle		2		
	Hurdle Hops-Forward/Backwards		2	2 Hops Forward, 1 Hop Backward	
	Prone 5-10-5 Drill		2		
	Rest as needed between sets, but keep rest time minium as possible				
Tier 4	Lactic Acid Threshold; Complete all sets for Exercise A, then B				
Order A B	EXERCISE		SETS	DISTANCE	NOTES
	60yd Chest Press Sprawl		2	40YDS	Rest 1 minute between sets
	300yds Shuttle		2	25YDS	Rest 2 minutes between sets
	Rest 3 minutes Between Exercise A and B				
Tier 5	Flexibility and Foam Rolling				
Order A B C D	EXERCISE		SETS	TIME	NOTES
	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left
STRENGTH • POWER • SPEED • FLEXIBILITY					

## MOBILITY / RECOVERY v4

### CARD #19

DYNAMIC WARM-UP					
	EXERCISE	REPS	DISTANCE	SETS	NOTES
<b>A</b>	Supine Leg Overs	10		2	
<b>B</b>	Fire Hydrants	5		2	
<b>C</b>	Scorpions	5		2	
<b>D</b>	Walking Lunge-Elbow to Instep		25YDS	1	
<b>E</b>	Inchworm		25YDS	1	
<b>F</b>	Frankenstein		25YDS	1	

<b>G</b>	Lunge w/Power Skip		25YDS	1	
<b>H</b>	Side Slide w/ Arm Swing		25YDS	2	1 each way
<b>I</b>	Speed Skaters	10		2	
<b>J</b>	Frog Thrust w/ Jump	10		1	
<b>K</b>	Eight Count Body Builder	5		1	
<b>UPPER BODY</b>					
<b>ROLLING/MOBILITY</b>		<b>SETS</b>	<b>REPS/TIME</b>	<b>HOLD</b>	<b>NOTES</b>
<b>A</b>	Linebacker w/ Lax Ball	2	30SEC		2 each side
<b>B</b>	Door Frame Stretching	2	30SEC		2 each side
<b>C</b>	Peanut T-Spine	2	30SEC		or Lax Ball
<b>D</b>	Warrior stretch	2	5		2 each side
<b>E</b>	Roll Lats	1	30SEC		1 each side
<b>F</b>	Knee Cross Over	2	30SEC		2 each side
<b>G</b>	Roll Lower Back	2	30SEC		2 each side
<b>H</b>	Seal Stretch	2	30SEC		Hips on the deck
<b>STABILITY / ACTVATION; Complete 1 set of Exercise A-D, Repeat from Exercise A</b>					
<b>EXERCISE</b>		<b>SETS</b>	<b>REPS/TIME</b>	<b>HOLD</b>	<b>NOTES</b>
<b>A</b>	Foam Roller IYT	2	10		Open chest
<b>B</b>	X Band Exercise	2	10		Activate Shoulders
<b>C</b>	Neural Tension with Calf Pumps	3	10		Full hamstring
<b>D</b>	Goblet Squat	3	5		Sit for stretch (ankles)
<b>LOWER BODY</b>					
<b>ROLLING/MOBILITY</b>		<b>SETS</b>	<b>REPS/TIME</b>	<b>HOLD</b>	<b>NOTES</b>
<b>A</b>	Roll Hamstring	2	20-30 Rolls		
<b>B</b>	Star Stretch	2		20sec	
<b>C</b>	Roll Quads	2	20-30 Rolls		
<b>D</b>	Couch Stretch	2		20sec	
<b>E</b>	Roll Glute	2	20-30 Rolls		
<b>F</b>	Side Sitting and Lean Forward	2		20sec	2 each side

<b>G</b>	Roll IT Band	2	20-30 Rolls		
<b>H</b>	Lateral Hip Stretching	2		20sec	

## STRENGTH • POWER • SPEED • FLEXIBILITY

### LOWER BODY<sub>v4</sub> CARD

**#20**

<b>Tier 1</b>	<b>Dynamic Warm-up</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>SETS</b>	<b>NOTES</b>
<b>A</b>	Split Jack Forward	10		1	
<b>B</b>					
<b>C</b>	Highland Fling	10		1	
<b>D</b>					
<b>E</b>	Lateral Squat Wave		20YDS	1	
<b>F</b>					
<b>G</b>	Walking Leg Cradle		20YDS	1	
<b>H</b>					
	Back Peddle Reach		20YDS	1	
	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Groiners	10		1	
<b>Tier 2</b>	<b>Task Specific Warm-up Complete 1 set of exercise A-D, repeat from A.</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>NOTES</b>
<b>A</b>	Elbow to Instep	2	10		
<b>B</b>					
<b>C</b>	Sandbag Front Lunge	2	10		
<b>D</b>					
	Prone Superman	2	10		
	Barbell Deadlift	2	10	Light	Sandbag Deadlift
<b>Rest 60 sec Between Rounds</b>					
<b>Tier 3</b>	<b>Main Stressor; Complete 1 set A-C Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>REGRESSION</b>
<b>A</b>	Barbell Deadlift	3	5	Heavy	Sandbag Deadlift
<b>B</b>					
<b>C</b>	Split Squat Jump Combo	3	8		Prisoner Squat Jumps
	Plank	3	30SEC		N/A
<b>Rest 3 minutes Between Rounds</b>					
<b>Tier 4</b>	<b>Auxiliary Exercises; Complete 1 set of exercise A-F, Repeat from Exercise A</b>				

Order A B C D E F G	EXERCISE		SETS	REPS	LOAD	REGRESSION
	Barbell Reverse lunge		2	30SEC	LIGHT	Bodyweight
	Med Ball Russian Twist		2	30SEC		Russian Twist, no med ball
	Kettlebell Squat		2	30SEC		Bodyweight Squats
	TRX V-sit		2	30SEC		Abdominal Crunch
	Kettlebell Romanian Deadlift		2	30SEC		Sandbag Romanian Deadlift
	Side Plank		2	30SEC		N/A
	Kettlebell Pistol Box Squat		2	30SEC		Pistol Box Squat (no weight)
	Rest 1 min Between Rounds					
Tier 5	Injury Prevention					
Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	PVC 1/2 Kneeling Hip Flexor		2	10	N/A	
	Seated Cross Leg Rotation		2	10	N/A	
Tier 6	Flexibility and Foam Rolling					
Order A B C D	EXERCISE		SETS	TIME	NOTES	
	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
STRENGTH • POWER • SPEED • FLEXIBILITY						

UPPER BODY <sub>v4</sub> CARD					
#21					
Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Arm Circles	10		1	
B	Knee to Elbow Push-up	10		1	
C					
D	Bear Crawl		20YDS	1	
E	Inchworm		20YDS	1	
F					
G	Side Slide w/ Arm Swing		20YDS	1	
H	Build-Up 100%		20YDS	1	50% x2, 75% x2, 100% x2

	Mountain Climbers		10		1	
	Burpees		10		1	
Tier 2	Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A					
Order A B C D	EXERCISE		SETS	REPS	LOAD	NOTES
	TRX Split Fly		2	10		
	Push-up		2	10		
	Med Ball V-up		2	10		
	Dumbbell Inc. Bench Press		2	10	Light	
	Rest 60 sec Between Rounds					
Tier 3	Main Stressor; Complete 1 set of Exercise A-C, Repeat from Exercise A					
Order A B C	EXERCISE		SETS	REPS	LOAD	REGRESSION
	Dumbbell Inc. Bench Press		3	5	Heavy	Push up
	Med Ball Slam		3	10	Medium	Lighter Med Ball
	Walking Plank		3	10		Regular Plank
	Rest 3 minutes Between Rounds					
Tier 4	Auxiliary Exercises; Complete 1 set of Exercise A-F Repeat from Exercise A					
Order A B C D E F	EXERCISE		SETS	REPS	LOAD	REGRESSION
	Dead Hang Pull-up		3	20SEC		Assisted Pull-ups
	Med Ball Russian Twist		3	20SEC		Lighter Med Ball or None
	Dead Hang Pull-up		3	20SEC		Assisted Pull-ups
	V-ups		3	20SEC		Abodminal Crunch
	Close Grip Push-up		3	20SEC		Regular Push-up
	Plank		3	20SEC		N/A
	Rest 1 min Between Rounds					
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A					
Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	X Band Exercise		2	10	N/A	
	Seated Cross Leg Rotation		2	10	N/A	
Tier 6	Flexibility and Foam Rolling					
Order	EXERCISE		SETS	TIME	NOTES	
A	Chest Roll	Chest Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
B	T-Spine Roll	Shoulder Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
C	Triceps Roll	Triceps Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
D	Trap Roll	Trap Stretch	2	45sec/30sec	1 Set Right/1 Set Left	

# STRENGTH • POWER • SPEED • FLEXIBILITY

## LOWER BODY<sub>v4</sub> CARD

#22

LOWER BODY <sub>v4</sub> CARD					
#22					
Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Split Jack Forward	10		1	
B					
C	Highland Fling	10		1	
D					
E	Lateral Squat Wave		20YDS	1	
F					
G	Walking Leg Cradle		20YDS	1	
H					
	Back Peddle Reach		20YDS	1	
	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Groiners	10		1	
Tier 2	Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	1/2 Kneeling Hip Flexor	2	8		
B					
C	Prisoner Squat Jump	2	8		
D					
	Prone Superman	2	8		
	Barbell Back Squat	2	8	Light	
	Rest 60 sec Between Rounds				
Tier 3	Main Stressor; Complete 1 set of Exercise A-C, Repeat from Exercise A				
Order	EXERCISE	SETS	REPS	LOAD	REGRESSION
A	Barbell Back Squat	3	5	Heavy	Body Weight Squat
B					
C	Landmine Thrust	3	10		
	Side Plank	3	30SEC		30 seconds each side
	Rest 3 minutes Between Rounds				
Tier 4	Auxiliary Exercises; Complete 1 set of Exercise A-G, Repeat from Exercise A				
Order	EXERCISE	SETS	REPS	LOAD	REGRESSION
A	Overhead Plate Lunge	2	10		Walking Body Weight Lunges
B					
C	Hanging Oblique Knee Raises	2	10		Oblique Crunches



D E F G	Body Weight Squat		2	10		N/A
	Med Ball Crunch		2	10		Regular Crunches
	Band Good Morning		2	10		Good morning with PVC
	Plank With Hand Raise		2	10		Regular Plank
	Pistol Box Squat		2	10		Increase Box Height
	Rest 1 min Between Rounds					
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A					
Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	Quadruped w/ T-Spine Rotation		2	10	N/A	
	PVC 1/2 Kneeling Hip Flexor		2	10	N/A	
Tier 6	Flexibility and Foam Rolling					
Order A B C D	EXERCISE		SETS	TIME	NOTES	
	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
STRENGTH • POWER • SPEED • FLEXIBILITY						

MOBILITY / RECOVERY v4					
CARD #23					
DYNAMIC WARM-UP					
	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Split Jack Forward	10		1	
B	Heel/Toe Raises	10		1	
C	Hip Abduction	10		1	
D	Hip Adduction	10		1	
E	Walking Leg Cradle		20YDS	1	
F	Walking lunge w/ Twist		20YDS	1	
G	Straight Leg Shuffle 50%		20YDS	1	
H	Straight Leg Shuffle 75%		20YDS	1	

I	Straight Leg Shuffle 100%		20YDS	1	
J	Mountain Climbers	10		1	
K	Burpees	10		1	
<b>UPPER BODY</b>					
	<b>ROLLING/MOBILITY</b>	<b>SETS</b>	<b>REPS/TIME</b>	<b>HOLD</b>	<b>NOTES</b>
A	Roll Lower Back	1	30SEC		
B	Childs Pose	1	30SEC		
C	Peanut T-Spine	1	30SEC		
D	Warrior stretch	1	30SEC		
E	Lax Ball Pecs	1	30SEC		
F	Door Frame Stretching	1	30SEC		
G	Roll Triceps	1	30SEC		
H	Triceps on Wall	1	30SEC		
<b>STABILITY / ACTVATION; Complete 1 set of Exercise A-D, Repeat from Exercise A</b>					
	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS/TIME</b>	<b>HOLD</b>	<b>NOTES</b>
A	Bent Over IYT	2	10		
B	Marching Corective	2	10		
C	TRX Single Leg Squat	2	10		
D	4 Way Bear Crawl	2	30SEC		
<b>LOWER BODY</b>					
	<b>ROLLING/MOBILITY</b>	<b>SETS</b>	<b>REPS/TIME</b>	<b>HOLD</b>	<b>NOTES</b>
A	Roll Calf	2	30SEC		1 Set Right/1 Set Left
B	Band Ankle Stretch	2	30SEC		1 Set Right/1 Set Left
C	Roll Hamstring	2	30SEC		1 Set Right/1 Set Left
D	PVC RDL Stretching	2	30SEC		1 Set Right/1 Set Left
E	Roll Glute	2	30SEC		1 Set Right/1 Set Left
F	Sprinter Stretching	2	30SEC		1 Set Right/1 Set Left
G	Roll Quads	2	30SEC		1 Set Right/1 Set Left
H	Couch Stretch	2	30SEC		1 Set Right/1 Set Left

# STRENGTH • POWER • SPEED • FLEXIBILITY

## 400m Sprints

### CARD #24

Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Split jack Forward	10		1	
B					
C	Highland Fling	10		1	
D					
E	Lateral Squat Wave		20YDS	1	
F					
G	Walking Leg Cradle		20YDS	1	
H					
	Back Peddle Reach		20YDS	1	
	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Groiners	10		1	
MAIN STRESSOR / WORKOUT					
	<p align="center"><b>10x400m Sprints</b></p> <p align="center">After each 400m sprint, rest 2 minutes.</p>				
Tier 6	Flexibility and Foam Rolling				
Order	EXERCISE	SETS	TIME	NOTES	
A	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
B	Hamstring	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
C	Roll				
D	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left

# STRENGTH • POWER • SPEED • FLEXIBILITY

## AGILITY & THRESHOLD TRAINING V4

### CARD #25

Tier 1					
Dynamic Warm-up					
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Highland Fling	10		1	
B					
C	Long Strider	10		1	
D					
E	Inchworm		20YDS	1	
F					
G	Frankenstein		20YDS	1	
H					
I	Walking lunge w/ Twist		20YDS	1	
J					
K	Walking Quad Stretch		20YDS	1	
L					
	High Knees		20YDS	1	
	Butt-Kickers		20YDS	1	
	Carioca		20YDS	1	
	Side Slide w/ Arm Swing		20YDS	1	
	Mountain Climbers	10		1	
	Burpees	10		1	
Tier 2					
Linear Speed Mechanics; Complete all sets for Exercise A, then B, then C, then D					
Order	EXERCISE	SETS	REPS	DISTANCE	NOTES
A	Falling Start	2		20yds	
B					
C	Prone Starts	2		20yds	
D					
	Butt Kickers	2		20yds	
	Straight Leg Shuffle to Sprint	2		20yds	
Rest as needed between sets, but keep rest time minium as possible					
Tier 3					
Agility; Complete 1 set of Exercise A-C, Repeat from Exercise A					
Order	EXERCISE	SETS	NOTES		
A	Ladder High Knees	2			
B					
C	Hurdle Hops SL- Forward	2	Single Leg, change legs on next set		

	Cone Attack and Retreat		2	Change direction with next set	
	Rest as needed between sets, but keep rest time minium as possible				
Tier 4	Lactic Acid Threshold; Complete all sets for Exercise A, then B				
Order A B	EXERCISE		SETS	DISTANCE	NOTES
	60yd Reverse Shuttle		2	15YDS	Rest 1 minute between sets
	300yds Shuttle		2	25YDS	Rest 2 minutes between sets
	Rest 3 minutes Between Exercise A and B				
Tier 5	Flexibility and Foam Rolling				
Order A B C D	EXERCISE		SETS	TIME	NOTES
	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left
STRENGTH • POWER • SPEED • FLEXIBILITY					

LOWER BODY ENDURANCE v4					
CARD #26					
Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Highland Fling	10		1	
B					
C	Supine Straight Leg Raise	10		1	
D					
E	Inchworm		20YDS	1	
F					
G	Frankenstein		20YDS	1	
H					
	Power Skip (Height)		20YDS	1	
	Lateral Shuffle		20YDS	1	
	Groiners	10		1	
	Burpees	5		1	
Tier 2	Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Elbow to Instep	2	10		

B C D	Groiners		2	10		
	Prone Superman		2	10		
	Barbell Back Squat		2	10	Light	
	Rest 60 sec Between Rounds					
Tier 3	Endurance; Perform specified reps on the min for the set amount time					
	EXERCISE		SETS	REPS	LOAD	REGRESSION
	Barbell Back Squat		12 min	2	0.8	Bodyweight Squat
	2 Reps Every Minute on the Minute (EMOM)					
Tier 4	Auxiliary Exercises; Complete 1 set of Exercise A-G, Repeat from Exercise A					
Order A B C D E F G	EXERCISE		SETS	REPS	LOAD	REGRESSION
	TRX Balance Lunge		2	15-20		TRX Reverse Lunge
	Med Ball Russian Twist		2	15-20		Russian Twist without Med Ball
	Barbell Bulgarian Split Squat		2	15-20		Bodyweight Bulgarian Split Squat
	Hanging Leg Raises		2	15-20		Supine Leg Raises
	Barbell Romanian Deadlift		2	15-20		Light Dumbbell Romanian Deadlift
	Side Plank		2	30SEC		Plank on hands
	Pistol Box Squat		2	15-20		Height of box Increases
	Rest 1 min Between Rounds					
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A					
Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	3 Way Knee to Wall		3	8	N/A	
	1/2 Kneeling Wall Rotation		3	8	N/A	
Tier 6	Flexibility and Foam Rolling					
Order A B C D	EXERCISE		SETS	TIME	NOTES	
	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
STRENGTH • POWER • SPEED • FLEXIBILITY						

# UPPER BODY ENDURANCE v4

## CARD #27

<b>Tier 1</b>	<b>Dynamic Warm-up</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>SETS</b>	<b>NOTES</b>
<b>A</b>	Arm Circles	10		1	
<b>B</b>					
<b>C</b>	Side Straddle Hops	10		1	
<b>D</b>					
<b>E</b>	Bear Crawl		20YDS	1	
<b>F</b>					
<b>G</b>	Spiderman		20YDS	1	
<b>H</b>	Side Slide w/ Arm Swing		20YDS	1	
	Build-Up 100%		20YDS	1	
	Mountain Climbers	15		1	
	Burpees	10		1	
<b>Tier 2</b>	<b>Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>NOTES</b>
<b>A</b>	TRX Split Fly	2	10		
<b>B</b>					
<b>C</b>	Ammo Can Press	2	10		
<b>D</b>	Med Ball V-up	2	10		
	Barbell Standing Press	2	10	Light	
<b>Rest 60 sec Between Rounds</b>					
<b>Tier 3</b>	<b>Endurance; Perform specified reps on the min for the set amount time</b>				
	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>REGRESSION</b>
	Barbell Standing Press	10 min	3	HEAVY	KB Military Press
<b>3 Reps Every Minute on the Minute (EMOM)</b>					
<b>Tier 4</b>	<b>Auxiliary Exercises; Complete 1 set of Exercise A-F, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>REGRESSION</b>
<b>A</b>	TRX Inverted Row	2	15-20		Change Vertical Position
<b>B</b>					
<b>C</b>	Russian Twist	2	15-20		Abdominal Crunch
<b>D</b>					
<b>E</b>	Band Lat Pulldown	2	15-20		Less resistance bands
<b>F</b>	V-ups	2	15-20		Flutter Kicks
	TRX Triceps Press	2	15-20		Band Tricep Pressdown
	Side Plank	2	30SEC		

	Rest 1 min Between Rounds					
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A					
Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	Combination RTC		2	10	N/A	
	Seated Cross Leg Rotation		2	10	N/A	
Tier 6	Flexibility and Foam Rolling					
Order A B C D	EXERCISE		SETS	TIME	NOTES	
	Chest Roll	Chest Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	T-Spine Roll	Shoulder Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Triceps Roll	Triceps Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Trap Roll	Trap Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
STRENGTH • POWER • SPEED • FLEXIBILITY						

LOWER BODY ENDURANCE v4					
CARD #28					
Tier 1	Dynamic Warm-up				
Order A B C D E F G H	EXERCISE		REPS	DISTANCE	SETS
	Side Straddle Hops		10		1
	Fire Hydrants		10		1
	Walking Knee Hug			20YDS	1
	Walking Leg Cradle			20YDS	1
	High Knees			20YDS	1
	Butt-Kickers			20YDS	1
	Groiners		10		1
	Burpees		5		1
Tier 2	Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A				
Order A B C D	EXERCISE		SETS	REPS	LOAD
	Elbow to Instep		2	10	
	Groiners		2	10	
	Prone Superman		2	10	



	Barbell Front Squat	2	10	Light	
Rest 60 sec Between Rounds					
Tier 3	Endurance; Perform specified reps on the min for the set amount time				
	EXERCISE	SETS	REPS	LOAD	REGRESSION
	Barbell Front Squat	10 min	3	0.75	Bodyweight Squat
	3 Reps Every Minute on the Minute (EMOM)				
Tier 4	Auxiliary Exercises; Complete 1 set of Exercise A-G				
Order A B C D E F G	EXERCISE	SETS	REPS	LOAD	REGRESSION
	Sandbag Front Lunge	1	15-20		Bodyweight Lunge
	Med Ball Russian Twist	1	15-20		Russian Twist without Med Ball
	Barbell Bulgarian Split Squat	1	15-20		Bodyweight Bulgarian Split Squat
	Hanging Leg Raises	1	15-20		Supine Leg Raises
	Barbell Romanian Deadlift	1	15-20		Use light load
	Side Plank	1	30SEC		30 seconds each side
	Pistol Box Squat	1	15-20		Height of box increases
	Only 1 set of each exercise, attempt to get 20 reps of each exercise				
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A				
Order A B	EXERCISE	SETS	REPS	LOAD	NOTES
	1/2 Kneeling Wall Rotation	2	8	N/A	
	Tapes Exercise	2	8	N/A	
Tier 6	Flexibility and Foam Rolling				
Order A B C D	EXERCISE		SETS	TIME	NOTES
	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left
STRENGTH • POWER • SPEED • FLEXIBILITY					

<b>CHALLENGE</b>					
<b>CARD #29</b>					
Tier 1	Dynamic Warm-up				
	EXERCISE	REPS	DISTANCE	SETS	NOTES

Order A B C D E F G H	Long Strider	15		1	
	Side Straddle Hops	15		1	
	Inchworm		20YDS	1	
	Frankenstein		20YDS	1	
	Side Slide w/ Arm Swing		20YDS	1	
	Build-Up 100%		20YDS	1	
	Mountain Climbers	20		1	
	Eight Count Body Builder	10		1	

**MAIN STRESSOR / WORKOUT**

	<p><b><u>WORKOUT:</u></b></p> <p>5 PULL-UPS 10 PUSH-UPS 15 SQUATS 20 CRUNCHES</p> <p>AMRAP IN 20 MIN</p>
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Tier 6	<b>Flexibility and Foam Rolling</b>
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Order	EXERCISE	SETS	TIME	NOTES
A B C D E F G H	Chest Stretch	1	30 sec hold	
	Upper Back Stretch	1	30 sec hold	
	Shoulder Stretch	2	30 sec hold	1 Set Right/1 Set Left
	Triceps Stretch	2	30 sec hold	1 Set Right/1 Set Left
	Calf Stretch	2	30 sec hold	1 Set Right/1 Set Left
	Hamstring Stretch	2	30 sec hold	1 Set Right/1 Set Left
	Glute Stretch	2	30 sec hold	1 Set Right/1 Set Left
	Quadriceps Stretch	2	30 sec hold	1 Set Right/1 Set Left

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**UPPER BODY ENDURANCE v4**

**CARD #30**

<b>Tier 1</b>	<b>Dynamic Warm-up</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>SETS</b>	<b>NOTES</b>
<b>A</b>	Arm Circles	10		1	
<b>B</b>					
<b>C</b>	Side Straddle Hops	10		1	
<b>D</b>					
<b>E</b>	Bear Crawl		20YDS	1	
<b>F</b>					
<b>G</b>	Spiderman		20YDS	1	
<b>H</b>	Side Slide w/ Arm Swing		20YDS	1	
	Build-Up 100%		20YDS	1	
	Mountain Climbers	15		1	
	Eight Count Body Builder	10		1	
<b>Tier 2</b>	<b>Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>NOTES</b>
<b>A</b>	TRX T-Spine Rotation	2	10		
<b>B</b>					
<b>C</b>	Dead hang Pull-up	2	10		
<b>D</b>	Med Ball V-up	2	10		
	Barbell Bench Press	2	10	Light	
<b>Rest 60 sec Between Rounds</b>					
<b>Tier 3</b>	<b>Endurance; Perform specified reps on the min for the set amount time</b>				
	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>REGRESSION</b>
	Barbell Bench Press	12 min	2	HEAVY	Push-ups
<b>2 Reps Every Minute on the Minute (EMOM)</b>					
<b>Tier 4</b>	<b>Auxiliary Exercises; Complete 1 set of Exercise A-F, Repeat from Exercise A</b>				
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>REGRESSION</b>
<b>A</b>	Dumbbell Inc. Bench Press	2	15-20		Lower incline or weights
<b>B</b>					
<b>C</b>	Hanging Oblique Knee Raises	2	15-20		Oblique Crunches
<b>D</b>					
<b>E</b>	Sandbag Bent Over Rows	2	15-20		Lighter sandbag load
<b>F</b>	TRX Atomic Push-ups	2	15-20		Flutter Kicks
	Dumbbell Kick Back	2	15-20		Close grip push-ups
	Sandbag Lateral Bag Drag	2	30SEC		Simulate lateral drag without the sandbag
<b>Rest 1 min Between Rounds</b>					
<b>Tier 5</b>	<b>Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A</b>				

Order A B	EXERCISE		SETS	REPS	LOAD	NOTES
	Push Up Plus		2	8	N/A	
	Quadruped w/ T-Spine Rotation		2	8	N/A	
Tier 6	Flexibility and Foam Rolling					
Order A B C D	EXERCISE		SETS	TIME	NOTES	
	Chest Roll	Chest Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	T-Spine Roll	Shoulder Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Triceps Roll	Triceps Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Trap Roll	Trap Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
STRENGTH • POWER • SPEED • FLEXIBILITY						

LOWER BODY ENDURANCE v4					
CARD #31					
Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Frontal Leg Swing	10		2	2 sets, 1 set each direction
B					
C	Sagittal Leg Swings	10		2	2 sets, 1 set each direction
D					
E	Inchworm		25YDS	1	
F					
G	Frankenstein		25YDS	1	
H					
	Back Peddle Reach		25YDS	1	
	Lateral Shuffle		25YDS	2	2 sets, 1 set each direction
	Groiners	10		1	
	Frog Thrust w/ Jump	10		1	
Tier 2	Task Specific Warm-up; Complete 1 set of Exercise A-D, Repeat from Exercise A				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	1/2 Kneeling Hip Flexor	2	10		
B					
C	Sandbag Goodmorning	2	10		
D					
	Med Ball V-up	2	10		
	Barbell Deadlift	2	10		
Rest 60 sec Between Rounds					

Tier 3	Endurance; Perform specified reps on the min for the set amount time				
	EXERCISE	SETS	REPS	LOAD	REGRESSION
	Barbell Deadlift	10 min	3	0.75	Lighter load or Banded goodmornings
	3 Reps Every Minute on the Minute (EMOM)				
Tier 4	Auxiliary Exercises; Complete 1 set of Exercise A-G, Repeat from Exercise A				
Order A B C D E F G	EXERCISE	SETS	REPS	LOAD	REGRESSION
	Kettlebell Over Head Lunge	2	30SEC	LIGHT	Bodyweight lunge or use PVC pipe
	Russian Twist	2	30SEC		Leg lifts
	Kettlebell Squat	2	30SEC	LIGHT	Bodyweight Squat
	Flutter Kicks	2	30SEC		
	Kettlebell Swing	2	30SEC	LIGHT	Lighter load for kettlebell
	Plank	2	30SEC		
	Ammo Can Single Leg Deadlift	2	30SEC	LIGHT	Use light dumbbells
	Rest 1 min Between Rounds				
Tier 5	Injury Prevention; Complete 1 set of Exercise A-B, Repeat from Exercise A				
Order A B	EXERCISE	SETS	REPS	LOAD	NOTES
	1/2 Kneeling Wall Rotation	2	10	N/A	Couch stretch - hold 30 seconds each leg
	Couch Stretch	2	1	N/A	
Tier 6	Flexibility and Foam Rolling				
Order A B C D	EXERCISE		SETS	TIME	NOTES
	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left
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## MOBILITY / RECOVERY v4

### CARD #32

<b>DYNAMIC WARM-UP</b>					
	<b>EXERCISE</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>SETS</b>	<b>NOTES</b>
<b>A</b>	Long Strider	10			
<b>B</b>	Highland Fling	10			

<b>C</b>	Walking Quad Stretch		20YDS		
<b>D</b>	Walking lunge w/ Twist		20YDS		
<b>E</b>	Inchworm		20YDS		
<b>F</b>	Frankenstein		20YDS		
<b>G</b>	High Knees		20YDS		
<b>H</b>	Butt-Kickers		20YDS		
<b>I</b>	Straight Leg Shuffle 100%		20YDS		
<b>J</b>	Build-Up 100%		20YDS		
<b>K</b>	Eight Count Body Builder	10			
<b>UPPER BODY</b>					
	<b>ROLLING/MOBILITY</b>	<b>SETS</b>	<b>REPS/TIME</b>	<b>HOLD</b>	<b>NOTES</b>
<b>A</b>	Lax Ball Pecs	2	30SEC		1 set each side
<b>B</b>	Door Frame Stretching	2		30sec	1 set each side
<b>C</b>	Roll Triceps	2	30SEC		1 set each side
<b>D</b>	Triceps on Wall	2		30sec	1 set each side
<b>E</b>	Peanut T-Spine	1	30SEC		Use foam roller if not peanut
<b>F</b>	T-Spine Heel Sit w/ Reach	2	10		10 reps each side
<b>G</b>	Roll Lower Back	1	30SEC		
<b>H</b>	Dive Bomber into Childs Pose	1	10		
<b>STABILITY / ACTVATION; Complete 1 set of Exercise A-D, Repeat from Exercise A</b>					
	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS/TIME</b>	<b>HOLD</b>	<b>NOTES</b>
<b>A</b>	4 Way Bear Crawl	1	30SEC		
<b>B</b>	Kettlebell Windmill	2	10		10 reps each side
<b>C</b>	TRX Clock Press	1	10		
<b>D</b>	TRX Single Leg Squat	2	10		10 reps each leg
<b>LOWER BODY</b>					
	<b>ROLLING/MOBILITY</b>	<b>SETS</b>	<b>REPS/TIME</b>	<b>HOLD</b>	<b>NOTES</b>
<b>A</b>	Lax Ball Foot	2	30SEC		1 set each side
<b>B</b>	Passive Tibialis Stretching	2		30sec	1 set each side

<b>C</b>	Roll Hamstring	2	30SEC		1 set each side
<b>D</b>	PVC RDL Stretching	2	10		1 set each side
<b>E</b>	Roll Glute	2	30SEC		1 set each side
<b>F</b>	Fire Hydrants	2	10		1 set each side
<b>G</b>	Roll Quads	2	30SEC		1 set each side
<b>H</b>	RX Forward Lunge w/ Hip Flexor Stretch	2	10		1 set each side

**STRENGTH • POWER • SPEED • FLEXIBILITY**



# FORCE FITNESS



## 6 WEEK RUNNING PROGRAM

\*Aerobic conditioning runs are the baseline of any running program. They are designed to increase or build the aerobic system and help prepare the body for training at a higher intensity. Your heart rate during an aerobic run should be about 75% of your maximum heart rate. These runs should be done at a pace where breathing is minimally altered and leg fatigue is barely noticeable. Aerobic pace must be computed for each individual. In order to do this, the FFI will need the Marine's most current PFT 3-mile run. From the 3-mile run time, compute the average mile pace. Aerobic pace averages 1:45 seconds slower than the maximum effort pace. Add 1:45 to your computed average mile pace and you will have your aerobic conditioning pace. This is just a baseline and may need to be adjusted 5-10 seconds slower or faster depending on the individual. Remember the key is to not run too fast. An aerobic conditioning pace should feel relatively easy.

Example: 3-Mile Run-21:00,  $21:00/3=7:00$  mile average,  $7:00 + 1:45= 8:45$  aerobic conditioning pace.

\*Warm-up/Cool down-every speed day will consist of a 15 minute warm-up plus strides and a 10 minute cool down at aerobic pace.

\*Strides/Sprints-Strides/sprints are simply 20-30 seconds of running at 85%-95% effort. Strides/sprints serve multiple purposes in a running program. They help the runner focus on form, turnover, and foot strike. They are an easy way to incorporate a little speed work into an easy run day as well. In this program they are used to stretch out the legs and prepare them for speed training.

\*Maximum Sustainable Pace should be consistent. If you are running for 30 seconds at a max sustainable pace, your pace should be as fast as you can consistently run for that period of time. You should be the same speed during the first ten seconds as you are the last ten seconds. If your pace decreases, you started out too fast. As you increase in duration, your pace should decrease. 30 seconds at a maximum sustainable pace should be faster than the pace for 120 seconds.



\*400m and \*800m Intervals are designed to be performed at a pace near the Marine's VO2 max. VO2 max is a measure of the maximum volume of oxygen that can be used. As the effort increases, so does the demand of oxygen. These runs train an individual to push past their Lactic Acid Threshold and continue performing. Both 400m and 800m Intervals will be computed off the Marine's Movement to Contact time. Number of intervals is based off overall fitness level. Slower runners will do fewer intervals and faster runners will do more.

Examples are below:

-400m Intervals- These will be ran 10% slower than the MTC.

Example: Based off a 3:00 MTC, each 400m interval will be ran in 1:39

MTC: 3:00=180s     $180s \times 10\% = 18s$      $180s + 18s = 198s$      $198s / 2 = 99s$      $99s = 1:39$

-800m Intervals- These will be ran 16% slower than the MTC.

Example: Based off a 3:00 MTC, each 800m interval will be ran in 3:27

MTC: 3:00=180s     $180s \times 16\% = 27s$      $180s + 27s = 207s$      $207s = 3:27$

\*1 Mile Intervals- These intervals are designed to push the Marine to their Lactic Acid Threshold. Pace for these intervals will be computed from the Marine's average PFT pace. Each mile will be ran 5-7% slower than the average PFT pace. Number of intervals is based off overall fitness level. Slower runners will do fewer intervals and faster runners will do more.

Example: Based off a 21:00 PFT (average 7:00/mile) each Mile interval will be ran in 7:21

Avg PFT: 7:00=420s     $420s \times 5\% = 21s$      $420s + 21s = 441s$      $441s = 7:21$

\*Fartlek runs are unstructured speed play where you rotate between an aerobic run and a stride/sprint to a certain point/landmark. The distance can vary between short and long; there is no prescribed distance. Pick a random landmark (to the light pole, to the street sign, etc.) and begin fartlek effort to that point. Once the point is reached, fall back into recovery at aerobic pace. Breathing should be just above normal when you begin the next fartlek effort. The pace should be a relatively consistent effort where it challenges the Marine, but it isn't a maximum effort stride/sprint.

# **STRENGTH • POWER • SPEED • FLEXIBILITY**

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Enclosure (3)

# FORCE FITNESS

Week 1		
Aerobic Conditioning	Day 1	Active Recovery with 15 minute warmup/10 minute cooldown
Interval (Speed)	Day 2	20 minute fartlek
Aerobic Conditioning	Day 3	40 minute aerobic pace
Week 2		
Aerobic Conditioning	Day 1	Active Recovery with 15 minute warmup/10 minute cooldown
Interval (Speed)	Day 2	6-8 x 400m with 90 second rest
Aerobic Conditioning	Day 3	50 minute aerobic pace
Week 3		
Aerobic Conditioning	Day 1	Active Recovery with 15 minute warmup/10 minute cooldown
Interval (Speed)	Day 2	30/60/90/120 max SUSTAINABLE pace
Aerobic Conditioning	Day 3	50 minute aerobic pace
Week 4		
Aerobic Conditioning	Day 1	Active Recovery with 15 minute warmup/10 minute cooldown
Interval (Speed)	Day 2	4-6 x 800m with 3:00 rest
Aerobic Conditioning	Day 3	60 minute aerobic pace
Week 5		
Aerobic Conditioning	Day 1	Active Recovery with 15 minute warmup/10 minute cooldown
Interval (Speed)	Day 2	3-5 x 1 mile with 1-2 minute rest
Aerobic Conditioning	Day 3	60 minute aerobic pace
Week 6		
Aerobic Conditioning	Day 1	Active Recovery with 15 minute warmup/10 minute cooldown
Interval (Speed)	Day 2	20 minute fartlek
Aerobic Conditioning	Day 3	50 minute aerobic pace

**Day 1:** This is an additional day of aerobic conditioning done in conjunction with your active recovery day. This is the only day of aerobic conditioning that is not interchangeable. It will always been done on the day you do the active recovery card.

**Day 2:** This day is designed to incorporate all speed workouts. This can be done at any point during the week as long as it does not interfere with lower body or speed and agility cards. Make sure you leave time for optimal recovery from these cards as well as the speed workout.

**Day 3:** Is your "longer" aerobic conditioning run. Generally this will best fit in on the weekend; however, it is at the discretion of the individual when to incorporate this.

## **STRENGTH • POWER • SPEED • FLEXIBILITY**

# **FORCE FITNESS RISK ASSESSMENT WORKSHEET**

<b>MISSION:</b> Force Fitness Program	<b>LESSON DESIGNATOR:</b> N/A	<b>DATE BEGAN:</b> 20171001 <b>DATE ENDED:</b> 20180930	<b>DATE PREPARED:</b> 20170929
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<b>PREPARED BY:</b>				<b>SIGNATURE</b>	
Staff Sergeant Ramsey, C. B. / FFI					
IDENTIFY HAZARDS	ASSESS HAZARDS	MAKE RISK DECISIONS	IMPLEMENT CONTROLS	SUPERVISE	
HAZARD	INITIAL RAC	CONTROLS	RESIDUAL RAC	HOW TO IMPLEMENT	
Insect/animal bites.	IIIC4	-Marines will be advised of the possible presence of animals and insects to increase their awareness of the risk (snakes, ticks, deer, ants, etc.) -FFI will advise Marines to use insect repellent to avoid insect bites.	IIID5	-FFI will instruct Marines not to come in contact with possible natural obstacles. -FFI or individual Marine will always do a route recon of training area and identify natural obstacles/hazards.	-FFI will notify PMO of any stray animal. -FFI will instruct the Marines to wear insect repellent.
Marine becomes dehydrated.	IIB2	-Marines will stay properly hydrated on a daily basis. -Marines will have a water source available during PT. -Marines will not take dietary supplements prior to exercise. -Marines will not consume dehydrates 12 hours prior to exercise. (Alcohol, caffeine)	IIC3	-FFI will instruct Marines to be properly hydrated every day and instruct all Marines to have a personal water source available at all times. -Marines will be instructed to stay away from dietary supplements due to dehydration. -Marines will be instructed not to consume dehydrates 12 hours prior to a PT event.	-FFI will ensure all Marines have water prior to starting PT session. -FFI will instruct Marines not to take dietary supplements and to stay properly hydrated every day.
Sprain/Strain.	IIIB3	-Marines will conduct a dynamic warm-up before all PT events.	IIIC4	-Integrate dynamic warm-ups as part of the Force Fitness Program.	-Direct supervision by FFI.
Trips/Slips while running.	IIIC3	-FFI will conduct a recon of training areas before events. -To the extent possible, conduct events on dry surface.	IVC4	-FFI inspects training areas before training events.	-Direct supervision by FFI.

Motorist collides with Marine.	IC2	-If PT is conducted on road, post road guards at appropriate locations. -During individual runs/PT, Marines will wear appropriate safety gear while conducting physical training on or near roadways during periods of reduced visibility (night, rain, fog, snow).	IIID4	-FFI ensures road guards are posted and are vigilant. -FFI will instruct Marines to wear appropriate safety gear while conducting physical training on or near roadways during periods of reduced visibility (night, rain, fog, snow).	-Direct supervision by FFI.
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Enclosure (4)

Marine is injured while being dragged or carried.	IIIC3	-Marines executing buddy drag or carry will use proper form. - Marines executing drag will be equal height/weight to Marine being dragged.	IIID4	-FFI will demonstrate proper technique for all carries and drags. -FFI will ensure Marines are paired similar height/weight.	-Direct supervision by FFI.
Lower back pain.	IIB3	-Marines will conduct a dynamic warm-up before all PT events.	IIIC4	-Integrate dynamic warm-ups as part of the Force Fitness Program.	-Direct supervision by FFI.
Shoulder or wrist injury.	IIB3	-Marines will conduct a dynamic warm-up before all PT events.	IIIC4	-Integrate dynamic warm-ups as part of the Force Fitness Program.	-Direct supervision by FFI.
Marine becomes injured and can NOT continue during PT.	IIB2	-FFI will ensure a safety vehicle is available during PT events that require long movements.	IID4	-FFI will ensure a safety driver and safety vehicle is ready prior to the start of a PT event. -FFI will ensure medical facilities are easily accessible.	-Direct supervision by FFI.
Marine becomes sunburned during training events conducted outside.	IIIB3	-FFI will brief Marines to use sunscreen during PT events conducted outside.	IIIC4	-FFI will instruct Marines the day prior to bring sunscreen to PT.	-Direct supervision by FFI.
Cold weather SOP.	IIIB3	-FFI will brief Marines to use cold weather gear when applicable. -FFI will allow Marines to wear beanies, sweat shirts, gloves, etc. in order to prevent sickness and/or injury.	IIIC4	-FFI will instruct Marines to bring cold weather gear to PT when applicable.	-Direct supervision by FFI.

**CEASE TRAINING CRITERIA:** Any person present may call cease training if they witness an unsafe act. Once the situation is rectified, the Chief Instructor will give the command to resume training.

<b>Risk Assessment Matrix</b>		<b>Probability</b>			
		A	B	C	D
<b>Severity</b>	I	1	1	2	3
	II	1	2	3	4
	III	2	3	4	5
	IV	3	4	5	5

**OVERALL RISK LEVEL:**  
(select one)  
RAC 1(Critical)  
RAC 2(Serious)  
**RAC 3(Moderate)**  
RAC 4(Minor)  
RAC 5(Negligible)

**RISK DECISION AUTHORITY:**  
  
Colonel J.W. EGGSTAFF  
Commanding Officer, MAD Pax River



**MARINE AVIATION DETACHMENT**  
**GROUND MISHAP REPORT**

1. Time: \_\_\_\_\_

2. Date: \_\_\_\_\_

3. Point of Contact (POC): \_\_\_\_\_

4. POC Phone Number: \_\_\_\_\_

5. Type of Mishap: (One of the Following)

☐ On-Duty - Industrial, Government Motor Vehicle, Military Training, etc.

☐ Off - Duty - Private Motor Vehicle, Sports/Recreation, etc.

6. Time of Mishap: \_\_\_\_\_

7. Date of Mishap: \_\_\_\_\_

8. Location of Mishap: \_\_\_\_\_

9. Information of injured personnel:

Rank & Name: \_\_\_\_\_

Age: \_\_\_\_\_

DOD ID: \_\_\_\_\_

MOS: \_\_\_\_\_

Component: \_\_\_\_\_

Circumstances of Injury (provide as much information as possible):

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**Reported By:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Enclosure (5)