

Force Combat PT

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1 (Block 1)	• 3 km Run	• Strength Session 1	• Mobility and Recovery 1	• Strength Session 2	• Ruck March 3km@15kg
Week 2 (Block 1)	• 3.5 km Run	• Strength Session 1	• Mobility and Recovery 2	• Strength Session 2	• Erg Session
Week 3 (Block 1)	• 4 km Run	• Strength Session 1	• Mobility and Recovery 1	• Strength Session 2	• Ruck March 3km@20kg
Week 4 (Block 1)	• 4.5 km Run	• Strength Session 3	• Mobility and Recovery 2	• Strength Session 4	• Erg Session
Week 5 (Block 2)	• 6x100m Prone Start	• Strength Session 3	• Mobility and Recovery 1	• Strength Session 4	• Ruck March 4km@20kg
Week 6 (Block 2)	• 5 km Run	• Strength Session 3	• Mobility and Recovery 2	• Strength Session 4	• Erg Session
Week 7 (Block 2)	• Continuous Run (30 min)	• Strength Session 3	• Mobility and Recovery 1	• Strength Session 4	• Ruck March 5km@20kg
Week 8 (Block 2)	• 8x100m Prone Start	• Strength Session 5	• Mobility and Recovery 2	• Strength Session 6	• Erg Session
Week 9 (Block 3)	• Continuous Run (35 min)	• Strength Session 5	• Mobility and Recovery 1	• Strength Session 6	• Ruck March 5km@25kg
Week 10 (Block 3)	• 10x100m Prone Start	• Strength Session 5	• Mobility and Recovery 2	• Strength Session 6	• Erg Session
Week 11 (Block 3)	• Continuous Run (40 min)	• Strength Session 5	• Mobility and Recovery 1	• Strength Session 6	• Ruck March 5km@30kg
Week 12 (Block 3)	• Continuous Run (25 min)	• No Physical Training	• Ruck March 5km@25kg	• No Physical Training	• Force Combat Trial (No Ruck)

BLOCK 1// CONTINUOUS RUN

MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 1	WEEK 2	WEEK 3	WEEK 4	
PREHAB AND PREP	1	Half Kneeling Ankle Rocks	10 each	10 each	10 each	10 each	Half kneeling position, push knee forward while keeping heel on the ground
	2	Partner Hip Circuit	5 Each position	5 Each position	5 Each position	5 Each position	Rotation each direction, Forward and back
	3	Prone start	20m	20m	20m	20m	Start in prone position, explode up and moderate sprint for 20 meters
	4	Knee Hugs	20m	20m	20m	20m	Turn around and knee hugs for 20 meters
	5	Prone start	20m	20m	20m	20m	Start in prone position, explode up and moderate sprint for 20 meters
	6	High Kicks	10	10	10	10	Turn around and high kicks for 20 meters
	7	Prone start	20m	20m	20m	20m	Start in prone position, explode up and moderate sprint for 20 meters
	8	Reverse Lunge & Reach	20m	20m	20m	20m	Turn around and reverse lunge & reach for 20 meters
	9	Ankle Hops	10	10	10	10	Hands on hips, stand tall, bounce on ball of feet, quick contact not for height
ENERGY SYSTEM DEVELOPMENT		Walk	5 min	5 min	5 min	5 min	Walk progressively to 50-60% of running pace
	A	Steady-State Running	3 km	3.5 km	4 km	4.5 km	Run at 65% of max effort
		Walk	5 min	5 min	5 min	5 min	Walk at 40-50% of running pace and progressively slower
MOBILITY	B	Spring Ankle	Accumulate 30 seconds each	Accumulate 30 seconds each	Accumulate 30 seconds each	Accumulate 30 seconds each	Focus on driving knee over foot, stay on ball of foot

BLOCK 1// RUCK MARCH

MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 1	WEEK 3	
PREHAB AND PREP	1	Partner Hip Circuit	5 Each position	5 Each position	Rotation each direction, Forward and back
	2	Half Kneeling Rotation	10 each	10 each	Half Kneeling Position, Core and glutes engaged, Rotation of T-Spine
	3	SL Reach and Knee Flexion	10 each	10 each	Reach forward with hand in SL RDL and Extend with knee flexion
	4	Core Flutters	25 each side	25 each side	Start supine with lower back on ground, Kick legs up and down
	5	4 Ways Toe Walk	10 Steps Each Direction	10 Steps Each Direction	Hands behind the head, keep core/glutes engaged, stand on ball of feet
ENERGY SYSTEM DEVELOPMENT	A	Loaded March	3km@15kg	3km@20kg	Walk at 10-11 min/km, weight is total (FFO and Ruck)
MOBILITY	B	T-Spine on Rucksack	15	15	Start with rucksack sideways, place elbows on rucksack with hands behind neck, push upper back down then upwards for one rep

BLOCK 1// ERG WORKOUT

MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 2	WEEK 4	
MOBILITY	1	Quadruped T-Spine Rotation	10/Side	10/Side	Quadruped position, hand behind mid back, rotation of t-spine
	2	Band Shoulder ROT + Pull apart	10 each	10 each	Keep arms straight and alternate rotation, then keep arms straight and engage scapulas for band pull-apart
	3	Hip Flow	10 each side	10 each side	Start in deep lunge, rotate your torso while stretching your hip flexors and T-spine then transition to a kneeling hamstring stretch
	4	90 to 90	20 Transitions	20 Transitions	Start in 90 to 90 position, forward leg drive down into the ground, while raising back leg off ground
	5	Split Squat Hold (Active Foot)	Accumulate 30 sec/ Side	Accumulate 30 sec/ Side	In a split squat position, hold the stance while keeping your front foot active by pressing through ball of foot
ENERGY SYSTEM DEVELOPMENT	A	Erg Machine	5x 120:30	5x 120:30	Choose any erg machine (air bike, rower, Ski), 2 minutes of moderate effort and 30 seconds low effort
		Rest	3 min	3 min	3 minutes rest
	B	Erg Machine	10x 30:30	10x 30:30	Choose any erg machine (air bike, rower, Ski), 30 seconds of moderate/high effort and 30 seconds low effort

BLOCK 2// CONTINUOUS RUN

MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 5	WEEK 6	WEEK 7	WEEK 8	
PREHAB AND PREP	1	<u>Half Kneeling Ankle Rocks</u>	10 each	10 each	10 each	10 each	Half kneeling position, push knee forward while keeping heel on the ground
	2	<u>Partner Hip Circuit</u>	5 Each position	5 Each position	5 Each position	5 Each position	Rotation each direction, Forward and back
	3	Prone start	20m	20m	20m	20m	Start in prone position, explode up and moderate sprint for 20 meters
	4	<u>Knee Hugs</u>	20m	20m	20m	20m	Turn around and knee hugs for 20 meters
	5	Prone start	20m	20m	20m	20m	Start in prone position, explode up and moderate sprint for 20 meters
	6	<u>High Kicks</u>	10	10	10	10	Turn around and high kicks for 20 meters
	7	Prone start	20m	20m	20m	20m	Start in prone position, explode up and moderate sprint for 20 meters
	8	<u>Reverse Lunge & Reach</u>	20m	20m	20m	20m	Turn around and reverse lunge & reach for 20 meters
	9	<u>Ankle Hops</u>	10	10	10	10	Hands on hips, stand tall, bounce on ball of feet, quick contact not for height
ENERGY SYSTEM DEVELOPMENT		Walk	5 min	5 min	5 min	5 min	Walk progressively to 50-60% of running pace
	A	Steady-State Running	6x100m Prone Start Run	5 km	2.4 km Run Test	8x100m Prone Start Run	Run at 65% of max effort; rest 1 minutes between prone starts
		Walk	5 min	5 min	5 min	5 min	Walk at 40-50% of running pace and progressively slower
MOBILITY	B	<u>Spring Ankle</u>	Accumulate 30 seconds each	Accumulate 30 seconds each	Accumulate 30 seconds each	Accumulate 30 seconds each	Focus on driving knee over foot, stay on ball of foot

BLOCK 2// RUCK MARCH

MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 5	WEEK 7	
PREHAB AND PREP	1	<u>Partner Hip Circuit</u>	5 Each position	5 Each position	Rotation each direction, Forward and back
	2	<u>Half Kneeling Rotation</u>	10 each	10 each	Half Kneeling Position, Core and glutes engaged, Rotation of T-Spine
	3	<u>SL Reach and Knee Flexion</u>	10 each	10 each	Reach forward with hand in SL RDL and Extend with knee flexion
	4	<u>Core Flutters</u>	25 each side	25 each side	Start supine with lower back on ground, Kick legs up and down
	5	<u>4 Ways Toe Walk</u>	10 Steps Each Direction	10 Steps Each Direction	Hands behind the head, keep core/glutes engaged, stand on ball of feet
ENERGY SYSTEM DEVELOPMENT	A	Loaded March	4km@20kg	5km@20kg	Walk at 10-11 min/km, weight is total (FFO and Ruck)
MOBILITY	B	<u>T-Spine on Rucksack</u>	15	15	Start with rucksack sideways, place elbows on rucksack with hands behind neck, push upper back down then upwards for one rep

BLOCK 2// ERG WORKOUT

MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 6	WEEK 8	
MOBILITY	1	<u>Quadruped T-Spine Rotation</u>	10/Side	10/Side	Quadruped position, hand behind mid back, rotation of t-spine
	2	<u>Band Shoulder ROT + Pull apart</u>	10 each	10 each	Keep arms straight and alternate rotation, then keep arms straight and engage scapulas for band pull-apart
	3	Hip Flow	10 each side	10 each side	Start in deep lunge, rotate your torso while stretching your hip flexors and T-spine then transition to a kneeling hamstring stretch
	4	<u>90 to 90</u>	20 Transitions	20 Transitions	Start in 90 to 90 position, forward leg drive down into the ground, while raising back leg off ground
	5	<u>Split Squat Hold (Active Foot)</u>	Accumulate 30 sec/ Side	Accumulate 30 sec/ Side	In a split squat position, hold the stance while keeping your front foot active by pressing through ball of foot
ENERGY SYSTEM DEVELOPMENT	A	Erg Machine	5x 120:30	5x 120:30	Choose any erg machine (air bike, rower, Ski), 2 minutes of moderate effort and 30 seconds low effort
		Rest	3 min	3 min	3 minutes rest
	B	Erg Machine	10x 30:30	10x 30:30	Choose any erg machine (air bike, rower, Ski), 30 seconds of moderate/high effort and 30 seconds low effort

BLOCK 3// CONTINUOUS RUN

MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 9	WEEK 10	WEEK 11	WEEK 12	
PREHAB AND PREP	1	Half Kneeling Ankle Rocks	10 each	10 each	10 each	10 each	Half kneeling position, push knee forward while keeping heel on the ground
	2	Partner Hip Circuit	5 Each position	5 Each position	5 Each position	5 Each position	Rotation each direction, Forward and back
	3	Prone start	20m	20m	20m	20m	Start in prone position, explode up and moderate sprint for 20 meters
	4	Knee Hugs	20m	20m	20m	20m	Turn around and knee hugs for 20 meters
	5	Prone start	20m	20m	20m	20m	Start in prone position, explode up and moderate sprint for 20 meters
	6	High Kicks	10	10	10	10	Turn around and high kicks for 20 meters
	7	Prone start	20m	20m	20m	20m	Start in prone position, explode up and moderate sprint for 20 meters
	8	Reverse Lunge & Reach	20m	20m	20m	20m	Turn around and reverse lunge & reach for 20 meters
	9	Ankle Hops	10	10	10	10	Hands on hips, stand tall, bounce on ball of feet, quick contact not for height
ENERGY SYSTEM DEVELOPMENT		Walk	5 min	5 min	5 min	5 min	Walk progressively to 50-60% of running pace
	A	Steady-State Running	25m	10x100m Prone Start Run	30m	20m	Run at 65% of max effort; rest 1 minutes between prone starts
		Walk	5 min	5 min	5 min	5 min	Walk at 40-50% of running pace and progressively slower
MOBILITY	B	Spring Ankle	Accumulate 30 seconds each	Accumulate 30 seconds each	Accumulate 30 seconds each	Accumulate 30 seconds each	Focus on driving knee over foot, stay on ball of foot

BLOCK 3// RUCK MARCH

MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 9	WEEK 11	
PREHAB AND PREP	1	Partner Hip Circuit	5 Each position	5 Each position	Rotation each direction, Forward and back
	2	Half Kneeling Rotation	10 each	10 each	Half Kneeling Position, Core and glutes engaged, Rotation of T-Spine
	3	SL Reach and Knee Flexion	10 each	10 each	Reach forward with hand in SL RDL and Extend with knee flexion
	4	Core Flutters	25 each side	25 each side	Start supine with lower back on ground, Kick legs up and down
	5	4 Ways Toe Walk	10 Steps Each Direction	10 Steps Each Direction	Hands behind the head, keep core/glutes engaged, stand on ball of feet
ENERGY SYSTEM DEVELOPMENT	A	Loaded March	5km@25kg	5km@30kg	Walk at 10-11 min/km, weight is total (FFO and Ruck)
MOBILITY	B	T-Spine on Rucksack	15	15	Start with rucksack sideways, place elbows on rucksack with hands behind neck, push upper back down then upwards for one rep

BLOCK 3// ERG WORKOUT

MOVEMENT		EXERCISE	VOLUME AND INTENSITY	NOTES
	-		WEEK 10	
MOBILITY	1	Quadruped T-Spine Rotation	10/Side	Quadruped position, hand behind mid back, rotation of t-spine
	2	Band Shoulder ROT + Pull apart	10 each	Keep arms straight and alternate rotation, then keep arms straight and engage scapulas for band pull-apart
	3	Hip Flow	10 each side	Start in deep lunge, rotate your torso while stretching your hip flexors and T-spine then transition to a kneeling hamstring stretch
	4	90 to 90	20 Transitions	Start in 90 to 90 position, forward leg drive down into the ground, while raising back leg off ground.
	5	Split Squat Hold (Active Foot)	Accumulate 30 sec/ Side	In a split squat position, hold the stance while keeping your front foot active by pressing through ball of foot
ENERGY SYSTEM DEVELOPMENT	A	Erg Machine	5x 120:30	Choose any erg machine (air bike, rower, Ski), 2 minutes of moderate effort and 30 seconds low effort
		Rest	3 min	3 minutes rest
	B	Erg Machine	10x 30:30	Choose any erg machine (air bike, rower, Ski), 30 seconds of moderate/high effort and 30 seconds low effort

BLOCK 1// STRENGTH SESSION 1						
MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 1	WEEK 2	WEEK 3	
MOBILITY	A1	<u>Pigeon stretch</u>	60 sec/Side	60 sec/Side	60 sec/Side	Front leg flex at 90 degree angle, push hips towards the ground.
	A2	<u>WGS</u>	10/Side	10/Side	10/Side	Rotate your torso stretching your hip flexors and thoracic spine.
	A3	<u>90 to 90</u>	10/Side	10/Side	10/Side	In 90 to 90 position, switch between sides with active hips. Can use hand to support.
STABILITY	B1	<u>Supported Airplane Hold</u>	2 x 30 sec/Side	3 x 30 sec/Side	3 x 30 sec/Side	Hinge forward at hips, leg straight, engaging core and glutes throughout.
	B2	<u>Standing Banded Anti-Rotation</u>	2 x 30 sec/Side	3 x 30 sec/Side	3 x 30 sec/Side	Keep arms extended and engage core to resist rotational pull.
	B3	<u>Split Squat Hold</u>	Accumulate 30 sec/ Side	Accumulate 45 sec/ Side	Accumulate 60 sec/ Side	In split squat position, hold stance. Keep core and glutes engaged.
STRENGTH	C1	<u>SL Broad Jump</u>	2 x 3/Side	3 x 3/Side	4 x 3/Side	Start in a single leg athletic position, explode forward consecutively.
	C2	<u>SL RDL</u>	2 x 8	3 x 8	4 x 8	With one leg forward, hinge at hips to lower, Drive the glutes backward.
	C3	<u>Bulgarian Split Squat</u>	2 x 10/Side	3 x 10/Side	4 x 10/Side	In starting position, drop hips straight down and drive back up.

BLOCK 1// STRENGTH SESSION 2						
MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 1	WEEK 2	WEEK 3	
MOBILITY	A1	<u>Quadruped T-Spine Rotation</u>	10/Side	10/Side	10/Side	Quadruped position, hand behind mid back, rotation of t-spine
	A2	<u>3 Way Child's Pose</u>	45 sec Each Pose	45 sec Each Pose	45 sec Each Pose	Quadruped position, sit back on feet with arms in flexion, neutral-right-left.
	A3	<u>Banded External Rotation</u>	10/Side	10/Side	10/Side	Keeping upper arm close to body. Rotate forearm outward under control.
STABILITY	B1	<u>Plank</u>	2 x 60 sec	3 x 60 sec	3 x 60 sec	Adopt plank position, keep core stiff and engaged throughout.
	B2	<u>Bottoms Up SA KB Press Hold</u>	2 x 30 sec	3 x 30 sec	3 x 30 sec	Hold kettlebell with the bell side facing up and elbow bent at 90 degrees.
	B3	<u>Glute Bridge Hold</u>	2 x 30 sec	3 x 30 sec	3 x 30 sec	Feet flat on ground, keep core enaged, bring hips up contracting the glutes and hold.
STRENGTH	C1	<u>SA Kneeling DB Press</u>	2 x 10	3 x 10	4 x 10	In a kneeling position, Drive DB overhead keeping core engage.
	C2	<u>SA DB Row</u>	2 x 10	3 x 10	4 x 10	Supported by a bench, pull a DB towards the body. Maintain neutral spine.
	C3	<u>Wall Triceps Extension</u>	3x10	3x10	4x10	Start in a 45 degree body angle with hands on wall, bend at the elbows and press up

BLOCK 2// STRENGTH SESSION 3

MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 1	WEEK 2	WEEK 3	WEEK 4	
PREHAB AND PREP	1	<u>Lizard Rotation</u>	10 each side	10 each side	10 each side	10 each side	Start in split position, drive elbow down and engage the glute while reaching up
	2	<u>Lateral Glide</u>	20	20	20	20	Sumo stance, Stay low and move laterally with 2-3 seconds hold each side
	3	<u>Dynamic Child Pose</u>	10	10	10	10	Start in child pose position, drive hips back, keeping arms straight and elbows off ground
	4	<u>Quadruped T-Spine Rotation</u>	10 each side	10 each side	10 each side	10 each side	Start in quadruped postion, hand behind back, rotate upper body and eyes
	5	<u>Glute Bridge Hold</u>	30s	30s	30s	30s	Feet flat on ground, keep core enaged, bring hips up contracting the glutes and hold
	6	<u>Bear Crawl Shoulder Tap</u>	10	10	10	10	Bear Crawl position tap opposite shoulder with opposite hand
POWER AND STRENGTH	A1	<u>SB Zercher Carry</u>	3x100ft	4x100ft	4x100ft	4x100ft	Deadlift sandbag in Zercher position, shoulder retracted with eyes forward walk
	A2	<u>SB Zercher Squat</u>	3x5-10	4x5-10	4x5-10	4x5-10	Sandbag in Zercher position, core engage with straight spine, full range of motion
	B1	<u>Half kneeling SB Press</u>	3x5-10 each	3x5-10 each	4x5-10 each	4x5-10 each	Half kneeling start, core and glutes engaged, hand in line with shoulder when pressing
	B2	<u>Side Lunges</u>	3x10 each	3x10 each	4x10 each	4x10 each	Feet wider then shoulder width, sit hips back and out while keeping toes forward
	C1	<u>SB Suitcase Carry</u>	3x100ft each side	3x100ft each side	3x100ft each side	4x100ft each side	Stand tall with sandbag in one hand, shoulder retracted with eyes forward walk
MOBILITY	D	<u>Reverse Nordic Hold</u>	Accumulate 30 seconds	Accumulate 40 seconds	Accumulate 50 seconds	Accumulate 60 seconds	Kneeling, feet flat on ground or elevated, extend hips, use band or box for support

BLOCK 2// STRENGTH SESSION 4

MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 1	WEEK 2	WEEK 3	WEEK 4	
PREHAB AND PREP	1	<u>Squat-to-Stand</u>	10	10	10	10	Start in squat position, while holding your toes extend the hips up and back to neutral
	2	<u>Half Kneeling Rotation</u>	10 each side	10 each side	10 each side	10 each side	Half Kneeling Position, Core and glutes engaged, Rotation of T-Spine
	3	<u>Dynamic Child Pose</u>	10	10	10	10	Start in child pose position, drive hips back, keeping arms straight and elbows off ground
	4	<u>Shoulder Corkscrew</u>	10 each side	10 each side	10 each side	10 each side	Alternate external and internal rotation of the shoulders
	5	<u>Scap Push-Up</u>	10	10	10	10	Scapulas retraction, external rotation and shoulder flexion
	6	<u>Alternating Bird Dog</u>	12	12	12	12	Start in quadruped position, keep spine and hips neutral, opposite arm and leg action
POWER AND STRENGTH	A1	<u>SB Alternating Lunges</u>	3x5 each	4x5 each	4x5 each	4x5 each	SB in both hands, Front knee flexion parallel with the ground, eyes forward and chest up
	A2	<u>SB Farmer Carry</u>	3x100ft	4x100ft	4x100ft	4x100ft	Stand tall with sandbag in both hands, shoulder retracted with eyes forward walk
	B1	<u>Sand bag ground to shoulder</u>	3x6	3x8	4x8	4x10	From a standing position, pick up the SB with a good posture to shoulder and down
	B2	<u>SB Shouler Carry</u>	3x50ft	3x50ft	4x50ft	4x50ft	SB on shoulder, upright posture with core engaged, walk prescribed distance
MOBILITY	C1	<u>Pull-ups</u>	2xSubmax	2xSubmax	3xSubmax	3xSubmax	Focus on retraction of the scapula, full range of motion (Submax= Maximum - 1 or 2)
	C2	<u>Push-Ups</u>	2xSubmax	2xSubmax	3xSubmax	3xSubmax	Head, spine and hips neutral, lower body position down with elbows at 45 degree
MOBILITY	D	<u>Hang</u>	Accumulate 30 seconds	Accumulate 40 seconds	Accumulate 50 seconds	Accumulate 60 seconds	Thumb around the bar, shoulder activated

BLOCK 3// STRENGTH SESSION 5							
MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 1	WEEK 2	WEEK 3	WEEK 4	
PREHAB AND PREP	1	<u>Dynamic Child Pose</u>	10 reps	10 reps	10 reps	10 reps	Start in child pose position, drive hips back, keeping arms straight and elbows off ground
	2	<u>Shoulder Extension</u>	10 Reps	10 Reps	10 Reps	10 Reps	Assume table top position with dumbbell if needed, rock forward and back
	3	<u>Shoulder Corkscrew</u>	10 each side	10 each side	10 each side	10 each side	Alternate external and internal rotation of the shoulders
	4	<u>Scap Push-Up</u>	10	12	15	15	Scapulas retraction, external rotation and shoulder flexion
	5	<u>Partner Half Kneeling Anti-Rotation</u>	30s each	40s each	50s each	1m each	Half kneeling, hold arm straight in front, core/glutes engaged and prevent rotation
	6	<u>Bear Crawl Shoulder Tap</u>	10	10	10	10	Bear Crawl position tap opposite shoulder with opposite hand
POWER AND STRENGTH	A1	<u>DB Floor Press</u>	3x10	3x10	4x10	4x10	Bring knees up with feet flat on ground, keep scapulas and lower back on the ground
	A2	<u>Pull-ups</u>	3xSubmax	3xSubmax	4xSubmax	4xSubmax	Focus on retraction of the scapula, full range of motion (Submax= Maximum - 1 or 2)
MOBILITY	B	<u>Hang</u>	Accumulate 70 seconds	Accumulate 80 seconds	Accumulate 90 seconds	Accumulate 100 seconds	Thumb around the bar, shoulder activated
RESILIENCE	C1	<u>Standing Tibialis Raise</u>	2x10	3x10	3x10	4x10	Start leaning hips against a wall, dorsiflex and hold for 3 seconds
	C2	<u>KB High Pull Catch</u>	2x10	3x10	4x10	4x10	Start in deadlift position, pull the kettlebell up to a high pull to a front rack position
	C3	<u>Band Shoulder ROT + Pull apart</u>	3x10 each	3x10 each	3x10 each	3x10 each	Keep arms straight and alternate rotation, then keep arms straight and engage scapulas for band pull-apart

BLOCK 3// STRENGTH SESSION 6							
MOVEMENT		EXERCISE	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	VOLUME AND INTENSITY	NOTES
	-		WEEK 1	WEEK 2	WEEK 3	WEEK 4	
PREHAB AND PREP	1	<u>Lateral Glide</u>	20	20	20	20	Sumo stance, Stay low and move laterally with 2-3 seconds hold each side
	2	<u>Quadruped Int ROT</u>	10 each	10 each	10 each	10 each	Start in quadruped position, push hips back, lift foot internal rotation and hold for 2 sec
	3	<u>Half Kneeling Rotation</u>	10 each	10 each	10 each	10 each	Core and Glutes Engaged, Hold the rotation for 2-3 seconds, Roll towards front leg
	4	<u>Side Plank</u>	30 sec each	40 sec each	50 sec each	1m each	Elbow under shoulder, ankle, hips and shoulder in line and glutes engaged
	5	<u>Glute Bridge Hold</u>	30s	40s	50s	1m	Feet flat on ground, keep core enaged, bring hips up contracting the glutes and hold
	6	<u>Toe Squat</u>	10	12	15	15	Hold onto pole for stability not help, Stay on balls of feet, Hold for 1 sec at bottom
POWER AND STRENGTH	A1	<u>Goblet Squat</u>	3x10	3x10	4x10	4x10	Focus on pushing the big toe down, full range of motion, straight spine
	A2	<u>Box Jump to Depth Drop</u>	3x5	3x5	4x5	4x5	Jump up then off the box, land quietly balanced squat
MOBILITY	B	<u>Standing Soleus Stretch</u>	Accumulate 30 seconds each	Accumulate 40 seconds each	Accumulate 50 seconds each	Accumulate 60 seconds each	Start by flexing hips, knee and ankle, keep back foot elevated and stretch front calf
RESILIENCE	C1	<u>Standing SL Calf Raise</u>	2x5 each	3x5 each	3x5 each	4x5 each	Start standing with one foot on block, full stretch at bottom position for 3 seconds followed by 3 seconds hold at top
	C2	<u>Partner Drag</u>	2x20m	3x20m	4x20m	4x20m	Choose similar size partner, with arms around chest drag them backwards
	C3	<u>Push-up</u>	2xSubmax	3xSubmax	3xSubmax	4xSubmax	Start in push-up position with elbows in, full range of motion Submax= MAX -1 or 2

MOBILITY SESSION 1 (No Shoes)				
MOVEMENT		EXERCISE	VOLUME AND INTENSITY	NOTES
	-		ODD WEEK	
MOBILITY	1	<u>Seated Ankle Rotation</u>	5 each	Seated with foot elevated, Slow rotation with full range of motion both direction is 1 rep
	2	<u>Half Kneeling Ankle Rocks</u>	10 each	Half kneeling position, push knee forward while keeping heel on the ground
	3	<u>Half Kneeling Hip Rotation</u>	1 minutes each side	Half kneeling position, Core and Glutes Engaged, Hold the rotation towards front leg
	4	<u>Kneeling Quad Mobility</u>	10	Kneeling position, sit back on feet with hands on ground, extend hips for 3 seconds
	5	<u>Supine Hamstring</u>	15 each side	Supine position, one leg flat on ground and other supported, Flex and extend the knee
	6	<u>Pigeon Stretch</u>	1 minutes each side	Front leg flex at 90 degree angle, push hips towards the ground
	7	<u>Cat Cow</u>	10 each	Complete flexion of the thoracic spine followed by extension with 1 sec pause
	8	<u>Quadruped T-Spine Rotation</u>	10 each	Quadruped position, hand behind mid back, rotation of t-spine
	9	<u>3-Way Child Pose</u>	20 seconds each	Quadruped position, sit back on feet with arms in flexion, neutral-right-left
	10	<u>Table Top Rock</u>	10x3 sec hold	Start in table top position, rock slightly forward and hold for 3 seconds
	11	<u>Shoulder Rotation</u>	10 each	Standing position, shoulder flexion with thumb up and extension with thumb down
	12	<u>SL Foot Proprio Rotation</u>	1 Rotation each direction per leg	Use foot to create a complete 360 degree rotation without momentum on both side
CORE	A1	<u>Hollow Hold</u>	3x30s	Keep lower back flat, Keep head neutral, Start with legs only then Arms
	A2	<u>Side Plank</u>	3x30s	Elbow under shoulder, ankle, hips and shoulder in line and glutes engaged
	A3	<u>Partner Anti-Rotation</u>	3x30s each side	Feet shoulder width, Knee slightly bent, arms straight in front with partner resistance

MOBILITY SESSION 2 (No Shoes)				
MOVEMENT		EXERCISE	VOLUME AND INTENSITY	NOTES
	-		EVEN WEEK	
MOBILITY	1	Foot Roll	30s each	Press a lacross or peanut ball into the foot while dorsi and plantar flexing the foot
	2	Calf Roll	30s each	Start at the achilles, roll up to the knee while dorsi and plantar flexing the foot
	3	Hamstring Roll	30s each	Start at the knee, roll up to the glute while flexing and extending the knee
	4	Quad Roll	30s each	Start at the knee, roll up to the hip while flexing and extending the knee
	5	Glute Roll	30s each	Using a ball or roller, press into the glute while flexing and extending the hip
	6	T-Spine Roll	1m	Start from upper lumbar region, roll up to the shoulders flexing and extending the spine
	7	Lower Back Rotation	10 each side	Start with roller under sacrum, cross feet and open knee, make circle with knees in both direction
	8	Supine Banded Hamstring	10 each side	Start supine with band behind back and around the foot, flex and entend the hip
	9	Supine Banded Calf	10 each side	Start supine with band behind back and around the foot, flex and entend the ankle
	10	Supine Banded Glute	10 each side	Start supine with band behind back and around foot, bring foot medially and return
	11	Supine Banded Groin	10 each side	Start supine with band behind back and around foot, bring foot laterally and return
	12	<u>Band Shoulder ROT + Pull apart</u>	20+20	Keep arms straight and alternate rotation, then keep arms straight and engage
Repeat Other Side				
CORE	A1	<u>Superman Hold</u>	3x30s	Start prone on the ground, raise legs and arms engaging glutes and scapulas
	A2	<u>Russain Twist</u>	3x20	Start in seated neutral position, slight lean in torso and alternate medball rotation
	A3	<u>Power Deadbug</u>	3x5 each	Start in dead bug position, press same hand on knee and extend opposite leg and arm