

CLOSE PROTECTION



– SELECTION PREPARATION –

BLOCK 1
Week #1-4

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OVERVIEW TRAINING CALENDAR

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	WORKOUT A + FINISHER #1	2.4KM RUN (Set interval times for runs the rest of the month) + CORE WORKOUT	WORKOUT B + FINISHER #2	INTERVAL RUN @ 1-2S FASTER THAN 2.4K PACE, 1:1 WORK:REST, 4X200M, 3x400M, 2x600M, 1x800M + CORE WORKOUT	WORKOUT A + FINISHER #3	EASY PACE RUN 8K
2	WORKOUT B + FINISHER #4	CONDITIONNING WORKOUT #1 FOR 24MIN + CORE WORKOUT	WORKOUT A + FINISHER #5	INTERVAL RUN @ 1-2S FASTER THAN 2.4K PACE, 1:1 WORK:REST, 3X200M, 2x400M, 1x600M, 1x800M, 1X1000M + CORE WORKOUT	WORKOUT B + FINISHER #6	EASY PACE RUN 9K
3	WORKOUT A + FINISHER #1	INTERVAL RUN @ 1-2S FASTER THAN 2.4K PACE, 1:1 WORK:REST, 2X200M, 2x400M, 1x600M, 1x800M, 1x1000M, 1x1200M + CORE WORKOUT	WORKOUT B + FINISHER #2	CONDITIONNING WORKOUT #2 + CORE WORKOUT	WORKOUT A + FINISHER 3	EASY PACE RUN 10K
4	Workout B + Finisher #4	CONDITIONNING WORKOUT #1 FOR 45MIN + CORE WORKOUT	WORKOUT A + FINISHER #5	INTERVAL RUN @ 1-2S FASTER THAN 2.4K PACE, 1:1 WORK:REST, 2X200M, 1x400M, 1x600M, 1x800M, 1X2000M, 1X1400M. + CORE WORKOUT	WORKOUT B + FINISHER #6	EASY PACE RUN 9K



STRENGTH TRAINING WARM UP

To be done before each strenght training sessions.

STRENGTH TRAINING WARM UP – PART I

FOAM ROLLING

STRENGTH TRAINING WARM UP – PART II

PILLAR PREP	DEEP LUNGE WITH ROTATION	X 4 each side	Both hands on inside of front leg; bring elbow of inside arm to arch of foot; hold stretch for 3sec then rotate in towards the leg.
	GROIN STRETCH WITH ROTATION	X 4 each side	In a tall kneeling position, extend one leg out to the side, toes facing forward; place same hand of leg that is bent in front of that knee about 12"; take hand of leg that is extended and needle it through as to rotate on top of that shoulder; hold for 3sec then return to start position and repeat 3 more times.
	1/2 SNOW ANGELS	X 4 each side	Lying on side with both arms extended out at shoulder height top leg bent with knee draped over; take the top hand, palm down, with fingers tracing on the ground, to the 12 o'clock position right above the head, then rotate palm up and continue to try and keep finger on the ground as the arm rotates all the way around; reverse and return to start position.
	SCAPULAR PUSH UP	X 6 reps	In tall plank position, without bending the elbows, let chest sink towards floor as scapulae (shoulder blades) move around the rub cage.

Frequency: 3x / week



Mondays, Wednesdays & Fridays

STRENGTH TRAINING WARM UP

To be done before each strenght training sessions.

STRENGTH TRAINING WARM UP – PART III

MOUVEMENT ACTIVATION	DEAD BUG & BIRD DOG	X 8 each side	Core awareness
	REAR DELT FLY'S	X 10 reps total	Slight bend in the elbows, take band and pull with the back of the shoulder; hold squeeze for 2sec then return to start position.
	BANDED SHOULDER FLEXION	X 6 reps total	Back against the wall, band around the wrists and thumbs back, push outwards into band and raise arms above head then lower.
	SINGLE LEG GLUTE LIFT	X 8 each side	One knee driven in towards the chest, drive through heel on the ground and lift hips up into bridge position. Squeeze glutes for 3sec.
	BANDED CLAM SHELLS IN SIDE PLANK	X 10 each side	In a side lying position with band above the knees (I'm sorry to your leg hairs); shoulders, hips and ankles should be aligned with knees slightly in front of the hips, propped up on the elbow, push up into a plank from the knees; squeeze the glutes and open up the top knee like a clam shell; hold for 2sec.

Frequency: 3x / week



Mondays, Wednesdays & Fridays

STRENGTH TRAINING

WORKOUT A

EXERCISES	SETS/REPS	TEMPO	REST	NOTES
A1. PAUSE SQUATS	7/7/5/5/3/5/5/5	2311	150sec	Increase weight by 5–10lbs each set where there is a change in reps; bottom position should be active – braced core, legs engaged. On last set decrease weight to weight used for first set. Can use back/safety or front squat
B1. WEIGHTED CHIN UP	5/5/5/3/3/2/1/1	2010	150sec	Supinated or neutral grip
C1. OVER HEAD WALKING LUNGES	6–8 X 4	3111	120sec	Barbell
C2. OVERHAND ROW	6–8 X 4	2010	120sec	Bent over; barbell
D1. CLOSE STANCE LEG PRESS	8–10	4010	15sec	Or belt squat
D2. SINGLE ARM ROW	8–10	3010	15sec	Dumbbell or cable
D3. PISTOL SQUATS	8–10	/	60sec	Body weight; can use box for depth feedback.

Frequency: 3x / week



Mondays, Wednesdays & Fridays

STRENGTH TRAINING

WORKOUT B

EXERCISES	SETS/REPS	TEMPO	REST	NOTES
A1. DEADLIFT	7/7/5/5/3/5/5/5	2311	150sec	
B1. BENCH PRESS	7/7/5/5/3/5/5/5	2010	150sec	
C1. DB SHOULDER PRESS	6-8 X 4	3111	120sec	Neutral to pronated grip
C2. REVERSE LUNGE ALTERNATING	6-8 X 4	2010	120sec	Dumbbell
D1. SINGLE ARM INCLINE DB PRESS	8-10	4010	15sec	
D2. BACK/GLUTE EXTENSION	8-10	2122	60sec	Pull up with the mid back

Frequency: 3x/week



Mondays, Wednesdays & Fridays

FINISHERS

To be completed after a strength training workout, no warmup is required

FINISHERS	TYPE	APPROX. DURATION	EQUIPMENT	NOTES
FINISHER #1	Every minute on the minute (EMOM)	12min max	Sled, plates	Sprint push sled 20m until unable to do so with 2 x 45lbs plates (roughly 10 minutes, stop @ 12min if you get there, increase weight 10-20lbs next workout). Aim for ~9 seconds each push.
FINISHER #2	Every minute on the minute (EMOM)	10min	Trap bar, plates	Carry trap bar 20m, then jog down and back 20m. Rest remaining time. Perform first workout with 45 + 25lbs plate; add weight in 10lbs increments, 10min total.
FINISHER #3	TABATA	4min	Barbell, plates	Front squats: between 65 and 95lbs (increase weight if required) Squat as many good reps as possible (6-10) in 20sec and rest 10sec X 8
FINISHER #4	TABATA	4min	Keiser bike	Power sprints on Keiser bike – 20sec work : 10sec rest; Resistance 16-18 on power sprint/Work with RPM's above 90 or close to; Rest resistance can be brought down
FINISHER #5	AMRAP	~5min	Sled	Push sled around track (~5min). Sled should weigh around 200lbs.
FINISHER #6	MINI CIRCUIT	~8min	Resistance bands, med ball.	Low back conditioning – 4 X 10reps of the following exercises: 1. Banded push-up (over lower back) 2. Banded glute bridge 3. Ab slide outs with 3sec pause 4. Anti lateral flexion with med ball (20sec hold each side)

Frequency: 3x/week



Mondays, Wednesdays & Fridays

DYNAMIC WARM UP

To be done before each conditioning, interval running and long run training sessions.

DYNAMIC WARM UP – PART I

FOAM ROLLING

Target: calves, hamstrings, glutes, quads, IT band, mid back.

DYNAMIC WARM UP – PART II

1. KNEE HUGS	Torso upright; don't lean back.	6. FRANKENSTEINS	Opposite hand to opposite foot; trying to get a little higher each step.	11. HEEL TO TOW WALKS	End up on toes; roll through and push up high on toe.
2. HIGH KNEES	Go for quantity in the 10m, as many steps as possible.	7. WALKING WIDE LUNGE WITH TORSO ROTATION	Rotate in toward the front of the leg. Don't spend time in the stretch statically, but if one side is tighter can spend couple more second in stretch.	12. BACKWARD HIP OPENERS	Keep torso square forward and rotate leg backward.
3. QUAD STRETCH	Push hips forward; torso upright.	8. REVERSE LUNGE	Swing through right into next lunge; keep core braced to assist with balance.	13. BODY WIEGHT SQUAT	10 reps
4. BUTT KICKS	Go for quantity in the 10m, as many steps as possible.	9. LATERAL LUNGE	Big step, drive hip down and back, lunge to each side, couple steps and repeat.	14. SINGLE LEG TOE TOUCHES	5reps each side. Stand and tall; sink down into a single leg squat/RDL.
5. WALKING FIGURE 4	Grab ankle and pull towards belly button; Don't let torso flex forward.	10. HEEL SWEEPS	Upper hamstring stretch; pull toe upward; back flat – hinge back, reach down and forward; drive chest toward the knee.	Each of the dynamic warm up exercises to be done for 10m (unless otherwise advised).	

Frequency: 3x / week



TUESDAYS, THURSDAYS & SATURDAYS

DYNAMIC WARM UP

To be done before each conditioning, interval running and long run training sessions.

DYNAMIC WARM UP – PART III

1. LOW LATERAL SHUFFLE	Feet never collapse inside the shoulders.	4. BACKWARD REACHING STEPS	Torso angled, arms flexed at 90 degrees.
2. POWER LATERAL SHUFFLE	Torso more upright, push of back foot.	5. STRAIGHT LEG SCISSOR STEPS	
3. KARAOKE STEP	With powerful step over, pick knee up and place it down; keep rotation in hips.	6. BACK PEDAL INTO FORWARD SPRINT	X5 (60%, 70%, 80%, 90%, 100%) Back pedal for 10m then sprint forward for 10m at increasing percentages.

Each of the dynamic warm up exercises to be done for 20m (unless otherwise advised).

DYNAMIC WARM UP – PART IV

1. FIRE HYDRANTS	5 with pause then fluid.	2. HIP CIRCLES	Press leg back then circle in – 5 pause/5 fluid.
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Frequency: 3x / week



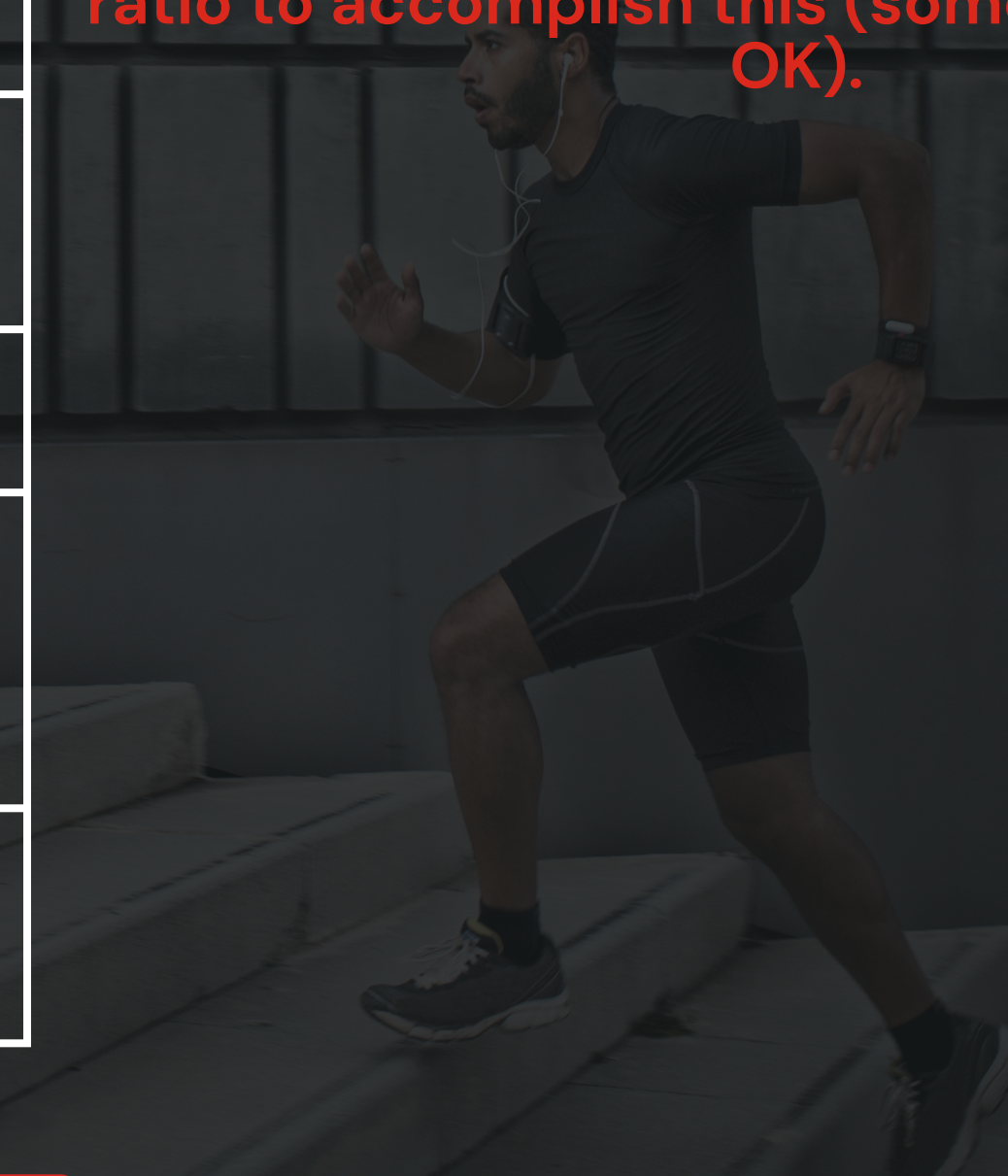
TUESDAYS, THURSDAYS & SATURDAYS

CONDITIONING WORKOUT

CONDITIONING WORKOUT #1	
PARTS	INSTRUCTIONS
WARM UP	Foam rolling, a 400m jog around the rack and dynamic warm up.
WORKOUT	As many rounds as possible (AMRAP) for prescribed minutes Run track and @ every KM perform 3 rounds of:
	1. 3-5 chest to bar pull ups (strict)
	2. 10 push up
	3. 15 squats
COOL DOWN	Foam roller and stretching

These are longer and lighter in nature, should be done at a difficult but maintainable pace, do not come out sprinting, and finishing crawling.

Stay @ 70-80% effort through the whole workout (figure out a reasonable rest, work ratio to accomplish this (sometimes walking is OK)).



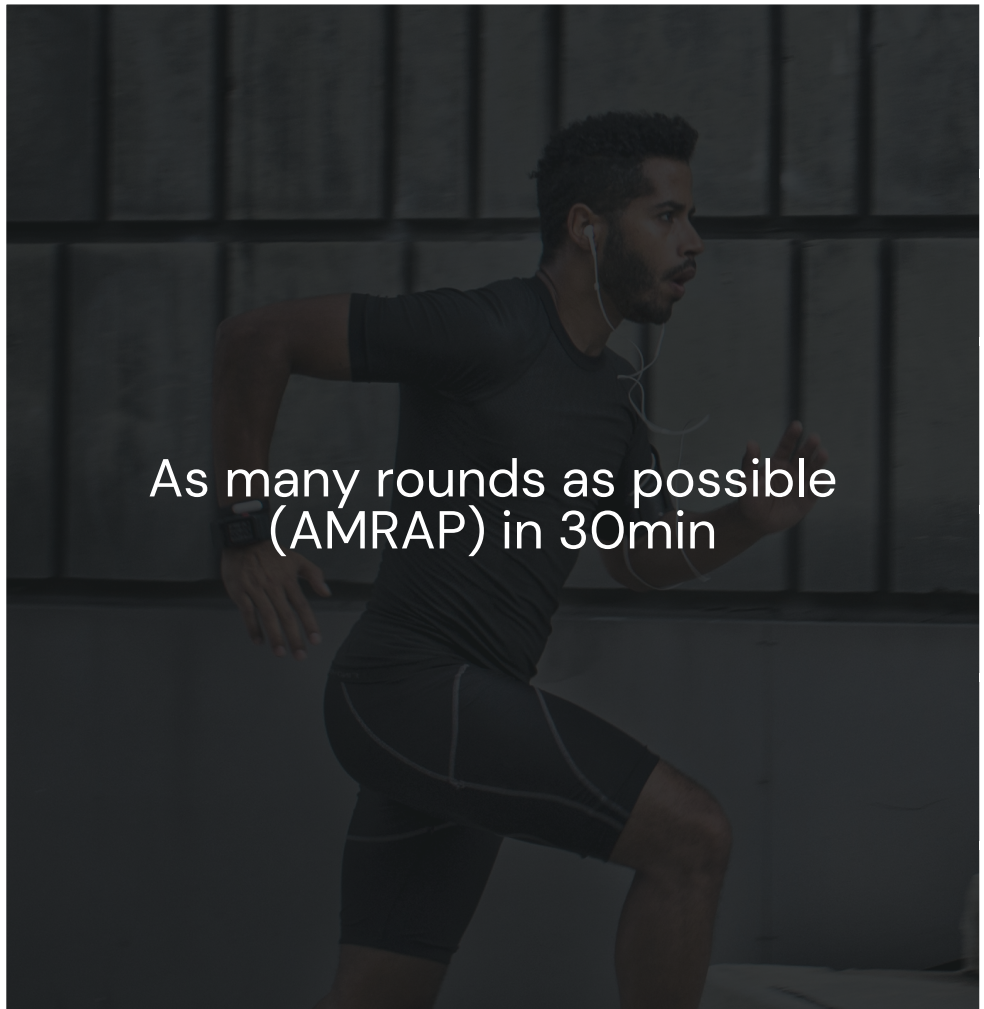
Frequency: 2x/week



Tuesdays & Thursdays

CONDITIONING WORKOUT

CONDITIONING WORKOUT #2

PARTS	INSTRUCTIONS	
WARM UP	Start with 10min aerobic workout on bike or rower (15sec work: 45sec rest to recover)	
WORKOUT	 <p>As many rounds as possible (AMRAP) in 30min</p>	1. Single arm farmers carry: 20m each hand (40-60lbs)
		2. Push press: 8-12reps (65-115lbs)
		3. Kettlebell swings : 12-16reps (20-32kg)
		4. Backward sled drag: 20m (4 plates)
		5. Kettlebell facing burpees: 10reps
		6. Line drill (sprint to 5m cone and back, repeat at 10m, 15m and 20m cone)
COOL DOWN	Finish with a 3km bike or row (at a steady pace) Foam roller and stretching	

Frequency: 2x/week



Tuesdays & Thursdays

CORE WORKOUT

To be completed after each conditioning and running interval training.

EXERCISES	SETS/REPS	REST	NOTES
A1. KNEELING PALLOF PRESS	4 X 10reps /side	-	
A2. HOLLOW BODY ROCK	4 X 15reps	-	
A3. KETTLEBELL PULL THRUS	4 X 8reps / side	-	Use 12kg KB minimum
A4. 1/2 TURKISH GET UP	4 X 6reps / side	-	Use 12kg KB minimum
A5. REVERSE BURPEE	4 X 6reps	120sec	No jump

Frequency: 2x/week



Tuesdays & Thursdays

COOL DOWN

To be done after all training sessions.

COOL DOWN - PART I

FOAM ROLLING

Focus on major muscle groups used in workoutè post-workout foam rolling is meant to be slower; go over the muscle and find the spots that are tighter – can also use a lacrosse ball.

COOL DOWN - PART II

- | | |
|--|----------------------------|
| 1. MODIFIED HURDLER STRETCH (single leg hamstring stretch) | 6. COBRA (low back) |
| 2. DOUBLE LEG HAMSTRING STRETCH | 7. CHILD'S POSE (low back) |
| 3. FIGURE 4 OR PIGEON GLUTE STRETCH | 8. INVERTED V (calves) |
| 4. SUPINE SPINAL TWISTS | 9. UPPER TRAPEZIUS STRETCH |
| 5. SIDE LYING QUAD STRETCH | 10. LAT STRETCH |

Each of the stretches are to be held for 15–20sec for 2 sets each stretch

Frequency: 6x / week



All workout days

STRETCHING 101

1	Never hold your breath while stretching; it increases tension in the body which is counter active to the whole concept of stretching.	5	Never stretch cold, take a warm shower, or hop on a bike for 3-5 minutes. A cold muscle will not stretch.
2	Breathe into the belly (diaphragmatic breathing) while stretching; diaphragmatic breathing stimulates our parasympathetic mode (aka our rest and digest mode) which is optimal for recovery.	6	Any sort of soft tissue change (lengthening) takes time for permanent change. Getting into a good routine of body/muscle preparation and recovery is an essential component to a training program. Like any program, consistency is key.
3	Muscles that are tighter/over active may be more difficult to stretch as they restrict our range of motion. Stretches should only cause some mild discomfort, but never pain. Your body will tell you how far it can go.	7	A weak muscle and a tight muscle give the exact same symptom... pain. There is such a thing as over stretching a muscle. More isn't necessarily better.
4	Do not bounce in your stretches (ballistic stretching), it will do more damage/harm than good. Stretching is to be done in a gradual and controlled manner.	8	Additional stretches can/will be given depending on individual limitations. These stretches listed above are the bare bone that must be done post workouts. With that being said, if there are other stretches you prefer that target the same muscles, by all means, swap it out.

