



MICHIGAN STATE POLICE
RECRUIT SCHOOL
PHYSICAL TRAINING
PREPARATION PLAN

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Mission Statement

To provide a comprehensive workout program to better prepare applicants for the physical expectations of the Michigan State Police (MSP) recruit school.

Introduction

Calisthenic Progressions

The Michigan Commission on Law Enforcement Standards (MCOLES) Preparation and Basic General Physical Preparedness (GPP) plans follow a progression based on your current fitness level. You will conduct an initial test. The results of that test will dictate the number of repetitions you perform throughout the training plan. See below for examples:

Example 1 –

During the day 1 assessment, you perform 10 repetitions of pull-ups (10 x pull-ups).

Day 5 calls for:

6 Rounds, one round every 60 seconds of 35% Max Rep Pull Ups

Which means:

35% of 10 repetitions of Pull-ups = $0.35 \times 10 = 3.5$ (Round up to 4)

So, you start a running clock. At 0:00 you perform 4 x pull-ups (round up). At the 1:00 mark, you perform another 4 x pullups. At the 2:00 mark, you perform another 4 x pull-ups. You do this until you have completed 6 sets of 4 pull-ups. Each set of pull-ups is completed quickly with good form.

Example 2 –

During the day 1 assessment, you perform 120 x burpees, 50 x sit-ups, 30 x box jumps, 25 x hand release push-ups, 25 x jumping lunges.

Day 8 of the Basic GPP Plan calls for:

5 Rounds of
15% Max Rep burpees
15% Max Rep sit-ups
15% Max Rep box jumps
15% Max Rep hand release push-ups
15% Max Rep jump lunges
Rest 30 seconds

Which means:

15% of 120 Burpees = $.15 \times 120 = 18$ x burpees

15% of 50 Sit-ups = $.15 \times 50 = 7.5$ x sit-ups (round up to 8)

15% of 30 Box Jumps = $.15 \times 30 = 4.5$ x box jumps (round up to 5)

15% of 25 Hand Release Push Ups = $.15 \times 25 = 3.75$ x hand release push-ups (round up to 4)

15% of 25 Jumping Lunges = $.15 \times 25 = 3.75$ x jumping lunges (round up to 4)

So, this candidate would complete 5 Rounds of:

18 x Burpees
8 x Sit-ups
5 x Box Jumps
4 x Hand Release Push Ups
4 x Jumping Lunges
Rest 30 Seconds

Hypoxic Ladders

The basic and advanced GPP plans involved hypoxic ladder trainings days. Below is an explanation of this training method.

A hypoxic ladder is a swim technique that forces you to take a certain number of strokes between each breath. For example, a training day may list –

Perform the following hypoxic ladder:

1x50m @ 2 strokes/breath
1x50m @ 3 strokes/breath
1x50m @ 4 strokes/breath
1x50m @ 5 strokes/breath
Rest 1 min. between swims

This means that you will swim 50 meters taking a breath then swimming two strokes before taking another breath and swimming another two strokes. Swim the entire 50 meters this way. Rest 1 minute. Then swim another 50 meters, this time taking a breath, then taking three strokes, another breath, then three strokes. Your head should be in the water for the three strokes. At the end of 50 meters, rest 1 minute. Repeat this process with 4 strokes between each breath and 5 strokes between each breath.

Water Safety

Always maintain a safety-first attitude and only swim while a certified lifeguard is on duty.

Common Questions

Q. How often should I train?

- A. For the MCOLES Preparation Plan and the Basic GPP Plan we recommend you follow a 3-on, 1-off schedule. That is three days of workouts followed by one day of rest. The Advanced GPP Plan is designed to be completed Monday through Friday with the weekends off. This program allows for significant deviation from that recommendation. This program can be followed while navigating employment and childcare requirements. The MCOLES Preparation Plan can be completed contemporaneously with other training plans. The Basic and Advanced GPP plans have more work volume and, in most instances, should be completed as a standalone program.

Q. What if I miss a day?

- A. Just pick up where you left off. These training plans are built on progressions that require the completion of each training day.

Q. What if I have less than six weeks before MCOLES fitness testing?

- A. Start the training plan from the beginning and following each day up until two days before your fitness test. Give yourself two days of recovery before the test.

Q. What if I have more than 6 weeks before MCOLES fitness testing?

A. You can begin the program again or move on to the next plan in this program.

Q. What if I cannot make the prescribed repetitions or times?

A. Get as close as you can while maintaining proper form and safety.

Q. Where do I find unfamiliar exercises?

A. Be resourceful. Use reputable online resources. Some movements within this document are hyperlinked to videos demonstrating proper form.

Q. What are the guidelines/directions for the MCOLES pre-enrollment physical fitness test?

A. These guidelines/directions can be found online at <https://www.michigan.gov/mcoles/0,4607,7-229--147713--.00.html>.

Q. What does it mean when there is a number listed with an “x” next to it?

A. That denotes the number of prescribed repetitions for the listed exercise.

Example: 10 x air squats means 10 repetitions of air squats.

Q. MCOLES Preparation - What if I don't have enough time to complete the set of jumps after Push-ups or Sit-ups?

A. Complete as many as you can in the remaining time of each round. Complete however many you missed at the conclusion of the workout.

Q. Why are some days listed twice with an A.M. and a P.M. session?

A. Those are two-a-days (both workouts in one day). If both are completed on the same day, separate the workouts by three or more hours, if time allows. The two sessions can also be completed on different days, if necessary.

Q. What if I do not have enough time to complete the entire plan before the start of trooper recruit school?

A. Get as far through the plan as you can without skipping days. Get two full days of rest before reporting to trooper recruit school.

Q. What if I do not have a swimming pool or access to a swimming pool for training?

A. While it is highly recommended you make swimming a mode of training prior to trooper recruit school, if you absolutely cannot gain access to a pool, you can follow this plan while skipping the water-based training days. Seek out pools at community centers or gyms in your area.

Q. Can I do two of the workouts in the same day?

A. If you miss a day and need to make it up, a land-based and water-based workout can be completed in the same day. It is recommended they are separated by three or more hours.

Q. Advanced GPP – What if I have some but not all the required equipment?

A. Feel free to improvise or adjust the plan based on the equipment you do have. If your lack of equipment completely alters the plan, move to Stage 2: Basic GPP Plan.

Q. Can I run on a treadmill? Where should I run? How do I know how far I ran?

- A. Best case scenario is to run on a 400-meter track. These are often found at schools. If you do not have access, outdoor running can be conducted with the assistance of distance tracking/measuring apps/websites. If outdoor running is not an option, a treadmill is acceptable at a 0.5 or 1.0 incline.

Q. How much rest time should I have between sets?

- A. Throughout your time at recruit school, resting between sets during physical training, defensive tactics, and water safety will be minimal. Start training now to exercise at a high level of intensity with minimal rest in between sets. To start getting your body acclimated to the intensity of recruit school, limit rest between sets to 30 to 45 seconds.

Q. What if I am not a strong runner?

- A. The only way to become a better runner is to run. The MSP physical training staff highly recommends watching videos about [proper running form](#) to ensure as the miles begin to progress, a recruit's form stays proper. Additionally, all recruits should be purchasing running shoes from a reputable supply who can analyze the recruits running form and get them the correct type of running shoe.

Where to Begin

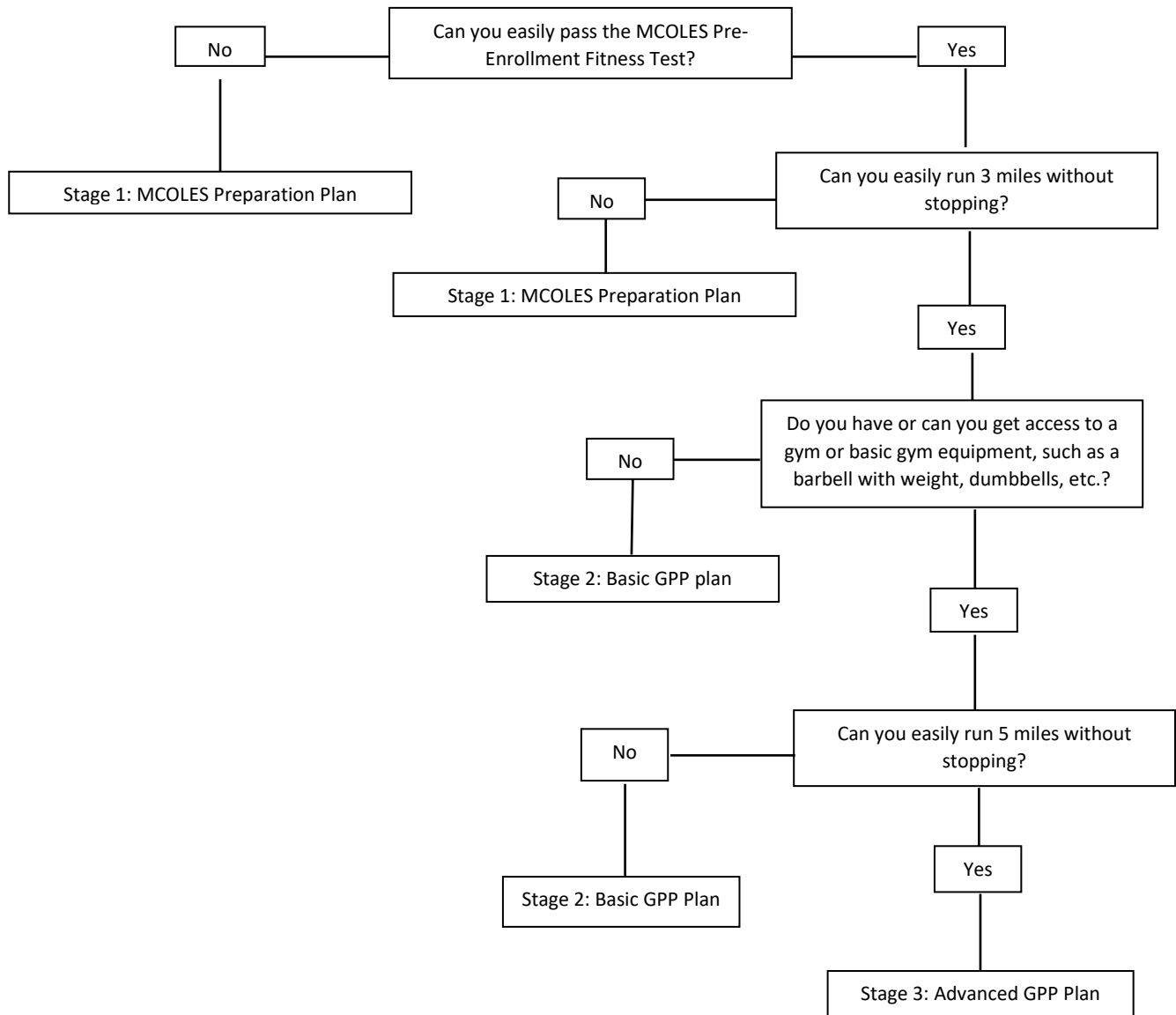
Below you will find a general guideline for which plan to start with. When deciding between two, start with the more basic and progress to the more advanced.

In order of complexity, from most basic to most advanced, the physical training plans contained herein are:

Stage 1: MCOLES Preparation

Stage 2: Basic General Physical Preparedness

Stage 3: Advanced General Physical Preparedness



STAGE 1: MCOLES PREPERATION

Introduction

The intent of this program is to provide an opportunity for all potential MSP recruits to have professional level guidance as they prepare for the MCOLES pre-enrollment physical fitness test. The passing score is simply a minimum and we encourage maximizing test performance.

Required Equipment

- Stopwatch

Training Plan

Day 1 – A.M. – MCOLES Test #1

<p>Warmup –</p> <p>3 Rounds of</p> <p>10 x Air squats 5 x Push-ups 5 x Walking lunges 5 x Sit-ups 200 m run</p>	<p>Training – MCOLES #1</p> <p>RECORD ALL SCORES</p> <p>Event #1) Max vertical jump</p> <ol style="list-style-type: none">1. Stand beside a wall with your side next to the wall.2. Put some chalk on your fingers. They will be used to mark the wall.3. Standing straight up, raise the arm closest to the wall all the way up, reaching as high as you can.4. With your outstretched hand, mark the wall using chalk or have someone else mark the wall.5. Perform the vertical jump as outlined by MCOLES.6. At the height of your jump, reach as high as you can and touch the wall. The chalk should leave a mark.7. Retest your vertical jump two more times, for a total of three jumps.8. Get the highest mark reached during the jump and subtract the standing reach from that figure. This gives you your vertical jump height. <p>Example: your standing reach is 7 feet, and the highest reach of your 3 jumps is 9 feet. Then your vertical jump is 2 feet or 24 inches.</p> <p><i>Rest 3 to 5 minutes</i></p> <p>Event #2) Max rep sit-ups</p> <ol style="list-style-type: none">1. Complete as many sit-ups as described by MCOLES in 60 seconds. <p><i>Rest 3 to 5 minutes</i></p> <p>Event #3) Max rep push-ups</p> <ol style="list-style-type: none">1. Complete as many push-ups as described by MCOLES in 60 seconds. <p><i>Rest 3 to 5 minutes</i></p> <p>Event #4) 0.5-mile shuttle run</p> <ol style="list-style-type: none">1. Complete the half mile shuttle run as described by MCOLES.
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Day 1 – P.M. – Push-ups, Sit-ups, Vertical Jump

P.M. Session	
<p>Warmup –</p> <p>3 rounds of</p> <p>5 x Push-ups 10 x Sit-ups 15 x Air squats</p>	<p>Training –</p> <ol style="list-style-type: none"> Push-ups <ul style="list-style-type: none"> 6 rounds. Every 75 seconds perform 30% of your max push-ups from MCOLES #1. After each round, perform 3 max height vertical jumps. <p>Example: If you scored 34 Push-ups on your MCOLES #1, $34 \times .3 = 10.2$ or 11 (rounded up). Set a repeating, countdown timer to 75 seconds. On "Go" complete 11 Push Ups. The faster you finish, the more rest you'll get before the next round begins. Do 6 rounds total.</p> <ol style="list-style-type: none"> Sit-ups <ul style="list-style-type: none"> 6 rounds. Every 75 seconds perform 30% of your max sit-ups from MCOLES #1. After each round, perform 3 max height vertical jumps.

Day 2 – Run Intervals

<p>Warmup –</p> <p>4 rounds of</p> <p>10 x Air squats 5 x Push-ups 10 x Walking lunges Run 100 m</p>	<p>Training –</p> <p>Note: Establish a goal for the 0.5-mile shuttle run. Use that goal to calculate your interval pace.</p> <ol style="list-style-type: none"> At your goal pace, perform 3 rounds of 5 down and backs around markers/pylons set 88' apart. <ul style="list-style-type: none"> Rest 3 minutes between intervals <p>Example: If your goal is a 4-minute (240 seconds) shuttle run:</p> <ul style="list-style-type: none"> Divide 240 by 15 (number of laps). $240 \div 15 = 16$. Your goal pace for the intervals is 16 seconds per lap. 16 (seconds per lap) \times 5 (number of laps per interval) = 80 seconds (1 minute 20 seconds) per interval.
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Day 3 – Push-ups, Sit-ups, Vertical Jump, Easy Run

<p>Warmup –</p> <p>3 rounds of</p> <p>15 x Air squats 10 x Sit-ups 5 x Push-ups</p>	<p>Training –</p> <ol style="list-style-type: none"> Push-ups: 6 rounds. Every 75 seconds perform 30% of your max push-ups from MCOLES #1. <ul style="list-style-type: none"> 3 max height vertical jumps after each round. Sit-ups: 6 rounds. Every 75 seconds perform 30% of your max sit-ups from MCOLES #1. <ul style="list-style-type: none"> 3 max height vertical jumps after each round. Run 1 mile at an easy pace (you can speak in full sentences while running).
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Day 4 – Run Intervals

<p>Warmup –</p> <p>4 rounds of</p> <p>10 x Air squats 5 x Push-ups 10 x Walking lunges Run 100 m</p>	<p>Training –</p> <ol style="list-style-type: none"> At your goal pace perform 3 rounds of 5 down and backs around markers/pylons set 88' apart. <ul style="list-style-type: none"> Rest 3 minutes between intervals
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Day 5 – Push-ups, Sit-ups, Vertical Jump, Moderate Run

Warmup – 3 rounds of 15 x Air squats 10 x Sit-ups 5 x Push-ups	Training – 1. Push-ups: 6 rounds. Every 75 seconds perform 35% of your max push-ups from MCOLES #1. <ul style="list-style-type: none">• 3 max height vertical jumps after each round. 2. Sit-ups: 6 rounds. Every 75 seconds perform 35% of your max sit-ups from MCOLES #1. <ul style="list-style-type: none">• 3 max height vertical jumps after each round. 3. Run 1 mile at a moderate pace (comfortable but not easy).
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Day 6 – Push-ups, Sit-ups, Vertical Jump, Easy Run

Warmup – 3 rounds of 15 x Air squats 10 x Sit-ups 5 x Push-ups	Training – 1. Push-ups: 6 rounds. Every 75 seconds perform 35% of your max push-ups from MCOLES #1. <ul style="list-style-type: none">• 3 max height vertical jumps after each round. 2. Sit-ups: 6 rounds. Every 75 seconds perform 35% of your max sit-ups from MCOLES #1. <ul style="list-style-type: none">• 3 max height vertical jumps after each round. 3. Run 1.5 miles at an easy pace (you can speak in full sentences while running).
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Day 7 – Run Intervals

Warmup – 4 rounds of 10 x Air squats 5 x Push-ups 10 x Walking lunges Run 100 m	Training – 1. At your goal pace perform 3 rounds of 5 down and backs around markers/pylons set 88' apart. <ul style="list-style-type: none">• Rest 3 minutes between intervals
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Day 8 - Push-ups, Sit-ups, Vertical Jump, Moderate Run

Warmup – 3 rounds of 15 x Air squats 10 x Sit-ups 5 x Push-ups	Training – 1. Push-ups: 6 rounds. Every 75 seconds perform 40% of your max push-ups from MCOLES #1. <ul style="list-style-type: none">• 4 max height vertical jumps after each round. 2. Sit-ups: 6 rounds. Every 75 seconds perform 40% of your max sit-ups from MCOLES #1. <ul style="list-style-type: none">• 4 max height vertical jumps after each round. 3. Run 1.5 miles at a moderate pace (comfortable but not easy).
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Day 9 – Run Intervals

Warmup – 4 rounds of 10 x Air squats 5 x Push-ups 10 x Walking lunges	Training – 1. At your goal pace perform 4 rounds of 5 down and backs around markers/pylons set 88' apart. <ul style="list-style-type: none">• Rest 3 minutes between intervals
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Run 100 m	
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Day 10 - Push-ups, Sit-ups, Vertical Jump, Easy Run

<p>Warmup –</p> <p>3 rounds of</p> <p>15 x Air squats 10 x Sit-ups 5 x Push-ups</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. Push-ups: 6 rounds. Every 75 seconds perform 40% of your max push-ups from MCOLES #1. <ul style="list-style-type: none"> • 4 max height vertical jumps after each round. 2. Sit-ups: 6 rounds. Every 75 seconds perform 40% of your max sit-ups from MCOLES #1. <ul style="list-style-type: none"> • 4 max height vertical jumps after each round. 3. Run 2 miles at an easy pace (you can speak in full sentences while running).
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Day 11 – A.M. – MCOLES Test #2

<p>Warmup –</p> <p>3 Rounds of</p> <p>10 x Air squats 5 x Push-ups 5 x Walking lunges 5 x Sit-ups 200 m run</p>	<p>Training – MCOLES Test #2 (Retest)</p> <p>RECORD ALL SCORES</p> <p>Event #1) Max vertical jump <i>Rest 3 to 5 minutes</i></p> <p>Event #2) Max Sit-ups in 60 seconds <i>Rest 3 to 5 minutes</i></p> <p>Event #3) Max Push-ups in 60 seconds <i>Rest 3 to 5 minutes</i></p> <p>Event #4) 0.5-mile shuttle run COMPARE SCORES TO MCOLES #1</p>
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Day 11 – P.M. - Push-ups, Sit-ups, Vertical Jump

<p>Warmup –</p> <p>3 rounds of</p> <p>5 x Push-ups 10 x Sit-ups 15 x Air squats</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. Push-ups <ul style="list-style-type: none"> • 6 rounds. Every 75 seconds perform 30% of your max push-ups from MCOLES #2. • After each round, perform 4 max height vertical jumps. 2. Sit-ups <ul style="list-style-type: none"> • 6 rounds. Every 75 seconds perform 30% of your max sit-ups from MCOLES #2. • After each round, perform 4 max height vertical jumps.
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Day 12 – Run Intervals

<p>Warmup –</p> <p>4 rounds of</p> <p>10 x Air squats 5 x Push-ups 10 x Walking lunges Run 100 m</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. At your goal pace, perform 3 rounds of 5 down and backs around markers/pylons set 88' apart. <ul style="list-style-type: none"> • Rest 3 minutes between intervals
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Day 13 – Push-ups, Sit-ups, Vertical Jump, Easy Run

Warmup – 3 rounds of 15 x Air squats 10 x Sit-ups 5 x Push-ups	Training – 1. Push-ups: 6 rounds. Every 75 seconds perform 30% of your max push-ups from MCOLES #2. <ul style="list-style-type: none">• 4 max height vertical jumps after each round. 2. Sit-ups: 6 rounds. Every 75 seconds perform 30% of your max sit-ups from MCOLES #2. <ul style="list-style-type: none">• 4 max height vertical jumps after each round. 3. Run 2.5 miles at an easy pace (you can speak in full sentences while running).
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Day 14 – Run Intervals

Warmup – 4 rounds of 10 x Air squats 5 x Push-ups 10 x Walking lunges Run 100 m	Training – 1. At your goal pace perform 3 rounds of 5 down and backs around markers/pylons set 88' apart. <ul style="list-style-type: none">• Rest 3 minutes between intervals
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Day 15 – Push-ups, Sit-ups, Vertical Jump, Moderate Run

Warmup – 3 rounds of 15 x Air squats 10 x Sit-ups 5 x Push-ups	Training – 1. Push-ups: 6 rounds. Every 75 seconds perform 35% of your max push-ups from MCOLES #2. <ul style="list-style-type: none">• 5 max height vertical jumps after each round. 2. Sit-ups: 6 rounds. Every 75 seconds perform 35% of your max sit-ups from MCOLES #2. <ul style="list-style-type: none">• 5 max height vertical jumps after each round. 3. Run 2.5 miles at a moderate pace (comfortable but not easy).
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Day 16 – Push-ups, Sit-ups, Vertical Jump, Easy Run

Warmup – 3 rounds of 15 x Air squats 10 x Sit-ups 5 x Push-ups	Training – 1. Push-ups: 6 rounds. Every 75 seconds perform 35% of your max push-ups from MCOLES #2. <ul style="list-style-type: none">• 5 max height vertical jumps after each round. 2. Sit-ups: 6 rounds. Every 75 seconds perform 35% of your max sit-ups from MCOLES #2. <ul style="list-style-type: none">• 5 max height vertical jumps after each round. 3. Run 3 miles at an easy pace (you can speak in full sentences while running).
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Day 17 – Run Intervals

Warmup – 4 rounds of 10 x Air squats 5 x Push-ups 10 x Walking lunges	Training – 1. At your goal pace perform 3 rounds of 5 down and backs around markers/pylons set 88' apart. <ul style="list-style-type: none">• Rest 3 minutes between intervals
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Run 100 m	
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Day 18 - Push-ups, Sit-ups, Vertical Jump, Moderate Run

<p>Warmup –</p> <p>3 rounds of</p> <p>15 x Air squats 10 x Sit-ups 5 x Push-ups</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. Push-ups: 6 rounds. Every 75 seconds perform 40% of your max push-ups from MCOLES #2. <ul style="list-style-type: none"> • 5 max height vertical jumps after each round. 2. Sit-ups: 6 rounds. Every 75 seconds perform 40% of your max sit-ups from MCOLES #2. <ul style="list-style-type: none"> • 5 max height vertical jumps after each round. 3. Run 3.0 miles at a moderate pace (comfortable but not easy).
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Day 19 – Run Intervals

<p>Warmup –</p> <p>4 rounds of</p> <p>10 x Air squats 5 x Push-ups 10 x Walking lunges Run 100 m</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. At your goal pace perform 4 rounds of 5 down and backs around markers/pylons set 88' apart. <ul style="list-style-type: none"> • Rest 3 minutes between intervals
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Day 20 - Push-ups, Sit-ups, Vertical Jump, Easy Run

<p>Warmup –</p> <p>3 rounds of</p> <p>15 x Air squats 10 x Sit-ups 5 x Push-ups</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. Push-ups: 6 rounds. Every 75 seconds perform 40% of your max push-ups from MCOLES #2. <ul style="list-style-type: none"> • 5 max height vertical jumps after each round. 2. Sit-ups: 6 rounds. Every 75 seconds perform 40% of your max sit-ups from MCOLES #2. <ul style="list-style-type: none"> • 5 max height vertical jumps after each round. 3. Run 3.5 miles at an easy pace (you can speak in full sentences while running).
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Day 21 – MCOLES #3

<p>Warmup –</p> <p>3 Rounds of</p> <p>10 x Air squats 5 x Push-ups 5 x Walking lunges 5 x Sit-ups 200 m run</p>	<p>Training – MCOLES #3 (Retest)</p> <p>RECORD ALL SCORES</p> <p>Event #1) Max vertical jump <i>Rest 3 to 5 minutes</i></p> <p>Event #2) Max Sit-ups in 60 seconds <i>Rest 3 to 5 minutes</i></p> <p>Event #3) Max Push-ups in 60 seconds <i>Rest 3 to 5 minutes</i></p> <p>Event #4) 0.5-mile shuttle run COMPARE SCORES TO MCOLES #1 & #2</p>
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Stage 2: Basic General Physical Preparedness (GPP)

Introduction

The intent of this program is to provide an opportunity for all potential MSP recruits to have professional level guidance as they prepare for the MSP trooper recruit school physical training program. This program is the second stage in the full program and is an ideal fit for candidates who excel at the MCOLES pre-enrollment test but they have limited equipment to work with.

Required Equipment

- Stopwatch
- 20" or similar step or box
- 400 m track (ideal but not required)
- Swimming pool (ideal but not required)

Training Plan

Day 1 – Calisthenic Assessment #1

Warmup – 4 rounds of 10 push-ups 10 sit-ups 5 lunges	Training – RECORD SCORES 1. Burpee Ladder Test <table><thead><tr><th>Minute</th><th># in that min</th><th>Total burpees</th></tr></thead><tbody><tr><td>0-1</td><td>10</td><td>10</td></tr><tr><td>1-2</td><td>12</td><td>22</td></tr><tr><td>2-3</td><td>14</td><td>36</td></tr><tr><td>3-4</td><td>16</td><td>52</td></tr><tr><td>4-5</td><td>18</td><td>70</td></tr><tr><td>5-6</td><td>20</td><td>90</td></tr><tr><td>6-7</td><td>22</td><td>112</td></tr><tr><td>7-8</td><td>24</td><td>136</td></tr></tbody></table> <p>Instructions: The first minute you must complete 10 x Burpees, then rest for the remaining time. Second minute you must complete 12 x Burpees then rest, etc. Follow the ladder up as far as possible - until you cannot complete the prescribed reps in that minute's time. At the end, add up the total burpees you completed for the intervals you did make. This is your assessment "max rep" number.</p> <p>Thus, if an athlete completes only 9 of the 16 Burpees in round 4 then they will have a total of 45 (10+12+14+9). If they completed 15 of the 16 Burpees in round 4 (1 shy of completing the interval) then they would have a total of 51 (10+12+14+15). You will scale off this "Total" number (i.e., 45, 51, etc.).</p> <p>Rest 2 to 3 minutes</p> <p>2. Max rep sit-ups in 60 Sec.</p> <p>Rest 2 to 3 minutes</p> <p>3. Max rep box jumps @ 20" in 60 Sec.</p> <p>Rest 2 to 3 minutes</p> <p>4. Max rep hand release (HR) push-ups in 60 Sec.</p>	Minute	# in that min	Total burpees	0-1	10	10	1-2	12	22	2-3	14	36	3-4	16	52	4-5	18	70	5-6	20	90	6-7	22	112	7-8	24	136
Minute	# in that min	Total burpees																										
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7-8	24	136																										

	<p>Rest 2 to 3 minutes</p> <p>5. Max rep jumping lunges in 60 seconds</p> <p>Note: One jump with left leg forward plus one jump with right leg forward equals one repetition. Total may be 0.5 increment (example: 30.5 reps).</p> <p>Rest 2 to 3 minutes</p> <p>6. Max rep pull-ups (unloaded)</p>
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Day 2 – Running Assessment #1

Warmup –	Training –
4 rounds of	RECORD TIME
200 m run	1. Run 3 miles for time
10 push-ups	
10 sit-ups	
5 lunges	
10 flutter kicks	

Day 3 – Swim Assessment #1

Warmup –	Training –
4 rounds of	RECORD TIMES
50 m swim – use the same stroke you will be testing.	1. Swim 500 m freestyle
5 x push-ups	Rest 15 minutes
10 x air squats	2. Max water tread
	Note: Add weight if necessary. Record the weight used.

Day 4 – Easy Run (4 miles)

Warmup –	Training –
As needed	1. Run 4 miles at an easy pace (you can speak in full sentences while running).

Day 5 – Pull-ups, Work Capacity, & Core

Warmup –	Training –
3 rounds of	1. 10 rounds, one round every 30 seconds of 15% of max rep pull-ups.
20 x step ups	2. 20 minutes of
5 x walking lunges	a. 10 x push-ups
10 x push-ups	b. 10 x air squats
10 x sit-ups	c. 10 x lunges (10 per leg)
	d. 10 x flutter kicks (10 per leg)
	e. Run 200 m
	Note: You may wear a weight vest if you have one.
	3. 2 rounds of
	a. 60 second plank
	b. 30 second side plank (left)

	<ul style="list-style-type: none"> c. 30 second side plank (right) d. 20 x glute bridges
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Day 6 – Swim Intervals & Treading

<p>Warmup –</p> <p>3 rounds of</p> <p>50 m freestyle swim</p> <p>25 m stroke of choice</p> <p>25 m stroke of choice</p> <p>Rest 30 sec</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 6 rounds of <ol style="list-style-type: none"> a. 125 m swim b. Rest 2 minutes 2. 2 rounds of <ol style="list-style-type: none"> a. 250 m swim b. Rest 3 minutes 3. 3 rounds treading <ol style="list-style-type: none"> a. 15 sec both hands b. 15 sec with left hand out of water c. 15 sec with right hand out of water d. 15 sec with both hands out of water
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Day 7 – Moderate Run (4 miles)

<p>Warmup –</p> <p>As needed</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. Run 4 miles at moderate pace (comfortable but not easy) <p>Note: Wear a 20 lbs. weight vest (or similar), if you have one</p>
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Day 8 – Calisthenic Endurance & Run Intervals

<p>Warmup –</p> <p>4 rounds of</p> <p>5 x push-ups</p> <p>5 x air squats</p> <p>5 x sit-ups</p> <p>5 x lunges</p> <p>Run 100 m</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 5 rounds, for time <ol style="list-style-type: none"> a. 15% max rep burpees b. 15% max rep sit-ups c. 15% max rep box jumps d. 15% max Hand Release (HR) push-ups e. 15% max rep jump lunges f. Rest 30 seconds 2. 4 rounds of <ol style="list-style-type: none"> a. 400 m run b. 1:2 work-to-rest ratio (if the run took 1.5 minutes to complete, rest for 3 minutes, then start on the next 400 m run) <p>Note: Run as fast as possible but at a pace you can repeat for all the prescribed rounds.</p>
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Day 9 – Long Swim

<p>Warmup –</p> <p>100 m freestyle</p> <p>Rest 1 minute</p> <p>100 m side stroke</p> <p>Rest 1 minute</p> <p>100 m</p> <p>breaststroke</p> <p>Rest 1 minute</p> <p>100 m stroke of choice</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 1500 m freestyle swim.
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Day 10 – Easy Run (4.5 miles)

Warmup – As needed	Training – 1. Run 4.5 miles at an easy pace (you can speak in full sentences while running).
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Day 11 – Pull-ups, Work Capacity, & Core

Warmup – 3 rounds of 20 x step-ups 5 x walking lunges 10 x push-ups 10 x sit-ups	Training – 1. 12 rounds, one round every 30 seconds of 15% of max rep pull-ups. 2. 25 minutes of a. 10 x burpees b. 10 x dips c. 10 x step-ups d. 10 x sit-ups e. Run 200 m 3. 3 rounds of a. 60 second plank b. 30 second side plank (left) c. 30 second side plank (right) d. 20 x glute bridges
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Day 12 – Swim Speed Intervals / Hypoxic Swimming

Warmup – 4 rounds of 50 m freestyle swim 5 x push-ups 10 x air squats	Training – 1. 10 rounds of a. 25 m freestyle sprints (all-out effort) b. Rest 30 sec 2. Hypoxic ladder a. 1 x 50 m at 2 strokes / breath b. Rest 1 minutes c. 1 x 50 m at 3 strokes / breath d. Rest 1 minute e. 1 x 50 m at 4 strokes / breath f. Rest 1 minute g. 1 x 50 m at 5 strokes / breath
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Day 13 – Moderate Run (4.5 miles)

Warmup – As needed	Training – 1. Run 4.5 miles at moderate pace (comfortable but not easy) Note: Wear a 20 lbs. weight vest (or similar), if you have one
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Day 14 – Calisthenic Endurance & Run Intervals

Warmup – 4 rounds of 5 x push-ups 5 x air squats 5 x sit-ups 5 x lunges Run 100 m	Training – 1. 5 rounds, for time a. 20% max rep burpees b. 20% max rep sit-ups c. 20% max rep box jumps d. 20% max HR push-ups e. 20% max rep jump lunges f. Rest 30 seconds 2. 1 round of
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	<ul style="list-style-type: none"> a. 800 m run b. 1:1 work-to-rest ratio (if the run took 3.5 minutes to complete, rest for 3.5 minutes, then start on the 400 m runs) <p>3. 4 rounds of</p> <ul style="list-style-type: none"> a. 400 m run b. 1:2 work-to-rest ratio <p>Note: Run as fast as possible but at a pace you can repeat for all the prescribed rounds.</p>
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Day 15 – Swim Intervals & Treading

Warmup –	Training –
3 rounds of 50 m freestyle swim 25 m stroke of choice 25 m stroke of choice Rest 30 sec	<ul style="list-style-type: none"> 1. 4 rounds of <ul style="list-style-type: none"> a. 125 m swim b. Rest 2 minutes 2. 3 rounds of <ul style="list-style-type: none"> a. 250 m swim b. Rest 3 minutes 3. 3 rounds treading <ul style="list-style-type: none"> a. 20 sec both hands b. 20 sec with left hand out of water c. 20 sec with right hand out of water d. 20 sec with both hands out of water

Day 16 – Easy Run (5.0 miles)

Warmup –	Training –
As needed	<ul style="list-style-type: none"> 1. Run 5.0 miles at an easy pace (you can speak in full sentences while running).

Day 17 – Pull-ups, Work Capacity, & Core

Warmup –	Training –
3 rounds of 20 x step ups 5 x walking lunges 10 x push-ups 10 x sit-ups	<ul style="list-style-type: none"> 1. 14 rounds, one round every 30 seconds of 15% of max rep pullups. 2. 30 minutes of <ul style="list-style-type: none"> a. 10 x push-ups b. 10 x air squats c. 10 x lunges (10 per leg) d. 10 x flutter kicks (10 per leg) e. Run 200 m <p>Note: You may wear a weight vest if you have one.</p> 3. 4 rounds of <ul style="list-style-type: none"> a. 60 second plank b. 30 second side plank (left) c. 30 second side plank (right) d. 20 x glute bridges

Day 18 – Long Swim

Warmup –	Training –
100 m freestyle	1500 m freestyle swim.

Rest 1 minute 100 m side stroke Rest 1 minute 100 m breaststroke Rest 1 minute 100 m stroke of choice	
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Day 19 – Moderate Run (5 miles)

Warmup – As needed	Training – 1. Run 5.0 miles at moderate pace (comfortable but not easy) Note: Wear a 20 lbs. weight vest (or similar), if you have one
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Day 20 – Calisthenic Endurance & Run Intervals

Warmup – 4 rounds of 5 x push-ups 5 x air squats 5 x sit-ups 5 x lunges Run 100 m	Training – 1. 5 Rounds, for time a. 25% max rep burpees b. 25% max rep sit-ups c. 25% max rep box jumps d. 25% max HR push-ups e. 25% max rep jump lunges f. Rest 30 seconds 2. 1 round of a. 800 m run b. 1:1 work-to-rest ratio (if the run took 3.5 minutes to complete, rest for 3.5 minutes, then start on the 400 m runs) 3. 4 rounds of a. 400 m run b. 1:2 work-to-rest ratio Note: Run as fast as possible but at a pace you can repeat for all the prescribed rounds.
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Day 21 – Swim Speed Intervals / Hypoxic Swimming

Warmup – 4 rounds of 50 m freestyle swim 5 x push-ups 10 x air squats	Training – 1. 10 rounds of a. 25 m freestyle sprints (all-out effort) b. Rest 30 sec 2. Hypoxic ladder a. 1 x 75 m at 2 strokes / breath b. Rest 1 minutes c. 1 x 75 m at 3 strokes / breath d. Rest 1 minute e. 1 x 75 m at 4 strokes / breath f. Rest 1 minute g. 1 x 75 m at 5 strokes / breath
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Day 22 – Easy Run (5.5 miles)

Warmup – As needed	Training – 1. Run 5.5 miles at an easy pace (you can speak in full sentences while running).
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Day 23 – Pull-ups, Work Capacity, & Core

Warmup – 3 rounds of 20 x step ups 5 x walking lunges 10 x push-ups 10 x sit-ups	Training – 1. 10 rounds, one round every 60 seconds of 20% of max rep pull-ups. 2. 35 minutes of a. 10 x burpees b. 10 x dips c. 10 x step-ups d. 10 x sit-ups e. Run 200 m 3. 2 rounds of a. 90 second plank b. 45 second side plank (left) c. 45 second side plank (right) d. 30 x glute bridges
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Day 24 – Swim Intervals & Treading

Warmup – 3 rounds of 50 m freestyle swim 25 m stroke of choice 25 m stroke of choice Rest 30 sec	Training – 1. 2 rounds of a. 125 m swim b. Rest 2 minutes 2. 4 rounds of a. 250 m swim b. Rest 3 minutes 3. 2 rounds treading a. 30 sec both hands b. 30 sec with left hand out of water c. 30 sec with right hand out of water d. 30 sec with both hands out of water
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Day 25 – Moderate Run (5.5 miles)

Warmup – As needed	Training – 1. Run 5.5 miles at moderate pace (comfortable but not easy) Note: Wear a 20 lbs. weight vest (or similar), if you have one
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Day 26 – Calisthenic Endurance & Run Intervals

Warmup – 4 rounds of 5 x push-ups 5 x air squats 5 x sit-ups 5 x lunges	Training – 1. 5 Rounds, for time a. 30% max rep burpees b. 30% max rep sit-ups c. 30% max rep box jumps d. 30% max HR push-ups e. 30% max rep jump lunges
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Run 100 m	<p>f. Rest 30 seconds</p> <p>2. 2 rounds of</p> <ul style="list-style-type: none"> a. 800 m run b. 1:1 work-to-rest ratio (if the run took 3.5 minutes to complete, rest for 3.5 minutes, then run the next 800 m, if that run took 3.5 minutes, rest another 3.5 minutes, then start on the 400 m runs) <p>3. 3 rounds of</p> <ul style="list-style-type: none"> a. 400 m run b. 1:2 work-to-rest ratio <p>Note: Run as fast as possible but at a pace you can repeat for all the prescribed rounds.</p>
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Day 27 – Long Swim

Warmup –	Training –
100 m freestyle Rest 1 minute 100 m side stroke Rest 1 minute 100 m breaststroke Rest 1 minute 100 m stroke of choice	1500 m freestyle swim

Day 28 – Calisthenic Assessment #2

Warmup –	Training –																											
4 rounds of 10 push-ups 10 sit-ups 5 lunges	<p>RECORD SCORES</p> <p>1. Burpee Ladder Test</p> <table style="margin-left: 40px;"> <thead> <tr> <th>Minute</th> <th># in that min</th> <th>Total burpees</th> </tr> </thead> <tbody> <tr><td>0-1</td><td>10</td><td>10</td></tr> <tr><td>1-2</td><td>12</td><td>22</td></tr> <tr><td>2-3</td><td>14</td><td>36</td></tr> <tr><td>3-4</td><td>16</td><td>52</td></tr> <tr><td>4-5</td><td>18</td><td>70</td></tr> <tr><td>5-6</td><td>20</td><td>90</td></tr> <tr><td>6-7</td><td>22</td><td>112</td></tr> <tr><td>7-8</td><td>24</td><td>136</td></tr> </tbody> </table> <p>Rest 2 to 3 minutes</p> <p>2. Max rep sit-ups in 60 Sec.</p> <p>Rest 2 to 3 minutes</p> <p>3. Max rep box jumps @ 20" in 60 Sec.</p> <p>Rest 2 to 3 minutes</p> <p>4. Max rep hand HR push-ups in 60 Sec.</p> <p>Rest 2 to 3 minutes</p>	Minute	# in that min	Total burpees	0-1	10	10	1-2	12	22	2-3	14	36	3-4	16	52	4-5	18	70	5-6	20	90	6-7	22	112	7-8	24	136
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4-5	18	70																										
5-6	20	90																										
6-7	22	112																										
7-8	24	136																										

	<p>5. Max rep jumping lunges in 60 seconds</p> <p>Note: One jump with left leg forward plus one jump with right leg forward equals one repetition. Total may be 0.5 increment (example: 30.5 reps).</p> <p>Rest 2 to 3 minutes</p> <p>6. Max rep pull ups (unloaded)</p> <p style="text-align: right;">COMPARE SCORES TO ASSESSMENT #1</p>
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Day 29 – Running Assessment #2

<p>Warmup –</p> <p>4 rounds of</p> <p>200 m run 10 push-ups 10 sit-ups 5 lunges 10 flutter kicks</p>	<p>Training –</p> <p>RECORD TIME</p> <p>1. Run 3 miles for time</p> <p style="text-align: right;">COMPARE TIME TO ASSESSMENT #1</p>
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Day 30 – Swim Assessment #2

<p>Warmup –</p> <p>4 rounds of</p> <p>50 m swim – use the same stroke you will be testing. 5 x push-ups 10 x air squats</p>	<p>Training –</p> <p>RECORD TIMES</p> <p>1. Swim 500 m freestyle</p> <p>Rest 15 minutes</p> <p>2. Max water tread</p> <p>Note: If additional weight was added for the initial assessment, perform this test with the same weight.</p> <p style="text-align: right;">COMPARE TIMES TO ASSESSMENT #1</p>
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Stage 3: Advanced General Physical Preparedness (GPP)

Introduction

The intent of this program is to provide an opportunity for all potential MSP recruits to have professional level guidance as they prepare for the MSP trooper recruit school physical training program. This program is the third and final stage in the full program and is ideal for candidates who hold a moderate to high level of fitness and have access to gym equipment.

Required Equipment

- Stopwatch
- Squat rack
- Bench
- Barbell
- Weights
- Dumbbells/kettlebells
- 20" or similar step or box
- 400 m track (ideal but not required)
- Swimming pool (ideal but not required)
- Sandbag (not required)

Training Plan

Day 1 – Strength & Speed

Warmup –	Training –
4 rounds of 10 air squats 10 push-ups 10 hip hinges 1 min run Pigeon Stretch	1. 6 rounds of <ol style="list-style-type: none"> a. 4 x deadlift (increase weight until 4 is difficult but achievable) b. Rest as needed 2. 6 rounds of <ol style="list-style-type: none"> a. 4 x bench press (increase weight until 4 is difficult but achievable) b. Rest as needed 3. 6 rounds of <ol style="list-style-type: none"> a. 4 x front squat (increase weight until 4 is difficult but achievable) b. Rest as needed 4. Running Intervals (1:2 work-to-rest ratio. Example: If you run the 100 m in 15 sec, rest for 30 sec before moving on to the next 100 m run.) <ol style="list-style-type: none"> a. 8 x 100 m at 15 sec pace b. 6 x 200 m at 40 sec pace c. 4 x 400 m at 1:42 pace d. 1 x 800 m at 3:21 pace

Day 2 – A.M. – Water Confidence

Warmup –	Training –
100 m freestyle 50 m arms only 50 m legs only 100 m freestyle	1. 10 rounds of <ol style="list-style-type: none"> a. 25 m freestyle sprint b. 15 sec rest 2. 5 rounds of <ol style="list-style-type: none"> a. 50 m freestyle sprint b. 30 sec rest 3. 5 minutes of continuous swimming

	<ol style="list-style-type: none"> 4. Treading water: 3 rounds of <ol style="list-style-type: none"> a. 30 sec both hands b. 15 sec left hand out of the water c. 15 sec right hand out of the water d. 15 sec both hands out of the water
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Day 2 – P.M. – Work Capacity

<p>Warmup –</p> <p>Max push-ups in 2 minutes Max sit-ups in 2 minutes Max pull-ups</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 15 rounds of the following every 60 sec (also known as Every Minute on the Minute (EMOM)) <ol style="list-style-type: none"> a. 3 x pull-ups b. 6 x push-ups c. 9 x sit-ups 2. 4 rounds of <ol style="list-style-type: none"> a. 10 x good mornings (45 lbs. bar) b. 10 x Russian twists (25 lbs.) c. 40 x flutter kicks (left leg up then right leg up equal 1 rep) d. 60 sec front plank
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Day 3 – Long Run

<p>Warmup –</p> <p>As needed</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 5-mile run 2. 4 rounds of <ol style="list-style-type: none"> a. 60 second farmer carry (50 lbs.) 3. 2 rounds of <ol style="list-style-type: none"> a. 5 x shoulder YTWL (2.5 lbs.) b. 50 x flutter kicks c. 25 x supermans
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Day 4 – A.M. – Work Capacity

<p>Warmup –</p> <p>4 rounds of</p> <p>5 sandbag get-ups (60 lbs.) or Turkish get-ups (30 lbs.) 10 push-ups Instep Stretch Pigeon Stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. For time <ol style="list-style-type: none"> a. 40 x sandbag or barbell clean and press (60 lbs.) 2. 10 rounds, one round every two minutes <ol style="list-style-type: none"> a. 5 pull-ups
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Day 4 – P.M. – Water Confidence

<p>Warmup –</p> <p>100 m freestyle 50 m arms only 50 m legs only 100 m freestyle</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 50 m freestyle hypoxic ladder, rest as needed between each 50 m <ol style="list-style-type: none"> a. 1 x 50 m at 1 breath every 2 strokes b. 1 x 50 m at 1 breath every 4 strokes c. 1 x 50 m at 1 breath every 6 strokes d. 1 x 50 m at 1 breath every 8 strokes e. 1 x 50 m at 1 breath every 10 strokes
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2. 5 minutes of continuous swimming

Day 5 – Work Capacity

Warmup – 4 rounds of 5 x pull-ups 7 x clapping push-ups 9 x jump squats Hip flexor stretch	Training – <ol style="list-style-type: none">1. 10 rounds of<ol style="list-style-type: none">a. 10 x burpeesb. 20 x flutter kicks (left and right leg equals 1 rep)2. 4 rounds, one round every 2:30, of<ol style="list-style-type: none">a. 300 m shuttle run <p>Instructions: Set two markers 50 m apart. Run down and back three times for a total of 300 m. Complete four rounds. With a running clock start the first round at 0:00. Rest during remaining time. The second round begins at the 2:30 mark. The third at the 5:00 mark. Finally, the fourth at the 7:30 mark.</p> <ol style="list-style-type: none">3. 4 rounds of<ol style="list-style-type: none">a. 10 x weighted sit-ups (45 lbs.)b. 30 sec side plank leftc. 30 sec side plank right
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Day 6 – Strength & Speed

Warmup – 4 rounds of 10 air squats 10 push-ups 10 hip hinges 1 min run Pigeon Stretch	Training – <ol style="list-style-type: none">1. 6 rounds of<ol style="list-style-type: none">a. 4 x deadlift high pulls (increase weight until 4 is difficult but achievable)b. Rest as needed2. 6 rounds of<ol style="list-style-type: none">a. 4 x push press (increase weight until 4 is difficult but achievable)b. Rest as needed3. 6 rounds of<ol style="list-style-type: none">a. 4 x walking lunges (increase weight until 4 is difficult but achievable)b. Rest as needed4. Running Intervals (1:2 work-to-rest ratio. For example: if you run the 100 m in 15 sec, rest for 30 sec before moving on to the next 100 m run.)<ol style="list-style-type: none">a. 6 x 100 m at 15 sec paceb. 5 x 200 m at 38 sec pacec. 5 x 400 m at 1:40 paced. 1 x 800 m at 3:14 pace
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Day 7 – A.M. – Water Confidence

Warmup – 100 m freestyle 50 m arms only 50 m legs only 100 m freestyle	Training – <ol style="list-style-type: none">1. 6 rounds of<ol style="list-style-type: none">a. 25 m freestyle sprintb. 10 sec rest2. 4 rounds of<ol style="list-style-type: none">a. 50 m freestyle sprintb. 30 sec rest3. 1 round of<ol style="list-style-type: none">a. 100 m freestyle sprint
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	<ol style="list-style-type: none"> 4. 10 minutes of continuous swimming 5. Treading water: 3 rounds of <ol style="list-style-type: none"> a. 30 sec both hands b. 30 sec left hand out of the water c. 30 sec right hand out of the water d. 30 sec both hands out of the water
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Day 7 – P.M. – Work Capacity

<p>Warmup –</p> <p>Max push-ups in 2 minutes Max sit-ups in 2 minutes Max pull-ups</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 16 rounds of the following every 60 sec or EMOM <ol style="list-style-type: none"> a. 3 x pull-ups b. 6 x push-ups c. 9 x sit-ups 2. 4 rounds of <ol style="list-style-type: none"> a. 10 x good mornings (45 lbs. bar) b. 15 x Russian twists (25 lbs.) c. 40 x flutter kicks (left leg up then right leg up equal 1 rep) d. 60 sec front plank
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Day 8 – Long Run

<p>Warmup –</p> <p>As needed</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 6-mile run 2. 5 rounds of <ol style="list-style-type: none"> a. 60 second farmer carry (50 lbs.) 3. 2 rounds of <ol style="list-style-type: none"> a. 5 x shoulder YTWL (2.5 lbs.) b. 50 x flutter kicks c. 25 x supermans
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Day 9 – A.M. – Work Capacity

<p>Warmup –</p> <p>4 rounds of</p> <p>5 sandbag get-ups (60 lbs.) or Turkish get-ups (30 lbs.) 10 push-ups Instep Stretch Pigeon Stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. For time <ol style="list-style-type: none"> a. 50 x sandbag or barbell clean and press (60 lbs.) 2. 10 rounds, one round every 1:45 <ol style="list-style-type: none"> a. 5 pull-ups
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Day 9 – P.M. – Water Confidence

<p>Warmup –</p> <p>100 m freestyle 50 m arms only 50 m legs only 100 m freestyle</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 50 m freestyle hypoxic ladder, rest as needed between each 75 m <ol style="list-style-type: none"> a. 1 x 75 m at 1 breath every 2 strokes b. 1 x 75 m at 1 breath every 4 strokes c. 1 x 75 m at 1 breath every 6 strokes d. 1 x 75 m at 1 breath every 8 strokes
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	<p>e. 1 x 75 m at 1 breath every 10 strokes</p> <p>2. 10 minutes of continuous swimming</p>
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Day 10 – Work Capacity

<p>Warmup –</p> <p>4 rounds with 75 lbs. of</p> <p>5 x power clean</p> <p>5 x front squat</p> <p>5 x push press</p> <p>Hamstring stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. With a 25 lbs. weight vest, perform the following: <ol style="list-style-type: none"> a. 50 x step ups (20" step) b. 10 x Thrusters (65 lbs.) c. 40 x step ups d. 8 x Thrusters e. 30 x step ups f. 6 x Thrusters g. 20 x step ups h. 4 x Thrusters i. 10 x step ups j. 2 x Thrusters 2. 4 rounds of <ol style="list-style-type: none"> a. 10 x weighted sit-ups (45 lbs.) b. 30 sec side plank left c. 30 sec side plank right
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Day 11 – Strength & Speed

<p>Warmup –</p> <p>4 rounds of</p> <p>10 air squats</p> <p>10 push-ups</p> <p>10 hip hinges</p> <p>1 min run</p> <p>Pigeon Stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 6 rounds of <ol style="list-style-type: none"> a. 4 x deadlift (increase weight until 4 is difficult but achievable) b. Rest as needed 2. 6 rounds of <ol style="list-style-type: none"> a. 4 x bench press (increase weight until 4 is difficult but achievable) b. Rest as needed 3. 6 rounds of <ol style="list-style-type: none"> a. 4 x front squat (increase weight until 4 is difficult but achievable) b. Rest as needed 4. Running Intervals (1:2 work-to-rest ratio. Ex. If you run the 100 m in 15 sec, rest for 30 sec before moving on to the next 100 m run.) <ol style="list-style-type: none"> a. 4 x 100 m at 15 sec pace b. 4 x 200 m at 36 sec pace c. 6 x 400 m at 1:38 pace d. 1 x 800 m at 3:07 pace
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Day 12 – A.M. – Water Confidence

<p>Warmup –</p> <p>100 m freestyle</p> <p>50 m arms only</p> <p>50 m legs only</p> <p>100 m freestyle</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 6 rounds of <ol style="list-style-type: none"> a. 50 m freestyle sprint b. 30 sec rest 2. 3 rounds of <ol style="list-style-type: none"> a. 100 m freestyle sprint b. 60 sec rest 3. 15 minutes of continuous swimming
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	<p>4. Treading water: 3 rounds of</p> <ol style="list-style-type: none"> 45 sec both hands 45 sec left hand out of the water 45 sec right hand out of the water 45 sec both hands out of the water
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Day 12 – P.M. – Work Capacity

<p>Warmup –</p> <p>Max push-ups in 2 minutes Max sit-ups in 2 minutes Max pull-ups</p>	<p>Training –</p> <ol style="list-style-type: none"> 17 rounds of the following every 60 sec or EMOM <ol style="list-style-type: none"> 3 x pullups 6 x push-ups 9 x sit-ups 4 rounds of <ol style="list-style-type: none"> 10 x good mornings (45 lbs. bar) 15 x Russian twists (25 lbs.) 40 x flutter kicks (left leg up then right leg up equal 1 rep) 60 sec front plank
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Day 13 – Long Run

<p>Warmup –</p> <p>As needed</p>	<p>Training –</p> <ol style="list-style-type: none"> 7-mile run 1 round of <ol style="list-style-type: none"> 120 second farmer carry (50 lbs.) 2 rounds of <ol style="list-style-type: none"> 5 x shoulder YTWL (2.5 lbs.) 50 x flutter kicks 25 x supermans
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Day 14 – A.M. – Work Capacity

<p>Warmup –</p> <p>4 rounds of</p> <p>5 sandbag get-ups (60 lbs.) or Turkish get-ups (30 lbs.) 10 push-ups Instep Stretch Pigeon Stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> For time <ol style="list-style-type: none"> 60 x sandbag or barbell clean and press (60 lbs.) 10 rounds, one round every 1:30 <ol style="list-style-type: none"> 5 pull-ups
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Day 14 – P.M. – Water Confidence

<p>Warmup –</p> <p>100 m freestyle 50 m arms only 50 m legs only 100 m freestyle</p>	<p>Training –</p> <ol style="list-style-type: none"> 50 m freestyle hypoxic ladder, rest as needed between each 100 m <ol style="list-style-type: none"> 1 x 100 m at 1 breath every 2 strokes 1 x 100 m at 1 breath every 4 strokes 1 x 100 m at 1 breath every 6 strokes 1 x 100 m at 1 breath every 8 strokes 1 x 100 m at 1 breath every 10 strokes 15 minutes of continuous swimming
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Day 15 – Work Capacity

<p>Warmup –</p> <p>4 rounds of</p> <p>5 x pull-ups</p> <p>7 x clapping push-ups</p> <p>9 x jump squats</p> <p>Hip flexor stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 10 rounds of <ol style="list-style-type: none"> a. 10 x burpees b. 20 x flutter kicks (left and right leg equals 1 rep) 2. 4 rounds, one round every 2:20, of <ol style="list-style-type: none"> a. 300 m shuttle run <p>Instructions: Set two markers 50 m apart. Run down and back three times for a total of 300 m. Complete four rounds. With a running clock start the first round at 0:00. Rest during remaining time. The second round begins at the 2:20 mark. The third at the 4:40 mark. Finally, the fourth at the 7:00 mark.</p> 3. 4 rounds of <ol style="list-style-type: none"> a. 10 x weighted sit-ups (45 lbs.) b. 30 sec side plank left c. 30 sec side plank right
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Day 16 – Strength & Speed

<p>Warmup –</p> <p>4 rounds of</p> <p>10 air squats</p> <p>10 push-ups</p> <p>10 hip hinges</p> <p>1 min run</p> <p>Pigeon Stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 6 rounds of <ol style="list-style-type: none"> a. 4 x deadlift high pulls (increase weight until 4 is difficult but achievable) b. Rest as needed 2. 6 rounds of <ol style="list-style-type: none"> a. 4 x push press (increase weight until 4 is difficult but achievable) b. Rest as needed 3. 6 rounds of <ol style="list-style-type: none"> a. 4 x walking lunges (increase weight until 4 is difficult but achievable) b. Rest as needed 4. Running Intervals (1:2 work-to-rest ratio. For example: if you run the 100 m in 15 sec, rest for 30 sec before moving on to the next 100 m run.) <ol style="list-style-type: none"> a. 2 x 100 m at 15 sec pace b. 2 x 200 m at 34 sec pace c. 7 x 400 m at 1:36 pace d. 1 x 800 m at 3:00 pace
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Day 17 – A.M. – Water Confidence

<p>Warmup –</p> <p>100 m freestyle</p> <p>50 m arms only</p> <p>50 m legs only</p> <p>100 m freestyle</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 6 rounds of <ol style="list-style-type: none"> a. 25 m freestyle sprint b. 10 sec rest 2. 5 rounds of <ol style="list-style-type: none"> a. 50 m freestyle sprint b. 30 sec rest 3. 4 rounds of <ol style="list-style-type: none"> a. 100 m freestyle sprint b. 30 sec rest 4. 20 minutes of continuous swimming
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	<p>5. Treading water: 3 rounds of</p> <ul style="list-style-type: none"> c. 60 sec both hands d. 60 sec left hand out of the water e. 60 sec right hand out of the water f. 60 sec both hands out of the water
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Day 17 – P.M. – Work Capacity

<p>Warmup –</p> <p>Max push-ups in 2 minutes Max sit-ups in 2 minutes Max pull-ups</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 18 rounds of the following every 60 sec or EMOM <ul style="list-style-type: none"> a. 3 x pull-ups b. 6 x push-ups c. 9 x sit-ups 2. 4 rounds of <ul style="list-style-type: none"> a. 10 x good mornings (45 lbs. bar) b. 15 x Russian twists (25 lbs.) c. 40 x flutter kicks (left leg up then right leg up equal 1 rep) d. 60 sec front plank
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Day 18 – Long Run

<p>Warmup –</p> <p>As needed</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 8.0-mile run 2. 1 round of <ul style="list-style-type: none"> a. 135 second farmer carry (50 lbs.) 3. 2 rounds of <ul style="list-style-type: none"> a. 5 x shoulder YTWL (2.5 lbs.) b. 50 x flutter kicks c. 25 x supermans
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Day 19 – A.M. – Work Capacity

<p>Warmup –</p> <p>4 rounds of</p> <p>5 sandbag get-ups (60 lbs.) or Turkish get-ups (30 lbs.) 10 push-ups Instep Stretch Pigeon Stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. For time <ul style="list-style-type: none"> a. 70 x sandbag or barbell clean and press (60 lbs.) 2. 10 rounds, one round every 1:15 <ul style="list-style-type: none"> a. 5 pull-ups
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Day 19 – P.M. – Water Confidence

<p>Warmup –</p> <p>100 m freestyle 50 m arms only 50 m legs only 100 m freestyle</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 50 m freestyle hypoxic pyramid, rest as needed between each 50 m <ul style="list-style-type: none"> a. 1 x 50 m at 1 breath every 2 strokes b. 1 x 50 m at 1 breath every 4 strokes c. 1 x 50 m at 1 breath every 6 strokes d. 1 x 50 m at 1 breath every 8 strokes e. 1 x 50 m at 1 breath every 10 strokes f. 1 x 50 m at 1 breath every 8 strokes
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	<ul style="list-style-type: none"> g. 1 x 50 m at 1 breath every 6 strokes h. 1 x 50 m at 1 breath every 4 strokes i. 1 x 50 m at 1 breath every 2 strokes <p>2. 20 minutes of continuous swimming</p>
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Day 20 – Work Capacity

<p>Warmup –</p> <p>4 rounds with 75 lbs. of</p> <p>5 x power clean 5 x front squat 5 x push press Hamstring stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. With a 25 lbs. weight vest, perform the following: <ul style="list-style-type: none"> a. 50 x step ups (20" step) b. 10 x Thrusters (65 lbs.) c. 40 x step ups d. 8 x Thrusters e. 30 x step ups f. 6 x Thrusters g. 20 x step ups h. 4 x Thrusters i. 10 x step ups j. 2 x Thrusters 2. 4 rounds of <ul style="list-style-type: none"> a. 10 x weighted sit-ups (45 lbs.) b. 30 sec side plank left c. 30 sec side plank right
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Day 21 – Strength & Speed

<p>Warmup –</p> <p>4 rounds of</p> <p>10 air squats 10 push-ups 10 hip hinges 1 min run Pigeon Stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 6 rounds of <ul style="list-style-type: none"> a. 4 x deadlift (increase weight until 4 is difficult but achievable) b. Rest as needed 2. 6 rounds of <ul style="list-style-type: none"> a. 4 x bench press (increase weight until 4 is difficult but achievable) b. Rest as needed 3. 6 rounds of <ul style="list-style-type: none"> a. 4 x front squat (increase weight until 4 is difficult but achievable) b. Rest as needed 4. Running Intervals (1:2 work-to-rest ratio. Example: If you run the 100 m in 15 sec, rest for 30 sec before moving on to the next 100 m run.) <ul style="list-style-type: none"> a. 4 x 200 m at 32 sec pace b. 8 x 400 m at 1:34 pace
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Day 22 – A.M. – Water Confidence

<p>Warmup –</p> <p>100 m freestyle 50 m arms only 50 m legs only 100 m freestyle</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 5 rounds of <ul style="list-style-type: none"> a. 50 m freestyle sprint b. 30 sec rest 2. 5 rounds of <ul style="list-style-type: none"> a. 100 m freestyle sprint b. 60 sec rest 3. 25 minutes of continuous swimming
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	<ol style="list-style-type: none"> 4. Treading water: 3 rounds with a 5 lbs. plate of <ol style="list-style-type: none"> a. 30 sec both hands b. 30 sec left hand out of the water holding the 5 lbs. c. 30 sec right hand out of the water holding 5 lbs. 5. 30 sec both hands out of the water holding the 5 lbs.
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Day 22 – P.M. – Work Capacity

<p>Warmup –</p> <p>Max push-ups in 2 minutes Max sit-ups in 2 minutes Max pull-ups</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 19 rounds of the following every 60 or EMOM <ol style="list-style-type: none"> a. 3 x pull-ups b. 6 x push-ups c. 9 x sit-ups 2. 4 rounds of <ol style="list-style-type: none"> a. 10 x good mornings (45 lbs. bar) b. 15 x Russian twists (25 lbs.) c. 40 x flutter kicks (left leg up then right leg up equal 1 rep) d. 60 sec front plank
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Day 23 – Long Run

<p>Warmup –</p> <p>As needed</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 8.5-mile run 2. 1 round of <ol style="list-style-type: none"> a. 150 second farmer carry (50 lbs.) 3. 2 rounds of <ol style="list-style-type: none"> a. 5 x shoulder YTWL (2.5 lbs.) b. 50 x flutter kicks c. 25 x supermans
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Day 24 – A.M. – Work Capacity

<p>Warmup –</p> <p>4 rounds of</p> <p>5 sandbag get-ups (60 lbs.) or Turkish get-ups (30 lbs.) 10 push-ups Instep Stretch Pigeon Stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. For time <ol style="list-style-type: none"> a. 80 x sandbag or barbell clean and press (60 lbs.) 2. 10 rounds, one round every 60 seconds <ol style="list-style-type: none"> a. 5 pull-ups
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Day 24 – P.M. – Water Confidence

<p>Warmup –</p> <p>100 m freestyle 50 m arms only 50 m legs only 100 m freestyle</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 75 m freestyle hypoxic pyramid, rest as needed between each 75 m <ol style="list-style-type: none"> a. 1 x 75 m at 1 breath every 2 strokes b. 1 x 75 m at 1 breath every 4 strokes c. 1 x 75 m at 1 breath every 6 strokes d. 1 x 75 m at 1 breath every 8 strokes e. 1 x 75 m at 1 breath every 10 strokes f. 1 x 75 m at 1 breath every 8 strokes
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	<ul style="list-style-type: none"> g. 1 x 75 m at 1 breath every 6 strokes h. 1 x 75 m at 1 breath every 4 strokes i. 1 x 75 m at 1 breath every 2 strokes <p>2. 25 minutes of continuous swimming</p>
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Day 25 – Work Capacity

<p>Warmup –</p> <p>4 rounds of</p> <p>5 x pull-ups 7 x clapping push-ups 9 x jump squats Hip flexor stretch</p>	<p>Training –</p> <ul style="list-style-type: none"> 1. 10 rounds of <ul style="list-style-type: none"> a. 10 x burpees b. 20 x flutter kicks (left and right leg equals 1 rep) 2. 4 rounds, one round every 2:10, of <ul style="list-style-type: none"> a. 300 m shuttle run <p>Instructions: Set two markers 50 m apart. Run down and back three times for a total of 300 m. Complete four rounds. With a running clock start the first round at 0:00. Rest during remaining time. The second round begins at the 2:10 mark. The third at the 4:20 mark. Finally, the fourth at the 6:30 mark.</p> 3. 4 rounds of <ul style="list-style-type: none"> a. 10 x weighted sit-ups (45 lbs.) b. 30 sec side plank left c. 30 sec side plank right
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Day 26 – Strength & Speed

<p>Warmup –</p> <p>4 rounds of</p> <p>10 air squats 10 push-ups 10 hip hinges 1 min run Pigeon Stretch</p>	<p>Training –</p> <ul style="list-style-type: none"> 1. 6 rounds of <ul style="list-style-type: none"> a. 4 x deadlift high pulls (increase weight until 4 is difficult but achievable) b. Rest as needed 2. 6 rounds of <ul style="list-style-type: none"> a. 4 x push press (increase weight until 4 is difficult but achievable) b. Rest as needed 3. 6 rounds of <ul style="list-style-type: none"> a. 4 x walking lunges (increase weight until 4 is difficult but achievable) b. Rest as needed 4. Running Intervals (1:2 work-to-rest ratio. For example: if you run the 100 m in 15 sec, rest for 30 sec before moving on to the next 100 m run.) <ul style="list-style-type: none"> a. 2 x 200 m at 30 sec pace b. 9 x 400 m at 1:32 pace
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Day 27 – A.M. – Water Confidence

<p>Warmup –</p> <p>100 m freestyle 50 m arms only 50 m legs only 100 m freestyle</p>	<p>Training –</p> <ul style="list-style-type: none"> 1. 5 rounds of <ul style="list-style-type: none"> a. 50 m freestyle sprint b. 25 sec rest 2. 5 rounds of <ul style="list-style-type: none"> a. 100 m freestyle sprint b. 50 sec rest 3. 30 minutes of continuous swimming
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	<p>4. Treading water: 3 rounds with a 5 lbs. plate of</p> <ol style="list-style-type: none"> 45 sec both hands 45 sec left hand out of the water holding the 5 lbs. 45 sec right hand out of the water holding 5 lbs. 45 sec both hands out of the water holding the 5 lbs.
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Day 27 – P.M. – Work Capacity

<p>Warmup –</p> <p>Max push-ups in 2 minutes Max sit-ups in 2 minutes Max pull-ups</p>	<p>Training –</p> <ol style="list-style-type: none"> 20 rounds of the following every 60 sec or EMOM <ol style="list-style-type: none"> 3 x pull-ups 6 x push-ups 9 x sit-ups 4 rounds of <ol style="list-style-type: none"> 10 x good mornings (45 lbs. bar) 15 x Russian twists (25 lbs.) 40 x flutter kicks (left leg up then right leg up equal 1 rep) 60 sec front plank
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Day 28 – Long Run

<p>Warmup –</p> <p>As needed</p>	<p>Training –</p> <ol style="list-style-type: none"> 9.0-mile run 1 round of <ol style="list-style-type: none"> 165 second farmer carry (50 lbs.) 2 rounds of <ol style="list-style-type: none"> 5 x shoulder YTWL (2.5 lbs.) 50 x flutter kicks 25 x supermans
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Day 29 – A.M. – Work Capacity

<p>Warmup –</p> <p>4 rounds of</p> <p>5 sandbag get-ups (60 lbs.) or Turkish get-ups (30 lbs.) 10 push-ups Instep Stretch Pigeon Stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> For time <ol style="list-style-type: none"> 90 x sandbag or barbell clean and press (60 lbs.) 10 rounds, one round every 45 seconds <ol style="list-style-type: none"> 5 pull-ups
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Day 29 – P.M. – Water Confidence

<p>Warmup –</p> <p>100 m freestyle 50 m arms only 50 m legs only 100 m freestyle</p>	<p>Training –</p> <ol style="list-style-type: none"> 100 m freestyle hypoxic pyramid, rest as needed between each 100 m <ol style="list-style-type: none"> 1 x 100 m at 1 breath every 2 strokes 1 x 100 m at 1 breath every 4 strokes 1 x 100 m at 1 breath every 6 strokes 1 x 100 m at 1 breath every 8 strokes 1 x 100 m at 1 breath every 10 strokes 1 x 100 m at 1 breath every 8 strokes
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	<ul style="list-style-type: none"> g. 1 x 100 m at 1 breath every 6 strokes h. 1 x 100 m at 1 breath every 4 strokes i. 1 x 100 m at 1 breath every 2 strokes <p>2. 30 minutes of continuous swimming</p>
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Day 30 – Work Capacity

<p>Warmup –</p> <p>4 rounds with 75 lbs. of</p> <p>5 x power clean 5 x front squat 5 x push press Hamstring stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. With a 25 lbs. weight vest, perform the following: <ul style="list-style-type: none"> a. 50 x step ups (20" step) b. 10 x Thrusters (65 lbs.) c. 40 x step ups d. 8 x Thrusters e. 30 x step ups f. 6 x Thrusters g. 20 x step ups h. 4 x Thrusters i. 10 x step ups j. 2 x Thrusters 2. 4 rounds of <ul style="list-style-type: none"> a. 10 x weighted sit-ups (45 lbs.) b. 30 sec side plank left c. 30 sec side plank right
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Day 31 – Strength & Speed

<p>Warmup –</p> <p>4 rounds of</p> <p>10 air squats 10 push-ups 10 hip hinges 1 min run Pigeon Stretch</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 6 rounds of <ul style="list-style-type: none"> a. 4 x deadlift (increase weight until 4 is difficult but achievable) b. Rest as needed 2. 6 rounds of <ul style="list-style-type: none"> a. 4 x bench press (increase weight until 4 is difficult but achievable) b. Rest as needed 3. 6 rounds of <ul style="list-style-type: none"> a. 4 x front squat (increase weight until 4 is difficult but achievable) b. Rest as needed 4. Running Intervals (1:2 work-to-rest ratio. Example: If you run the 100 m in 15 sec, rest for 30 sec before moving on to the next 100 m run.) <ul style="list-style-type: none"> a. 10 x 400 m at 1:30 pace
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Day 32 – A.M. – Water Confidence

<p>Warmup –</p> <p>100 m freestyle 50 m arms only 50 m legs only 100 m freestyle</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 5 rounds of <ul style="list-style-type: none"> a. 50 m freestyle sprint b. 20 sec rest 2. 5 rounds of <ul style="list-style-type: none"> a. 100 m freestyle sprint b. 45 sec rest 3. 35 minutes of continuous swimming
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	<ol style="list-style-type: none"> 4. Treading water: 3 rounds with a 5 lbs. plate of <ol style="list-style-type: none"> a. 60 sec both hands b. 60 sec left hand out of the water holding the 5 lbs. c. 60 sec right hand out of the water holding 5 lbs. d. 60 sec both hands out of the water holding the 5 lbs.
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Day 32 – P.M. – Work Capacity

<p>Warmup –</p> <p>As needed</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. Complete as fast as possible while maintaining proper form <ol style="list-style-type: none"> a. 100 push-ups b. 100 sit-ups c. 20 pull-ups 2. 4 rounds of <ol style="list-style-type: none"> a. 10 x good mornings (45 lbs. bar) b. 15 x Russian twists (25 lbs.) c. 40 x flutter kicks (left leg up then right leg up equal 1 rep) d. 60 sec front plank
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Day 33 – Long Run

<p>Warmup –</p> <p>As needed</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 9.5-mile run 2. 1 round of <ol style="list-style-type: none"> a. 165 second farmer carry (50 lbs.) 3. 2 rounds of <ol style="list-style-type: none"> a. 5 x shoulder YTWL (2.5 lbs.) b. 50 x flutter kicks c. 25 x supermans
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Day 34 – Water Confidence

<p>Warmup –</p> <p>100 m freestyle 50 m arms only 50 m legs only 100 m freestyle</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 50 m freestyle hypoxic pyramid, no rest in between 50 m intervals. 450 m of continuous swimming: <ol style="list-style-type: none"> a. 1 x 50 m at 1 breath every 2 strokes b. 1 x 50 m at 1 breath every 4 strokes c. 1 x 50 m at 1 breath every 6 strokes d. 1 x 50 m at 1 breath every 8 strokes e. 1 x 50 m at 1 breath every 10 strokes f. 1 x 50 m at 1 breath every 8 strokes g. 1 x 50 m at 1 breath every 6 strokes h. 1 x 50 m at 1 breath every 4 strokes i. 1 x 50 m at 1 breath every 2 strokes 2. 35 minutes of continuous swimming
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Day 35 – Strength & Speed

<p>Warmup –</p> <p>4 rounds of 10 air squats</p>	<p>Training –</p> <ol style="list-style-type: none"> 1. 6 rounds of <ol style="list-style-type: none"> a. 4 x deadlift high pulls (increase weight until 4 is difficult but achievable) b. Rest as needed
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10 push-ups 10 hip hinges 1 min run Pigeon Stretch	<ol style="list-style-type: none"> 2. 6 rounds of <ol style="list-style-type: none"> a. 4 x push press (increase weight until 4 is difficult but achievable) b. Rest as needed 3. 6 rounds of <ol style="list-style-type: none"> a. 4 x walking lunges (increase weight until 4 is difficult but achievable) b. Rest as needed 4. Running Intervals (1:2 work-to-rest ratio. For example: if you run the 100 m in 15 sec, rest for 30 sec before moving on to the next 100 m run.) <ol style="list-style-type: none"> a. 12 x 400 m at 1:30 pace
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Day 36 – Water Confidence Evaluation

Warmup – 100 m freestyle 50 m arms only 50 m legs only 100 m freestyle	Training – <ol style="list-style-type: none"> 1. 5 rounds of <ol style="list-style-type: none"> a. 50 m freestyle sprint b. 15 sec rest 2. 5 rounds of <ol style="list-style-type: none"> a. 100 m freestyle sprint b. 40 sec rest 3. 40 minutes of continuous swimming 4. Treading water: <ol style="list-style-type: none"> a. 5 minutes continuous with 5 lbs. plate and hands out of the water <p>Note: The goal is completion as prescribed</p>
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Day 37 – Work Capacity Evaluation

Warmup – As needed	Training – <ol style="list-style-type: none"> 1. Max push-ups in 2 minutes (Goal = 100+) Rest 5 minutes <ol style="list-style-type: none"> 2. Max sit-ups in 2 minutes (Goal = 100+) Rest 5 minutes <ol style="list-style-type: none"> 3. Max pull-ups (Goal = 20+) Rest 5 minutes <ol style="list-style-type: none"> 4. Max time in front plank (Goal = 5 minutes +)
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Day 38 – Long Run Evaluation

Warmup – As needed	Training – <ol style="list-style-type: none"> 1. 10-mile run (Goal = 1 hour and 30 minutes or less) (9 min/mile pace) 2. Max time farmer carry (50 lbs.) (Goal = 3 minutes +)
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