



Candidate Aide: Maritime Tactical Operator Performance Readiness Preparation Program



Purpose of this document

The following guide will help you better understand and use the Maritime Tactical Operator (MTO) Performance Readiness Preparation Program; a 13-week physical training program (8-week Foundation, 4-week Specific, 1-week Taper) ([Appendix B](#)).

The MTO Performance Readiness Preparation Program aims to develop the necessary work capacity reflective of the physical demands of the MTO assessment center (AC) and course (MTOC), while supporting physical resiliency for injury prevention. Mental toughness training is incorporated into the program to progressively develop physical preparation, commitment to the training process, perseverance through challenges and confidence in achieving goals. In addition, a Transition/Maintenance physical training program, for transitioning between the MTO AC and MTOC, can be found at the end of this document for those selected for the MTOC.

The fitness program can be assigned through the *Kinduct Athlete* mobile app, with explanations and videos, directly accessible via smartphone. You can download the *Kinduct Athlete* app on your smartphone by following the instructions in [Appendix A](#).

To optimize and individualize your preparation, you will also have access to daily readiness/wellness questionnaires. These questionnaires take 10 - 30 seconds to complete and aim to monitor your sleep quality, fatigue, soreness, motivation, training session Rate of Perceived Exertion (RPE) and training load. Your individual responses can help the PSP fitness professional at your home base adjust your training based on how you are feeling that specific day/week to avoid under/over training.



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PSP Support

Local PSP fitness, reconditioning and health promotion professionals, will support you to:

1. Become aware/educated of the demands and requirements of preparing for the physical demands of the MTO AC and MTOC, to improve likelihood of success;
2. Obtain guidance and training support in general, and specifically as it relates to the 13-week MTO physical fitness preparation program ([Appendix B](#));
 - a. Follow or modify the 13-week program based on your strengths, weaknesses, work restrictions, physical limitations (if being supported through injuries), etc.;
 - b. Establish and optimize, sleep, nutrition, soft tissue care and mental toughness strategies and behaviors
3. Use daily athlete readiness/wellness monitoring tools (sleep quality, fatigue, soreness, motivation and session RPE/training load) to help manage your training. The physical fitness program was designed based on the absolute demands of the MTO job/mission and course, but can be modified (intensity, recovery, modality, etc.) based on your response to readiness/wellness questionnaires.

Background – Development of Naval Tactical Operator Performance Readiness Preparation Program

The Naval Tactical Operations Group (NTOG) is a unit within the Royal Canadian Navy (RCN) that specializes in Maritime Interdiction Operations and Force Protection. NTOG stood up in 2014 and graduated their first course of Maritime Tactical Operators (MTO) in 2015. Since then, their role has increasingly engaged in international capacity building activities, which includes contributing to maritime safety and security across the globe.¹ This includes intercepting suspect vessels in order to prevent the movement of illicit cargo and contraband at sea (maritime interdiction operations), and protecting naval vessels, infrastructure and personnel, known as force protection.

MTO course training involves extensive training in advanced naval boarding tactics, including hand-to-hand combat, improvised explosive device identification, close quarters battle, tactical shooting, and tactical questioning. To be selected for the 5±month MTO course, candidates must attend a physically and mentally challenging AC.

In 2019, the Navy requested the support of Canadian Forces Morale and Welfare Services (CFMWS), Directorate of Fitness (DFIT), to provide subject matter expertise during the Director General Military Personnel Research and Analysis (DGMPPRA) review of the Royal Canadian Navy (RCN) MTO selection process. PSP DFIT was requested to contribute to the redesign of the physical components of the selection process, screening evaluations and a physical preparation program.

¹ <http://www.navy-marine.forces.gc.ca/en/news-operations/news-view.page?doc=mtog-building-relationships-contributing-to-maritime-safety-and-security/j0y9ox1e>



Research

The physical and physiological demands of the MTO course and job/missions were identified throughout 2019 and 2020. MTO Subject matter experts (SME) were consulted to define in detail the physical demands identified in the job/work analysis performed by DGMPPRA in 2014 and 2016², with context linked to the MTOC, operational missions and training exercises. In addition, the physical demands of the MTOC were identified using a similar process. Observation and measurements were also taken during training exercises for pre-deployment and throughout the MTOC.

Working closely with the MTO SMEs, the research was used to develop the physical elements of the MTO AC and build the physical fitness program found in this Aide. These physical elements are specific to the physical abilities assessed in the MTO AC and required by course candidates.

MTO Physical Demands Summary

- Missions and training days can often last long hours, and continue for many days. These days are often represented by low and high intensity cycles. Therefore, MTOs require a high level of stamina and capacity to recover from the high intensity work and to endure the long days.
- During boarding, fatigue usually starts setting in after about 6 hours, and multiple days of repeated boarding can wear down the MTO. Some missions have included as many as boarding 7 times in a 24 hour span.
- MTOs must be capable of wearing heavy loads (28-35kg), mainly on the shoulders, throughout these long hours.
- They must also be able to tolerate inhospitable weather and temperature conditions.
- Rather than a few maximal lifts, the operators are usually required to perform repetitive motions, and are often required to work in uncomfortable positions for an extended period of time (e.g., working up to 5 hours on their knees).

MTOs are required to perform the following tasks on course, in training and on deployment:

- Prepare for boarding vessel of interest (VOI);
 - a. Prepare applicable full fighting order (FFO)*
 - b. Move equipment to the designated SORHIB (MTOs) and Bridge top (over watch (OW))*
 - c. Load equipment and personnel into surface connector (SOHRIB or Helicopter)*
- Insert and board VOI (Hook and climb)
 - *Get into surface connector*
 - *Travel to VOI*

² Work Analysis 2014 & 2016; Scientific Report DRDC-RDDC-20190R028, Feb 2019



- *Climb caving ladder up to height of a merchant container vessel/cruise ship or maritime platform (max height of large container vessel is ~50 feet).*
- Clear and sweep vessel (shooting skills/firing ready position)
 - *Traverse the length of the ship for up to 200 feet, sweep vessel for people/dangers*
- Sensitive site exploitation
 - *Search the ship*
 - *Removal of contraband (this task can last hours and require extensive material handling)*
- Personnel under control (PUC) handling
 - *Forcibly subdue PUC*
- Non-cooperative boarding
- Obstructed boarding/Close quarter battle
- Extract from VOI + EX fil from surface connector onto RCN ship
- Managing and extracting casualties
- Apply principles of Force protection/Tactical land movement

The following Movement Summary Table outlines the various movements MTOs are required to perform in training, on missions and on course, and were carried forward in the development of the Performance Readiness Preparation Program.

The demands of the MTOC can be greater than the demands of a mission. MTOC candidates are required to repeatedly perform the physically demanding skills outlined below for the development of effectiveness and efficiency. Additionally, the MTOC candidates will be tasked with learning, which will expose candidates to mental fatigue. Candidates with a higher level of fitness (above the requirement of the course demands) should experience less fatigue and be more mentally prepared.



Primary movement	Task description (wearing up to 35kg of FFO/weapon/vest)
Locomotion with external load carriage up to 12 hours+/day	Standing (e.g., in a ready (firing) position) for long hours sometimes in an unbalanced environment (e.g., standing on the RHIB for 60 min in rough sea state)
	Walking, sometimes in a crouch position (e.g., ready position) in all four directions (e.g., fwd, bwd, side to side) for long hours and over 5km, sometimes on uneven terrain, and/or over obstacles
	Sprinting (e.g., up to 100m or repeated short sprints up to 300m); abrupt start
	Quickly changing direction either on the spot or when sprinting (5-30m)
	Climbing up and down the stairs with high repetitions and speed
	Sea transition – hold on often in a semi squat position in rough sea condition
Carrying Casualty weight varies from 90-120kg (includes FFO)	Carrying extra load
	Carrying small boat to sea
	2 person carry - feet over shoulder
	2 person carry - stretcher
	4 person carry - stretcher
	3 person carry - stretcher
	Carrying weapon (goblet carry - front of body)
	Carrying contraband (farmer carry, suitcase carry)
	Carrying kit (farmer carry)
Casualty carry (bear hug carry)	
Dragging Casualty weight varies from 90-120kg (includes FFO)	1 person drag
	2 person drag
Climbing	Caving ladder (can be a very unstable environment depending of sea state and with the ship serpentine)
	Accommodation ladder
	Cargo nets
Lunging, squatting, getting up from prone	Squatting up and down with load
	Lunging up from and down to one knee
	Getting up from the ground while controlling a weapon
Crawling	Crawling from different position (tight and awkward areas)
Gripping	Gripping caving ladder: inside 12 inches any grip
	Gripping when fighting
Pulling	Pulling barriers and compartment
Pushing	Lifting overhead equipment (app. 8ft high)
	Pushing barriers and compartment
Fighting	Hammering to breach locked doors
	Grabbing - controlling
	Punching - striking
	Bring someone to the ground - controlling
Swimming	Pushing someone off you while on ground
	Short distance swimming in open rough water



Physical Fitness Preparation Program

The physical training program was designed based on the absolute demands of participating in the MTO selection, MTOC and as a qualified MTO. A 13-week physical fitness program (8-week: Foundation, 4-week: Specific, 1-week: Taper), and a Transition/Maintenance physical fitness program that bridges the selection with the MTOC have been developed. Each phase was designed with a specific purpose and progression with the intent to help you achieve success on the MTO selection and the MTOC.

The physical fitness program is currently available through the *Kinduct Athlete* mobile app ([Appendix A](#)) and/or in paper version ([Appendix B](#)), however this program was designed for the mobile app and is best viewed in this format.

To gain access to the physical fitness program, you need to contact your local PSP fitness professional; who can provide you access to the training programs. This PSP fitness professional will also provide you with all the additional information you need to know regarding the program. If your base does not have a PSP fitness professional associated with the MTO, please contact Troy Grinder (Troy.Grinder@forces.gc.ca).

The use of the *Kinduct Athlete* mobile app will allow you to view your training program, exercise videos, and their execution. If you choose to log your training, the mobile app will also allow the PSP fitness professional to track your progress throughout the different weeks of the MTO physical training program.

Physical Fitness Preparation Program Components

The Foundation Phases (Phase 1: Week 1-4, Phase 2: Week 5-8)

These phases build on the basic physical fitness that you should have acquired prior to preparing specifically for the selection process. The Foundation phases work on acquiring broad physical abilities as well as touching on some MTO specific elements. Early preparation phases have been shown to be crucial for success in the specific stages of physically and psychologically demanding tasks.³

Foundation Program Guidelines

- a. Provides guidelines for a foundation of physical preparedness without overtraining.
- b. Goal is to build all fitness capacities to allow for a better transition to the more specific phase, where the exercises will be more representative of MTOG performance requirements.
- c. Workouts (for each day) can be completed separately at different times of the day.
- d. Each session should challenge you, taking close to an hour to complete (excluding the loaded metabolic sessions).

³ Corcoran & Bird, 2009; Deweese et al., 2015



- e. Each session should include a warm-up and cool-down/recovery.
- f. In addition to the loaded metabolic days, it is highly recommended you wear a weighted vest on the days mentioned in the program [Phase 1: Wednesday; Phase 2: Wednesday and Friday (Friday optional)] as a way of loading your training and getting familiar with wearing the vest. The recommended weight is written in the program.



Training sessions	Frequency	Intensity (RPE)	Objectives for Foundation phase
Specific Loaded Metabolic Sessions Weighted Walk with Circuits	2x/week Suggested program day: Monday: short session Saturday: long session	Somewhat hard (4) to really hard (7)	Progress towards heavier vest (20-65 lbs) for different distances (short and long walks over varying terrain) including circuits to perform during the walks. Manage the loads without instability and fatigue. Can be used as a personal fitness check to gage your comfort and performance while wearing the vest.
Metabolic Unloaded Running Sessions Speed-Agility-Quickness, Sprint/Anaerobic, VO₂ max/Aerobic Threshold	1x/week Suggested program day: Tuesday	Hard (6) to really really hard (9)	Aerobic capacity: increase capacity to sustain effort for a long period and recover faster after an intense bout. Develop speed-agility-quickness and anaerobic capacity performance that could be required of MTO during short intense movements.
Full Body Muscular Workouts Power, Strength and Circuit	3x/week Suggested program days: Monday, Wednesday Friday Wearing a vest 1x/week during phase 1 and 1-2x/week during phase 2 is recommended to get used to wearing a vest	Somewhat hard (4) to really hard (7)	Develop capacity to effectively perform key MTO movements including lift, carry, squat, lunge, drag, grip, sitting to prone. Manage loads without instability and fatigue. Develop efficient quick movements, overall strength for resiliency purposes and work capacity under light to medium loads.
Water Confidence Sessions	1x/week Suggested day: Thursday	Easy (2) to moderate (3)	Recovery day during the week. Develop/improve water comfort. Develop/improve ability to effectively and quickly move in and out of water.
Recovery Mobility Sequence Sessions Mobility Sessions	1x/week Suggested program days: Sunday 6x/week 3 optional Suggested program days: Monday to Saturday	Easy (2)	Identify movement limitations at start of training and maintain consistent practice for efficient movement; healthy range of motion in hip and shoulder girdles. Learning to move in a proficient manner helps prevent injuries.
Choice of Physical Activity/Sport Sessions	Up to 4x/week Suggested program days: Tuesday, Thursday, Friday, Saturday	Easy (2) to moderate (3)	Build stamina while performing a variety of movement patterns. Include climbing and martial arts activities as these skills will be useful as a future MTO.
Fitness (FIT) Check	1x/4 weeks	Max effort (8-10)	Assess progress and prepare for Selection evaluation.



The Specific Phase (Week 9-13; week 13 being a taper week)

This phase builds on the Foundation phases, and focuses on the most relevant aspects of the MTO selection/MTOC and ensures that once completed, you are both physically and mentally prepared to face the challenges of the MTO selection/MTOC.

Specific Program Guidelines

- a. Provides guidelines for MTO Specific Fitness Preparedness without overtraining.
- b. Workouts (for each day) can be completed separately at different times of the day.
- c. Each session should challenge you, taking close to an hour to complete (excluding the weighted metabolic sessions).
- d. Each session should include a warm-up and cool-down/recovery.
- e. In addition to the loaded metabolic days, it is highly recommended you wear a weighted vest on the day mentioned in the program (Monday (optional), Wednesday, and Friday) as a way of loading your training and getting familiar with wearing the vest. The recommended weight is written in the program.
- f. Week 13 is a taper week: mental and physical recovery. This is the week leading to the selection and has as a goal for you to recover, reduce fatigue and arrive at the selection at your peak. *(Note: Performance = fitness – fatigue).*



Training sessions	Frequency	Intensity (RPE)	Objectives for Specific Phase
Specific Loaded Metabolic Sessions Weighted Walk with Circuits	2x/week Suggested days: Monday: short session Saturday: long session	Somewhat hard (4) to really hard (7)	Develop capacity of wearing heavy vest (60-70lbs) which represents the near-maximal equipment loading required by MTOs. Distance and circuits follow the same format as the previous phases. Manage the loads without instability and fatigue. Can be used as a personal fitness check to know how you feel handling the vest over the distance/time with the circuit.
Metabolic Unloaded Running Sessions Speed-Agility-Quickness, Sprint/Anaerobic, VO₂ Max/Aerobic Threshold	1x/week Suggested day: Tuesday	Hard (6) to really really hard (9)	Continue to progress aerobic capacity: increase capacity to sustain effort for a long period and recover faster after an intense bout. Continue to progress speed-agility-quickness and anaerobic capacity performance that could be required of MTO during short intense movements.
Full Body Muscular Workouts Power, Strength and Circuit -	3x/week Suggested days: Monday, Wednesday Friday Wearing a vest 2-3x/week is recommended to get used to wearing a vest	Somewhat hard (4) to really hard (7)	Continue to develop capacity to effectively perform key MTO movements including lift, carry, squat, lunge, drag, grip, sitting to prone. Manage loads without instability and fatigue. Develop efficient quick movements, overall strength for resiliency purposes and work capacity under light to medium loads.
Water Confidence Sessions	1x/week Suggested day: Thursday	Easy (2) to moderate (3)	Recovery day during the week. Develop/improve water comfort. Develop/improve ability to effectively and quickly move in and out of water.
Recovery Mobility Sequence Sessions Mobility Sessions	1x/week Suggested day: Sunday 6x/week 3 optional Suggested days: Monday to Saturday	Easy (2)	Identify movement limitations at start of training and maintain consistent practice for efficient movement; healthy range of motion in hip and shoulder girdles. Learning to move in a proficient manner helps prevent injuries.
Choice of Physical Activity/Sport Sessions	Up to 4x/week Suggested day: Tuesday Thursday Friday Saturday	Easy (2) to moderate (3)	Build stamina while performing a variety of movement patterns. Include climbing and martial arts activities, as these skills will be useful as a future MTO.
Fitness (FIT) Check	1x/4 weeks	max effort (8-10)	Assess progress and prepare for Selection evaluation.



The Transition/Maintenance Phase (alternating week 1 and 2 until course)

This phase is designed for those who are selected to pursue the MTOC. It continues to build on the work done from the previous phases – Foundation and Specific phases - of the fitness program and also from what was covered in the selection. The goal of this phase is to bring you to the next level and best prepare you for the MTOC.

Transition/Maintenance Program Guidelines

- a. Provides guidelines for MTO Specific Fitness Preparedness without overtraining.
- b. Workouts (for each day) can be completed separately at different times of the day.
- c. Each session should challenge you, taking close to an hour to complete (excluding the weighted metabolic sessions).
- d. Each session should include a warm-up and cool-down/recovery.
- e. In addition to the loaded metabolic days, it is highly recommended you wear a weighted vest on the day mentioned in the program (Monday – optional, Wednesday, and Friday) as a way of loading your training and getting familiar with wearing the vest. The recommended weight is written in the program.
- f. This phase is composed of 2 weeks of different training, which will be performed in an alternate manner (e.g., week 1, week 2, week 1, week 2) until the course. On the week leading up to the course it will be important to perform a *deload week*, meaning you only perform 50% of the sets prescribed and also decrease the intensity/effort to allow the body to recover while still moving. For example, if you are asked to perform 4 sets of 10 repetitions for a specific exercise, you will then reduce the number of sets to 2 of 10 repetitions during the *deload week*. Same principle applies for the distance for the weighted walks and run.



Training sessions	Frequency	Intensity (RPE)	Objectives for Specific Phase
Specific Loaded Metabolic Sessions Weighted Walk with Circuits	2x/week Suggested days: Monday: short session Saturday: long session	Somewhat hard (4) to really hard (7)	Develop capacity of wearing heavy vest (60-70lbs) which represents the near-maximal equipment loading required by MTOs. Distance and circuits follow the same format as the previous phases, however the volume for both are increasing over time. Manage the loads without instability and fatigue. Can be used as a personal fitness check to know how you feel handling the vest over the distance/time with the circuit.
Metabolic Unloaded Running Sessions Speed-Agility-Quickness, Sprint/Anaerobic, VO₂ Max/Aerobic Threshold	2x/week Suggested day: Tuesday: Speed-Agility-Quickness, Sprint/Anaerobic Wednesday: VO ₂ Max/Aerobic Threshold	Hard (6) to really really hard (9)	Continue to progress aerobic capacity: increase capacity to sustain effort for a long period and recover faster after an intense bout. Continue to progress speed-agility-quickness and anaerobic capacity performance that could be required of MTO during short intense movements.
Full Body Muscular Workouts Power, Strength and Circuit -	3x/week Suggested days: Monday, Wednesday Friday Wearing a vest 2-3x/week is recommended to get used to wearing a vest	Somewhat hard (4) to really hard (7)	Continue to develop capacity to effectively perform key MTO movements including lift, carry, squat, lunge, drag, grip, sitting to prone. Manage loads without instability and fatigue. Develop efficient quick movements, overall strength for resiliency purposes and work capacity under light to medium loads.
Water Confidence Sessions	1x/week Suggested day: Thursday	Easy (2) to moderate (3)	Recovery day during the week. Develop/improve water comfort Develop/improve ability to effectively and quickly move in and out of water.
Recovery Mobility Sequence Sessions Mobility Sessions	1x/week Suggested day: Sunday 6x/week 3 optional Suggested days: Monday to Saturday	Easy (2)	Identify movement limitations at start of training and maintain consistent practice for efficient movement; healthy range of motion in hip and shoulder girdles. Learning to move in a proficient manner helps prevent injuries.
Choice of Physical Activity/Sport Sessions	Up to 4x/week Suggested day: Tuesday Thursday Friday Saturday	Easy (2) to moderate (3)	Build stamina while performing a variety of movement patterns. Include climbing and martial arts activities as these skills will be useful as a future MTO.



Important to Note Related to Training Prescription

- **Specific loaded metabolic sessions:** As most of the course is completed wearing a weighted vest (16 – 28kg/35-62lbs), weighted walks with circuits have been included. Beyond just carrying the loads, being able to safely manage the vest while regularly changing posture and performing different tasks is very important as an MTO. These sessions also serve as a regular fitness check to determine your readiness with the load and your ability to recover.
- **Water confidence sessions:** You should be comfortable in the water in case of an emergency. These swim sessions are incorporated as a low intensity day for you to increase your comfort level in the water and recover from your hard training regime. MTO swimming is not physically demanding, as it is slow and covering very short distances. However, these sessions might be more demanding to those who are not efficient swimmers or uncomfortable in the water. If you are a good swimmer use these sessions as recovery.
- **Recovery mobility sequence sessions:** These sessions are included as a way to promote active recovery from a hard week of training. Mobility helps you move in a more proficient manner, which helps prevent injuries.
- **Mobility sessions:** These sessions are included on a daily basis and are associated with the movements performed that day. The mobility sessions are prescribed on “full body muscular workout” days. The remaining mobility sessions per week are optional, but strongly recommended as MTOs can be required to function in awkward positions where limited mobility could decrease effectiveness.
- **Choice of physical activity/sport sessions:** Choice of physical activity/sport sessions have been included in the programming to increase stamina for on course and operations, to reduce the risk of overuse injuries and to promote variety. These are very important sessions.
- **All other training** has been designed to progressively increase the capacity to function with the weighted vest at different intensities and movement patterns as described in the movement summary table above.
- **Daily athlete readiness/wellness questionnaires** are included as a tool to individualize your training based on your response to the training and your daily readiness/wellness state. PSP can support you.
- **Your weaknesses:** This program does not target your specific weaknesses, but rather provides absolute training to be successful on the MTO AC and MTOC. If you would like to have this program individualized to meet your needs, reach out to your home base PSP fitness professional.



Rating of Perceived Exertion (RPE)

Performance of each exercise is associated with a **Rating of Perceived Exertion (RPE)**. The number represents the intensity for that specific exercise prescription.

This program guides the prospective candidate with recommended training intensities using the RPE approach (explained below). Most exercises in the MTO Performance Readiness Preparation Program will use a number from the RPE chart to prescribe the intensity. For example, the training may call for 3 sets of 10 squat repetitions at an RPE of 5. According to the RPE chart, a rating of 5 = hard. This means that the candidate should select a weight for the squat exercise that would elicit a feeling of having worked hard by the end of a working set. The weight will differ from person to person (depending on fitness level and ability) or even day to day for the same person (depending on how well they feel). The important point is that the candidate should work hard (relative to oneself) for this particular exercise.

It should be noted that no exercise intensity is ever prescribed as maximal (rating of 10) because the goal of the program is to train/be active multiple times per day, recover, and repeat this over a period of a few months. Depleting all resources on a single training will not optimize the preparation for the MTOC.

Rating of Perceived Exertion Scale

0- 10 Rating of Perceived Exertion Scale	
0	Rest
1	Really easy
2	Easy
3	Moderate
4	Somewhat hard
5	Hard
6	
7	Really hard
8	
9	Really really hard
10	Maximal



Before you start

If you are reading this Aide more than 13 weeks prior to the AC, you can ask your local PSP fitness professional for a general workout program to help you prepare for this program.

- Are you ready to use the MTO Performance Readiness Preparation Program?
- Do you have a well-rounded level of fitness including cardiovascular training, muscular conditioning and mobility?
- Do you participate in 3-4 days/week of 30+ min/session of purposeful physical training?
- Look at the MTO physical preparation program and ask yourself if it is much more difficult than what you are doing at this moment?
- The program is designed with a progressive start and builds gradually to avoid overuse.

The MTO Performance Readiness Preparation Program is designed to start 13 weeks prior to the AC in order to be completed in its entirety. It is a progressive training program and requires a well-rounded level of fitness in order to tolerate the training load without getting injured. Support from a PSP fitness professional that understands the MTO Performance Readiness Preparation Program will help you optimize your preparation.

Contact your local PSP fitness professional in order for them to assign you the MTO physical fitness program. At that time, you will have to provide your PSP fitness professional:

1. Your full name,
2. Email address (Forces or other)

Your PSP fitness professional can guide you through the training process and can also monitor your sleep, fatigue, motivation and soreness levels through daily questionnaires. The training process with a PSP fitness professional is voluntary, however, due to high level of intensity of the training, we highly recommend that you consider working with them, as they can help you be more effective.



Appendix A: How to View the Program via the Mobile Application

Kinduct Athlete mobile application was created for you, the military member. Kinduct has crafted a product that combines intuitive design, intelligent use of data, and efficient communication tools to help military members stay healthy and perform better. Centralized in one mobile application, you will find assigned training/rehab programs, in-app metrics and reports, and scheduled forms and assessments.

The Kinduct Athlete mobile application is available for download from both the Apple iTunes Store and Android Google Play store. You will find it listed as “Kinduct Athlete”.

Both versions of the Kinduct Athlete mobile application support light and dark modes and can be used in either portrait or landscape layout. We recommend using portrait mode as this will provide the best experience.

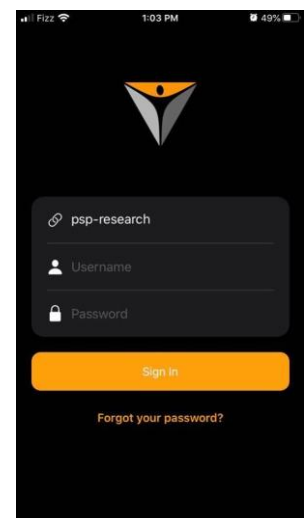
Logging into the Mobile Application

First login

Enter the following information upon initial login:

- Domain name – Enter "psp-research".
- Username – The username provided by your PSP staff.
- Password – This password provided by your PSP staff.

Note: If you need to login again the Domain will be retained, so you will only need to enter Username and Password.





Using the Kinduct Athlete Mobile Application

Each time you open the mobile application, synchronization occurs and displays any Training Programs and Scheduled Forms for the current day (and/or previous days in the missed view). It will also pull any newly assigned Forms and update your data.

Schedule Page

The Schedule page is effectively your "homepage" within the Kinduct Athlete mobile application, and allows you to access the Forms and Training Programs that have been scheduled for you.

"Up Next" Tab

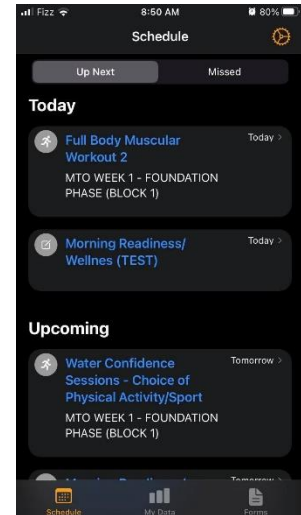
By default, you will be in the "Up Next" view where you can see/access:

- Today's Items – This will include Training Programs and Scheduled Forms that are to be completed for 'today'.
- Upcoming Items – This will include Training Programs and Scheduled Forms in the future; scroll down the page to view.

Click on the name of any item to launch.

Note: you will only be able to see ahead based upon what has been assigned to you in the platform by your coach or trainer.

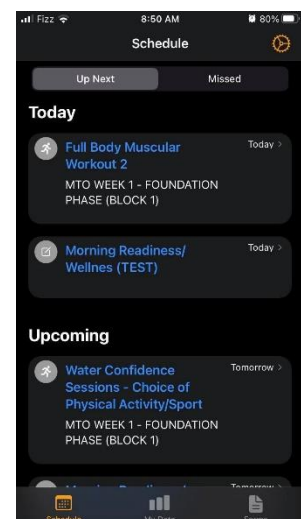
This page is also where you can access the "Settings" icon – located in the top left of the screen – which is detailed later in this guide.



"Missed" Tab

Through the "Missed" tab view, you will see the list of any Forms or Training Programs that were not completed.

Each scheduled task will be listed with the original due date, and completing the Form will log data for that original date.



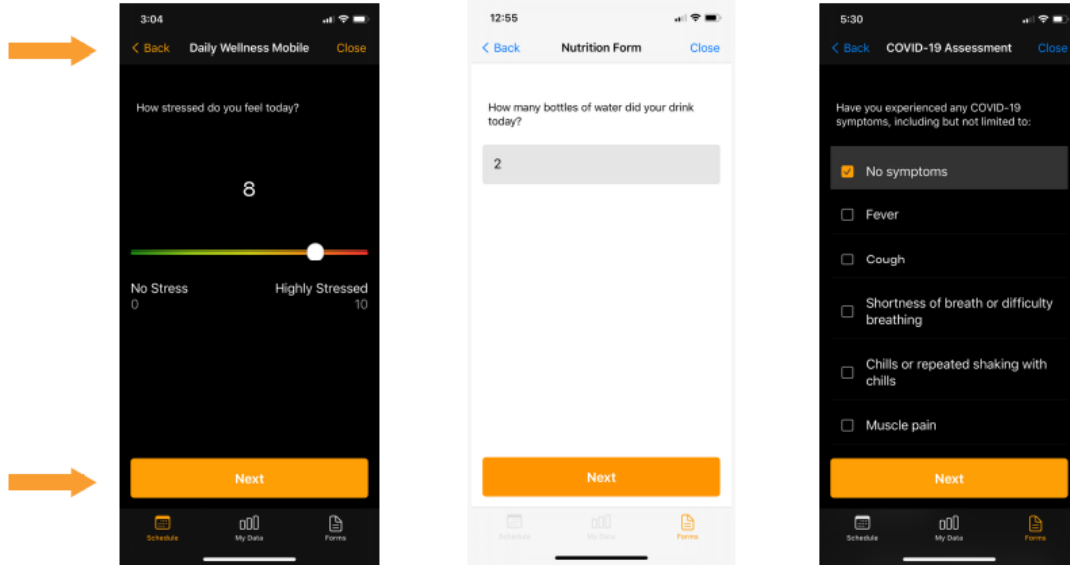
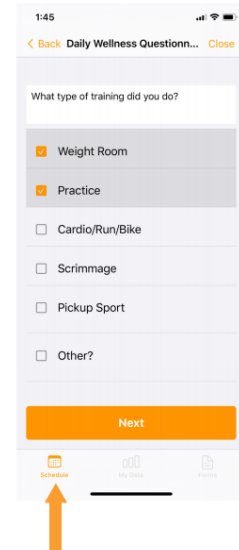


Scheduled Forms (Questionnaires)

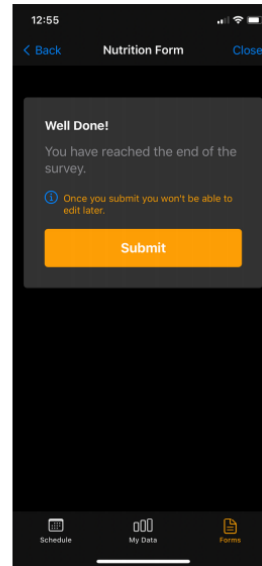
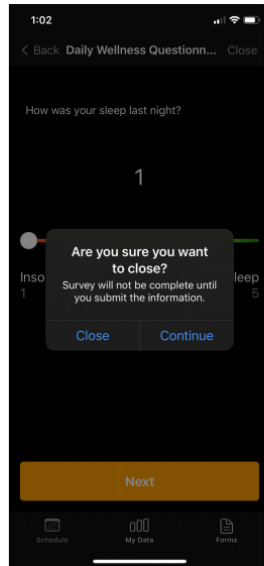
If Forms have been scheduled (i.e you are required to complete them at specific times or on specific days), they will show on the "Schedule" page. Note: these Scheduled Forms will not necessarily show on the "Forms" tab, which is primarily for additional Forms that have been made available (granted access) to you, for completion (upon request from your trainer which in this case will let you know when to complete it). It is possible for a Form to be both Scheduled and Granted access, and in that case it will be listed in both places.

Once a Form has been launched (see pictures) each question will then be displayed, one per screen.

You can move back to the start of the Form at any time, using the "Back" control, which is found top left of the screen.



If a question is marked as required you will not be able to move onto the next question until an answer has been provided. In this situation, the "Next" button will not be selectable until said answer has been provided.



If you choose to close the Form, either mid-way through completing it or instead of submitting it, you will receive the following message (picture to the left). Any data captured will be retained for when you wish to complete the Form.

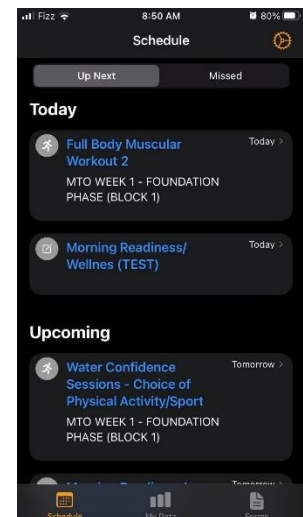
Upon completion of the Form, there is a completion screen where you can officially submit the Form (picture to the right).

Note: if you do not have Wi-Fi connection at the moment you are submitting the form, the data will be saved momentarily onto your phone and transferred to the Kinduct server once connected.

Training Programs

For military members that receive training and rehab programs from their coach or trainer, the mobile application provides the ability to retrieve and review assigned workout programs. Once accessed, easily view, modify, and complete your workout.

Military members can also synchronize workout updates with the Kinduct platform. This means you can use the mobile application offline, storing data to the devices as you go, and then synchronizing the data once online.



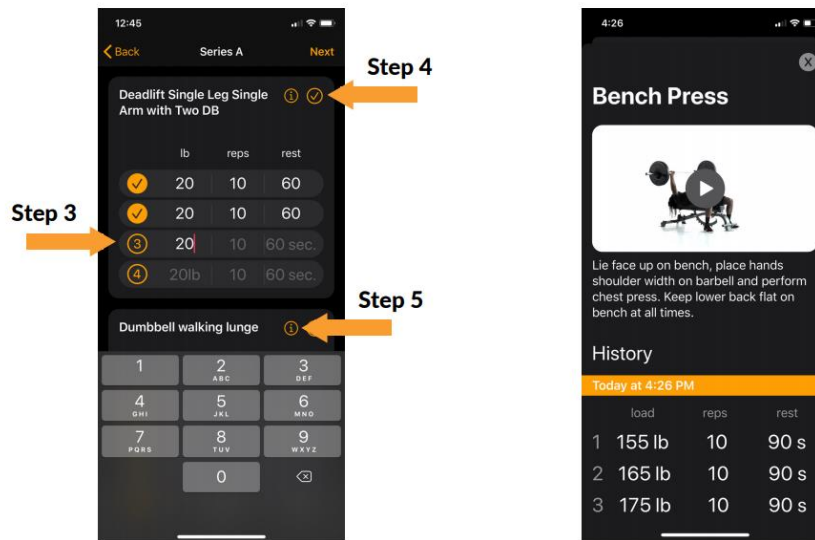
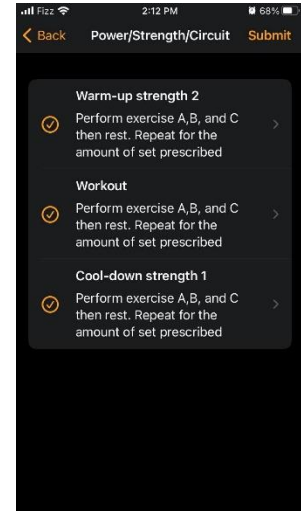


From the *Schedule* page, click on the Training Program you wish to complete.

This will open the Training Program and list the various workout sections.

Step 1. Click on the workout in the list to open the workout details. (e.g., Warm-up, Workout, Cool-down).

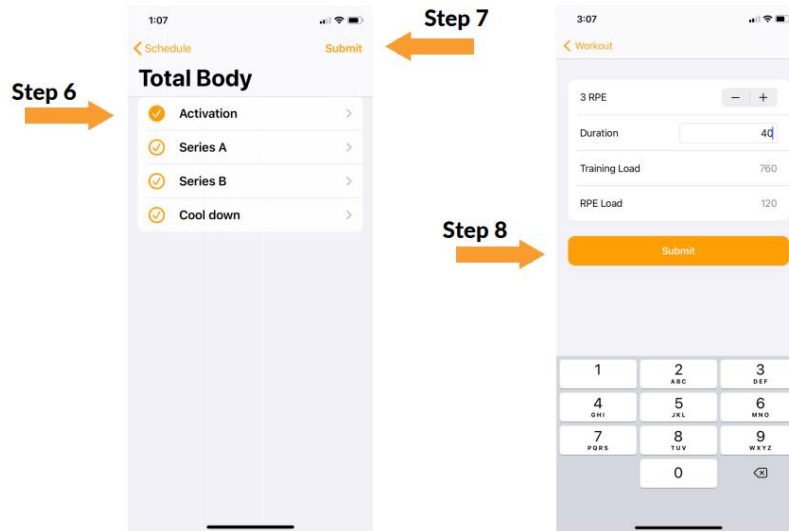
Step 2. Click on the workout section (e.g., Warm-up, Workout, Cool-down) to view the exercises in the section.



Step 3. If the exercise was completed as prescribed (LB, REPS, REST), tap the number next to the exercise to mark exercise as complete.

Step 4. Click on the checkmark on the top right corner once edits have been entered or exercise completed. This completes the exercise. If the performed load for the exercise was different than prescribed, tap the relevant field to enter the necessary edits (LB, REPS, REST). Using backspace to delete an edited value will return the original prescribed value in the field and return to grey text (until exercise is marked as complete)

Step 5. Click on the "i" icon button to access past recorded values for the exercise and the instructional video and text (pictured on the right above).



Step 6. If you have marked all of the individual exercises within a section as complete, the exercise section check box will be filled in orange. Alternatively, you can mark all of the exercises complete at once by tapping the unfilled check box.

Step 7. Once each section of workout is complete, tap "Submit" in the top right corner.

Step 8. Following the submission of your workout, the rate of perceived exertion (RPE) entry section will display (pictured on the right above). Enter your RPE and Duration, then tap "Submit".

Note: refer to the RPE value table below in order to rate your average rate of perceived exertion for the entire workout.

0	Rest
1	Really easy
2	Easy
3	Moderate
4	Sort of hard
5	Hard
6	
7	Really hard
8	
9	Really really hard
10	Maximal - hardest

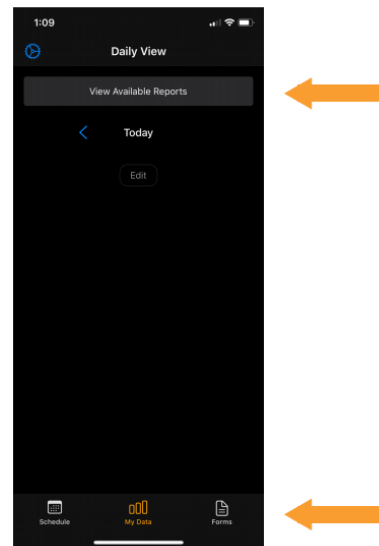


My Data Page

The "My Data" tab provides access to a set of configurable visual metrics that have been determined by your coach or trainer. Here you can monitor personal progress, empowering you to understand the data behind your performance.

The "My Data" tab has two purposes:

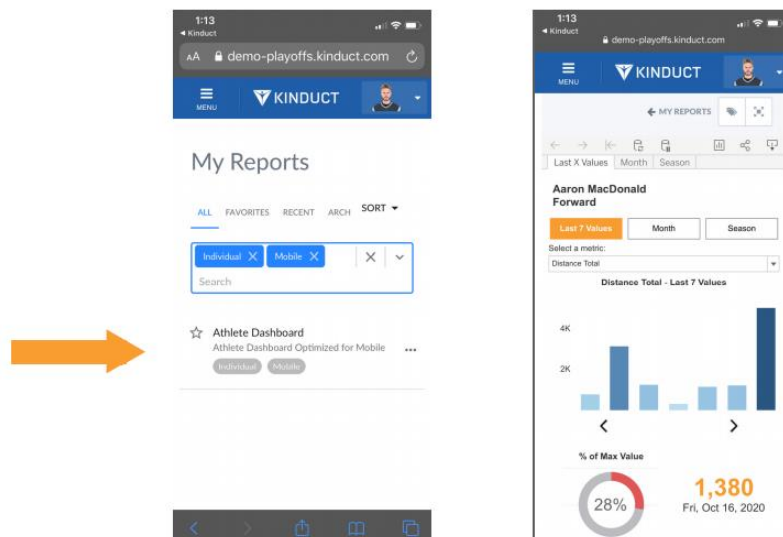
1. To allow access to your Reports
2. To show you the "Daily View" of your metrics



Reports

Clicking on the "View Available Reports" button will take you out of the mobile application to a browser page (pictured below; view of this might differ from the one below depending on the customization of your organization). There may be one or more reports that appear for you to select depending on what has been assigned.

Note: you need to be online to access this function.

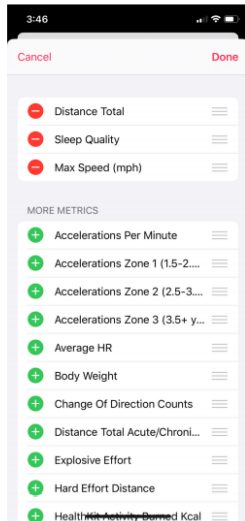




Daily View

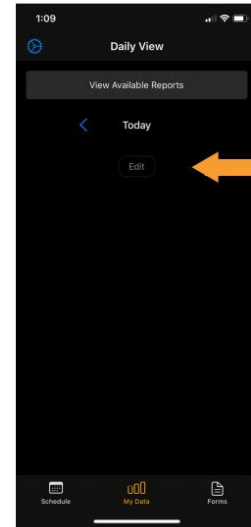
On first use (or after a logout) you will need to configure the "My Data" page with the metrics that are important to you. To do so, click on the "Edit" button to configure the pages.

The "Edit" button will allow you to select from a list of metrics (shown below).



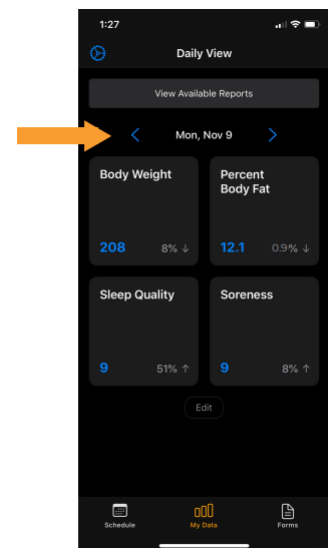
You can select the metrics that are important to you and/or have been designated from your coach on what to select.

You can use the (+) and (-) buttons to add/remove metrics as needed. Also, use a drag/drop method to change display order.



Once you have saved your selections, the "My Data" page will display the daily values for the metrics you have selected.

The date can be changed in order to go back day by day to see previous values.





You can select a metric (by clicking on the title) to view the history of each individual metric.

Data can be viewed by the 1 Week, 1 Month, or 3 Months timeframes; tap the toggles near the top of the screen to view those different periods.

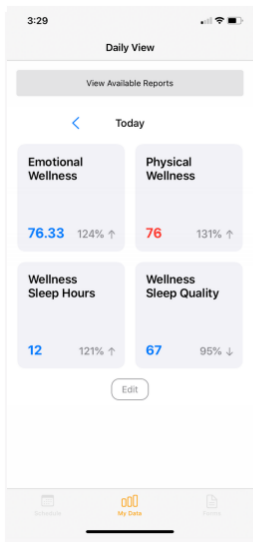
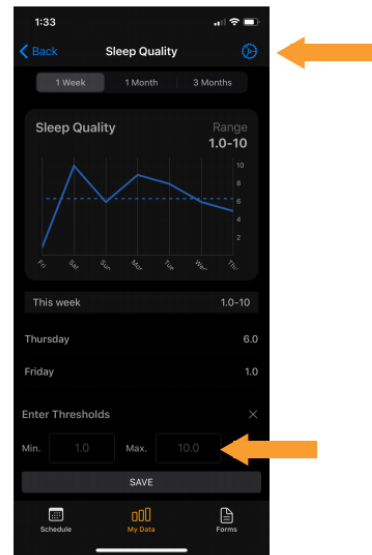
Specific values related to each view will be displayed below the line graph visual.

Setting Thresholds

For each metric you are able to set upper and lower threshold values, which allows you to easily see when you are performing as expected or outside of personal expectations.

Click on the settings icon (located in the top right of the page) and you will be presented with the "Enter Thresholds" screen.

Here you can enter a Max (upper) value and a Min (lower) value – both are entirely optional. Once the values are saved, they will display as horizontal lines on the metric's line graph.



If you have set thresholds on any of your metrics, the "Daily View" will highlight values that are outside the entered threshold (see "Physical Wellness").

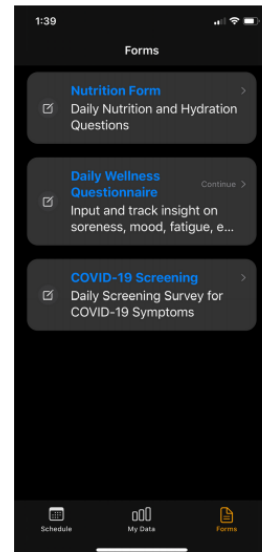


Forms Tab

Selecting the "Forms" tab in the footer navigation will present the list of Forms granted access to you.

These are Forms that are not necessarily scheduled for notifications on a recurring basis, but are available to log when appropriate. You may see Forms that also have notifications (scheduled to you).

Click on the Form you wish to complete and that Form will launch.



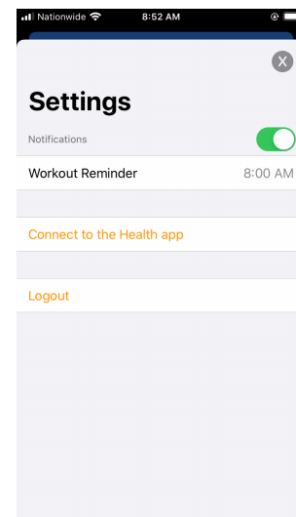
Settings

The "Settings" screen consists of configuration options for notifications, workout reminders, and connecting to your Apple Health mobile application (if using an iPhone – if using an Android this will not be an option for you). This screen is also where you can log out of the mobile application.

The settings screen can be accessed via the cog icon in the upper left corner of the "Schedule Page"/homepage.

Workout Reminders

Military members are able to adjust the time they receive the workout reminder/notification through this "Settings" screen.



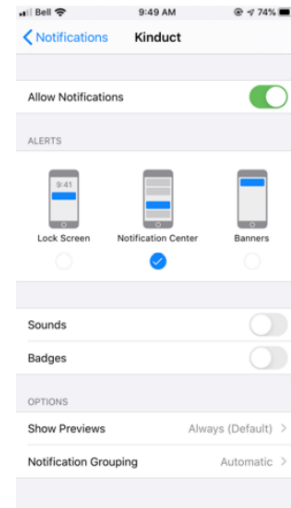


Notifications

You are able to adjust your Kinduct Athlete mobile application notifications from the "Settings" page on your phone. From here, you are able to turn on and off notifications as you wish.



When a Form has been scheduled for you and you have notifications enabled, you will receive this type of notification (pictured on the left).

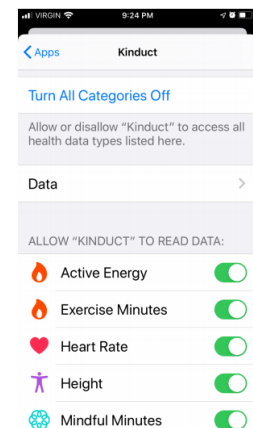


Connecting to the Health Mobile Application

Military members are able to connect their Apple Health mobile application to the Kinduct Athlete mobile application. Enabling this feature will support future integration options. If a military member is currently using the Apple Health mobile application, we do recommend connecting it to the Kinduct Athlete mobile application in order to provide additional data.

For example, military members who use separate exercise mobile applications or sleep mobile applications that are integrated with their Health Kit will be able to easily view their information through the Kinduct Athlete mobile application.

Military members are able to toggle which information is shared to the Kinduct Athlete mobile application through this page.





Logging Out

You can choose to close the mobile application when you are finished using it or you can log out from the "Settings" screen. If you choose to log out, you will be required to re-enter your username and password the next time the mobile application is launched. It is also worth knowing that you will need to reconfigure your metrics if you choose to log out.

Kinduct uses security to protect the data stored on your phone and shared with the Kinduct platform. By default, you will stay logged into the mobile application for convenience and to receive notifications, which relies on you securely authenticating your phone. As your log in is remembered, some may wish to log out so that others who have access to your phone won't be able to open the mobile application and access your data.



Appendix B: Physical Fitness Program

Inquiries to: Troy.Grinder@forces.gc.ca
Navy Strength and Conditioning Specialist
Version 6, August 2022



FOUNDATION PHASE 1

WEEK 1 (LOAD)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SESSION 1	---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
	---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery) <i>Optional</i>
	RECOVERY MOBILITY SEQUENCE	<p>FULL BODY MUSCULAR WORKOUT 1</p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) DB/KB goblet squat 3x10 RPE: 5-7</p> <p>1B) 1/2 kneeling cable lift 3x5 each side RPE: 5-7</p> <p>1C) Front plank 3x30-45 sec RPE: 4-5 Rest: 90 sec</p> <p>2A) Pull-up 3x6 RPE: 5-7</p> <p>2B) DB/KB skull crusher 3xMAX RPE: 4-5</p> <p>2C) Birdog 3x10 each side RPE: 4-5 Rest: 90 sec</p> <p>3) Farmer carry 3x20m (need to carry the equivalent of body weight + vest) RPE: 5-7 Rest: 60 sec</p>	<p>METABOLIC UNLOADED RUNNING</p> <p>SPEED-AGILITY-QUICKNESS</p> <p>T-agility drill (sprint 10m, side shuffle 5m -right-, side shuffle 10m - left-, side shuffle 5m -right-, sprint backward 10m)</p> <p>2x Rest: 1:6 work:rest RPE: 6-7</p> <p>SPRINT</p> <p>4x10m 2x20m 1x40m</p> <p>Rest: 1:6 work:rest RPE: 8-9</p> <p>VO₂ MAX</p> <p>3-4x (1:30 min WORK: 1:30 min REST) <i>Perform as fast as you can to be able to recover in the amount of rest prescribed.</i></p>	<p>FULL BODY MUSCULAR WORKOUT 2</p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) DB/KB stiff legged deadlift 3x6 RPE: 5-7</p> <p>1B) TRX row (hold last rep @ top position for 10 sec) 3x10 RPE: 5-7</p> <p>1C) Tall kneeling banded pallof press 3x10 each side RPE: 4-5 Rest:90 sec</p> <p>2A) 12 inches step up 3x6 each side RPE: 4-5</p> <p>2B) Decline push-up 3x10 RPE: 4-5</p> <p>2C) Side plank 3x20-30 sec each side RPE: 4-5 Rest: 90 sec</p> <p>3) Isometric split squat (hold @ bottom) 3x20 sec each side RPE: 5-7 Rest: 0 sec</p>	<p>WATER CONFIDENCE SESSION</p> <p>300m swim of choice with fewer rest as possible (time cap: 15 min)</p> <p>Tread water for 5:00 min</p> <p>Safe water entry from platform (straight down), touch pool floor then push yourself back up 5x</p>	<p>FULL BODY MUSCULAR WORKOUT 3</p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) Broad jump 3x5 RPE: 5-7</p> <p>1B) 1/4 KB Turkish get-up 3x3 each side RPE: 4-5</p> <p>1C) Hollow hold plank 3x20-30 sec (knees tuck) RPE: 4-5 Rest:90 sec</p> <p>2A) DB/KB front squat 3x10 RPE: 4-5</p> <p>2B) DB/KB bent over row 3x10 RPE: 4-5</p> <p>2C) DB/KB push press 3x10 RPE: 4-5</p> <p>2D) Dead hang knee raise 3x10 RPE: 4-5 Rest:90 sec</p> <p>3A) Suitcase carry 3x20m each side RPE: 5-7</p> <p>3B) Bear crawl 3x20m RPE: 5-7 Rest: 60 sec</p>	<p>SPECIFIC LOADED METABOLIC</p> <p><i>Wearing a 20 lbs vest</i></p> <p>6km (2 hours)</p> <p>Including 2x circuit: lay down in prone position and get up, sprint-chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint-chase- 20m</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>
SESSION 2	---	<p>SPECIFIC LOADED METABOLIC</p> <p><i>Wearing a 30 lbs vest</i></p> <p>2km (1 hour)</p> <p>Including 4x circuit: up/down staircase of app. 20 steps OR if no access to stairs perform lunge/step up x20 each side</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	---	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>
	---	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Metabolic Unloaded Running Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



FOUNDATION PHASE 1

WEEK 2 (LOAD)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SESSION 1	---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
	---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery) <i>Optional</i>
	RECOVERY MOBILITY SEQUENCE	<p>FULL BODY MUSCULAR WORKOUT 1</p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) Eccentric DB/KB goblet squat (3 sec down + hold 5 sec @ bottom position) 3x10 RPE: 5-7 1B) 1/2 kneeling cable lift 3x5 each side RPE: 5-7 1C) Front plank 3x30-45 sec RPE: 4-5 Rest: 90 sec</p> <p>2A) Eccentric pull-up (start from the top then resist the way down 4-6 sec) 3x6 RPE: 5-7 2B) DB/KB skull crusher 3xMAX RPE: 4-5 2C) Birdog 3x10 each side RPE: 4-5 Rest: 90 sec</p> <p>3) Farmer carry 3x20m (need to carry the equivalent of body weight + vest) RPE: 5-7 Rest: 60 sec</p>	<p>METABOLIC UNLOADED RUNNING</p> <p>SPEED-AGILITY-QUICKNESS</p> <p>Yo-yo drill (sprint 10M, side shuffle back -right-, sprint 10m, side shuffle back -left-, sprint 20m) 2x Rest: 1:6 work:rest RPE: 6-7</p> <p>SPRINT</p> <p>4x10m 2x20m 1x40m Rest: 1:6 work:rest RPE: 8-9</p> <p>AEROBIC THRESHOLD 2-3x (4:00 min WORK: 0:30 min REST) <i>Perform as fast as you can to be able to recover in the amount of rest prescribed.</i></p>	<p>FULL BODY MUSCULAR WORKOUT 2</p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) DB/KB stiff legged deadlift 3x6 RPE: 5-7 1B) TRX row (hold last rep @ top position for 10 sec) 3x10 RPE: 5-7 1C) Tall kneeling banded pallof press 3x10 each side RPE: 4-5 Rest:90 sec</p> <p>2A) 12 inches step up 3x6 each side RPE: 4-5 2B) Decline push-up 3x10 RPE: 4-5 2C) Side plank 3x20-30 sec each side RPE: 4-5 Rest: 90 sec</p> <p>3) Isometric split squat (hold @ bottom) 3x20 sec each side RPE: 5-7 Rest: 0 sec</p>	<p>WATER CONFIDENCE SESSION</p> <p>325m swim of choice with fewer rest as possible (time cap: 15 min)</p> <p>Tread water for 5:30 min</p> <p>Safe water entry from platform (straight down), touch pool floor then push yourself back up 5x</p>	<p>FULL BODY MUSCULAR WORKOUT 3</p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) Broad jump 3x5 RPE: 5-7 1B) 1/4 KB Turkish get-up 3x3 each side RPE: 4-5 1C) Hollow hold plank 3x20-30 sec (knees tucked) RPE: 4-5 Rest:90 sec</p> <p>2A) DB/KB front squat 3x10 RPE: 4-5 2B) DB/KB bent over row 3x10 RPE: 4-5 2C) DB/KB push press 3x10 RPE: 4-5 2D) Dead hang knee raise 3x10 RPE: 4-5 Rest:90 sec</p> <p>3A) Suitcase carry 3x20m each side RPE: 5-7 3B) Bear crawl 3x20m RPE: 5-7 Rest: 60 sec</p>	<p>SPECIFIC LOADED METABOLIC</p> <p><i>Wearing a 25 lbs vest</i></p> <p>6km (2 hours) Including 3x circuit: lay down in prone position and get up, sprint-chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint-chase- 20m</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>
SESSION 2	---	<p>SPECIFIC LOADED METABOLIC</p> <p><i>Wearing a 35 lbs vest</i></p> <p>2km (1 hour) Including 5x circuit: up/down staircase of app. 20 steps OR if no access to stairs perform lunge/step up x20 each side</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	---	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>
	---	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Metabolic Unloaded Running Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



FOUNDATION PHASE 1

WEEK 3 (LOAD)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SESSION 1	---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
	---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery) <i>Optional</i>
	RECOVERY MOBILITY SEQUENCE	<p>FULL BODY MUSCULAR WORKOUT 1</p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) Eccentric DB/KB goblet squat (3 sec down + hold 5 sec @ bottom position) 3x10 RPE: 5-7 1B) 1/2 kneeling cable lift 3x5 each side RPE: 5-7 1C) Front plank 3x30-45 sec RPE: 4-5 Rest: 90 sec</p> <p>2A) Eccentric pull-up (start from the top then resist the way down 4-6 sec) 3x6 RPE: 5-7 2B) DB/KB skull crusher 3xMAX RPE: 4-5 2C) Birdog 3x10 each side RPE: 4-5 Rest: 90 sec</p> <p>3) Farmer carry 3x20m (need to carry the equivalent of body weight + vest) RPE: 5-7 Rest: 60 sec</p>	<p>METABOLIC UNLOADED RUNNING</p> <p>SPEED-AGILITY-QUICKNESS</p> <p>T-agility drill (sprint 10m, side shuffle 5m -right-, side shuffle 10m -left-, shuffle 5m -right-, sprint backward 10m) 4x Rest: 1:6 work:rest RPE: 6-7</p> <p>SPRINT</p> <p>6x10m 3x20m 2x40m Rest: 1:6 work:rest RPE: 8-9</p> <p>VO₂ MAX</p> <p>3-4X (2:00 min WORK: 1:30-2:00 min REST) <i>Perform as fast as you can to be able to recover in the amount of rest prescribed.</i></p>	<p>FULL BODY MUSCULAR WORKOUT 2</p> <p><i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-20 lbs).</i></p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) DB/KB stiff legged deadlift 3x6 RPE: 5-7 1B) TRX row (hold last rep @ top position for 10 sec) 3x10 RPE: 5-7 1C) Tall kneeling banded pallof press 3x10 each side RPE: 4-5 Rest:90 sec</p> <p>2A) 12 inches step up 3x6 each side RPE: 4-5 2B) Decline push-up 3x10 RPE: 4-5 2C) Side plank 3x20-30 sec each side RPE: 4-5 Rest: 90 sec</p> <p>3) Isometric split squat (hold @ bottom) 3x20 sec each side RPE: 5-7 Rest: 0 sec</p>	<p>WATER CONFIDENCE SESSION</p> <p>350m swim of choice with fewer rest as possible (time cap: 15 min)</p> <p>Tread water for 6:00 min</p> <p>Safe water entry from platform (straight down), touch pool floor then push yourself back up 5x</p>	<p>FULL BODY MUSCULAR WORKOUT 3</p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) Broad jump 3x5 RPE: 5-7 1B) 1/4 KB Turkish get-up 3x3 each side RPE: 4-5 1C) Hollow hold plank 3x20-30 sec (knees tuck) RPE: 4-5 Rest:90 sec</p> <p>2A) DB/KB front squat 3x10 RPE: 4-5 2B) DB/KB bent over row 3x10 RPE: 4-5 2C) DB/KB push press 3x10 RPE: 4-5 2D) Dead hang knee raise 3x10 RPE: 4-5 Rest:90 sec</p> <p>3A) Suitcase carry 3x20m each side RPE: 5-7 3B) Bear crawl 3x20m RPE: 5-7 Rest: 60 sec</p>	<p>SPECIFIC LOADED METABOLIC</p> <p><i>Wearing a 30 lbs vest</i></p> <p>6km (3 hours) Including 4x circuit: lay down in prone position and get up, sprint-chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint-chase- 20m</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>
SESSION 2	---	<p>SPECIFIC LOADED METABOLIC</p> <p><i>Wearing a 40 lbs vest</i></p> <p>2km (1.5 hour) Including 6x circuit: up/down staircase of app. 20 steps OR if no access to stairs perform lunge/step up x20 each side</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	---	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>
	---	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Metabolic/Unloaded Running Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



FOUNDATION PHASE 1						
WEEK 4 (DELOAD)						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery) <i>Optional</i>
	FIT CHECK (13.6kg/30 lbs vest) 8 sec chin-up hold at 90 degrees to dead hang for 8 sec (any grip hands inside 12 inches) followed by a modified loaded FORCE evaluation. 10 sec transition between each FORCE component <i>ILS: use 2 sandbags instead of 1</i>					
SESSION 1	FULL BODY MUSCULAR WORKOUT 1 <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) Eccentric DB/KB goblet squat (3 sec down + hold 5 sec @ bottom position) 2x10 RPE: 5-7 1B) 1/2 kneeling cable lift 2x5 each side RPE: 5-7 1C) Front plank 2x30-45 sec RPE: 4-5 Rest: 90 sec 2A) Eccentric pull-up (start from the top then resist the way down 4-6 sec) 2x6 RPE: 5-7 2B) DB/KB skull crusher 2xMAX RPE: 4-5 2C) Birddog 2x10 each side RPE: 4-5 Rest: 90 sec 3) Farmer carry 2x20m (need to carry the equivalent of body weight + vest) RPE: 5-7 Rest: 60 sec	METABOLIC UNLOADED RUNNING SPEED-AGILITY-QUICKNESS Yo-yo drill (sprint 10m, side shuffle back -right-, sprint 10m, side shuffle back -left-, sprint 20m) 4x Rest: 1:6 work:rest RPE: 6-7 SPRINT 6x10m 3x20m 2x40m Rest: 1:6 work:rest RPE: 8-9 AEROBIC THRESHOLD 8:00-10:00 min sustained hard push	FULL BODY MUSCULAR WORKOUT 2 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-20 lbs).</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) DB/KB stiff legged deadlift 3x6 RPE: 5-7 1B) TRX row (hold last rep @ top position for 10 sec) 3x10 RPE: 5-7 1C) Tall kneeling banded gallof press 3x10 each side RPE: 4-5 Rest:90 sec 2A) 12 inches step up 3x6 each side RPE: 4-5 2B) Decline push-up 3x10 RPE: 4-5 2C) Side plank 3x20-30 sec each side RPE: 4-5 Rest: 90 sec 3) Isometric split squat (hold @ bottom) 3x20 sec each side RPE: 5-7 Rest: 0 sec	WATER CONFIDENCE SESSION 300m swim of choice with fewer rest as possible (time cap: 15 min) Tread water for 5:00 min Safe water entry from platform (straight down), touch pool floor then push yourself back up 5x	FULL BODY MUSCULAR WORKOUT 3 <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) Broad jump 2x5 RPE: 5-7 1B) 1/4 KB Turkish get-up 2x3 each side RPE: 4-5 1C) Hollow hold plank 2x20-30 sec (knees tucked) RPE: 4-5 Rest:90 sec 2A) DB/KB front squat 2x10 RPE: 4-5 2B) DB/KB bent over row 2x10 RPE: 4-5 2C) DB/KB push press 2x10 RPE: 4-5 2D) Dead hang knee raise 2x10 RPE: 4-5 Rest:90 sec 3A) Suitcase carry 2x20m each side RPE: 5-7 3B) Bear crawl 2x20m RPE: 5-7 Rest: 60 sec	SPECIFIC LOADED METABOLIC <i>Wearing a 35 lbs vest</i> 6km (3 hours) Including 2x circuit: lay down in prone position and get up, sprint-chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint-chase- 20m <i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i>
		SPECIFIC LOADED METABOLIC <i>Wearing a 45 lbs vest</i>	CHOICE OF PHYSICAL ACTIVITY/SPORT		CHOICE OF PHYSICAL ACTIVITY/SPORT	CHOICE OF PHYSICAL ACTIVITY/SPORT

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day

	---	<p>2km (1.5 hour) Including 4x circuit: up/down staircase of app. 20 steps OR if no access to stairs perform lunge/step up x20 each side</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>	<p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	---	<p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p><i>Move for an hour at moderate pace</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>
	---	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Metabolic Unloaded Running Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Weighted Walk Sessions

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



FOUNDATION PHASE 2

WEEK 5 (LOAD)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SESSION 1	---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
	---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery) <i>Optional</i>
	RECOVERY MOBILITY SEQUENCE	<p>FULL BODY MUSCULAR WORKOUT 1</p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) 1.5 rear foot elevated split squat 3x5 each side RPE: 5-7</p> <p>1B) Split squat jump 3x5 each side RPE: 5-7</p> <p>1C) Front plank row 3x10 each side RPE: 4-5 Rest: 90 sec</p> <p>2A) Pull-up 3x6 (hold last rep @ top position for time) RPE: 5-7</p> <p>2B) Dip 3xMAX RPE: 4-5</p> <p>2C) Deadbug 3x10 each side RPE: 4-5 Rest: 90 sec</p> <p>3) Isometric deep goblet squat hold (90 degrees hold) 3x30 sec RPE: 5-7 Rest: walk 20m goblet carry</p>	<p>METABOLIC UNLOADED RUNNING</p> <p>SPEED-AGILITY-QUICKNESS</p> <p>T-agility drill modified (sprint 10m, burpee, side shuffle 5m -right-, burpee, side shuffle 10m -left-, burpee, side shuffle 5m -right-, burpee, sprint backward 10m) 2x Rest: 1:6 work:rest RPE: 6-7</p> <p>SPRINT</p> <p>4x40m 2x80m 1x100m Rest: 1:6 work:rest RPE: 8-9</p> <p>VO₂ MAX</p> <p>2-3x (3:00 min WROK: 2:00-3:00 min REST) <i>Perform as fast as you can to be able to recover in the amount of rest prescribed.</i></p>	<p>FULL BODY MUSCULAR WORKOUT 2</p> <p><i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-30 lbs).</i></p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) Curl to overhead press 3x6 RPE: 4-5</p> <p>1B) EQJ push-up 3x6 (tempo push-up 3 sec down then hold last push-up @ bottom position for time) RPE: 4-5</p> <p>1C) Face pull 3x15 RPE: 4-5</p> <p>1D) Cobra back extension 3x5 (2 sec hold) RPE: 4-5 Res:90 sec</p> <p>2) DB/KB complex (deadlift, bent over row, front squat, overhead press) carry 10m Perform as many sets as possible in 10 minutes RPE: 7</p>	<p>WATER CONFIDENCE SESSION</p> <p>400m swim of choice with fewer rest as possible (time cap: 15:00 min)</p> <p>Tread water for 6:00 min</p> <p>Safe water entry from platform (straight down), touch pool floor then push yourself back up 5x</p>	<p>FULL BODY MUSCULAR WORKOUT 3</p> <p><i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-30 lbs) - optional.</i></p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) DB/KB snatch 3x5 each side RPE: 5-7</p> <p>1B) Chin-up 3x10 (eccentric 5-6 sec on the way down) RPE: 5-7</p> <p>1C) Hollow hdd 3x20-30 sec RPE: 4-5 Rest: 90 sec</p> <p>2A) DB/KB swing 3x15 RPE: 5-7</p> <p>2B) 1/2 KB Turkish get-up 3x3 each side RPE: 4-5</p> <p>2C) Side plank row 3x10 each side RPE: 4-5 Rest: 90 sec</p> <p>3A) Uneven carry (heavier weight @ bottom, lighter weight - 50% less than heavy weight - @ bottom) 4x20m each side RPE: 5-7</p> <p>3B) 20m KB rack walking lunge 4x20m RPE: 5-7</p>	<p>SPECIFIC LOADED METABOLIC</p> <p><i>Wearing a 40 lbs vest</i></p> <p>6km (2 hours)</p> <p>Including 2x circuit: lay down in prone position and get up, sprint-chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint-chase- 20m</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>
SESSION 2	---	<p>SPECIFIC LOADED METABOLIC</p> <p><i>Wearing a 50 lbs vest</i></p> <p>2km (1 hour)</p> <p>Including 4x circuit: up/down staircase of app. 20 steps OR if no access to stairs perform lunge/step up x20 each side</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combatve 1-2 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	---	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combatve 1-2 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combatve 1-2 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combatve 1-2 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>
	---	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Metabolic Unloaded Running Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



FOUNDATION PHASE 2

WEEK 6 (LOAD)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SESSION 1	---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
	---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery) <i>Optional</i>
	RECOVERY MOBILITY SEQUENCE	<p>FULL BODY MUSCULAR WORKOUT 1</p> <p>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</p> <p>1A) 1.5 rear foot elevated split squat 4x5 each side RPE: 5-7</p> <p>1B) Split squat jump 4x5 each side RPE: 5-7</p> <p>1C) Front plank row 4x10 each side RPE: 4-5 Rest: 90 sec</p> <p>2A) Pull-up 4x6 (hold last rep @ top position for time) RPE: 5-7</p> <p>2B) Dip 4xMAX RPE: 4-5</p> <p>2C) Deadbug 4x10 each side RPE: 4-5 Rest: 90 sec</p> <p>3) Isometric deep goblet squat hold (90 degrees hold) 4x30 sec RPE: 5-7 Rest: walk 20m goblet carry</p>	<p>METABOLIC UNLOADED RUNNING</p> <p>SPEED-AGILITY-QUICKNESS</p> <p>Square drill (sprint 10m to top left cone, roll to right then lateral bear crawl to top right cone, sprint 10m to bottom right cone, roll to left then lateral bear crawl to starting cone)</p> <p>2x Rest: 1:6 work:rest RPE: 6-7</p> <p>SPRINT</p> <p>4x40m 2x80m 1x100m Rest: 1:6 work:rest RPE: 8-9</p> <p>AEROBIC THRESHOLD</p> <p>2-3x (5:00 min WORK: 0:30 min REST) Perform as fast as you can to be able to recover in the amount of rest prescribed.</p>	<p>FULL BODY MUSCULAR WORKOUT 2</p> <p>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-30 lbs).</p> <p>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</p> <p>1A) Curl to over ehad press 4x5 RPE:4-5</p> <p>1B) EQJ push-up 4x6 (tempo push-up 3 sec down then hold last push-up @ bottom position for time) RPE: 4-5</p> <p>1C) Face pull 4x15 RPE: 4-5</p> <p>1D) Cobra back extension 4x5 (2 sec hold) RPE: 4-5 Rest: 90 sec</p> <p>2) DB/KB complex (deadlift, bent over row, front squat, overhead press) carry 10m Perform as many sets as possible in 10 minutes RPE: 7</p>	<p>WATER CONFIDENCE SESSION</p> <p>425m swim of choice with fewer rest as possible (time cap: 15:00 min)</p> <p>Tread water for 6:30 min</p> <p>Safe water entry from platform (straight down), touch pool floor then push yourself backup 5x</p>	<p>FULL BODY MUSCULAR WORKOUT 3</p> <p>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-30 lbs) - optional.</p> <p>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</p> <p>1A) DB/KB snatch 4x5 each side RPE: 5-7</p> <p>1B) Chin-up 4x10 (eccentric 5-6 sec on the way down) RPE: 5-7</p> <p>1C) Hollow hdd 4x20-30 sec RPE: 4-5 Rest: 90 sec</p> <p>2A) DB/KB swing 4x15 RPE: 5-7</p> <p>2B) 1/2 KB Turkish get-up 4x3 each side RPE: 4-5</p> <p>2C) Side plank row 4x10each side RPE: 4-5 Rest: 90 sec</p> <p>3A) Uneven carry (heavier weight @ bottom, lighter weight - 50% less than heavy weight - @ bottom) 4x20m each side RPE: 5-7</p> <p>3B) 20m KB rack walking lunge 4x20m RPE: 5-7</p>	<p>SPECIFIC LOADED METABOLIC</p> <p>Wearing a 45 lbs vest</p> <p>6km (2 hours)</p> <p>Including 3x circuit: lay down in prone position and get up, sprint-chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint-chase- 20m</p> <p>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</p>
SESSION 2	---	<p>SPECIFIC LOADED METABOLIC</p> <p>Wearing a 55 lbs vest</p> <p>2km (1 hour)</p> <p>Including 5x circuit: up/down staircase of app. 20 steps)</p> <p>OR</p> <p>if no access to stairs perform lunge/step up x20 each side</p> <p>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p>Move for an hour at moderate pace</p> <p>Climbing/combatve 1-2 per week</p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	---	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p>Move for an hour at moderate pace</p> <p>Climbing/combatve 1-2 per week</p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p>Move for an hour at moderate pace</p> <p>Climbing/combatve 1-2 per week</p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p>Move for an hour at moderate pace</p> <p>Climbing/combatve 1-2 per week</p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>
	---	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Metabolic Unloaded Running Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



FOUNDATION PHASE 2

WEEK 7 (LOAD)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SESSION 1	---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
	---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery) <i>Optional</i>
	RECOVERY MOBILITY SEQUENCE	<p>FULL BODY MUSCULAR WORKOUT 1</p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) 1.5 rear foot elevated split squat 4x5 each side RPE: 5-7</p> <p>1B) Split squat jump 4x5 each side RPE: 5-7</p> <p>1C) Front plank row 4x10 each side RPE: 4-5 Rest: 90 sec</p> <p>2A) Pull-up 4x6 (hold last rep @ top position for time) RPE: 5-7</p> <p>2B) Dip 4xMAX RPE: 4-5</p> <p>2C) Deadbug 4x10 each side RPE: 4-5 Rest: 90 sec</p> <p>3) Isometric deep goblet squat hold (90 degrees hold) 4x30 sec RPE: 5-7 Rest: walk 20m goblet carry</p>	<p>METABOLIC UNLOADED RUNNING</p> <p>SPEED-AGILITY-QUICKNESS</p> <p>T-agility drill modified (sprint 10m, burpee, side shuffle 5m -right-, burpee, side shuffle 10m -left-, burpee, side shuffle 5m -right-, burpee, sprint backward 10m) 4x Rest: 1:6 work:rest RPE: 6-7</p> <p>SPRINT</p> <p>6x40m 3x80m 2x100m Rest: 1:6 work:rest RPE: 8-9</p> <p>VO₂ MAX</p> <p>3-4x (3:00 min WORK: 2:00 min REST) <i>Perform as fast as you can to be able to recover in the amount of rest prescribed.</i></p>	<p>FULL BODY MUSCULAR WORKOUT 2</p> <p><i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-30 lbs).</i></p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) Curl to overhead press 4x6 RPE:4-5</p> <p>1B) EQJ push-up 4x6 (tempo push-up 3 sec down then hold last push-up @ bottom position for time) RPE: 4-5</p> <p>1C) Face pull 4x15 RPE: 4-5</p> <p>1D) Cobra back extension 4x5 (2 sec hold) RPE:4-5 Rest: 90 sec</p> <p>2) DB/KB complex (deadlift, bent over row, front squat, overhead press) carry 10m Perform as many sets as possible in 10 minutes RPE: 7</p>	<p>WATER CONFIDENCE SESSION</p> <p>450m swim of choice with fewer rest as possible (time cap: 15:00 min)</p> <p>Tread water for 7:00 min</p> <p>Safe water entry from platform (straight down), touch pool floor then push yourself backup 5x</p>	<p>FULL BODY MUSCULAR WORKOUT 3</p> <p><i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-30 lbs) - optional.</i></p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) DB/KB snatch 4x5 each side RPE: 5-7</p> <p>1B) Chin-up 4x10 (eccentric 5-6 sec on the way down) RPE:5-7</p> <p>1C) Hollow hdd 4x20-30 sec RPE: 4-5 Rest: 90 sec</p> <p>2A) DB/KB swing 4x15 RPE: 5-7</p> <p>2B) 1/2 KB Turkish get-up 4x3 each side RPE: 4-5</p> <p>2C) Side plank row 4x10each side RPE: 4-5 Rest: 90 sec</p> <p>3A) Uneven carry (heavier weight @ bottom, lighter weight - 50% less than heavy weight - @ bottom) 4x20m each side RPE:5-7</p> <p>3B) 20m KB rack walking lunge 4x20m RPE: 5-7</p>	<p>SPECIFIC LOADED METABOLIC</p> <p><i>Wearing a 50 lbs vest</i></p> <p>6km (3 hours)</p> <p>Including 4x circuit: lay down in prone position and get up, sprint-chase- 20m, shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint-chase- 20m</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>
SESSION 2	---	<p>SPECIFIC LOADED METABOLIC</p> <p><i>Wearing a 60 lbs vest</i></p> <p>2km (1.5 hour)</p> <p>Including 6x circuit: up/down staircase of app. 20 steps OR if no access to stairs perform lunge/step up x20 each side</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combatve 1-2 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	---	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combatve 1-2 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combatve 1-2 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combatve 1-2 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>
	---	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Metabolic Unloaded Running Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



FOUNDATION PHASE 2						
WEEK 8 (DELOAD)						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery) <i>Optional</i>
	FIT CHECK <i>(13.6kg/30 lbs vest)</i> 8 sec chin-up hold at 90 degrees to dead hang for 8 sec (any grip hands inside 12 inches) followed by a modified loaded FORCE evaluation. 10 sec transition between each FORCE component <i>IIS: use 2 sandbags instead of 1</i>					
SESSION 1	FULL BODY MUSCULAR WORKOUT 1 <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) 1.5 rear foot elevated split squat 2x5 each side RPE: 5-7 1B) Split squat jump 2x5 each side RPE: 5-7 1C) Front plank row 2x10 each side RPE: 4-5 Rest: 90 sec 2A) Pull-up 2x6 (hold last rep @ top position for time) RPE: 5-7 2B) Dip 2xMAX RPE: 4-5 2C) Deadbug 2x10 each side RPE: 4-5 Rest: 90 sec 3) Isometric deep goblet squat hold (90 degrees hold) 2x30 sec RPE: 5-7 Rest: walk 20m goblet carry	METABOLIC UNLOADED RUNNING SPEED-AGILITY-QUICKNESS Square drill (sprint 10m to top left cone, roll to right then lateral bear crawl to top right cone, sprint 10m to bottom right cone, roll to left then lateral bear crawl to starting cone) 4x Rest: 1:6 work:rest RPE: 6-7 SPRINT 6x40m 3x80m 2x100m Rest: 1:6 work:rest RPE: 8-9 AEROBIC THRESHOLD 10:00-15:00 min sustained hard push	FULL BODY MUSCULAR WORKOUT 2 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-30 lbs).</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) Curl to overhead press 3x5 RPE: 4-5 1B) EQI push-up 3x6 (tempo push-up 3 sec down then hold last push-up @ bottom position for time) RPE: 4-5 1C) Face pull 3x15 RPE: 4-5 1D) Cobra back extension 3x5 (2 sec hold) RPE: 4-5 Rest: 90 sec 2) DB/KB complex (deadlift, bent over row, front squat, overhead press) carry 10m Perform as many sets as possible in 10 minutes RPE: 7	WATER CONFIDENCE SESSION 400m swim of choice with fewer rest as possible (time cap: 15:00 min) Tread water for 6:00 min Safe water entry from platform (straight down), touch pool floor then push yourself back up 5x	FULL BODY MUSCULAR WORKOUT 3 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-30 lbs) - optional.</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) DB/KB snatch 2x5 each side RPE: 5-7 1B) Chin-up 2x10 (eccentric 5-6 sec on the way down) RPE: 5-7 1C) Hollow hdd 2x20-30 sec RPE: 4-5 Rest: 90 sec 2A) DB/KB swing 2x15 RPE: 5-7 2B) 1/2 KB Turkish get-up 2x3 each side RPE: 4-5 2C) Side plank row 2x10 each side RPE: 4-5 Rest: 90 sec 3A) Uneven carry (heavier weight @ bottom, lighter weight - 50% less than heavy weight - @ bottom) 2x20m each side RPE: 5-7 3B) 20m KB rack walking lunge 2x20m RPE: 5-7	SPECIFIC LOADED METABOLIC <i>Wearing a 55 lbs vest</i> 6km (3 hours) Including 2x circuit: lay down in prone position and get up, sprint - chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint - chase- 20m <i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i>
		SPECIFIC LOADED METABOLIC	CHOICE OF PHYSICAL ACTIVITY/SPORT		CHOICE OF PHYSICAL ACTIVITY/SPORT	CHOICE OF PHYSICAL ACTIVITY/SPORT

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day

	---	<p><i>Wearing a 65 lbs vest</i></p> <p>2km (1.5 hour) Including 4x circuit: up/down staircase of app. 20 steps) OR if no access to stairs perform lunge/step up x20 each side</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>	<p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combative 1-2 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	---	<p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combative 1-2 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combative 1-2 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combative 1-2 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>
	---	<p>COOL-DOWN/recovery Strength/Power/Circuit Training Sessions</p>	<p>COOL-DOWN/recovery Metabolic Unloaded Running Sessions</p>	<p>COOL-DOWN/recovery Strength/Power/Circuit Training Sessions</p>	<p>COOL-DOWN/recovery Strength/Power/Circuit Training Sessions</p>	<p>COOL-DOWN/recovery Strength/Power/Circuit Training Sessions</p>	<p>COOL-DOWN/recovery Weighted Walk Sessions</p>

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



SPECIFIC PHASE 1							
WEEK 9 (LOAD)							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SESSION 1	---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
	---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery) <i>Optional</i>
	RECOVERY MOBILITY SEQUENCE	FULL BODY MUSCULAR WORKOUT 1 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs) - optional.</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) Step up 12 inches to pull-up (hold at top 3 sec) 3x10 each side RPE: 5-7 1B) Step up jumps 3x8 each side RPE: 5-7 1C) Front plank sandbag pull 3x10 each side RPE: 5-7 Rest: 90 sec 2A) Squat hold with band pull (hold band for 3 sec) 3x10 each side RPE: 4-5 2B) Goblet split squat hold with partner pulling with band 3x20 sec each side RPE: 5-7 Rest: 90 sec 3A) Farmer carry x20m 3B) Bear crawl x20m 3C) Walking lunge x20m Perform as many sets as possible in 10 minutes	METABOLIC UNLOADED RUNNING SPEED-AGILITY-QUICKNESS T-agility drill modified + (prone position, sprint 10m, roll to right then side shuffle -right-, burpee, side shuffle 10m -left-, burpee, side shuffle 5m -right-, burpee, sprint backward 10m to starting line, sprint 20m) 2x Rest: 1:6 work:rest RPE: 6-7 SPRINT 4x60m 2x100m 1x200m Rest: 1:6 work:rest RPE: 8-9 VO₂ MAX 2-3x (1KM or 4:00 min WORK: 3:00-4:00 min REST) <i>Perform as fast as you can to be able to recover in the amount of rest prescribed.</i>	FULL BODY MUSCULAR WORKOUT 2 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs).</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) 2-handed active scapula isometric frontal KB hold 3x20 sec RPE: 5-7 1B) Single-arm overhead tall camel walk 3x8 (overhead each side) RPE: 5-7 1C) EQJ push-up 3x8 (tempo push-up 4 sec down then hold last push-up @ bottom position for time) RPE: 4-5 1D) Partner bench back extension 3x6 (2 sec iso hold) RPE: 5-7 Rest: 90 sec 2) DB/K8 complex (deadlift, bent over row, front squat, overhead press) carry 10m Perform as many sets as possible in 12 minutes RPE: 5-7 3A) Sandbag ground to overhead 3x20 RPE: 5-7 3B) Sandbag drag 3x20m RPE: 5-7 Rest: 90 sec	WATER CONFIDENCE SESSION Complete as fast as possible 1x100m Safe water entry in deep end -> push off pool floor -> tread water 45 sec -> swim 20m -> tread water 45 sec -> 20m -> tread water 45 sec -> Get out of pool 4x 1x100m	FULL BODY MUSCULAR WORKOUT 3 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs).</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) KB/DB thruster 3x10 RPE: 5-7 1B) Chin-up 4x8 (eccentric 5-6 sec on the way down) RPE: 5-7 1C) Hollow hdd 4x20-30 sec RPE: 4-5 Rest: 90 sec 2A) Turkish get-up 3x5 each side RPE: 4-5 2B) Russian twist with sandbag 3x10 each side RPE: 4-5 2C) Split squat hold with mini band face pull 3x30 sec each side RPE: 4-5 Rest: 90 sec 3A) Spiderman crawl 3x20m RPE: 5-7 3B) Suitcase carry 3x20m each side RPE: 5-7 Rest: 90 sec	SPECIFIC LOADED METABOLIC <i>Wearing a 60 lbs vest</i> 6km (2 hours) Including 2x circuit: lay down in prone position and get up, sprint -chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint -chase- 20m <i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i>
SESSION 2	---	SPECIFIC LOADED METABOLIC <i>Wearing a 70 lbs vest</i> 2km (1 hour) Including 4x circuit: up/down staircase of app. 20 steps OR if no access to stairs perform lunge/step up x20 each side <i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i>	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	---	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..
	---	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Metabolic Unloaded Running Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



SPECIFIC PHASE 1							
WEEK 10 (LOAD)							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SESSION 1	---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
	---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Squat/Push Press Position)
	RECOVERY MOBILITY SEQUENCE	FULL BODY MUSCULAR WORKOUT 1 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs) - optional.</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) Step up 12 inches to pull-up (hold at top 3 sec) 4x10 each side RPE: 5-7 1B) Step up jump 4x6 each side RPE: 5-7 1C) Front plank sandbag pull 4x10 each side RPE: 5-7 Rest: 90 sec 2A) Squat hold with band pull 4x10 each side (hold band for 3 sec) RPE: 4-5 2B) Goblet split squat hold with partner pulling with band 4x20 sec each side RPE: 5-7 Rest: 90 sec 3A) Farmer carry x20m 3B) Bear crawl x20m 3C) Walking lunge x20m <i>Perform as many sets as possible in 10 minutes</i> RPE: 5-7	METABOLIC UNLOADED RUNNING SPEED-AGILITY-QUICKNESS Zig-zag drill (lay on back, back roll up (pick side), sprint 10m, zig-zag around 4 cones set up at 45 degrees and app. 2.5m apart, perform 5 burpees, sprint backward to starting cone, get down get up, sprint 10m) 2x Rest: 1:6 work:rest RPE: 6-7 SPRINT 4x60m 2x100m 1x200m Rest: 1:6 work:rest RPE: 8-9 AEROBIC THRESHOLD 2-3x (6:00 min WORK: 0:30 min REST) <i>Perform as fast as you can to be able to recover in the amount of rest prescribed.</i>	FULL BODY MUSCULAR WORKOUT 2 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs).</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) 2-handed active scapula isometric frontal KB hold 4x20 sec RPE: 5-7 1B) Single-arm overhead tall camel walk 4x8 (overhead each side) RPE: 5-7 1C) EQJ push-up 4x8 (tempo push-up 4 sec down then hold last push-up @ bottom position for time) RPE: 4-5 1D) Partner bench back extension 4x6 (2 sec iso hold) RPE: 5-7 Rest: 90 sec 2) DB/KB complex (deadlift, bent over row, front squat, overhead press) carry 10m Perform as many sets as possible in 12 minutes RPE: 5-7 3A) Sandbag ground to overhead 4x20 RPE: 5-7 3B) Sandbag drag 4x20m RPE: 5-7 Rest: 90 sec	WATER CONFIDENCE SESSION Complete as fast as possible 1x100m Safe water entry in deep end -> push off pool floor -> tread water 45 sec -> swim 20m -> tread water 45 sec -> 20m -> tread water 45 sec -> Get out of pool 5x 1x100m	FULL BODY MUSCULAR WORKOUT 3 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs).</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) KB/DB thruster 4x10 RPE: 5-7 1B) Chin-up 4x8 (eccentric 5-6 sec on the way down) RPE: 5-7 1C) Hollow hdd 4x20-30 sec RPE: 4-5 Rest: 90 sec 2A) Turkish get-up 4x5 each side RPE: 4-5 2B) Russian twist with sandbag 4x10 each side RPE: 4-5 2C) Split squat hold with mini band face pull 4x30 sec each side RPE: 4-5 Rest: 90 sec 3A) Spiderman crawl 4x20m RPE: 5-7 3B) Suitcase carry 4x20m each side RPE: 5-7 Rest: 90 sec	SPECIFIC LOADED METABOLIC <i>Wearing a 60 lbs vest</i> 6km (2 hours) Including 3x circuit: lay down in prone position and get up, sprint -chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint -chase- 20m <i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i>
SESSION 2	---	SPECIFIC LOADED METABOLIC <i>Wearing a 70 lbs vest</i> 2km (1 hour) Including 5x circuit: up/down staircase of app. 20 steps OR if no access to stairs perform lunge/step up x20 each side <i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i>	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	---	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..
	---	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Metabolic Unloaded Running Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



SPECIFIC PHASE 1

WEEK 11 (LOAD)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SESSION 1	---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
	---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Squat/Push Press Position)
	RECOVERY MOBILITY SEQUENCE	FULL BODY MUSCULAR WORKOUT 1 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs) - optional.</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) Step up 12 inches to pull-up (hold at top 3 sec) 4x10 each side RPE: 5-7 1B) Step up jump 4x6 each side RPE: 5-7 1C) Front plank sandbag pull 4x10 each side RPE: 5-7 Rest: 90 sec 2A) Squat hold with band pull 4x10 each side (hold band for 3 sec) RPE: 4-5 2B) Goblet split squat hold with partner pulling with band 4x20 sec each side RPE: 5-7 Rest: 90 sec 3A) Farmer carry x20m 3B) Bear crawl x20m 3C) Walking lunge x20m <i>Perform as many sets as possible in 10 minutes</i> RPE: 5-7	METABOLIC UNLOADED RUNNING SPEED-AGILITY-QUICKNESS T-agility drill modified + (prone position, sprint 10m, roll to right then side shuffle -right-, burpee, side shuffle 10m -left-, burpee, side shuffle 5m -right-, burpee, sprint backward 10m to starting line, sprint 20m) 4x Rest: 1:6 work:rest RPE: 6-7 SPRINT 6x60m 3x100m 2x200m Rest: 1:6 work:rest RPE: 8-9 VO₂ MAX 3x (1KM or 4:00 min WORK: 3:00 min REST) <i>Perform as fast as you can to be able to recover in the amount of rest prescribed.</i>	FULL BODY MUSCULAR WORKOUT 2 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs).</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) 2-handed active scapula isometric frontal KB hold 4x20 sec RPE: 5-7 1B) Single-arm overhead tall camel walk 4x8 (overhead each side) RPE: 5-7 1C) EQJ push-up 4x8 (tempo push-up 4 sec down then hold last push-up @ bottom position for time) RPE: 4-5 1D) Partner bench back extension 4x6 (2 sec iso hold) RPE: 5-7 Rest: 90 sec 2) DB/KB complex (deadlift, bent over row, front squat, overhead press) carry 10m Perform as many sets as possible in 12 minutes RPE: 5-7 3A) Sandbag ground to overhead 4x20 RPE: 5-7 3B) Sandbag drag 4x20m RPE: 5-7 Rest: 90 sec	WATER CONFIDENCE SESSION Complete as fast as possible 1x100m Safe water entry in deep end -> push off pool floor -> tread water 45 sec -> swim 20m -> tread water 45 sec -> 20m -> tread water 45 sec -> Get out of pool 6x 1x100m	FULL BODY MUSCULAR WORKOUT 3 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs).</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) KB/DB thruster 4x10 RPE: 5-7 1B) Chin-up 4x8 (eccentric 5-6 sec on the way down) RPE: 5-7 1C) Hollow hdd 4x20-30 sec RPE: 4-5 Rest: 90 sec 2A) Turkish get-up 4x5 each side RPE: 4-5 2B) Russian twist with sandbag 4x10 each side RPE: 4-5 2C) Split squat hold with mini band face pull 4x30 sec each side RPE: 4-5 Rest: 90 sec 3A) Spiderman crawl 4x20m RPE: 5-7 3B) Suitcase carry 4x20m each side RPE: 5-7 Rest: 90 sec	SPECIFIC LOADED METABOLIC <i>Wearing a 60 lbs vest</i> 6km (3 hours) Including 4x circuit: lay down in prone position and get up, sprint-chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint-chase- 20m <i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i>
SESSION 2	---	SPECIFIC LOADED METABOLIC <i>Wearing a 70 lbs vest</i> 2km (1.5 hour) Including 6x circuit: up/down staircase of app. 20 steps OR if no access to stairs perform lunge/step up x20 each side <i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i>	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combatve 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	---	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combatve 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combatve 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combatve 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..
	---	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Metabolic Unloaded Running Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



SPECIFIC PHASE 1						
WEEK 12 (DELOAD)						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery) <i>Optional</i>
	FIT CHECK <i>(13.6kg/30 lbs vest)</i> 8 sec chin-up hold at 90 degrees to dead hang for 8 sec (any grip hands inside 12 inches) followed by a modified loaded FORCE evaluation. 10 sec transition between each FORCE component <i>ILS: use 2 sandbags instead of 1</i>					
SESSION 1	FULL BODY MUSCULAR WORKOUT 1 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs) - optional.</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) Step up 12 inches to pull-up (hold at top 3 sec) 2x10 each side RPE: 5-7 1B) Step up jump 2x6 each side RPE: 5-7 1C) Front plank sandbag pull 2x10 each side RPE: 5-7 Rest: 90 sec 2A) Squat hold with band pull 2x10 each side (hold band for 3 sec) RPE: 4-5 2B) Goblet split squat hold with partner pulling with band 2x20 sec each side RPE: 5-7 Rest: 90 sec 3A) Farmer carry x20m 3B) Bear crawl x20m 3C) Walking lunge x20m <i>Perform as many sets as possible in 5 minutes</i> RPE: 5-7	METABOLIC UNLOADED RUNNING SPEED-AGILITY-QUICKNESS Zig-zag drill (lay on back, back roll up (pick side), sprint 10m, zig-zag around 4 cones set up at 45 degrees and app. 2.5m apart, perform 5 burpees, sprint backward to starting cone, get down get up, sprint 10m) 4x Rest: 1:6 work:rest RPE: 6-7 SPRINT 6x60m 3x100m 2x200m Rest: 1:6 work:rest RPE: 8-9 AEROBIC THRESHOLD 12:00-18:00 min sustained hard push	FULL BODY MUSCULAR WORKOUT 2 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs).</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) 2-handed active scapula isometric frontal KB hold 3x20 sec RPE: 5-7 1B) Single-arm overhead tall camel walk 3x8 (overhead each side) RPE: 5-7 1C) EQJ Push-up 3x8 (tempo push-up 4 sec down then hold last push-up @ bottom position for time) RPE: 4-5 1D) Partner bench back extension 3x6 (2 sec iso hold) RPE: 5-7 Rest: 90 sec 2) DB/KB complex (deadlift, bent over row, front squat, overhead press) carry 10m Perform as many sets as possible in 6 minutes RPE: 5-7 3A) Sandbag ground to overhead 3x20 RPE: 5-7 3B) Sandbag drag 3x20m RPE: 5-7 Rest: 90 sec	WATER CONFIDENCE SESSION Complete as fast as possible 1x100m Safe water entry in deep end -> push off pool floor -> tread water 45 sec -> swim 20m -> tread water 45 sec -> 20m -> tread water 45 sec -> Get out of pool 4x 1x100m	FULL BODY MUSCULAR WORKOUT 3 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs).</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) KB/DB thruster 2x10 RPE: 5-7 1B) Chin-up 2x8 (eccentric 5-6 sec on the way down) RPE: 5-7 1C) Hollow hold 2x20-30 sec RPE: 4-5 Rest: 90 sec 2A) Turkish get-up 2x5 each side RPE: 4-5 2B) Russian twist with sandbag 2x10 each side RPE: 4-5 2C) Split squat hold with mini band face pull 2x30 sec each side RPE: 4-5 Rest: 90 sec 3A) Spiderman crawl 2x20m RPE: 5-7 3B) Suitcase carry 2x20m each side RPE: 5-7 Rest: 90 sec	SPECIFIC LOADED METABOLIC <i>Wearing a 60 lbs vest</i> 6km (3 hours) Including 2x circuit: lay down in prone position and get up, sprint-chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint-chase- 20m <i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i>
		SPECIFIC LOADED METABOLIC	CHOICE OF PHYSICAL ACTIVITY/SPORT		CHOICE OF PHYSICAL ACTIVITY/SPORT	CHOICE OF PHYSICAL ACTIVITY/SPORT

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day

		<p><i>Wearing a 70 lbs vest</i></p> <p>2km (1.5 hour) Including 4x circuit: up/down staircase of app. 20 steps OR if no access to stairs perform lunge/step up x20 each side</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>	<p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combative 2-3 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	---	<p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combative 2-3 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combative 2-3 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combative 2-3 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>
	---	<p>COOL-DOWN/recovery Strength/Power/Circuit Training Sessions</p>	<p>COOL-DOWN/recovery Metabolic Unloaded Running Sessions</p>	<p>COOL-DOWN/recovery Strength/Power/Circuit Training Sessions</p>	<p>COOL-DOWN/recovery Strength/Power/Circuit Training Sessions</p>	<p>COOL-DOWN/recovery Strength/Power/Circuit Training Sessions</p>	<p>COOL-DOWN/recovery Weighted Walk Sessions</p>

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



SPECIFIC PHASE 1						
WEEK 13 (TAPER)						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
---	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP Specific Loaded Metabolic Sessions	WARM-UP General 1	---	---	---
---	MOBILITY (Running Recovery/Front Rack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Bottom of Squat/Push Press Position)	---	---	---
SESSION 1	RECOVERY MOBILITY SEQUENCE	FULL BODY MUSCULAR WORKOUT 1 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs) - optional.</i> <i>Perform A, B, C without break then rest. Complete for the number of sets prescribed.</i> 1A) Step up 12 inches to pull-up (hold at top 3 sec) 2x10 each side RPE: 5-7 1B) Step up jump 2x5 each side RPE: 5-7 1C) Front plank sandbag pull 2x10 each side RPE: 5-7 Rest: 90 sec 2A) Squat hold with band pull 2x10 each side (hold band for 3 sec) RPE: 4-5 2B) Goblet split squat hold with partner pulling with band 2x20 sec each side RPE: 5-7 Rest: 90 sec 3A) Farmer carry x20m 3B) Bear crawl x20m 3C) Walking lunge x20m <i>Perform as many sets as possible in 5 minutes</i> RPE: 5-7	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	---	---
	---	METABOLIC UNLOADED RUNNING SPEED-AGILITY-QUICKNESS T-agility drill modified + (prone position, sprint 10m, roll to right then side shuffle -right-, burpee, side shuffle 10m -left-, burpee, side shuffle 5m -right-, burpee, sprint backward 10m to starting line, sprint 20m) 2x Rest: 1:6 work:rest RPE: 6-7 SPRINT 4x60m 2x100m 1x200m Rest: 1:6 work:rest RPE: 8-9 AEROBIC THRESHOLD 10:00-15:00 min sustained hard push	SPECIFIC LOADED METABOLIC <i>Wearing a 60 lbs vest</i> 6km (3 hours) Including 2x circuit: lay down in prone position and get up, sprint -chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint chase- 20m <i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i>	---	---	---
---	COOL-DOWN/recovery Metabolic Unloaded Running Sessions	COOL-DOWN/recovery Weighted Walk Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	---	---	---

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



TRANSITION PHASE						
1ST WEEK BACK FROM ASSESSMENT CENTER (RECOVERY)						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SESSION 1	Take this week to fully recover. Take advantage of it to sleep, eat, and take care of your body. Continue to move daily in your daily leisure activities and try to keep performing some mobility movements.					
SESSION 2						

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



BRIDGING PHASE

WEEK 1 (LOAD) - alternate week 1 and week 2 then perform 50% of the volume on the week prior to your course

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SESSION 1	---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
	---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery) <i>Optional</i>
	RECOVERY MOBILITY SEQUENCE	FULL BODY MUSCULAR WORKOUT 1 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs) - optional.</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) Eccentric goblet squat (3 sec) followed by bodyweight box jump 4x6 RPE: 5-7 1B) Single leg banded palfoff press 4x6 each side RPE: 5-7 1C) Copenhagen plank 4x30 sec each side RPE: 5-7 Rest: 90 sec 2A) 3-way banded pull apart 4x10 each RPE: 4-5 2B) Weighted pull-up 4x6 RPE: 5-7 Rest: 90 sec 3A) Sandbag drag 4x20m RPE: 5-7 3B) Crossover sandbag drag 4x20m RPE: 5-7 Rest: 90 sec	METABOLIC UNLOADED RUNNING SPEED-AGILITY-QUICKNESS 5-10-5 drill 2x each side Rest: 1:6 work:rest RPE: 6-7 T-agility drill modified + (prone position, sprint 10m, roll to right then side shuffle -right-, burpee, side shuffle 10m -left-, burpee, side shuffle 5m -right-, burpee, sprint backward 10m to starting line, sprint 20m) 4x Rest: 1:6 work:rest RPE: 6-7 SPRINT 6x100m 3x200m 2x400m Rest: 1:6 work:rest RPE: 8-9	FULL BODY MUSCULAR WORKOUT 2 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs).</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) Single arm alternate chest press 4x6 each side RPE: 5-7 1B) Incline bench supported DB row 4x8 RPE: 5-7 1C) Front plank roll out 4x10 RPE: 4-5 Rest: 90 sec 2) Sandbag circuit (25-45 lbs sandbag): - sandbag walking lunges x20m - sandbag ground to overhead x 10 - sandbag bear hug carry x 20m - sandbag bear hug squat x10 - sandbag suitcase carry x20m each side - sandbag Russian twist x 10 each side - jog 200m Perform as many sets as possible in 12 minutes RPE: 5-7	WATER CONFIDENCE SESSION <i>Increase the swim by 50m and the tread water by 1 minute next time</i> 500m swim of choice with fewer rest as possible (time cap: 17:00 min) Tread water for 7:00 min Safe water entry from platform (straight down), touch pool floor then push yourself backup 5x	FULL BODY MUSCULAR WORKOUT 3 <i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs).</i> <i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i> 1A) Trap bar or BB deadlift isometric followed by fast deadlift 4x30 sec + 5 fast reps RPE: 5-7 1B) Partner bench back extension 4x10 RPE: 5-7 1C) 1/2 kneeling cable lift 4x6 each side RPE: 4-5 Rest: 90 sec 2) DB/KB circuit - Swing x5 - Split squat x5 each side 1/2 kneeling overhead press x5 each side Perform as many sets as possible in 12 minutes RPE: 5-7 3)Grip circuit Heavy front rack hold x10 sec Trap bar hold x30 sec KB waiter hold x30 sec - Dead hang knee raise x failure 4x RPE: 5-7 Rest: 90 sec	SPECIFIC LOADED METABOLIC <i>Wearing a 60 lbs vest</i> <i>Increase the distance by 1km every week</i> 6km (3 hours) Including the following circuit at every 1km mark: lay down in prone position and get up, sprint-chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint-chase- 20m <i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i>
SESSION 2	---	SPECIFIC LOADED METABOLIC <i>Wearing a 70 lbs vest</i> <i>Increase the distance by 0.5km every week</i> 2km (1.5 hour) Perform the walk on a trail/hills if possible. OR If no access to trail/hill, include this following circuit at every 0.5km mark: up/down staircase of app. 20 steps <i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i>	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	AEROBIC THRESHOLD <i>Incerase time by 1:00-2:00 next time you perform this day</i> 15:00-20:00 min sustained hard push	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..	CHOICE OF PHYSICAL ACTIVITY/SPORT <i>Move for an hour at moderate pace</i> <i>Climbing/combative 2-3 per week</i> Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..
	---	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Metabolic Unloaded Running Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day



BRIDGING PHASE							
WEEK 2 (LOAD) - alternate week 1 and week 2 then perform 50% of the volume on the week prior to your course							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
SESSION 1	---	WARM-UP General 1	WARM-UP Metabolic Unloaded Running Sessions	WARM-UP General 2	WARM-UP General 1	WARM-UP General 2	WARM-UP Specific Loaded Metabolic Sessions
	---	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (RunningRecovery/FrontRack Position) <i>Optional</i>	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery)	MOBILITY (Overhead Position/Undo Sitting) <i>Optional</i>	MOBILITY (Bottom of Squat/Push Press Position)	MOBILITY (Bottom of Deadlift/Weighted Walk-Carrying Recovery) <i>Optional</i>
	<p>FULL BODY MUSCULAR WORKOUT 1</p> <p><i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs) - optional.</i></p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) Monster walk 4x10m each way RPE: 4-5</p> <p>1B) 2-KB front rack squat or BB front squat 4x6 RPE: 5-7</p> <p>1C) Single leg stability ball hamstring curl 4x6 each side RPE: 5-7 Rest: 90 sec</p> <p>2A) Banded lat pull down + face pull 4x10 each RPE: 4-5</p> <p>2B) Weighted chin-up 4x6 RPE: 5-7 Rest: 90 sec</p> <p>3A) Bear crawl x20m</p> <p>3B) Seal crawl x20m</p> <p>Perform as many sets as possible in 5 minutes RPE: 5-7</p>	<p>METABOLIC UNLOADED RUNNING</p> <p>SPEED-AGILITY-QUICKNESS L-agility drill 2x each side</p> <p>Zig-zag drill (lay on back, pick side roll from back and up, sprint 10m, zig-zag around 4 cones set up at 45 degrees and app. 2.5m apart, perform 5 burpees, sprint backward to starting cone, get down get up, sprint 10m) 4x Rest: 1:6 work:rest RPE: 6-7</p> <p>SPRINT 75m shuttle (20m there and back; 15m there and back) 6x every 30 seconds RPE: 8-9</p>	<p>FULL BODY MUSCULAR WORKOUT 2</p> <p><i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs).</i></p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) DB incline chest press 4x6 RPE: 5-7</p> <p>1B) BB bent over row (pronated grip) 4x8 RPE: 5-7</p> <p>1C) Hollow hold with plate 4x30 sec RPE: 5-7 Rest: 90 sec</p> <p>2) Medball circuit (12-16 lbs medball): - Medball hip hinge toss x5 - Medball chest pass x5 - Medball slam x5 - Medball wallball x5 - Medball rotational toss x5 each side - Rower/Airdyne x25 calories</p> <p>Perform as many sets as possible in 12 minutes RPE: 5-7</p>	<p>WATER CONFIDENCE SESSION</p> <p><i>Increase the distance at the beginning and the end by 50m next time</i></p> <p>Complete as fast as possible</p> <p>1x150m</p> <p>Safe water entry in deep end -> push off pool floor -> tread water 45 sec -> swim 20m -> tread water 45 sec -> 20m -> tread water 45 sec -> Get out of pool 5x</p> <p>1x150m</p>	<p>FULL BODY MUSCULAR WORKOUT 3</p> <p><i>If possible wear a vest to load your exercise but also to get familiar with it (app. between 10-40 lbs).</i></p> <p><i>Perform A,B,C without break then rest. Complete for the number of sets prescribed.</i></p> <p>1A) Single leg deadlift with row at the bottom position 4x6 each side RPE: 5-7</p> <p>1B) Bodyweight skater squat 4x6 each side RPE: 5-7</p> <p>1C) Banded deadbug 4x10 each side RPE: 4-5 Rest: 90 sec</p> <p>2) BB circuit - BB hang clean - BB front squat - BB push press all followed by each other x5 then run 200m</p> <p>Perform as many sets as possible in 12 minutes RPE: 5-7</p> <p>3) Grip circuit - Trap bar/DB farmer carry with deadlift at every 10m until weights drop then DB suitcase carry until weight drop each side 5x RPE: 5-7 Rest: 90 sec</p>	<p>SPECIFIC LOADED METABOLIC</p> <p><i>Wearing a 60 lbs vest</i></p> <p><i>Increase the distance by 1km every week</i></p> <p>7km (3 hours)</p> <p>Including the following circuit at every 1km mark: lay down in prone position and get up, sprint-chase- 20m, side shuffle 20m each side, walking lunges 20m, backward walk 20m, lay down in prone position and get up, sprint-chase- 20m</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>	
SESSION 2	---	<p>SPECIFIC LOADED METABOLIC</p> <p><i>Wearing a 70 lbs vest</i></p> <p><i>Increase the distance by 0.5km every week</i></p> <p>2.5km (1.5 hour)</p> <p>Perform the walk on a trail/hill/s if possible.</p> <p>OR</p> <p>If no access to trail/hill, include this following circuit at every 0.5km mark: up/down staircase of app. 20 steps</p> <p><i>Complete distance with vest. If completed in less than the prescribed time then keep vest for the remaining time at a slow/moderate pace.</i></p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combative 2-3 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>VO₂ MAX</p> <p><i>Increase by 1 set next time you perform this day</i></p> <p>4x (1KM or 4:00 min WORK: 3:00 min REST)</p> <p><i>Perform as fast as you can to be able to recover in the amount of rest prescribed.</i></p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combative 2-3 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combative 2-3 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>	<p>CHOICE OF PHYSICAL ACTIVITY/SPORT</p> <p><i>Move for an hour at moderate pace</i></p> <p><i>Climbing/combative 2-3 per week</i></p> <p>Suggested activities: climbing martial arts soccer hockey tennis basketball cycling etc..</p>
	---	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Metabolic Unloaded Running Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Strength/Power/Circuit Training Sessions	COOL-DOWN/recovery Weighted Walk Sessions

NOTE: warm-up, mobility, and cool-down sessions can be found further in the document after the fitness program

NOTE: session 1 and 2 can be done at different time during the day

WARM-UP

WARM-UP General 1			
Title	Time	Reps	Notes
Walk/light jog	3 min		
Knee hugs		20	10/side, while walking, take 3 steps in between knee hugs
Butt kicks		20	10/side, while walking
Frankensteins (leg kicks)		20	10/side, take 3 steps in between leg lifts
Dynamic arm fling		10	
Walking lunge		20	10/leg
Quadruped reach through		20	10/side
Bear crawl		10m	10m/10sec break/10m
Full inchworm		3	
Vertical jump into 20m run		3	Increase speed at each set
Prone get up to run		2	Increase speed at each set

WARM-UP General 2			
Title	Time	Reps	Notes
Walk/light jog	3 min		
Knee hugs		20	10/side, while walking, take 3 steps in between knee hugs
Butt kicks		20	10/side, while walking
Frankensteins (leg kicks)		20	10/side, take 3 steps in between leg lifts
Dynamic arm fling		10	While walking
Inchworm striders with rotation		6	3/side
Side lunge		16	8/side
Glute bridge		10	
Quadruped reach through		20	10/side
Blackburns		10	
Push-up plus		10	Use knees if necessary
Prisoner squat/lunge complex		15	5 reps each, squat, forward lunge, reverse lunge
Seal jacks		20	



WARM-UP

WARM-UP Metabolic Unloaded Running Sessions			
Title	Time	Reps	Notes
Walk/light jog	3 min		
Knee hugs		20	10/side, while walking, take 3 steps in between knee hugs
High knees		20	10/side, while walking
Butt kicks		20	10/side, while walking
Hip openers/closers		20	10/side, while walking
High knee skips		20	10/side
B skips		20	10/side
Running bounds		20	10/side
Single leg medial hop		20	10/side
Single leg distal hop		20	10/side
Frankensteins (leg kicks)		20	10/side, take 3 steps in between leg lifts
Carioca		20m	Each side
Walking lunge		20	10/leg
Spiderman with over head reach		20	10/side
Prone get up to 20m run		3	Increase speed at each set

WARM-UP Specific Loaded Metabolic Sessions			
Title	Time	Reps	Notes
Walk/light jog	3 min		
Knee hugs		10	5/side, while walking
Standing glute stretch		10	5/side, while walking
Butt kicks		20	
Ankle circuit		10m	1. walk on toes 2. walk on heels 3. roll from heel to toes 4. feet inward 5. foot outward 6. skip (10m each jog on the way back)
Cossack squat		10	5 / side
Walking lunge with twist		10	5 / side
Shoulder shrug		10	
Unloaded push-pull		10	
Neck mobility complex		15	5 reps each, right side, forward, left side

MOBILITY

Bottom of Squat/Push Press Position					
Seq	Title	Time	Sets	Reps	Notes
1	Calf renewal with roller	1-2 min	1 each side		Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
2	Quad renewal with roller	1-2 min	1 each side		Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
3	Wall sit	30 sec	2		Exhale and try to sink lower into stretch.
4	Olympic wall squat with hip rotator stretch	30 sec	2 each side		Exhale and try to sink lower into stretch.
5	Kneeling split adductor mobilization		1 each side	5	Maintain neutral spine as rock back.
6	Squat flow sequence		1	10	Maintain neutral spine and drive knees out in bottom of squat. Can place plates or 2x4 under heels to make easier.
7	Foam roll mid back	1-2 min	1		Focus on stiff areas, go slow, and keep body weight distributed over the roller. Try and relax muscles over the roller.
8	Shoulder renewal with roller	1-2 min	1 each side		Focus on stiff areas, go slow, and try to relax muscles over roller or ball.
9	Triceps renewal with roller	1-2 min	1 each side		Focus on stiff areas, go slow, and try to relax muscles over roller or ball.
10	Wall pec stretch	30 sec	2 each side		Adjust angle on wall to find tight areas.
11	Shoulder extension stretch	30 sec	2 each side		
12	Thoracic mobilization on bench	30 sec	2		Keep your hips behind your knees to avoid transferring the stretch to the lower back.
13	Push-up plus		2	5-8	

MOBILITY

Over Head Position/Undo Sitting					
Seq	Title	Time	Sets	Reps	Notes
1	Foam roll mid back	1-2 min	1		Focus on stiff areas, go slow, and keep body weight distributed over the roller. Try and relax muscles over the roller.
2	Shoulder renewal with roller	1-2 min	1 each side		Focus on stiff areas, go slow, and try to relax muscles over roller or ball.
3	Thoracic mobilization on bench	30 sec	2		Keep your hips behind your knees to avoid transferring the stretch to the lower back.
4	Quadruped thoracic rotation		1 each side	5-8	Exhale and rotate in a slow and controlled manner so that you feel the stretch in upper back.
5	Arm walkovers		1 each side	5-8	Exhale and try to sink lower into stretch.
6	Scap wall slides		1	10	Maintain forearm contact with the wall.
7	Over head activation with dowel		2	10	Maintain neutral spine, and create torque in shoulders (bend the bar).
8	Quad renewal with roller	1-2 min	1 each side		Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
9	Glute renewal with roller	1-2 min	1 each side		Focus on stiff areas, go slow.
10	Standing quad stretch	30 sec	2 each side		Maintain upright spine, keep both thighs in line and together.
11	Hip flexor	30 sec	2 each side		Avoid hyperextending low back to achieve hip rock forward. Stretch should be felt in front of hip.
12	Wall pec stretch	30 sec	1 each side		Adjust angle on wall to find tight areas.
13	Glute bridge		1	10	
14	Lunge and reach flow sequence with strider		1 each side	5	

MOBILITY

Bottom of Deadlift/Weighted Walk-Carrying Recovery					
Seq	Title	Time	Sets	Reps	Notes
1	Hamstring renewal with roller	1-2 min	1 each side		Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
2	Glute renewal with roller	1-2 min	1 each side		Focus on stiff areas, go slow.
3	Doorway single leg lowering		2 each side	10	Maintain neutral spine and keep toes pointed.
4	Frankensteins		2 each side	8	
5	Full inchworm		2	5	Maintain neutral spine.
6	Deadlift with dowel		3	10	Maintain neutral spine position. Knees should be slightly flexed while keeping shins as vertical as possible. Maintain contact with dowel and thighs.
7	Foam roll mid back	1-2 min	1		Focus on stiff areas, go slow, and keep body weight distributed over the roller. Try and relax muscles over the roller.
8	Shoulder renewal with roller	1-2 min	1 each side		Focus on stiff areas, go slow, and try to relax muscles over roller or ball.
9	Calf renewal with roller	1-2 min	1 each side		Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
10	Thoracic mobilization on bench	30 sec	2		Keep your hips behind your knees to avoid transferring the stretch to the lower back.
11	Wall pec stretch	30 sec	2 each side		Adjust angle on wall to find tight areas.
12	Hip flexor	30 sec	2 each side		Avoid hyperextending low back to achieve hip rock forward. Stretch should be felt in front of hip.
13	Wall calf stretch	30 sec	2 each side		Maintain heel contact during stretch.
14	Quadruped thoracic rotation		1 each side	5-8	Exhale and rotate in a slow and controlled manner so that you feel the stretch in upper back.

MOBILITY

Running Recovery/Front Rack Position					
Seq	Title	Time	Sets	Reps	Notes
1	Quad renewal with roller	1-2 min	1 each side		Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
2	Glute renewal with roller	1-2 min	1 each side		Focus on stiff areas, go slow.
3	Calf renewal with roller	1-2 min	1 each side		Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
4	Wall calf stretch	30 sec	1 each side		Maintain heel contact during stretch.
5	Hip flexor	30 sec	1 each side		Avoid hyperextending low back to achieve hip rock forward. Stretch should be felt in front of hip.
6	Shoulder extension stretch	30 sec	2		
7	Walking lunge and reach		1 each side	5	Do not hyperextend low back during reach.
8	Foam roll mid back	1-2 min	1		Focus on stiff areas, go slow, and keep body weight distributed over the roller. Try and relax muscles over the roller.
9	Shoulder renewal with roller	1-2 min	1 each side		Focus on stiff areas, go slow, and try to relax muscles over roller or ball.
10	Triceps renewal with roller	1-2 min	1 each side		Focus on stiff areas, go slow, and try to relax muscles over roller or ball.
11	Thoracic mobilization on bench	30 sec	2		Keep your hips behind your knees to avoid transferring the stretch to the lower back.
12	Wall pec stretch	30 sec	2 each side		Adjust angle on wall to find tight areas.
13	Triceps and lat stretch on wall	30 sec	2 each side		
14	Front rack practice on bar or with dumbbells	1-2 min			4x15-30 sec hold

MOBILITY

Recovery Mobility Sequence					
Seq	Title	Time	Sets	Reps	Notes
1	Foot smash (lacrosse ball)	1 min	1 each side		
2	Towel foot flexion	1 min	1 each side		
3	Calf renewal with roller	1 min	1 each side		
4	Calf raises	1 min	1 each side		
5	Quad smash	1 min	1 each side		
6	Step up	1 min	1 each side		
7	Hamstring smash	1 min	1 each side		
8	Hamstring curls	1 min	1		
9	Glute smash	1 min	1 each side		
10	Cross under step down	1 min	1 each side		
11	Couch stretch	1 min	1 each side		
12	Clam shell	1 min	1 each side		
13	Low back smash	1 min	1		
14	Mid back smash	1 min	1		
15	Lat smash	1 min	1 each side		
16	Upper back smash	1 min	1		
17	Pec smash	1 min	1 each side		
18	Neck flexion/extension	1 min	1		
19	Push-up → deep squat (heels can be elevated) → upper body portion of worlds greatest stretch (in squat)		1	x6 each side	
20	Deep side shuffle → keeping weight on back foot → reaching out with "lead" leg → using the lead leg to pull your weight into the lead leg		1	4x15m	
21	Glute bridge → Cross 1 Leg → side bend to touch base support ankle		1	6x4 touches per leg	

COOL-DOWN

COOL-DOWN/Recovery Strength/Power/Circuit Training Sessions			
Title	Time	Sets	Notes
Heart rate and breathing should be returning to near resting levels once cool down is completed.			
Walk	3 min		Lower the intensity of your activity, as an example slow down into an easy walk.
Shoulder stretch	15-20 sec	1-2 each side	While walking
Hands together upper back stretch	15-20 sec	1-2	While walking
Chest stretch	15-20 sec	1-2	While walking
IT band stretch	15-20 sec	1-2	
Hip flexor stretch lunge position	15-20 sec	1-2 each side	
Cat-camel stretch		3-4	Progress slowly alternating between movements.
Seated hamstring stretch	15-20 sec	1-2 each side	While reaching over head towards foot.
Glute stretch	15-20 sec	1-2 each side	
Breathing techniques	30-60 sec	3-4	Slow, purposeful breathing practicing mindfulness

COOL-DOWN/Recovery Metabolic Unloaded Running Sessions			
Title	Time	Sets	Notes
Heart rate and breathing should be returning to near resting levels once cool down is completed.			
Walk	2 min	1	Lower the intensity of your activity, as an example slow down into an easy walk.
Quad renewal with roller	60 sec	1	Both legs together.
Hamstring renewal with roller	60 sec	1	Both legs together.
IT band renewal with roller	30 sec	1 each side	
Foam roll mid back	60 sec	1	
Seated cross over knee hug	15-20 sec	2 each side	
Child's pose stretch	20 sec	1	
Cobra stretch	15 sec	2	

COOL-DOWN

COOL-DOWN/Recovery Metabolic Unloaded Running Sessions (option 2)			
Title	Time	Sets	Notes
Heart rate and breathing should be returning to near resting levels once cool down is completed.			
Walk	2 min	1	Lower the intensity of your activity, as an example slow down into an easy walk.
Hamstring stretch	15-20 sec	1-2 each side	
IT band stretch	15-20 sec	1-2 each side	
Standing calf stretch	15-20 sec	1-2 each side	
Lying on the side quadricep stretch	15-20 sec	1-2 each side	
Seated cross over knee hug	15-20 sec	2 each side	
Child's pose stretch	20 sec	1	
Cobra stretch	15 sec	2	

COOL-DOWN/Recovery Specific Loaded Metabolic Sessions			
Title	Time	Sets	Notes
Heart rate and breathing should be returning to near resting levels once cool down is completed.			
Stretch flow #3			Optional or as an alternate for stretching sequence below.
Neck and traps stretch	15-20 sec	1-2 each side	
Standing lower back stretch	15-20 sec	1-2	Option: Perform knees to chest while lying on back.
Standing quadricep stretch	15-20 sec	1-2 each side	Option: Lying on the side or prone.
Seated hamstring stretch	15-20 sec	1-2 each side	Option: Standing.
Lying knee hugs	15-20 sec	1-2 each side	
Lying glute stretch	15-20 sec	1-2 each side	
Lying over head stretch	15-20 sec	1-2	