**Recommended Instructions:**

1. Set printer to print as a booklet for ease of use and storage.
2. Send any updates to: info@mypatrolbase.com. Thanks.

**Best Ranger Competition Workout Program**

**SESSION 1**

**AM SESSION**   
*Obj: Strength*

**Warm up:**  
4 Rounds  
Barbell Complex @ 65#. Four reps per exercise

**Training:**  
(1) 8 Rounds  
3x Craig Special – increase load until 3x is hard, but doable

Hip Flexor Stretch

(2) 6 Rounds  
5x Romanian Dead Lift – increase load until 5x is hard, but doable, then immediately …

3x Box Jumps @ 24″ or higher

2x Shoulder Sweep

(3) 6 Rounds  
8x Military Press – increase load until 8x is hard, but doable

4x Tarzan Pull ups

Pigeon Stretch

**PM SESSION   
  
Warm up:** 10 Minute Kettlebell Complex @ 12kg

**Training:**  
(1) 20-15-10-5 for Time  
Burpees  
Swings @ 24kg  
Weighted Situps @ 45#  
\*\*\* Rest 5 Minutes \*\*\*

(2) 10 minute Sandbag Getups for Reps @ 60#

(3) 3 Rounds  
15/15/15 Low Back Complex  
8x Standing Russian Twist @ 25#

Foam Roll Lower Back

(4) 2 Rounds  
30 Second Jane Fonda (Toe down and heel up. 30 seconds of each: straight leg up and down, heels back and forth to butt, knees to chest, leg circles.)  
50x Shoulder Hand Job @ 2.5# (Lie on side and rotate shoulder only and squeeze elbow into side while making an HJ motion)

**SESSION 2**

**AM SESSION**   
*Obj: Strength*

**Warm up**: 25x Turkish Getup @ 12kg/25#

**Training:**  
(1) 8 Rounds  
3x Back Squat – increase load until 3x is hard but doable

Instep Stretch

(2) 6 Rounds  
5x Bench Press – increase load each round until 5x is hard, but doable, then immediately ….  
3x Clapping Push-ups  
Foam Roll Quads

(3) 6 Rounds  
4x Power Cleans – increase load until 4x is hard, but doable, then immediately …

4x Jingle Jangle (5-yard sprint back and forth. Touch ground at each end.)  
Foam Roll Lower Back

**PM SESSION**   
45#, 5 Mile Road March at Threshold Pace – 10-12 min/miles.

**SESSION 3**

*Obj: Recovery*  
**Training:** 5 Mile Recovery Run at easy pace – 75% Max Heart Rate

**SESSION 4**

**AM SESSION**   
*Obj: Strength*

**Warm up:**  
4 Rounds  
8x Walking Lunges holding 25# Plate Overhead  
8x Situps  
5x Pull ups  
5x Push ups  
Instep Stretch

**Training:**  
(1) 8 Rounds  
3x Push Press – increase load until 3x is hard, but doable

2x Shoulder Sweep -

(2) 6 Rounds  
3x Squat Clean – increase load each round until 3x is hard, but doable, then immediately ….

2x Jumping Lunges  
Hip Flexor Stretch

(3) 6 Rounds  
8x Walking Lunge with dumbbells/kettlebells – increase load until 8x is hard, but doable  
8x Pull ups  
Foam Roll Back

**PM SESSION**   
*Obj: Work Capacity*  
**Warm up:**  
10-1  
Squat Jump  
Push Ups  
Sit Ups

**Training:**  
(1) 8 Rounds in Body Armor  
8x Front squats at 95#  
Run 200m  
3x Scotty Bob  
30 Seconds Rest

(2) 3 Rounds  
15/15/15 Low Back Complex  
45/45 Side Bridge  
Foam Roll Lower Back

(3) 2 Rounds  
30 Second Jane Fonda  
50x Shoulder Hand Job @ 2.5#

**SESSION 5**

**AM SESSION**   
*Obj: Strength*

**Warm up:**   
4 Rounds (PVC, PVC, 45#, 45#)  
5x Hang Power Snatch - <https://www.youtube.com/watch?v=8AyTzORaBM8>   
5x Snatch Balance - <https://www.youtube.com/watch?v=XuFaD1sAVGI>   
5x Overhead Squat - <https://www.youtube.com/watch?v=hn2v7qWwFoE>   
5x Hang Squat Snatch - <https://www.youtube.com/watch?v=pGwJoZ6twgM>   
10x Push ups  
Instep stretch

**Training:**  
(1) 8 Rounds  
3x “The Exercise” – increase load until 3x is hard but doable - <https://www.youtube.com/watch?v=49_Skc0-zGM>   
Foam Roll Quads

(2) 6 Rounds  
5x Box Squat until 5x is hard but doable, then immediately …  
3x Broad Jumps  
Foam Roll Lower Back

(3) 6 Rounds  
10x Curl to Press – increase load until 10x is hard, but doable  
8x Pull ups  
Hip Flexor + Pigeon Stretch

**PM SESSION**   
5 Mile Ruck @ 45#, Moderate Pace (15-min miles)

**SESSION 6**

**Training** – Move from one event to the next – no resting between events other than for water and to refuel (MRE’s only)

(1) 5 Mile Road March @ 45#, Threshold Pace (10-12min miles)

(2) 15-1  
Back Squat @ 115#  
Weighted Situps @ 25#  
Kettlebell Clean and Press using 2x 16kg Kettlebells  
Box Jumps @ 24″  
Pull ups

(3) Run 3 Miles in Body Armor

(4) 10-1  
Barbell Burpess @ 75# - <https://www.youtube.com/watch?v=9B8BZEqI4bg>   
Pull Ups  
Touch/Jump/Touch x2 - <https://www.youtube.com/watch?v=W-gDK4M7xpk>   
Dips x2  
GHD Situps or Regular situps x2

(5) Run 4 Miles

**SESSION 7**

**AM SESSION**   
*Obj: Strength*

**Warm up**  
4 Rounds  
Barbell Complex @ 65# - <https://www.youtube.com/watch?v=DO3jxj5KQc4>   
10x Overhead Squats with PVC  
10x Push ups  
Instep Stretch

**Training:**  
(1) 8 Rounds  
3x Overhead Squat – increase load until 3x is hard, but doable  
3rd World Stretch

(2) 6 Rounds  
5x Romanian Dead Lift- increase load until 5x is hard, but doable, then immediately ….  
3x Box Jump @ 24″ or higher  
2x Shoulder Sweep

(3) 6 Rounds  
8x Bench Press – increase load until 8x is hard, but doable  
4x Tarzan Pull ups or Rope Climb  
Hip Flexor plus Pigeon Stretch

**PM SESSION**   
**Warm up**: 5 Minute Sandbag Getup @ 60#

**Training:**  
(1) 5 Rounds  
300m Shuttle every 2:15  
\*\* Rest 5 Minutes \*\*

(2) 10 Rounds  
Every 60 Seconds @ 105# ….  
3x Romanian Dead Lift  
3x Hang Squat Clean  
3x Push Press  
3x Back Squat

(3) 3 Rounds  
15/15/15 Low Back Complex  
5x Kneeling Sandbag Halfmoon @ 40# - <https://www.youtube.com/watch?v=gAuOgYqAqrE>   
Foam Roll Lower Back

(3) 2 Rounds  
30 Second Jane Fonda  
50x Shoulder Hand Job @ 2.5#

**SESSION 8**

**AM SESSION**   
*Obj: Strength*

**Warm up:**  
10-1  
Jump Squats  
Push ups  
Situps

**Training:**  
(1) 8 Rounds  
3x Front Squat – increase load until 3x is hard, but doable  
3rd World Stretch

(2) 6 Rounds  
5x Military Press – increase load until 5x is hard, but doable  
Rope Climb or 8x Pull ups  
Foam Roll Lower Back

(3) 6 Rounds  
4x Power Clean – increase load until 4x is hard, but doable, then immediately …  
3x Burpees (be explosive)  
Foam Roll Quads

**PM SESSION**   
8 mile Road March @45#, Threshold Pace (10-12 min miles)

**SESSION 9**

6 Mile Recovery Run – Easy Pace – 75% Max Heart Rate

**SESSION 10**

**AM SESSION**   
*Obj: Strength*

**Warm up:**  
5 Rounds  
5x Burpees  
5x Pull ups  
5x Goblet Squats @ 24kg  
5x Weighted Situps @ 45#  
3rd World Stretch

**Training:**  
(1) 8 Rounds  
3x Push Press – increase load until 3x is hard, but doable  
Foam Roll Quads

(2) 6 Rounds  
3x Power Clean – increase load until 3x is hard, but doable, then immediately …  
4x Jingle Jangles  
Foam Roll Lower Back

(3) 6 Rounds  
8x Kettlebell Front Squat – increase load until 8x is hard, but doable  
8x 1-Arm Horizontal Row – increase load until 8x is hard, but doable  
HUG – Hip Mobility Drill

**PM SESSION**   
**Warm up** wearing Body Armor  
5 Rounds  
10x Squats  
10x Push ups  
5x Pull ups  
10x Situps  
Instep Stretch

**Training:**  
(1) 6 Rounds for Time  
8x Power Clean + Push Press @ 75#  
Run 400m  
Rope Climb or 8x Pull ups  
10x EOs

(2) 3 Rounds  
15/15/15 Low Back Complex  
5x Kneeling Sandbag Halfmoons @ 45# Plate  
15 GHD Situps

(3) 2 Rounds  
30 Second Jane Fonda  
50x Shoulder Hand Job @ 2.5#

**SESSION 11**

**AM SESSION**   
*Obj: Strength*

**Warm up:**  
15x Corrective Turkish Getup @ 16kg

**Training:**  
(1) 8 Rounds  
3x Squat Clean – increase load until 3x is hard, but doable  
3/3/3 Toe Touch Complex

(2) 6 Rounds  
5x Walking Lunge – increase load until 5x is hard, but doable, then  
immediately …  
5x Jingle Jangles  
Foam Roll Quads

(3) 6 Rounds  
8x Kneeling Curl to Press – increase load until 8x is hard, but doable  
Rope Climb or 4x Tarzan Pull ups  
Foam Roll Lower Back

**PM SESSION**   
Ruck 4 Miles @45#, Moderate Pace (15 min Miles)

**SESSION 12**

*Obj: Stamina*  
(1) 15 Rounds  
Run 400m  
50x Step ups

(2) 8 Rounds  
5x Front Squat @ 115#  
5x Jingle Jangles  
30 Sec. Rest

(2) 8 Rounds  
5x Romanian Dead Lift @ 155#  
5x Box Jumps @ 24″  
30 Seconds Rest

(3) 8 Rounds  
5x Bench Press @ 135#  
Rope Climb or 8x Pull ups  
30 Sec. Rest

(4) 8 Rounds  
5x Power Clean @ 115#  
3x Scotty Bobs @ 25#  
30 Sec. Rest

(5) 8 Rounds  
5x Hang Squat Snatch @ 75#  
4x Burpees  
30 Sec Rest

(6) 4 Mile Ruck @ 45#, Moderate Pace

(7) 6 Rounds  
5x Back Squat @ 135#  
3x Jumping Lunges  
30 Sec. Rest

(8) 6 Rounds  
4x Mr. Spectacular @ 16kg  
Rope Climb or 4x Tarzan Pull ups  
30 Sec. Rest

(9) 6 Rounds  
5x Ring Dips  
5x Renegade Rows @ 35#  
30 Sec Rest

(10) 6 Rounds  
5x Squat Clean @ 115#  
5x Box Jumps  
30 Sec. Rest

(11) 3.5 Mile Run in body armor, threshold pace

**SESSION 13**

**AM SESSION**   
*Objective: Strength/Work Capacity*

**Warm up:**  
3 Rounds  
Barbell Complex @ 65#  
6x push ups  
Instep Stretch

**Training:**  
(1) 8 Rounds  
2x Craig Special – increase load until 3x is hard, but doable  
Hip Flexor Stretch

(2) 6 Rounds  
5x Romanian Dead Lift – increase load until 5x is hard, but doable, then immediately …  
5x Military Press – increase load until 5x is hard, but doable.  
2x Shoulder Sweep

(3) 6 Rounds  
8x Military Press – increase load until 8x is hard, but doable  
4x Tarzan Pull ups  
Pigeon Stretch

**PM SESSION**   
*Obj: Work Capacity*  
**Warm up:** 10 Min Sandbag Getup @ 60#

**Training:**  
(1) 20 Rounds  
Suicide Sprint every 30 Seconds  
\*\* Rest 5 Minutes \*\*

(2) 5 Rounds for Time  
10x Thrusters @ 75#  
Run 400m  
8x Pull ups

(3) 3 Rounds  
20/20/20 Low Back Complex  
15x Back Extenstions  
8x Standing Russian Twist @ 25#  
Foam Roll Lower Back

(4) 2 Rounds  
30 Second Jane Fonda  
50x Shoulder Hand Job @ 2.5#

**SESSION 14**

**AM SESSION**   
*Obj: Strength*

**Warm up:** 25x Turkish Getup @ 12kg/25#

**Training:**  
(1) 8 Rounds  
3x Back Squat – increase load until 3x is hard but doable  
Instep Stretch

(2) 6 Rounds  
5x Bench Press – increase load each round until 5x is hard, but doable, then immediately ….  
3x Clapping Push ups  
Foam Roll Quads

(3) 6 Rounds  
4x Power Cleans – increase load until 4x is hard, but doable, then immediately …  
4x Jingle Jangle  
Foam Roll Lower Back

**PM SESSION**   
55#, 5 Mile Road March at Threshold Pace – 10-12 min/miles.

**SESSION 15**

7 Mile Recovery Run, Easy Pace – 75% Max Heart Rate

**SESSION 16**

**AM SESSION**   
*Obj: Strength*

**Warm up:**  
4 Rounds  
8x Walking Lunges holding 25# Plate Overhead  
8x Situps  
5x Pull ups  
5x Push ups  
Instep Stretch

**Training:**  
(1) 8 Rounds  
3x Push Press – increase load until 3x is hard, but doable  
2x Shoulder Sweep

(2) 6 Rounds  
3x Squat Clean – increase load each round until 3x is hard, but doable, then immediately ….  
2x Jumping Lunges  
Hip Flexor Stretch

(3) 6 Rounds  
8x Walking Lunge with dumbbells/kettlebells – increase load until 8x is hard, but doable  
8x Pull ups  
Foam Roll Back

**PM SESSION**   
*Obj: Work Capacity*  
 **Warm up:**  
10-1  
Squat Jump  
Push Ups  
Sit Ups

**Training:**  
(1) 8 Rounds in Body Armor  
8x Front squats at 95#  
Run 200m  
3x Scotty Bob  
30 Seconds Rest

(2) 3 Rounds  
15/15/15 Low Back Complex  
45/45 Side Bridge  
Foam Roll Lower Back

(3) 2 Rounds  
30 Second Jane Fonda  
50x Shoulder Hand Job @ 2.5#

**SESSION 17**

**AM SESSION**   
*Obj: Strength*

**Warm up:**  
4 Rounds (PVC, PVC, 45#, 45#)  
5x Hang Power Snatch  
5x Snatch Balance  
5x Overhead Squat  
5x Hang Squat Snatch  
10x Push ups  
Instep stretch

**Training:**  
(1) 8 Rounds  
2x “The Exercise” – increase load until 3x is hard but doable  
Foam Roll Quads

(2) 6 Rounds  
5x Box Squat until 5x is hard but doable, then immediately …  
3x Broad Jumps

Foam Roll Lower Back  
(3) 6 Rounds  
10x Curl to Press – increase load until 10x is hard, but doable  
8x Pull ups  
Hip Flexor + Pigeon Stretch

**PM SESSION**   
5 Mile Ruck @ 55#, Moderate Pace (15-min miles)

**SESSION 18**

8 Mile Recovery Run – 75% Max Heart Rate

**SESSION 19**

**AM SESSION**   
*Obj: Strength*

**Warm up:**  
4 Rounds  
Barbell Complex @ 65#  
6x Push Ups  
Instep Stretch

**Training:**  
(1) 8 Rounds  
3x Squat Clean – increase load until 3x is hard, but doable  
Foam Roll Lower Back

(2) 8 Rounds  
3x Box Squat – increase load until 3x is hard, but doable  
3rd World Stretch

(3) 8 Rounds  
3x Push Press – increase load until 3x is hard, but doable  
Foam Roll Quads

**PM SESSION**   
5 Mile Road March @ 55#, Threshold Pace (10-12 min miles)

**SESSION 20**

**AM SESSION**   
5 Mile Recovery Run – 75% MHR

**PM SESSION**  
Warm Up: 5 minute Sandbag Getups for Reps @ 60#

(1) 3 Rounds  
15/15/15 Low Back Complex  
8x Standing Russian Twist @ 25#  
Foam Roll Lower Back

(2) 2 Rounds  
30 Second Jane Fonda  
50x Shoulder Hand Job @ 2.5#

**SESSION 21-22**

(1) 6 Mile Road March, Threshold Pace @ 55#

(2) 60 Min Military Skills

(3) 20 Rounds  
Barbell Complex @ 45#  
50x Step Ups or 400m Run  
5x Pull Ups  
30 Seconds Rest

(4) 60 Minute Military Skills

(5) Run 4 Miles in Body Armor, Threshold Pace

(6) 60 Minute Military Skills

(7) 6 Rounds  
10x Dead Lift @ 135#  
10x Bench Press @ 135#  
Run 800m

(8) 60 Minute Military Skills

(9) 10 Rounds  
5x Renegade Man Maker @ 25#  
5x Ankles to Bar  
Run 400m

(10) 60 Minute Military Skills

\*\*\*\*\* Rest until Dark \*\*\*\*\*

(10) 6-Mile Land Nav in Darkness, with 55# Ruck.  
Find 3x Points

**SESSION 23**

Rest Day

**SESSION 24**

(1) 4 Mile Recovery Run @ 75% MHR

(2) 3 Rounds  
15/15/15 Low Back Complex  
8x Standing Russian Twist @ 25#  
Foam Roll Lower Back

(3) 2 Rounds  
30 Second Jane Fonda  
50x Shoulder Hand Job @ 2.5#

**SESSION 25**

**AM TRAINING:**  
*Obj: Strength*

**Warm up:**  
5 Rounds – using 55# Barbell  
4x Dead Lift  
4x Hang Squat Clean  
4x Push Press  
4x Back Squat  
4x Push ups  
Instep + Hip Flexor Stretch

**Training:**  
(1) 8 Rounds  
3x Squat Clean – increase load each round until 3x is hard, but doable  
Foam Roll Lower Back

(2) 8 Rounds  
3x Back Squat – increase load each round until 3x is hard, but doable  
2x Shoulder Sweep each side

(3) 6 Rounds  
5x Military Press – increase load each round until 5x is hard, but doable  
5x Strict Pull ups  
Pigeon Stretch

**PM TRAINING**  
5 Mile Run, 7-7:30 Min/Miles

**SESSION 26**

**AM TRAINING:**  
*Obj: Work Capacity/Core*  
**Warm Up:**  
10-9-8-7-6-5-4-3-2-1  
Squat Jumps  
Push ups  
Sit ups

(1) 3 Mile IBA Run in 24 Minutes

(2) 4 Rounds  
20/20/20 Low Back Complex  
20/20 Low Back Lunge  
20/20 Kneeling Founder  
20x GHD Sit ups or 20x Weighted Situps @ 25#

**PM TRAINING**  
Run 6 Miles @ 7-7:30 Min/Mile Pace

**SESSION 27**

**AM TRAINING:**  
*Obj: Recovery/Core*  
1) 4 Mile Recovery Run – @ 75% Max Heart Rate. Should be easy.

2) 4 Rounds  
20/20/20 Low Back Complex  
60 Second Front Bridge  
5x Kneeling Halfmoon using 45# Plate  
4x Jeremy Specials

3) Foam Roll Back and Quads

**PM TRAINING**  
5 Mile Recovery Road March/Ruck, 55#, at 15 min/mile

**SESSION 28**

**AM TRAINING:**  
*Obj: Strength/Work Capacity*

**Warm Up:**  
4 Rounds  
5x Overhead Plate Walking Lunge holding 25# Plate  
10x Weighted Situps with 25# Plate  
5x Pull ups  
Instep Stretch  
5x Shoulder Dislocate with PVC

(1) 6 Rounds  
4x Romanian Dead Lift – increase load each round until 4x is hard, but doable  
Foam Roll Lower Back

(2) 6 Rounds  
4x Power Clean – increase load each round until 4x is hard, but doable  
Pigeon Stretch

(3) 6 Rounds for Time  
8x Thruster @ 95#  
18x Box Jumps @ 24#  
4x Scotty Bobs # 25#

(4) 2 Rounds  
Jane Fonda – 30 seconds each movement  
50x Shoulder Hand Job @ 2.5#

**PM TRAINING:**  
Run 8 Miles at 8-8:30 Min pace

**SESSION 29**

**AM TRAINING:**  
*Obj: Strength/Core*  
**Warm Up:**  
5 Rounds using 12kg Kettlebells or 25# Dumbbells  
5x Hang Clean  
5x Front Squat  
5x Military Press  
5x Pull ups  
Instep + Hip Flexor Stretch

**Training:**  
(1) 6 Rounds  
4x Push Press – increase load each round until 4x is hard, but doable  
Foam Roll Lower Back

(2) 6 Rounds  
4x Overhead Squat – increase load each round until 4x is hard, but doable  
Pigeon + 3rd World Stretch

(3) 4 Rounds  
20/20/20 Low Back Complex  
20/20 Low Back Lunge  
20/20 Kneeling Founder  
20x GHD Sit ups or 20x Weighted Situps @ 25#

**SESSION 30**

*Obj: Stamina*  
(1) 5 Mile Ruck @ 55#, 10-12 min/mile pace

(2) 10 Rounds  
10x Barbell Burpees @ 75#  
Run 400m  
5x Curtis P’s @ 75#  
50x Step ups

(3) Run 2 Miles

(4) 60x Sandbag Getups @ 60#

(5) 10 Rounds  
5x Mr. Spectaculars @ 16kg or 35# Dumbbells  
5x Ankes to Bar  
10x Jingle Jangles

(5) Run 2 Miles

**SESSION 31**

**AM TRAINING:**  
*Obj: Strength*

**Warm up:**  
5 Rounds – using 55# Barbell  
4x Dead Lift  
4x Hang Squat Clean  
4x Push Press  
4x Back Squat  
4x Push ups  
Instep + Hip Flexor Stretch

**Training:**  
(1) 8 Rounds  
3x Power Clean + Push Press – increase load each round until 3x is hard, but doable  
Foam Roll Lower Back

(2) 8 Rounds  
3x Front Squat – increase load each round until 3x is hard, but doable  
2x Shoulder Sweep each side

(3) 6 Rounds  
5x Bench Press – increase load each round until 5x is hard, but doable  
5x Strict Pull ups  
Pigeon Stretch

**PM TRAINING**  
6 Mile Run, 7-7:30 Min/Miles

**SESSION 32**

**AM TRAINING:**  
*Obj: Work Capacity/Core*

**Warm Up:**  
10-9-8-7-6-5-4-3-2-1  
Squat Jumps  
Push ups  
Sit ups

(1) 4 Mile IBA Run in 32 Minutes

(2) 4 Rounds  
20/20/20 Low Back Complex  
20/20 Low Back Lunge  
20/20 Kneeling Founder  
20x GHD Sit ups or 20x Weighted Situps @ 25#

**PM TRAINING**  
Run 7 Miles @ 7-7:30 Min/Mile Pace

**SESSION 33**

**AM TRAINING:**  
*Obj: Recovery/Core*

1) 4 Mile Recovery Run – @ 75% Max Heart Rate. Should be easy.

2) 4 Rounds  
20/20/20 Low Back Complex  
60 Second Front Bridge  
5x Kneeling Halfmoon using 45# Plate  
4x Jeremy Specials

3) Foam Roll Back and Quads

**PM TRAINING**  
7 Mile Recovery Road March/Ruck, 55#, at 15 min/mile

**SESSION 34**

**AM TRAINING:**  
*Obj: Strength/Work Capacity*  
 **Warm Up:**  
4 Rounds  
5x Overhead Plate Walking Lunge holding 25#  
Plate  
10x Weighted Situps with 25# Plate  
5x Pull ups  
Instep Stretch  
5x Shoulder Dislocate with PVC

(1) 6 Rounds  
4x Walking Lunge holding Dumbbells/Kettlebells – increase load each round until 4x is hard, but doable  
Foam Roll Lower Back

(2) 6 Rounds  
4x Squat Clean – increase load each round until  
4x is hard, but doable  
Pigeon Stretch

(3) 6 Rounds for Time  
8x Burpees  
4x Turkish Getue @ 25# or 12KG

(4) 2 Rounds  
Jane Fonda – 30 seconds each movement  
50x Shoulder Hand Job @ 2.5#

**PM TRAINING:**  
Run 7 Miles at 8-8:30 Min pace

**SESSION 35**

**AM TRAINING:**  
*Obj: Strength/Core*  
 **Warm Up:**  
5 Rounds using 12kg Kettlebells or 25# Dumbbells  
5x Hang Clean  
5x Front Squat  
5x Military Press  
5x Pull ups  
Instep + Hip Flexor Stretch

**Training:**  
(1) 6 Rounds  
4x Weighted Pull ups – increase load each round until 4x is hard, but doable  
Foam Roll Lower Back

(2) 6 Rounds  
4x Power Clean- increase load each round until  
4x is hard, but doable  
Pigeon + 3rd World Stretch

(3) 4 Rounds  
20/20/20 Low Back Complex  
20/20 Low Back Lunge  
20/20 Kneeling Founder  
20x GHD Sit ups or 20x Weighted Situps @ 25#

**SESSION 36**

*Obj: Stamina*  
(1) 8 Mile Ruck @ 55#, 10-12 min/mile pace

(2) 15-14-13-11-10-9-8-7-6-5-4-3-1  
Dead Lift @ 115#  
Box Jumps @ 20″  
Scotty Bobs (every push up counts as 1 Rep)  
Back Squat  
Sandbag Getup @ 60#

(3) Run 2 Miles

(4) 10-9-8-7-6-5-4-3-2-1  
Power Clean @ 95#  
Ankles to Bar  
Front Squat @ 95#  
GHD Situps  
Elevated Push ups

(5) 500x Step ups

**SESSION 37**

**AM TRAINING:**  
*Obj: Strength*

**Warm up:**  
5 Rounds – using PVC, 45#, 55#, 65#, 75#  
8x Overhead Squat  
8x Squat Jump  
8x Push ups  
Instep + Hip Flexor Stretch

**Training:**  
(1) 8 Rounds  
3x Overhead Squat – increase load each round until 3x is hard, but doable  
Foam Roll Lower Back

(2) 8 Rounds  
3x Back Squat – increase load each round until 3x is hard, but doable  
2x Shoulder Sweep each side

(3) 6 Rounds  
5x Military Press – increase load each round until 5x is hard, but doable  
5x Strict Pull ups  
Pigeon Stretch

**PM TRAINING**  
7 Mile Run, 7-7:30 Min/Miles

**SESSION 38**

**AM TRAINING:**  
*Obj: Work Capacity/Core*  
 **Warm Up:**  
10-9-8-7-6-5-4-3-2-1  
Squat Jumps  
Push ups  
Sit ups

(1) 5 Mile IBA Run in 40 Minutes

(2) 4 Rounds  
20/20/20 Low Back Complex  
20/20 Low Back Lunge  
20/20 Kneeling Founder  
20x GHD Sit ups or 20x Weighted Situps @ 25#

**PM TRAINING**  
Run 8 Miles @ 7-7:30 Min/Mile Pace

**SESSION 39**

**AM TRAINING:**  
*Obj: Recovery/Core*

1) 4 Mile Recovery Run – @ 75% Max Heart Rate. Should be easy.

2) 4 Rounds  
20/20/20 Low Back Complex  
60 Second Front Bridge  
5x Kneeling Halfmoon using 45# Plate  
4x Jeremy Specials

3) Foam Roll Back and Quads

**PM TRAINING**  
7 Mile Recovery Road March/Ruck, 65#, at 15 min/mile

**SESSION 40**

**AM TRAINING:**  
*Obj: Strength/Work Capacity*

**Warm Up:**  
4 Rounds  
5x Overhead Plate Walking Lunge holding 25#  
Plate  
10x Weighted Situps with 25# Plate  
5x Pull ups  
Instep Stretch  
5x Shoulder Dislocate with PVC

(1) 6 Rounds  
4x Romanian Dead Lift – increase load each round until 4x is hard, but doable  
Foam Roll Lower Back

(2) 6 Rounds  
4x Power Clean + Push Press – increase load each round until 4x is hard, but doable  
Pigeon Stretch

(3) 20 Rounds  
Suicide Sprint, every 30 Seconds

(4) 2 Rounds  
Jane Fonda – 30 seconds each movement  
50x Shoulder Hand Job @ 2.5#

**PM TRAINING:**  
Run 5 Miles at 8-8:30 Min pace

**SESSION 41**

**AM TRAINING:**  
*Obj: Strength/Core*  
 **Warm Up:**  
5 Rounds using 12kg Kettlebells or 25#  
Dumbbells  
5x Hang Clean  
5x Front Squat  
5x Military Press  
5x Pull ups  
Instep + Hip Flexor Stretch

**Training:**  
(1) 6 Rounds  
4x Push Press – increase load each round until 4x is hard, but doable  
Foam Roll Lower Back

(2) 6 Rounds  
4x Squat Clean- increase load each round until 4x is hard, but doable  
Pigeon + 3rd World Stretch

(3) 4 Rounds  
20/20/20 Low Back Complex  
20/20 Low Back Lunge  
20/20 Kneeling Founder  
20x GHD Sit ups or 20x Weighted Situps @ 25#

**SESSION 42**

*Obj: Stamina*  
(1) 10 Mile Ruck @ 65#, 10-12 min/mile pace

**SESSION 43**

**AM TRAINING**:  
*Obj: Strength*

**Warm up:**  
5 Rounds – using PVC, 45#, 55#, 65#, 75#  
8x Overhead Squat  
8x Squat Jump  
8x Push ups  
Instep + Hip Flexor Stretch

**Training:**  
(1) 8 Rounds  
3x Power Clean – increase load each round until 3x is hard, but doable  
Foam Roll Lower Back

(2) 8 Rounds  
3x Front Squat – increase load each round until 3x is hard, but doable  
2x Shoulder Sweep each side

(3) 6 Rounds  
5x Bench Press – increase load each round until  
5x is hard, but doable  
5x Strict Pull ups  
Pigeon Stretch

**PM TRAINING**  
7 Mile Run, 7-7:30 Min/Miles

**SESSION 44**

**AM TRAINING:**  
*Obj: Work Capacity/Core*  
**Warm Up:**  
10-9-8-7-6-5-4-3-2-1  
Squat Jumps  
Push ups  
Sit ups

(1) 5 Mile IBA Run in 40 Minutes

(2) 4 Rounds  
20/20/20 Low Back Complex  
20/20 Low Back Lunge  
20/20 Kneeling Founder  
20x GHD Sit ups or 20x Weighted Situps @ 25#

**PM TRAINING**  
Run 8 Miles @ 7-7:30 Min/Mile Pace

**SESSION 45**

**AM TRAINING:**  
*Obj: Recovery/Core*  
1) 4 Mile Recovery Run – @ 75% Max Heart Rate. Should be easy.

2) 4 Rounds  
20/20/20 Low Back Complex  
60 Second Front Bridge  
5x Kneeling Halfmoon using 45# Plate  
4x Jeremy Specials

3) Foam Roll Back and Quads

**PM TRAINING**  
5 Mile Recovery Road March/Ruck, 65#, at 15 min/mile

**SESSION 46-47**

(1) 6 Mile Road March/Ruck @ 65#, 10-12 min miles

(2) 60 Min Military Skills

(3) 10 Rounds  
8x Power Clean @ 95#  
50x Step ups  
10x Weighted Situps @ 25#

(4) 6 Mile Roach March/Ruck @ 65#, 10-12 min miles

(5) 60 Minute Military Skills

(6) 10 Rounds  
5x Pull up  
7x Dips  
10x Push ups  
Run 200m

(7) 60 Minute Military Skills

(8) 10 Rounds  
5x Renegade Man Maker @ 25#  
5x Ankles to Bar  
Run 400m

(9) 60 Minute Military Skills

**\*\*\*\*\* Rest until Dark \*\*\*\*\***  
(10) 6-Mile Land Nav in Darkness, with 65# Ruck.  
Find 3x Points

**SESSION 49**

**AM TRAINING:**  
*Obj: Strength*  
 **Warm Up:**  
3 Rounds  
Barbell Complex @ 55#  
Instep Stretch

(1) 6 Rounds  
2x Craig Special – increase load until 2x is hard, but doable  
3x Shoulder Sweep

(2) 5 Rounds  
4x Back Squat – increase load until 5x is hard, but doable  
5x Y+L, unloaded

(3) 6 Rounds  
5x Pull Ups  
7x Dips  
10x Push ups

**PM TRAINING**  
*Obj: Gym-Based Stamina (60 min)*  
(1) 10 min Sandbag Getup @ 60#

(2) AMRAP in 15 Minutes ….  
10x Push ups  
5x 1-Arm KB Cleans each arm at 16kg/35# dumbbell  
10x Goblet Squat @ 16kg/35#  
10x Push Press at 2x 25# dumbbells or a 45# barbell  
5x Reverse Lunges each leg (unloaded) – step backward

(3) 20 Minutes Step ups at 25# Weight Vest or IBA

(4) 10-1  
Hang Power Snatch @ 65#  
KB Front Squats @ 16kg  
Weighted Situp @ 25#

**SESSION 51**

**AM TRAINING:**  
*Obj: Recovery/Core*  
1) 5 Mile Recovery Run – @ 75% Max Heart Rate. Should be easy.

2) 4 Rounds  
20/20/20 Low Back Complex  
10m Dumbbell Crawl @ 25# dumbbells  
5x Slasher to Halo @ 16kg (10x total)  
20x Back Extension

3) Foam Roll Back and Quads

**SESSION 52**

**AM TRAINING:**  
*Obj: Strength*

**Warm Up:**  
3 Rounds  
Barbell Complex @ 55#  
Instep Stretch

(1) 6 Rounds  
5x Hinge Lift – increase load until 5x is hard, but doable  
3/3/3 Toe Touch Complex

(2) 6 Rounds  
5x Pull Ups  
7x Dips  
10x Push ups

(3) 6 Rounds  
3x Sandbag Clean and Squat each side- increase load until 3x is hard, but doable  
3x Floor or Wall Slide

**PM TRAINING**  
Run 10 miles at Threshold Pace – 7-7:30/mile

**SESSION 53**

**AM TRAINING:**  
*Obj: Gym-Based Stamina (60 min)*  
(1) 20 min Step ups in IBA

(2) 8 Rounds  
8x 15m Shuttle  
4x Scotty Bobs @ 25#  
8x Ball Slams at 20#  
16x Situps

(3) 10 min Sandbag Getup @ 60#

(4) 5 Rounds (30 sec work/30 sec rest – rotate exercises during the rest)  
Kettlebell Swing @ 20kg  
Box Jumps @ 20″ (Step Down)  
Thrusters @ 2x 25# Dumbbells or a 45# Barbell

**PM TRAINING**  
Ruck 8 miles @ 75#, Moderate Pace (15+ min miles)

**SESSION 54**

Rest Day – Total Rest

**SESSION 55**

**AM TRAINING:**  
*Obj: Strength*  
**Warm Up:**  
3 Rounds  
Barbell Complex @ 55#  
Instep Stretch

(1) 6 Rounds  
4x Kettlebell Military Press – increase load until 4x is hard, but doable  
3/3/3 Toe Touch Complex

(2) 5 Rounds  
3x Power Clean – increase load until 3x is hard, but doable  
5x Y+L, unloaded

(3) 6 Rounds  
3x Front Squat – increase load until 3x is hard, but doable  
Rope Climb or 3x Tarzan Pull ups  
Foam Roll Lower Back

**PM TRAINING**  
*Obj: Gym-Based Stamina (60 min)*  
(1) 15 minutes step ups at IBA or 25# weight vest

(2) 12 Rounds  
10x Hinge Lift @ 135#  
10x Bench Press 115#  
10x Kettlebell Front Squat @ 12kg or 2x 25# dumbbells  
5x Kneeling Plate Halfmoons @ 35# (5 each side)  
10x Box Jump @ 20”

**SESSION 56**

**AM TRAINING:**  
*Obj: Work Capacity/Core*  
**Warm Up:**  
10-9-8-7-6-5-4-3-2-1  
Squat Jumps  
Push ups  
Sit ups

(1) 5 Mile IBA Run under 40 Minutes

(2) 4 Rounds  
30/30/30 Low Back Complex  
30/30 Low Back Lunge  
30/30 Kneeling Founder  
20x GHD Sit ups or 20x Weighted Situps @ 35#

**PM TRAINING**  
Ruck/Road March 10 Miles @ 75#, Threshold Pace (goal – 13 min/miles)

**SESSION 57**

***AM TRAINING:***  
*Obj: Recovery/Core*  
1) 5 Mile Recovery Run – @ 75% Max Heart Rate. Should be easy.

2) 4 Rounds  
20/20/20 Low Back Complex  
10m Dumbbell Crawl @ 25# dumbbells  
5x Slasher to Halo @ 16kg (10x total)  
20x Back Extension

3) Foam Roll Back and Quads

**SESSION 58**

**AM TRAINING:**  
*Obj: Strength*  
**Warm Up:**  
3 Rounds  
Barbell Complex @ 55#  
Instep Stretch

(1) 6 Rounds  
3x Hang Power Snatch – increase load until 3x is hard, but doable  
5x Shoulder Scarecrow @ 2.5#

(2) 6 Rounds  
3x Box Squat – increase load until 3x is hard, but doable  
3x Shoulder Sweep

(3) 7 Rounds  
5x Pull Ups  
7x Dips  
10x Push ups

**PM TRAINING**  
Run 10 miles at Threshold Pace – 7-7:30/mile or faster

**SESSION 59**

**AM TRAINING:**  
*Obj: Gym-Based Stamina (60-75 min)*  
(1) 20 min Step ups in IBA

(2) 10 Rounds  
8x SB Clean to shoulder (4r/4l) @ 60#  
4x Mr. Spectacular @ 16kg  
8x KB Front squat @ 16kg  
8x Alligator Push ups

(3) 10 min Sandbag Getup @ 60#

(4) 10 Minute AMRAP (As Many Rounds As Possible)  
3x Squat Cleans @ 95# (65# for women)  
6x Pull ups (strict!) (3x for women)  
9x Box Jumps at 20″

**PM TRAINING**  
Ruck 5 miles @ 75#, Moderate Pace (15+ min miles)

**SESSION 60**

(1) Ruck 10 Miles @ 75#, Threshold Pace (Goal -13 min/miles)

\*\*\*\*\* Rest 60 minutes \*\*\*\*\*\*\*

(2) Run 10 Miles, Threshold Pace (7-7:30 min/miles)

**SESSION 61**

***AM TRAINING:***  
*Obj: Strength*  
**Warm Up:**  
3 Rounds  
Barbell Complex @ 55#  
Instep Stretch

(1) 6 Rounds  
6x Back Squat – increase load until 3x is hard, but doable  
3/3/3 Toe Touch Complex

(2) 8 Rounds  
5x Pull Ups  
7x Dips  
10x Push ups

(3) 6 Rounds  
3x Power Clean – increase load until 3x is hard, but doable  
Foam Roll Lower Back

**PM TRAINING**  
Run 10 miles at Threshold Pace – 7-7:30 min/miles or faster

**SESSION 62**

**AM TRAINING:**  
*Obj: Work Capacity/Core*  
**Warm Up:**  
10-9-8-7-6-5-4-3-2-1  
Squat Jumps  
Push ups  
Sit ups

(1) 5 Mile IBA Run under 40 Minutes

(2) 4 Rounds  
30/30/30 Low Back Complex  
30/30 Low Back Lunge  
30/30 Kneeling Founder  
20x GHD Sit ups or 20x Weighted Situps @ 35#

**PM TRAINING**  
Ruck/Road March 7 Miles @ 65#, Moderate Pace (15 min/miles)

**SESSION 64-65**

*Note – Part (7) must be a nighttime movement. Start part (1) late enough in the day to make this happen.*  
(1) 8 Mile Ruck @ 65#, Threshold Pace (13 min/miles)

(2) 60 Min Military Skills (weapons/first aid, etc.)

(3) Run 10 Miles, Threshold Pace (7-7:30 min/miles)

(4) 60 min Military Skills

(5) 20 min Step Ups @ 40# Backpack (aim for 500x reps), then immediately….  
**12 Rounds**  
5x Curtis P @ 65#  
10x GHD Situps  
10x Hang Power Snatch @ 65#  
3x Tarzan Pull ups  
10x Jingle Jangles

(6) 60 Min Military Skills (weapons/first aid, etc)

(7) 15 Mile Nighttime Land Navigation Movement/Ruck @ 65#. Find multiple points.

**SESSION 66**

5 Mile Recovery Run – @ 75% Max Heart Rate. Should be easy.

**SESSION 67**

**AM TRAINING:**  
*Obj: Strength*

**Warm Up:**  
3 Rounds  
Barbell Complex @ 45#  
Instep Stretch

(1) 6 Rounds  
4x Hinge Lift – increase load until 4x is hard, but doable  
3/3/3 Toe Touch Complex

(2) 8 Rounds  
5x Pull Ups  
7x Dips  
10x Push ups

(3) 3 Rounds  
3x Shoulder Sweep  
50x Glute Leg Lift  
Foam Roll Lower Back and Quads

**PM TRAINING**  
Run 7 miles at Threshold Pace – 7-7:30 min/miles or faster

**SESSION 68**

**AM TRAINING:**  
*Obj: Work Capacity/Core*  
**Warm Up:**  
10-9-8-7-6-5-4-3-2-1  
Squat Jumps  
Push ups  
Sit ups

(1) 3 Mile IBA Run under 24 Minutes

(2) 4 Rounds  
30/30/30 Low Back Complex  
30/30 Low Back Lunge  
30/30 Kneeling Founder  
20x GHD Sit ups or 20x Weighted Situps @ 35#

**PM TRAINING**  
Ruck/Road March 10 Miles @ 55#, Threshold Pace (10-13 min/miles)

**SESSION 69**

**AM TRAINING:**  
*Obj: Recovery/Core*  
1) 5 Mile Recovery Run – @ 75% Max Heart Rate. Should be easy.

2) 4 Rounds  
20/20/20 Low Back Complex  
10m Dumbbell Crawl @ 25# dumbbells  
5x Slasher to Halo @ 16kg (10x total)  
20x Back Extension

3) Foam Roll Back and Quads

**SESSION 70**

**AM TRAINING:**  
*Obj: Strength/Work Capacity*  
**Warm up:**  
Work up to 1RM Front Squat

**Training**  
(1) 10 Rounds  
4x Craig Special @ 95#  
50x Step ups  
30 sec rest

2) 3 Rounds  
30/30/30 Low Back Complex  
30/30 Low Back Lunge  
30/30 Kneeling Founder  
20x GHD Sit ups or 20x Weighted Situps @ 35#

3) Foam Roll Back and Quads

**PM TRAINING:**  
Ruck 5 Miles @ 55#, Moderate Pace (15-min miles)

**SESSION 71**

AM TRAINING:  
*Obj: Strength/Work Capacity*

**Warm up:**  
Work up to 1RM Back Squat

**Training**  
(2) 5 Rounds for Time  
10x Back Squat @ 135#  
Run 400m  
10x Weighted Situps @ 45#

2) 3 Rounds  
Instep + Hip Flexor Stretch  
30x Shoulder Hand Job each side @ 2.5#  
Foam Roll Lower Back  
3x Shoulder Sweep

**SESSION 72**

Total Rest

**SESSION 73**

**AM TRAINING:**  
*Obj: Strength/Work Capacity*

**Warm up:**  
5 Rounds  
3x Power Clean @ 95#  
5x Goblet Squat @ 12kg  
8x Push ups  
10x Sit ups  
Instep Stretch

(1) 4 Rounds  
300m Shuttle every 2:15

2) 3 Rounds  
30/30/30 Low Back Complex  
30/30 Low Back Lunge  
30/30 Kneeling Founder  
20x GHD Sit ups or 20x Weighted Situps @ 35#

3) Foam Roll Back and Quads

**PM Training:**  
Run 7 Miles, Threshold Pace (7-7:30 min/miles)

**SESSION 74**

**AM TRAINING**:  
*Obj: Work Capacity/Core*  
**Warm Up:**  
10-9-8-7-6-5-4-3-2-1  
Squat Jumps  
Push ups  
Sit ups

**Training**  
(1) 3 Mile IBA Run under 24 Minutes  
(2) 4 Rounds  
10x Ankles to Bar  
60 Sec Front Bridge  
5x Slashers @ 24kg  
10x Back Extensions

**PM TRAINING**  
Ruck/Road March 5 Miles @ 55#, Threshold Pace (10-13 min/miles)

**SESSION 75**

*Obj: Strength/Work Capacity*  
**Warm up:**  
4 Rounds  
Barbell Complex @ 55#  
Instep + Hip Flexor Stretch

**Training**  
1) 6 Rounds  
3x Power Clean + Push Press – work on form and speed – keep loading light  
Pigeon Stretch

2) 6 Rounds  
5x Bench Press – increase load until 5x is hard, but doable  
5x Pull up  
Foam Roll Lower Back

3) Ruck 5 miles @ 55#, moderate pace (15 min/miles)

**SESSION 76**

Run 5 Miles at 75% Max Heart Rate – Should be Easy