



Candidate Aide: Patrol Pathfinder Performance Readiness Track



Purpose of this document

The following guide will help you better understand and use the Patrol Pathfinder (PPF) Performance Readiness Track to best prepare for the PPF course. The PPF Performance Readiness Track includes a physical training program that aims to develop the necessary physical and mental capacities to deal with the challenges of the PPF course, and daily readiness/wellness tracking via questionnaires to optimize and individualize your preparation.

The PPF Performance Readiness Fitness Program aims to build work capacity reflective of the demands of the PPF course while supporting physical resilience for the purpose of injury reduction. Mental toughness training is built into the approach of this program such that you are progressively developing a sense of control over your course preparation, your commitment to the training process, your embrace of challenges and your confidence in achieving your goals.

In order to gain the greatest benefits from the PPF Performance Readiness Fitness Program, please download the *Kinduct Athlete* mobile application on your smartphone. You will then need to contact your PSP Fitness professional to be assigned the PPF program. More details on this process are outlined later in the document.



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Background – Development of Patrol Pathfinder Performance Readiness Track

Canadian Armed Forces Patrol Pathfinders (PPF) are specialized members of the Army trained for Adaptive Dispersed Operations. Even with a screening phase conducted at the unit level, the 11-week PPF course, which runs out of CFB Trenton, is known to be very challenging and historically struggles from high attrition rates. Base screening ideally includes a 2-week pre-PPF course which includes refresher of military skills and competencies as well as fitness testing (BMSS, Pre-Para and 20 km 80 lbs ruck march). However, in some cases this course is not available. Candidates are ideally recommended for the PPF course based on performance on this preparatory course.

In 2017, Canadian Army Advanced Warfare Centre (CAAWC) PPF course leadership requested the support of Personnel Support Programs (PSP) Human Performance (HP) with the purpose of developing evidenced-based performance readiness training to better prepare candidates and help reduce course attrition rates. This led to research to help understand the physical and physiological demands of the PPF course, the preparation required, and barriers and key performance indicators for success.

For a better understanding of the research that supports the Performance Readiness Track preparation model, the complete report of this study can be found using the following link: [Patrol-Pathfinder-Performance-Readiness-Report-Sept-2018-final.pdf \(cfmws.ca\)](https://cfmws.ca/Patrol-Pathfinder-Performance-Readiness-Report-Sept-2018-final.pdf)

Patrol Pathfinder Performance Readiness Track Poster

The key findings from the research that positively influenced successful preparation (and reduce barriers) and increased likelihood of completing all physical requirements of the PPF course were put into an awareness and education [Patrol Pathfinder Performance Readiness Track poster](#) that can be found in Appendix A: Patrol Pathfinder Performance Readiness Track poster, as well as at the following link:

[Patrol Pathfinder Poster DEC14 \(cfmws.ca\)](https://cfmws.ca/Patrol-Pathfinder-Poster-DEC14)

French version: [Patrol Pathfinder Poster Nov 15 French \(sbmfc.ca\)](https://sbmfc.ca/Patrol-Pathfinder-Poster-Nov-15-French)

Why Is This Poster/Strategy Important?



This poster was designed to raise early awareness and provide education for potential candidates and their Chain of Command (CoC) to better understand the commitment and preparation required to increase:

- 1) The pool of qualified and ready potential candidates to be nominated for the course.
 - a. There has been a high number of potential candidates that are identified as not qualified or physically unfit at the base level screening (which typically happens end of May into June) impacting the number of candidates nominated for the course (which starts early August), and therefore leading to PPF courses with open training spots.
 - b. The 10-week Foundation training program was created to reduce the number of potential candidates that are screened out early in the process at the base level.
- 2) The chance of successful completion of the PPF course.
 - a. Some candidates have been nominated for the course with only a few weeks of preparation time, which typically leads to an early injury/attrition rate.
 - b. Consistent (and relevant) physical fitness preparation has been identified as a key performance indicator.

Key Messaging From Performance Readiness Track Strategy

1-year timeline to allow sufficient time to:

- 1. Obtain CoC and personal social network support;**
 - a) CoC buy-in may increase support and preparation time available.
 - b) You must understand that your social and personal life might be impacted by the vigorous training in the weeks leading to the course.
- 2. Complete pre-requisites courses early;**
 - a) Large physical training gaps may occur during pre-requisite course completion as little time is dedicated to physical fitness during these courses. Insufficient preparation time has been shown to decrease the physical readiness for candidates to be prepared on course. Consequently, resulting in injuries and attrition on course.
 - b) In coordination with pre-requisite courses, opportunity may exist to support candidates who are completing any locally instructed pre-requisite courses for PPF candidates by offering PPF specific PT preparation. Please coordinate with locally run courses.
- 3. Connect with PSP and Patrol Pathfinder SME for optimal support and guidance;**
 - a) This support is vital, in particular when you are not in garrison to help you prioritize training.
 - b) This support will help build confidence that you are well prepared, which should support confidence on course.
- 4. Optimize physical and mental readiness:**
 - a) Manage injuries or movement limitations; injuries are the main reason for course attrition.
 - b) Establish positive sleep and performance nutrition habits.
 - c) Develop mental toughness and motivation.



5. **Build an adequate base of fitness** to support a more specific and rigorous physical fitness training regime (10-week PPF foundation and 6-week specific training).
6. **Review Patrol Pathfinder military technical skills** and knowledge (ideally through the base pre-PPF 2-week course), and complete pre-screening fitness requirements (often offered concurrently with pre-PPF course).
7. **Evaluate and review performance and personal readiness checks to determine readiness** (*bottom of poster*); these checks were built using knowledge acquired from the PPF research, Mission Ready and based on best practices from evidence-based literature.

Local Base Support

Qualified Patrol Pathfinder representatives are available on most Canadian Army (CA) bases and can offer support and guidance to prospective candidates. Through CAAWC, PPF have been asked to work with local PSP on their respective bases to contextualize preparation training for the course, with the idea of providing an integrated team of support.

PSP Support

Local PSP (Fitness, Reconditioning and Health Promotion professionals) will support you to:

1. **Become aware/educated of the demands and requirements of preparing for the PPF course** to improve likelihood of course success;
2. **Obtain guidance and training support in general**, and specifically as it relates to the 18-week PPF physical fitness preparation program (Appendix D);
 - a. Follow or modify the 18-week program based on their strengths, weaknesses, work restrictions, physical limitations (if being supported through injuries) etc.;
 - b. Establish and optimize, sleep, nutrition, soft tissue care and mental toughness strategies and behaviors.
3. **Use daily athlete readiness/wellness monitoring tools** (sleep quality, fatigue, soreness, motivation and session RPE/training load) to help manage your training ([Appendix C](#)). Although, the physical fitness program was designed based on the absolute demands of the course, your response (sleep, fatigue, soreness, motivation, session RPE) will determine if the programming needs to be modified to add/adjust intensity/work to allow for more or less recovery.



Physical Fitness Preparation Program

The training program was designed based on the absolute demands of the course. Considerations were also made for the more challenging aspects of the course; which was determined based on candidate feedback. An 18-week fitness program (10-week Foundation physical fitness program, a 6-week Specific physical fitness program, and a 2-week taper phase) have been developed.

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

To gain access to the physical fitness program, you need to contact your local PSP fitness professional; who can provide you access to the training programs. This PSP fitness professional will also provide you with all of the additional information you need to know regarding the program. If your base does not have a PSP fitness professional associated with the PPF, please contact Tyler Kung, (Kung.Tyler@cfmws.com).

The use of the *Kinduct Athlete* mobile application will allow you to see your training, videos of all the exercises, and their execution. If you choose to log your training, the mobile application will also allow the PSP fitness professional to track your training and progress throughout the different weeks of the PPF training program.

PPF Course Physical Demands Summary

The following summary of the demands of the course were carried forward in the development of the Performance Readiness Track Fitness Program. More details can be found in the full report link in the [background section](#) of this document.

Throughout the entirety of the course, at least 38 days required wearing and handling of a rucksack for an average of 6 hours/day and up to 10 hours in one day. The weight of the rucksack throughout the course weighed between 39-45 kg. The table below summarizes the primary movements and tasks performed throughout the course.



Primary movement	Task description
Locomotion with external load carriage (wearing 45 kg rucksack)	Standing, walking and running on uneven ground on varying terrain (sand, woods, gravel) up to 10 hrs; short breaks with rucksacks off
	Climbing stairs (unbalanced stance) with high repetition
	Quickly changing direction and running in opposite direction for 5-25 s, up to 180 s with multiple repetitions
	Rucking with 13 kg parachute for 250 m
	Stepping over logs (i.e. uneven terrain)
Finning-swim	Tactical swimming (finning while controlling rucksack and weapon for 1-3 km)
Lunging and squatting (wearing up to 45 kg rucksack)	Lunging up from and down to one knee
	1 and 2-foot landing from rappel or fast rope
	Squatting up and down with load (as far down as into sitting)
Lifting (and lowering) up to 45kg+	2-handed lift and lower the rucksack from ground (to put on or take off back of truck)
Pulling 45 kg+ (sometimes while wearing 45 kg rucksack)	Quickly pulling (1 and 2 handed) from stooping over edge of assault boat with wet rucksack and others out of water
	Quickly pulling self out of water into assault boat, from overhead (kicking legs for help)
	Lateral pull from prone and quickly pulling rucksack into water from assault boat; stooping position
	1 and 2 handed pull of rucksack from stooping posture and of others to standing from sitting with 45 kg rucksack
Gripping 45 kg + body weight	Gripping rope and fast rope (squeezing leg adductors)
Carrying (55-60 kg) (sometimes while wearing 45 kg rucksack)	Carrying extra rucksack with a sense of urgency (200+ m)
	1 handed carry of assault boat by handle (wearing rucksack) on beach and through brush; slight lean to side
	1 and 2 handed carry of boat motor (no rucksack); lowering into boat in awkward position through sand & pebbles
	Carrying a weapon (while rucking) 2 hands at chest
	2-handed, 2 person casualty carry wearing rucksack
Dragging (55-60 kg) (wearing 45 kg rucksack)	1-handed casualty drag (2 person drag) over brush and obstacles
Getting up and down from sitting (wearing 45 kg rucksack)	Rolling over to and from hands and knees, to and from laying on back, to lunge to standing (i.e. awkward positions)
	Sitting to standing and rocking forward to feet (deep squat)
Moving to and from prone (sometimes wearing 45 kg rucksack)	Stabilizing in prone position on side of assault boat; squeezing with legs while controlling weapon
	Quickly pushing self-up (2 hands) to roll into water while on unstable surface
	Moving to and from prone position to standing with rucksack and holding weapon



Physical Fitness Preparation Program Components

The Foundation Phase (10 weeks)

This phase builds on the basic physical fitness that you should have acquired by April: 18 weeks prior to the course. The Foundation phase targets PPF-specific elements while still working on acquiring broad physical capacities. This phase has been shown to be crucial for success in the specific stages of physically and psychologically demanding tasks (Corcoran & Bird, 2009; Dewese et al., 2015).

Foundation Program Guidelines

- a. Provides guidelines for a foundation of physical preparedness without overtraining.
- b. Goal is to build all fitness capacities to allow next phase of building stamina and more specific Patrol Pathfinder fitness.
- c. Workouts (for each day) can be completed separately at different times of day.
- d. Each session should challenge you within close to an hour, excluding ruck sessions.
- e. Each session should include a warm-up, and cool-down/recovery.



Training sessions	Frequency	Intensity (RPE)	Description of Objectives for Foundation phase
Ruck	1x/week	Somewhat hard (4) – Very Hard (7)	Progress towards 45 kg (100lbs) for shorter distances; varying terrain and over obstacles (joint stability & balance), manage loads without instability and fatigue. Ruck session is not an unloading session; this is a personal fitness check to know how you feel handling the ruck over the distance with the circuit.
Cardiovascular	2x/week	Hard (6) - Near maximal (9)	VO ₂ max minimum: 42 ml/kg /min, build capacity across full range of heart rate zones, build efficiency of movements. Intervals, threshold and change of direction.
Power, Strength and Circuit	2-3x/week	Somewhat - hard (4) Very hard (7)	Includes key movements of PPF course movement analysis: lift, carry, squat, lunge, clean, drag, grip, sitting to prone. Manage loads without instability and fatigue. Develop efficient quick movements, overall strength for resiliency purposes and work capacity under light to medium loads.
Swim	1x/week	Easy (2) - moderate (3)	Part of recovery day during the week. Objectives for the session include: comfort in the water, swim efficiency with and without fins, effectively getting in and out of water quickly, and managing weight in hands. Must also prepare for BMSS for PPF pre-screening.
Mobility	1-2x/week	Easy (2)	Identify movement limitations at start of training and maintain consistent practice for efficient movement; healthy range of motion in hip and shoulder girdles.
Active recovery walk	2-3x/week	Easy (2)	Build low intensity stamina after high intensity training sessions. Include 4.5-9 kg (10-20 lbs) pack.
Optional activity	up to 3x/week	Easy (2) - moderate (3)	For the purpose of stamina building and variation of movement patterns. E.g. yoga, martial arts, cycling, tennis, hockey, etc. Perform if you still have energy and it won't interfere with your recovery.



The Specific Phase (6 weeks)

This phase builds on the foundation section, focuses on the most relevant aspects of the course and ensures that once completed, you are optimally prepared, both physically and mentally, to face the challenges of the course (Corcoran & Bird, 2009; Deweese et al., 2015).

Specific Program Guidelines

- a. Provides guidelines for Patrol Pathfinder specific fitness preparedness without overtraining.
- b. Workouts are completed back to back (in any order, with short rest up to 20 min, in between sessions) to increase stamina, recovery capacity & mental toughness.
- c. Each session should challenge you within an hour, excluding ruck sessions.
- d. Each session includes a warm-up, and cool-down/recovery.

The Taper Phase (2 weeks)

The 2-week Taper program that follows the end of the specific phase focuses on mental and physical recovery.



Type	Frequency	Intensity (RPE)	Objectives for end of foundation phase
Ruck (short)	1x/week	Somewhat hard (4) - Very hard (7)	Maintain comfort with 45 kg (100 lbs) over short distances (6 – 7 km). Varying terrain and over obstacles (joint stability and balance)
Ruck (long)	1x/week	Somewhat hard (4) - Very hard (7)	Maintain comfort with 36 kg (80 lbs) over long distances (18 – 20 km). Varying terrain and over obstacles (joint stability and balance).
Cardiovascular	1x/week	Moderate (4) - near maximal (9)	Maintain peak aerobic capacity and increase recovery capacity.
Power, Strength and Circuit	1-2x/week	Somewhat hard (4) – Very hard (7)	Include key movements of PPF course movement analysis: lift, carry, squat, lunge, clean, drag, grip, sitting to prone. Manage loads without instability and fatigue. Develop PPF-specific efficient quick movements, PPF-specific strength, and work capacity while performing complex movements under medium to heavy loads.
Swim	1x/week	Easy (2) - moderate (3)	Part of recovery day during the week. Objectives for the session include: comfort in the water, swim efficiency with and without fins, ability to swim in current and waves, effectively getting in and out of water quickly, and managing weight in hands (in open water if possible).
Mobility	1-2x/week	Easy (2)	Active recovery & injury prevention. Maintain healthy range of motion in hip and shoulder girdles.
Active recovery walk	3-4x/week	Easy (2) - moderate (3)	Build low level stamina after high intensity training sessions Include 4.5-14 kg (10-30 lbs) pack
Choice activity	up to 3x/week	Moderate (3)	For the purpose of stamina building and variation of movement patterns. E.g. yoga, martial arts, cycling, tennis, hockey, etc.



Important to Note Related to Training Prescription

- **Ruck-march training:** As most of the course is completed under very heavy loads up to over 45 kg+, rucksack circuits have been included within each ruck training session. Beyond just carrying the loads, being able to safely manage the ruck while regularly changing postures and putting on and taking off the ruck was considered. These sessions serve as a regular fitness check to determine your readiness with the load as well as the ability to recover.
- **Water based training:** PPF swimming is not physically demanding as it is slow, tactical - while holding a weapon, with fins (unless you lose one), but it can be very mentally stressful. You should be comfortable in the water for extended periods even if you lose a fin, or have to dive down to pick up something below the water. Swim training is incorporated as a lower intensity day and often paired with mobility and recovery sessions. The physically demanding elements of the water-based training is repeatedly getting in and out of the boat, pulling a wet rucksack and other candidates into boat; this capacity is addressed in other parts of the physical preparation.
 - **Water safety:** As per the Interim PSP CF Water and Aquatics Policy, hyperventilating, repetitive breath holding and hypoxic training should **NOT be performed while completing the PPF physical training** with the objective of [Shallow Water Blackout Prevention \(cafconnection.ca\)](#). Refer to the videos below for rational:
 - <https://www.youtube.com/watch?v=fxqFx7n6FBg>
 - <https://www.youtube.com/watch?v=tyKxcNq9P3o>
 - <https://www.youtube.com/watch?v=1FwUtiWdecc>
- **Soreness from carrying the heavy ruck:** Carrying the ruck was the most often identified complaint. Injuries are most likely to happen when carrying a heavy load as it is more difficult to react quickly (e.g. lose balance on uneven terrain). Mobility, recovery and injury prevention are essential components of the training.
- **Walking, optional and choice activities:** Due to the long hours under load on course, recovery walks, optional and choice activities have been included in the programming. These activities are to further build stamina and improve movement patterns, meanwhile, reducing the risk of overuse injuries.
- **All other training** has been designed to progressively increase the capacity to function with a ruck across various terrain, at different intensities and movement patterns.

Later in the document, daily athlete readiness/wellness questionnaires will be discussed to provide a tool to individualize your training based on your responses to the training and your daily readiness/wellness state.



Rating of Perceived Exertion (RPE)

This program guides you with recommended training intensities using the Rating of Perceived Exertion (RPE) approach (explained below). Most exercises in the PPF Performance Readiness Fitness Program will use a number rating from the **RPE** chart to prescribe the intensity. For example, the training may call for 3 sets of 10 squat repetitions at an RPE of 5. According to the RPE chart, a rating of 5 = hard. This means that you should select a weight for the squat exercise that would elicit a feeling of having worked ‘hard’ by the end of the working set. The weight will differ from person to person (depending on fitness level and ability) or even day to day for the same person (depending on how well they feel). The important point is that you should work ‘hard’ (relative to oneself) for this particular exercise. Rest in Reserve (**RIR**) is also used the same way (see table below) to help select weight/load for strength training.

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

RPE Scale for Strength/Power and Cardiovascular Training

Rating Perceived Exertion Scale		
	Strength Power and Cardiovascular Training	Cardiovascular Training – Breathing
RPE 1	Very easy	Anything other than complete rest
RPE 2	Easy	Notice breathing deeper, but still comfortable. Conversations possible, feel like you can sustain for long periods.
RPE 3		
RPE 4	Moderate	Aware of breathing harder, more difficult to hold a conversation, but can sustain for longer periods
RPE 5	Somewhat Hard	
RPE 6	Vigorous	Breathing heavily, can hold a short conversation, becoming noticeably challenging
RPE 7	Hard	Deep forceful breathing, verge of being uncomfortable, don't want to talk but can speak a sentence
RPE 8	Very Hard	Difficult to maintain exercise intensity, hard to speak more than a single word
RPE 9	Extremely hard	
RPE 10	Max Effort	feels impossible to continue, completely out of breath, unable to talk



RIR (reps in reserve)

RIR is used as a method of selecting a training load for strength and power.

Table 1	
Resistance training specific rating of perceived exertion (48)	
Rating	Description of perceived exertion
10	Maximum effort
9	1 repetition remaining
8	2 repetitions remaining
7	3 repetitions remaining
5-6	4-6 repetitions remaining
3-4	Light effort
1-2	Little to no effort

Reprinted from Zourdos et al. 2015 with permission.



Before You Start

If you are reading this Candidate Aide document more than 18 weeks prior to the course, you can ask your local PSP fitness professional for a general workout program to help you prepare for this program.

Another option if you are reading this 18 weeks prior to the course, consider generating a www.dfit.ca FORCE Combat-5 days/week program (for the number of weeks you require), through ARMY Operations, to assist in your preparation. **Local PSP fitness professionals can support you in this training.**

PROGRAM	CREATED BY	CREATED	ASSIGNED TO	DATE	ACTIONS
LCdr Mascarenhas Phase 1	Yannick Laflamme	Sep 27, 2019	Yannick Laflamme	-	
Capt McDonald Phase 1	Yannick Laflamme	Sep 17, 2019	Aislinn McDonald, Yannick Laflamme	-	
Capt Gutierrez Phase 1	Yannick Laflamme	Aug 26, 2019	Gris Gutierrez, Yannick Laflamme	-	
Capt Fijlola Phase 2	Yannick Laflamme	Aug 14, 2019	Yannick Laflamme	-	

Program Specifications

Program for: Yannick Laflamme
[select recipients](#)

Program: Army Operations

Phase: FORCEcombat

Number Of Weeks: 12
(length of training program)

Workout Frequency: 5
(# of workouts / week)

Performance Level: Level 2 (Intermediate)



- Are you ready to use the PPF Performance Readiness Program?
- Do you have a well-rounded level of fitness similar to a consistent 3-month work-up training for *Force Combat* (available on www.dfit.ca), with purposeful training 4-5 days a week; FORCE Combat training program includes, strength, power, circuits, cardiovascular intervals, agility, mobility/flexibility and introductory load carriage?
- Look at the PPF fitness program and ask yourself if it is much more difficult than what you are currently doing?
- The program is designed with a progressive start and builds gradually to avoid overuse.

The PPF Performance Readiness Program is designed to be started 18 weeks prior to the course in order to be completed in its entirety. It is a progressive and demanding training program, which requires a well-rounded level of fitness to tolerate the training load without an increased chance of injury. Support from a fitness professional that understands the Patrol Pathfinder Performance Readiness Track will help you optimize your preparation; contact your local PSP for support.

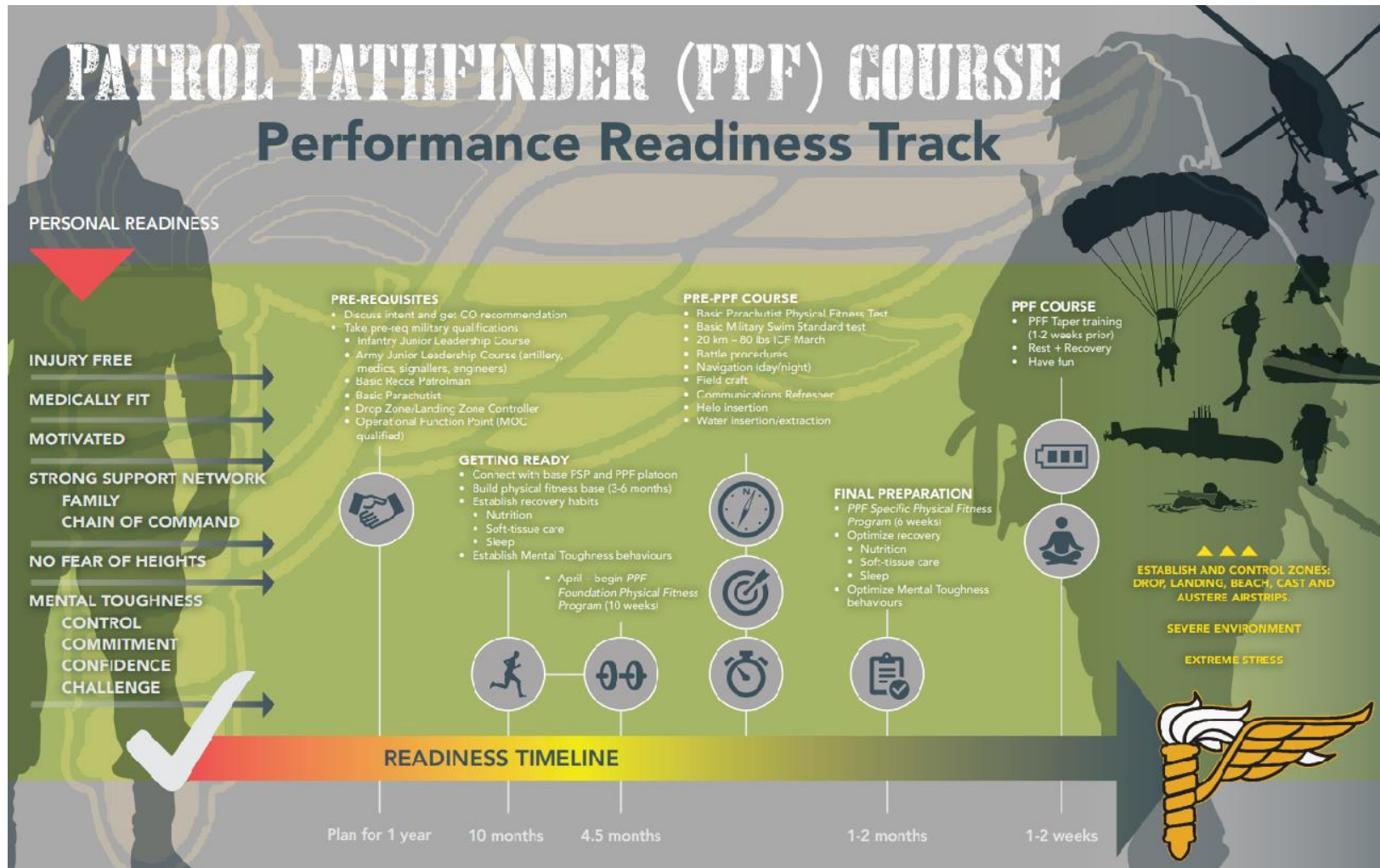
Contact your PSP fitness professional in order for them to assign you the PPF program. At that time, you will have to provide your PSP fitness professional:

1. Your full name,
2. Email address (personal or FORCES),

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



Appendix A: Patrol Pathfinder Performance Readiness Track poster



Directorate of Fitness Human Performance
Version 5 March 2023



ASSESS YOUR PERFORMANCE READINESS

	READINESS OBJECTIVE	NOT READY	BUILDING A FOUNDATION: PROGRESSING	READY FOR PPF
UNRESTRICTED MOVEMENT	Safe and controlled movements under PPF load (45kg): squat, deadlift, lunge, prone to push up	Obvious limitations in maintaining posture and body control; sagging twisting, joint instability and lack of mobility while unloaded	No limitations unloaded Safe postures and body control under moderate load (25-35kg: FORCE Combat)	Safe and effective body control and postures under PPF load
FUNCTIONAL WORK CAPACITY	Effectively manage PPF load requirements for prolonged periods: carry, drag, lift, pull and ruck (45kg)	FORCE Combat loads are beyond ability PPF loads are well beyond current fitness	Can manage moderate loads with repetition: can complete FORCE Combat (25-35kg)	Can manage PPF loads for prolonged periods. Perform FORCE Combat circuit in less than 10min
METABOLIC CAPACITY AND ENDURANCE	Sustain and recover from long periods of heavy and intense work	Minimal or no participation in cardiovascular/metabolic fitness training. Difficulty recovering from low-moderate intensity PT	Achieve minimum VO ₂ max of 42 mL/kg/min: run 2.4 km in at least 12:30. Capacity to recover from moderate to high intensity physical activities and training	Can endure long duration of PPF load carriage with bouts of high intensity. Capacity to recover from frequent high intensity training

ASSESS YOUR PERSONAL READINESS

	READINESS OBJECTIVE	NOT READY	PREPARING/CONTEMPLATING	READY FOR PPF
INJURIES	No injuries that will be aggravated by rigors of course; pain free	Have pre-existing injury that will likely impact ability to complete physical preparation and the course. Currently receiving medical treatment and/or have limited movement	No injuries limiting leisure activities or moderate physical training. Practice injury reduction strategies	No limitations in high intensity PT or any activity. Confident that old injuries will not be aggravated by rigors of course
MOTIVATION	Involvement in training and PPF course for the inherent satisfaction and enjoyment of activity	Not really motivated to participate in PPF	Participating in course to satisfy others, personal challenge or gain recognition	Motivated to gain new skills and be a better soldier; doing it for myself and/or unit
MENTAL TOUGHNESS	Ability to remain calm and maintain a positive approach. Ability to set goals and work hard to obtain them. Ability to push boundaries, embrace change and accept risk. Self-belief and inner strength (ability to "dig deep")	Low	Moderate	High
SOCIAL SUPPORT	Degree of unit, family and community support	Minimally supported	Somewhat supported	Very supported



CONTACT YOUR BASE PATROL PATHFINDER PLATOON, AND PSP FITNESS AND RECONDITIONING PROFESSIONALS FOR TRAINING AND PREPARATION SUPPORT TO ENSURE OPTIMAL READINESS





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

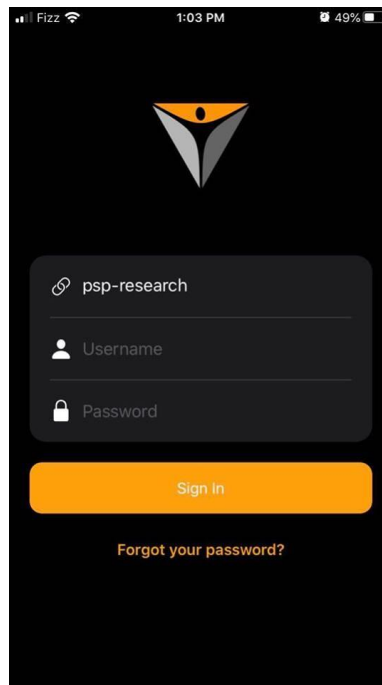
From the mobile device that you wish to install the mobile application on, go to the respective *app store* and search for “**Kinduct Athlete**”.

Logging In for the First Time

You can login to the *Kinduct Athlete* mobile application with the platform credentials that your PSP representative has created (via psp-research).

The first time you login you will need:

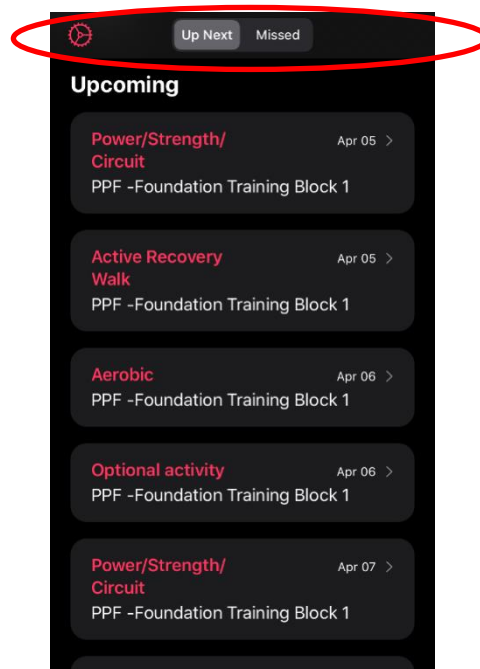
- **Username:** This is the username that the PSP professional has created for you (most likely going to be your full name e.g., John Smith).
- **Domain Name:** Enter “**psp-research**” as the domain.
- **Password:** Your PSP representative will provide you with a password (e.g., PPF2021).





Using the Mobile Application

Each time you open the mobile application, synchronization occurs and displays any workouts for the current day and upcoming days in the **“Up Next”** toggle and previous days in the **“Missed”** toggle. This allows you to complete any missed workouts, meanwhile keeping your program logs are up to date. From the **“Missed”** toggle select the program to finalize by selecting **“Submit”** or select to open the program to log exercise details.





Home Screen (Schedule)

The “**Home/Schedule**” screen is the main screen where you can see **ALL** programs assigned - current, upcoming, and missed.

NOTE: You will only be able to see what has been assigned to you by your trainer (PSP fitness professional) in the platform.

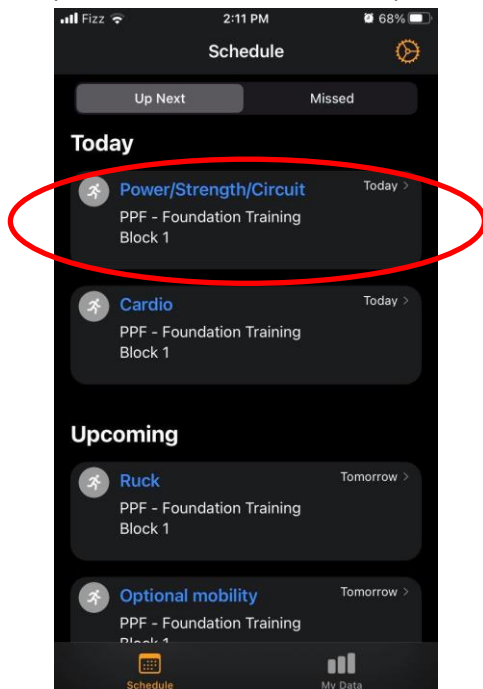
Use the “**Home/Schedule**” screen to view:

- Last Sync information
- Today's workouts
- Missed workouts
- Upcoming workouts

Programs

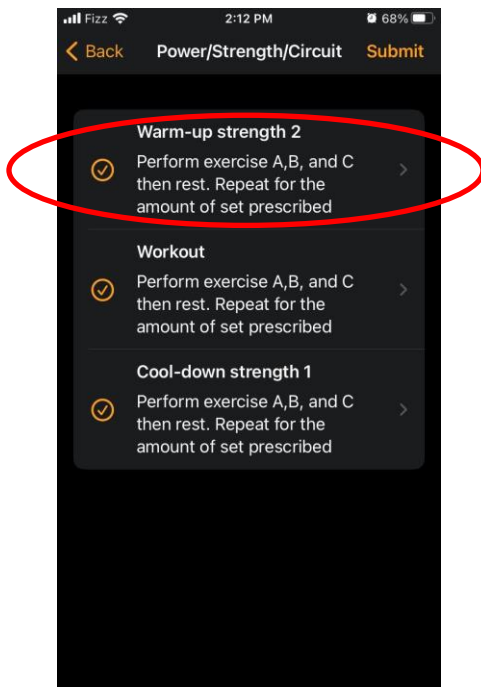
Once the program has been assigned by your PSP fitness professional, you will receive an email stating that “**A new routine has been assigned to you**”. You will then have access to the fitness program on the mobile application.

1. To view an assigned workout, tap the workout in the list to open the workout.

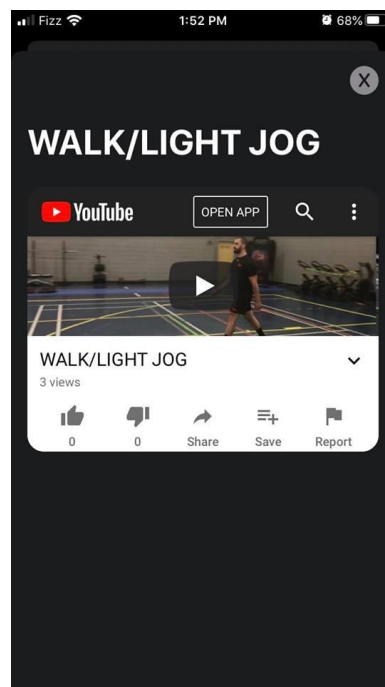
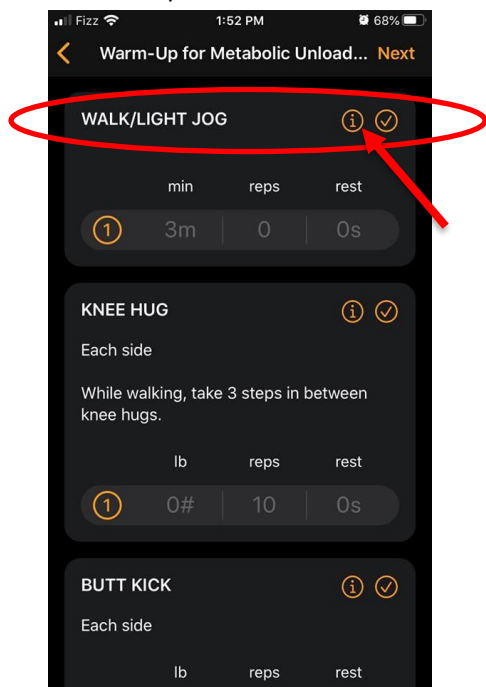




2. Tap a workout section (e.g., Warm-up, Workout, Cool-down) to view the exercises and their rep scheme.

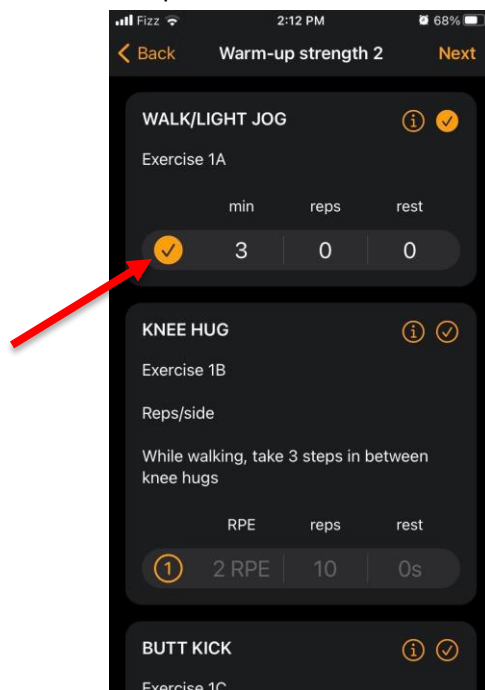


3. By clicking on the information sign for a specific exercise, you will be able to view the exercise description and video.



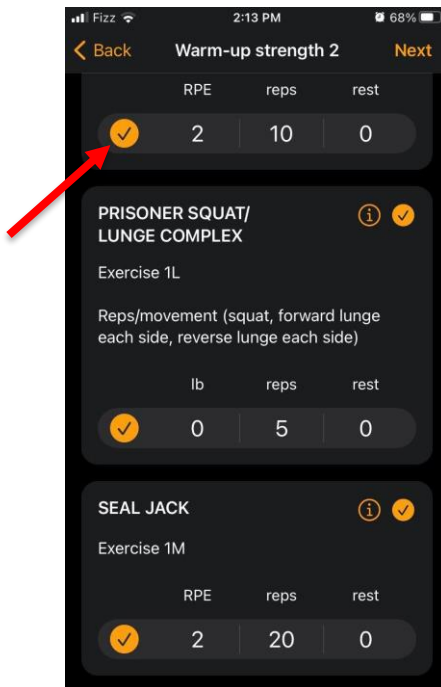


4. If you complete the exercise as prescribed (LB, REPS, REST), you then tap the number next to the exercise to mark the exercise as complete.



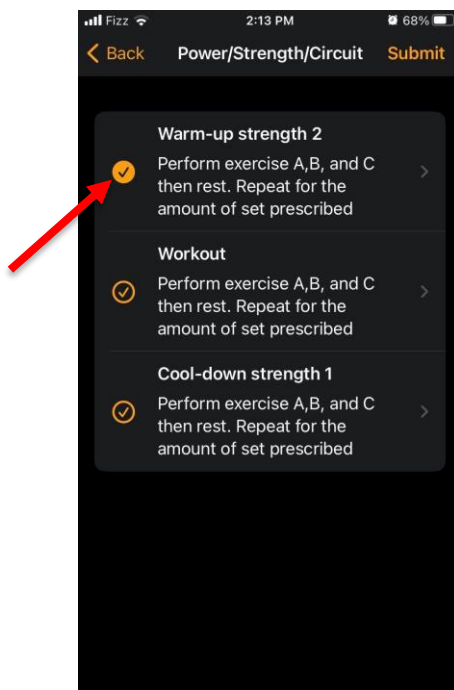


5. If you need to edit the rep scheme or input load used, click directly on the box associated with the metric, input the adjustment and click on the checkmark in the left corner to label as complete.

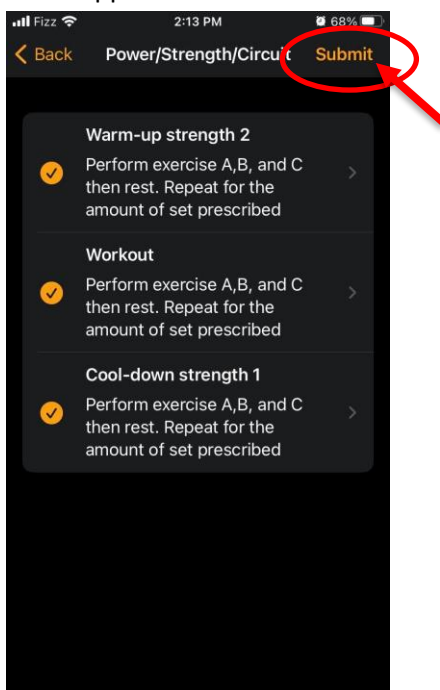




- You will tap the **orange check box** to the left of the exercise section to mark all exercises within that section as completed.



- Once each section of the workout is complete, tap **“Submit”** in the top right corner. Once you have clicked “Submit”, an RPE question will appear.





8. Enter your **RPE** and **Duration** and then tap **“Submit”**.

The screenshot shows a mobile application interface with a dark background. At the top, there is a status bar with the text 'Fizz', '10:02 AM', and '87%' next to a battery icon. Below the status bar is a navigation bar with a yellow arrow pointing left and the text 'Back'. The main content area contains a form with four rows of input fields:

- The first row is labeled '5 RPE' and has a control with a minus sign, a vertical line, and a plus sign.
- The second row is labeled 'Duration' and has a text input field containing '0 min'.
- The third row is labeled 'Training Load' and has a text input field containing '0'.
- The fourth row is labeled 'RPE Load' and has a text input field containing '0'.

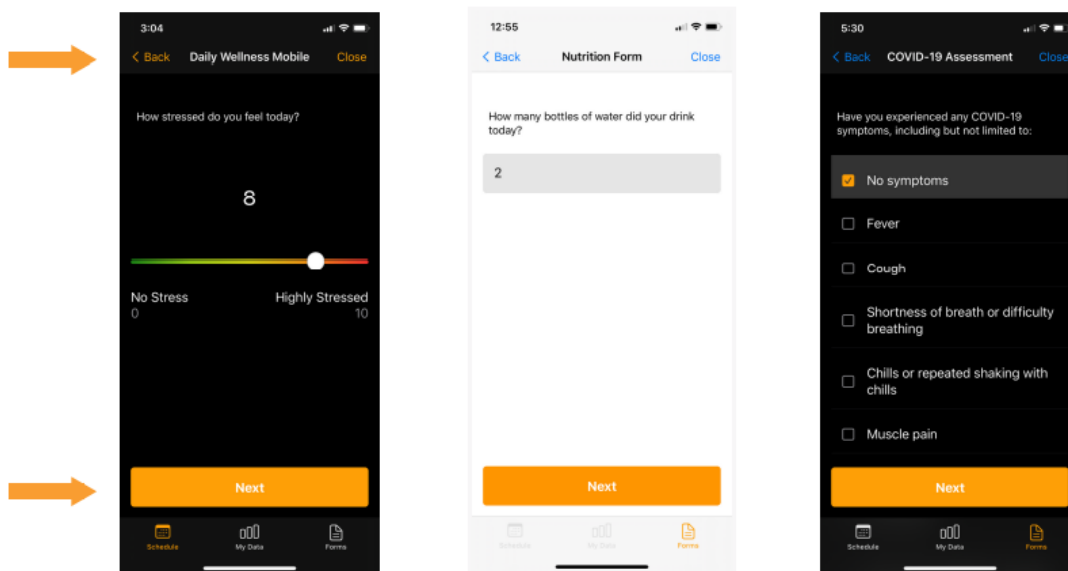
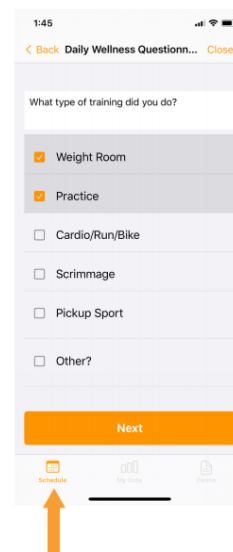
At the bottom of the form is a large, rounded rectangular button with a yellow background and the text 'Submit' in black.



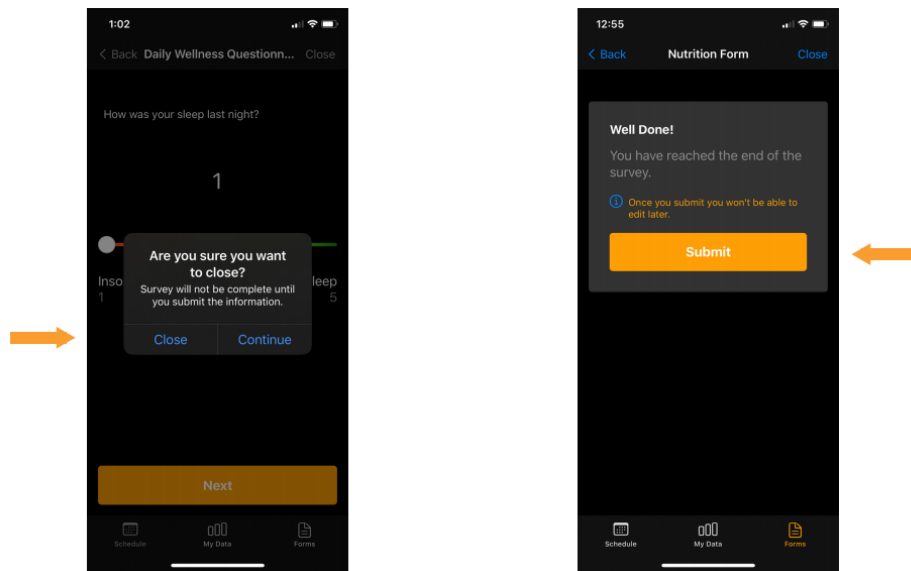
Appendix C: How to fill out Questionnaires and Manage Data

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

Once a Form has been launched (see pictures) each question will then be displayed, one per screen. You can move back to the start of the Form at any time, using the "Back" control, which is found top left of the screen.



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



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

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

Note: if you do not have wi-fi connection at the moment you are submitting the form, the data will be saved momentarily onto your phone and transferred to the Kinduct server once connectivity has returned.



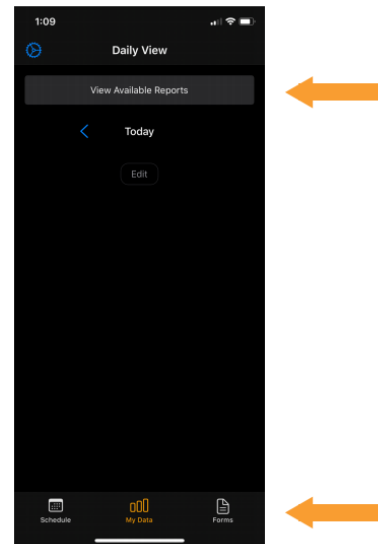
My Data Tab

The "My Data" tab provides access to an available report based on the wellness/readiness metrics.

Here you can monitor personal progress, empowering you to understand the data behind your performance.

The "My Data" tab has two purposes:

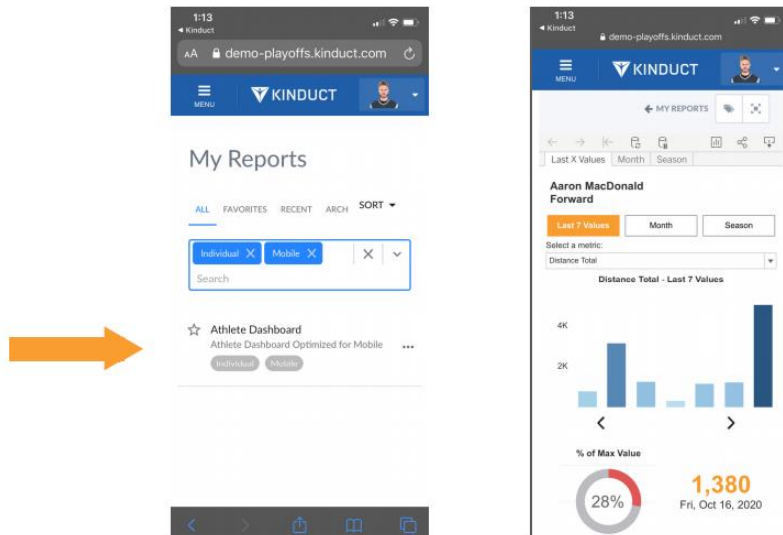
1. To allow access to your Reports
2. To show you the "Daily View" of your metrics



Reports

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

NOTE: Internet is required to access available reports.

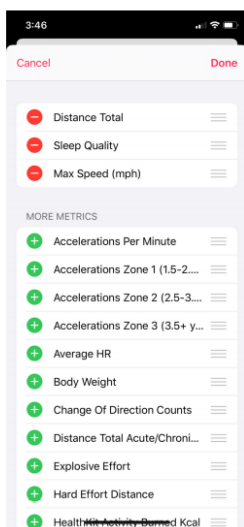




Daily View

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

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

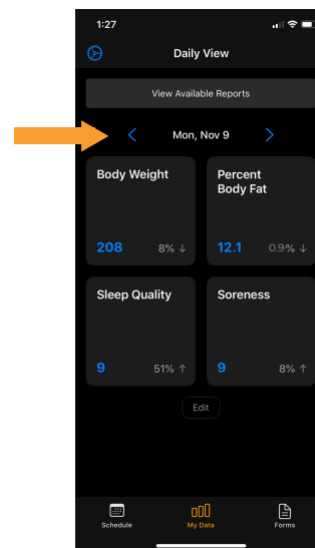
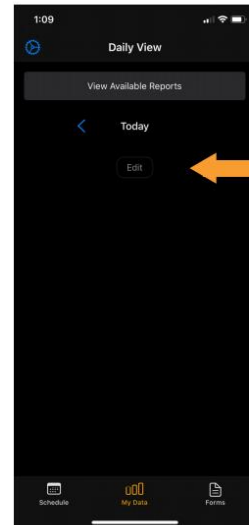


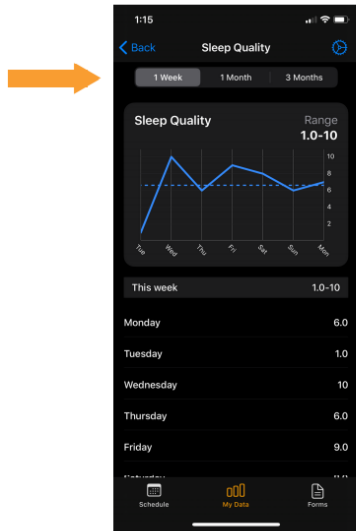
You can select the metrics that are important to you and/or have been designated from your coach on what to select.

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

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

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





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

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

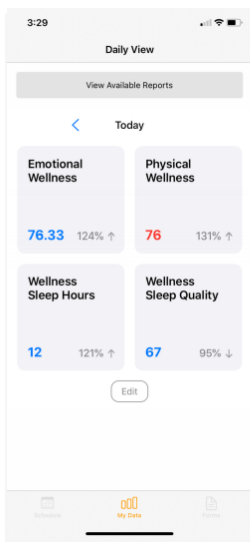
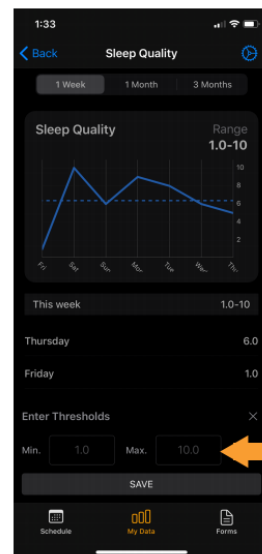
Specific values related to each view will be displayed below the line graph visual.

Setting Thresholds

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

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

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



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

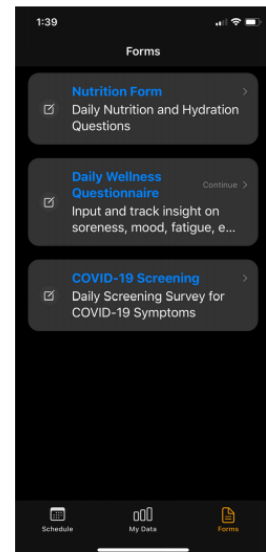


Forms Tab

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

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

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





Appendix D: PPF Programs

Preparation Schedule and Associated Training Program

Depending on the number of weeks available for training before the beginning of the course, you might have to adjust the training to better fit the time available. Select a program based on your actual fitness level.

Weeks available for preparation (*does not include 2-week Pre-PPF course)	State of physical preparedness	Program #
18	Less balanced training - missing several elements of foundation, need more base	1
16	Participate in regular varied fitness training; similar to Foundation training	2
14	Participate in regular varied fitness training; similar to Foundation training	3
12	Only attempt if participate in regular varied fitness training; minor injuries only - almost resolved	4
10	Only attempt if participate in regular varied fitness training; minor injuries only - almost resolved	5
8	Fitness training similar to Foundation fitness including regular heavy ruck over long periods - and no injuries. Ready for specific prep	6
6	Fitness training similar to Foundation fitness including regular heavy ruck over long periods - and no injuries. Ready for specific prep	7
4	Fitness training similar to Foundation fitness including regular heavy ruck over long periods - and no injuries. Ready for specific prep	8

***Pre PPF course: If participating in 2-week pre-PPF course, resume training program after pre PPF.**



NOTE: It is recommended you perform the blocks in the order the weeks are assigned below.

The number under the column of each block is the order the blocks should be assigned to the candidate according to the number of weeks available for training.

Example: 10 weeks (program #5): the candidate will perform block 7 of the foundation training for his/her first week of training, followed by block 9 for week 2, block 10 for week 3, then block 8 as an unload week for week 4.

Weeks available	Program #	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7	Block 8	Block 9	Block 10	Specific 1	Specific 2	Specific 3	Taper
10	5							1	4	2	3	5-6	7-8		9-10

Weeks available	Program #	Foundation Training Blocks/weeks										Specific Training Blocks (2 weeks per)			Taper
		Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7	Block 8	Block 9	Block 10	Specific 1	Specific 2	Specific 3	
		Load	Load	Load	Unload	Load	Load	Load	Unload	Load	Load	Load/unload			
18	1	1	2	3	4	5	6	7	8	9	10	11-12	13-14	15-16	17-18
16	2			1	4	2	3	5	8	6	7	9-10	11-12	13-14	15-16
14	3					1	2	3	4	5	6	7-8	9-10	11-12	13-14
12	4							1	4	2	3	5-6	7-8	9-10	11-12
10	5							1	4	2	3	5-6	7-8		9-10
8	6											1-2	3-4	5-6	7-8
6	7											1-2	3-4		5-6
4	8											1-2*	1-2*		3-4

*Note: Specific training Block 1, the candidate may choose to complete Specific training Block 2.



Section: Warm-ups

Warm-up for Strength/Power/Circuit Training Sessions

Exercises	Time	Reps	Description
Walk / Light jog	3 min		
Knee Hugs		20	10/ side, While walking, take 3 step in between knee hugs
Butt Kicks		20	10/side, While walking
Frankensteins		20	10/side, take 3 steps in between leg lifts
Dynamic Arm Fling		10	
Walking lunge		20	10/leg
Quadruped Reach Through		20	10/side
Bear Crawl		10 m	10 m / 10s break / 10 m
Full Inch Worm		3	
Vertical Jump into 20m run		3	Increase speed at each set. Alternate between exercise #11 and #12
Prone get up to run		2	Increase speed at each set. Alternate between exercise #11 and #12

Or

Exercises	Time	Reps	Description
Walk / Light jog	3 min		
Knee Hugs		20	10/side, While walking, take 3 step in between knee hugs.
Butt Kicks		20	10/side, While walking
Frankensteins		20	10/side, take 3 steps in between leg lifts
Dynamic Arm Fling		10	While walking
Inchworm Striders with Rotation		6	3/side
Side Lunge		16	8/side
Glute bridge		10	
Quadruped Reach Through		20	10/side
Blackburns		10	
Push Up Plus		10	Use knees if necessary
Prisoner Squat/Lunge Complex		15	5 reps each, Squat, Forward lunge, Reverse lunge



Seal Jacks		20	
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Warm-up for Cardio Training Sessions

Exercises	Time	Sets	Description
Walk / Light jog	3 min		
Knee Hugs		20	10/side, While walking, take 3 step in between knee hugs.
Butt Kicks		20	10/side, While walking
Frankensteins		20	10/side, take 3 steps in between leg lifts
Carioca		20m	Each side
Walking lunge		20	10/leg
Spiderman w overhead reach		20	10/side
Prone get up to 20 m run		3	Increase speed at each set.

Warm-up for Ruck Sessions

Exercises	Time	Sets	Description
Walk / Light jog	3min		
Knee hugs		10	5 / side; while walking
Standing glute stretch		10	5 / side; while walking
Butt kicks		20	
Ankle circuit		10m	1, walk on toes. 2, walk on heels. 3 Roll from heel to toes. 4, Feet inward. 5, Foot outward. 6, skip. 10m each Jog on the way back.
Cossack squat		10	5 / side
Walking lunge with twist		10	5 / side
Shoulder shrug		10	
Unloaded Push-Pull		10	
Neck mobility complex	Slow	15	5 reps each, right side, forward, left side



Section: Cool-downs

Heart rate and breathing should be returning to near resting levels once cool down is completed.

Stretching: just to relax the muscles.

Cool-down/Recovery for Ruck Sessions

Exercises	Time	Sets	Description
Stretch Flow #3			Optional or as an alternate for stretching sequence below.
Neck and Traps Stretch	15-20sec	1-2	Each side.
Standing Lower Back Stretch	15-20sec	1-2	Option: Perform knees to chest while lying on back.
Standing Quadriceps Stretch	15-20sec	1-2	Each leg. Option: Lying on the side or prone.
Seated Hamstring Stretch	15-20sec	1-2	Each leg. Option: Standing.
Lying Knee Hugs	15-20sec	1-2	Each leg.
Lying Glute Stretch	15-20sec	1-2	Each leg.
Lying Overhead Stretch	15-20sec	1-2	

Cool-down/Recovery for Strength/Power/Circuit Training Sessions

Exercises	Time	Sets	Description
Walk	3min		Lower the intensity of your activity, as an example slow down into an easy walk.
Shoulder Stretch	15-20sec	1-2	While walking, each side.
Hands Together Upper Back Stretch	15-20sec	1-2	While walking.
Chest Stretch	15-20sec	1-2	While walking.
IT Band Stretch	15-20sec	1-2	
Hip Flexor Stretch Lunge Position	15-20sec	1-2	Each side.
Cat-camel Stretch		3-4	Progress slowly alternating between movements.
Seated Hamstring Stretch	15-20sec	1-2	Each side; while reaching over head towards foot.
Glute Stretch	15-20sec	1-2	Each side.
Breathing techniques	30-60sec	3-4	Slow, purposeful breathing practicing mindfulness



Cool-down/Recovery for Cardio Training Sessions

Exercises	Time	Sets	Description
Walk	2min	1	Lower the intensity of your activity, as an example slow down into an easy walk.
Quad Renewal with roller	60sec	1	Both legs together.
Hamstring Renewal with Roller	60sec	1	Both legs together.
ITB Renewal with Roller	30sec	1	Each Leg.
Foam roll Mid back	60sec	1	
Seated Cross Over Knee Hug	15-20sec	2	Each Leg.
Child's Pose Stretch	20sec	1	
Cobra Stretch	15sec	2	

Or

Exercises	Time	Sets	Description
Walk	2min	1	Lower the intensity of your activity, as an example slow down into an easy walk.
Hamstring Stretch	15-20sec	1-2	Each Leg.
IT Band Stretch	15-20sec	1-2	Each Leg.
Standing Calf Stretch	15-20sec	1-2	Each Leg.
Lying on the Side Quadricep Stretch	15-20sec	1-2	Each Leg.
Seated Cross Over Knee Hug	15-20sec	2	Each Leg.
Child's Pose Stretch	20sec	1	
Cobra Stretch	15sec	2	



Section: Mobility (Select One of the Following Mobility Session)

F/M sessions should be uncomfortable but not painful.

**Mobility
1:
Bottom
of**

Exercise name	Time	Sets	Reps	Description
Calf Renewal with Roller	1-2min	1		Each side Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
Quad Renewal with Roller	1-2min	1		Each side Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
Wall Sit	30sec	2		Exhale and try to sink lower into stretch.
Olympic Wall Squat with Hip Rotator Stretch	30sec	2		Each side Exhale and try to sink lower into stretch.
Kneeling Split Adductor Mobilization		1	5	Each side Maintain neutral spine as rock back.
Squat Flow Sequence		1	10	Maintain neutral spine and drive knees out in bottom of squat. Can place plates or 2x4 under heels to make easier.
Foam Roll Mid Back	1-2min	1		Focus on stiff areas, go slow, and keep body weight distributed over the roller. Try and relax muscles over the roller.
Shoulder Renewal with Roller	1-2min	1		Each Side Focus on stiff areas, go slow, and try to relax muscles over roller or ball.
Triceps Renewal with Roller	1-2min	1		Each Side Focus on stiff areas, go slow, and try to relax muscles over roller or ball.
Wall Pec Stretch	30sec	2		Each Side Adjust angle on wall to find tight areas.
Shoulder Extension Stretch	30sec	2		
Thoracic Mobilization on Bench	30sec	2		Keep your hips behind your knees to avoid transferring the stretch to the lower back.
Push Up Plus		2	5-8	

Squat/Push Press Position





**Mobility
2:
Overhead**

Exercise name	Time	Sets	Reps	Description
Foam Roll Mid Back	1-2min	1		Focus on stiff areas, go slow, and keep body weight distributed over the roller. Try and relax muscles over the roller.
Shoulder Renewal with Roller	1-2min	1		Each Side Focus on stiff areas, go slow, and try to relax muscles over roller or ball.
Thoracic Mobilization on Bench	30sec	2		Keep your hips behind your knees to avoid transferring the stretch to the lower back.
Quadruped Thoracic Rotation		1	5-8	Each side Exhale and rotate in a slow and controlled manner so that you feel the stretch in upper back.
Arm walkovers		1	5-8	Each side Exhale and try to sink lower into stretch.
Scap Wall Slides		1	10	Maintain forearm contact with the wall.
Overhead Activation with Dowel		2	10	Maintain neutral spine, and create torque in shoulders (bend the bar).
Quad Renewal with Roller	1-2min	1		Each side Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
Glute Renewal with Roller	1-2min	1		Each Side Focus on stiff areas, go slow.
Standing Quad Stretch	30sec	2		Each Side Maintain upright spine, keep both thighs in line and together.
Hip Flexor	30sec	2		Each Side Avoid hyperextending low back to achieve hip rock forward. Stretch should be felt in front of hip.
Wall Pec Stretch	30sec	1		Each Side Adjust angle on wall to find tight areas.
Glute Bridge		1	10	
Lunge and Reach Flow Sequence with Strider		1	5	Each Side

Position/Undo Sitting





**Mobility
3:
Bottom
of**

Exercise name	Time	Sets	Reps	Description
Hamstring Renewal with Roller	1-2min	1		Each side Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
Glute Renewal with Roller	1-2min	1		Each Side Focus on stiff areas, go slow.
Doorway Single Leg Lowering		2	10	Each side Maintain neutral spine and keep toes pointed.
Frankensteins		2	8	Each side
Full Inch Worm		2	5	Maintain neutral spine.
Deadlift with Dowel		3	10	Maintain neutral spine position. Knees should be slightly flexed while keeping shins as vertical as possible. Maintain contact with dowel and thighs.
Foam Roll Mid Back	1-2min	1		Focus on stiff areas, go slow, and keep body weight distributed over the roller. Try and relax muscles over the roller.
Shoulder Renewal with Roller	1-2min	1		Each Side Focus on stiff areas, go slow, and try to relax muscles over roller or ball.
Calf Renewal with Roller	1-2min	1		Each side Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
Thoracic Mobilization on Bench	30sec	2		Keep your hips behind your knees to avoid transferring the stretch to the lower back.
Wall Pec Stretch	30sec	2		Each Side Adjust angle on wall to find tight areas.
Hip Flexor	30sec	2		Each Side Avoid hyperextending low back to achieve hip rock forward. Stretch should be felt in front of hip.
Wall Calf Stretch	30sec	2		Each Side Maintain heel contact during stretch.
Quadruped Thoracic Rotation		1	5-8	Each side Exhale and rotate in a slow and controlled manner so that you feel the stretch in upper back.

Deadlift/Ruck March-Carrying Recovery





Mobility 4: Running Recovery/Front Rack Position

Exercise name	Time	Sets	Reps	Description
Quad Renewal with Roller	1-2min	1		Each side Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
Glute Renewal with Roller	1-2min	1		Each Side Focus on stiff areas, go slow.
Calf Renewal with Roller	1-2min	1		Each side Focus on stiff areas, as well as above and below. Go slow, and keep body weight distributed over the roller.
Wall Calf Stretch	30sec	1		Each Side Maintain heel contact during stretch.
Hip Flexor	30sec	1		Each Side Avoid hyperextending low back to achieve hip rock forward. Stretch should be felt in front of hip.
Shoulder Extension Stretch	30sec	2		
Walking Lunge and Reach		1	5	Each Side Do not hyperextend low back during reach.
Foam Roll Mid Back	1-2min	1		Focus on stiff areas, go slow, and keep body weight distributed over the roller. Try and relax muscles over the roller.
Shoulder Renewal with Roller	1-2min	1		Each Side Focus on stiff areas, go slow, and try to relax muscles over roller or ball.
Triceps Renewal with Roller	1-2min	1		Each Side Focus on stiff areas, go slow, and try to relax muscles over roller or ball.
Thoracic Mobilization on Bench	30sec	2		Keep your hips behind your knees to avoid transferring the stretch to the lower back.
Wall Pec Stretch	30sec	2		Each Side Adjust angle on wall to find tight areas.
Triceps and Lat Stretch on Wall	30sec	2		Each Side
Front Rack Practice on Bar or with Dumbbells	1-2min			4X 15-30sec holds



Section: Foundation Phase

Foundation Training Loading Block 1				
Day 1	Part 1 A: Speed/Power box squat jump (2 s down) Sets: 3 / Reps: 5 / Rest: 2 min RPE: 4	Part 1 B: Strength Squat (3 sec down/explode up) Sets: 3 / Reps: 10 / Rest: 1.5 min RIR:3 Pull-up Sets: 3 / Reps: 8 / Rest: 1.5 min RIR: 3	Part 1 C: Circuit Kettlebell swing (10) Half Turkish get-up (1 per side) Push-up (3 sec down/explode up) (10) Sets: 5 / Rest: 1.5 min RPE: 5 - RIR: 5	Part 2: Active recovery Walk 10-20 lbs pack 1 hour
Day 2	Cardio: Interval Part 1 A 4 x 200 m or 40 sec Rest: 2 min RPE: 9	Cardio: Interval Part 1 B 4 x 400 m or 1.5 min Rest: 2-3 min RPE: 8	Part 2: Optional Activity Easy to moderate Ex: yoga, martial art, cycling, hockey	
Day 3	Part 1 A: Speed/Power Push press Sets: 3 / Reps: 5 / Rest: 2 min RPE: 5	Part 1 B: Strength Bulgarian Split Squat Sets: 3 / Reps: 10 per side / Rest: 1.5 min Superset: Overhead press/ Dumbbell Row (Both single arm) Sets: 3 / Reps: 8 per side / Rest: 2 min after the 2 exercises RIR: 4	Part 1 C: Circuit Suitcase Carry (30 m / side) Pallof press (3 x 5 sec hold /side) Swiss ball rollout (10) Sets: 3 / Rest: 1.5 min after the 3 exercises RPE: 5 - RIR: 5	Part 2: Active recovery Walk 10-20 lbs pack 1 hour
Day 4	Part 1 A: Swimming Warm-up: 100 m choice stroke, 50 m kick	Part 1 B: Swimming Main Activity 1 min treading/ eggbeater + quickly climbing out of water Sets: 5 / Rest: 15 sec	Part 2: Optional Activity Easy to moderate Ex: yoga, martial art, cycling, hockey	Part 3: Mobility See mobility training sheet



	<p>4x 50 m – freestyle 2x 50 m – kick with board 4x 50 m – swim with fins 100 m side stroke easy Rest: 15 sec between each reps</p>			
Day 5	<p>Part 1 A: Speed/Power Barbell Squat Jump Sets: 3 / Reps: 5 / Rest: 2 min RPE: 4</p>	<p>Part 1 B: Strength Trap bar deadlift Sets: 3 / Reps: 10 / Rest: 1.5 min RIR: 3</p> <p>Bench Press Sets: 3 / Reps: 10 / Rest: 1.5 min RIR: 3</p>	<p>Part 1 C: Circuit Hip thrust (10) Farmer Walk (50 m) Dead Bug (10 per side/ 3 sec hold each) Sets: 5 / Rest: 1.5 min after the 3 exercises RPE: 5 - RIR: 4</p>	<p>Part 2: Cardio: Aerobic Threshold 5-6 x 4 min upbeat pace Sets: 1 / Rest: 1 min RPE: 6</p>
Day 6	<p>Part 1: Ruck Circuit Load: 25 kg Total (Vest 15kg / pack 10kg) Walk 10 km, during walk perform the following circuit 2x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec</p> <p>Rest: circuit with no rest / time to completion 2 hr 10 min</p>		<p>Part 2: Mobility See mobility training sheet</p>	
Day 7	<p>Active recovery Walk 1 hour - No load</p>			



Foundation Training Loading Block 2

Day 1	Part 1 A: Speed/Power Box squat jump (2 s down) Sets: 3 / Reps: 5 / Rest: 2 min RPE: 4	Part 1 B: Strength Squat (3 sec down/explode up) Sets: 4 / Reps: 10 / Rest: 1.5 min RIR: 3 Pull-up (weighted) Sets: 4 / Reps: 8 / Rest: 1.5 min RIR: 3	Part 1 C: Circuit Kettlebell swing (10) Half Turkish get-up (1 per side) Push-up (3 sec down/explode up) (10) Sets: 6 / Rest: 1.5 min RPE: 5 - RIR: 5	Part 2: Active recovery Walk 10-20 lbs pack 1 hour
Day 2	Cardio: Interval Part 1 A 4 x 200 m or 40 sec Rest: 2 min RPE: 9	Cardio: Interval Part 1 B 4 x 400 m or 1min 30 sec Rest: 2-3 min RPE 8	Part 3: Optional Activity Easy to moderate Ex: yoga, martial art, cycling, hockey	
Day 3	Part 1 A: Speed/Power Push press Sets: 3 / Reps: 5 / Rest: 2 min RPE: 5	Part 1 B: Strength Bulgarian Split Squat Sets: 4 / Reps: 10 per side / Rest: 1.5 min Superset: Overhead press/ Dumbbell Row (Both single arm) Sets: 4 / Reps: 8 per side / Rest: 2 min after the 2 exercises RIR: 4	Part 1 C: Circuit Suitcase Carry (30 m / side) Pallof press (3 x5 sec holds /side) Swiss ball rollout (10) Sets: 4 / Rest: 1.5 min after the 3 exercises RPE: 5 - RIR: 5	Part 2: Active recovery Walk 10-20 lbs pack 1 hour
Day 4	Part 1 A: Swimming Warm-up: 100 m choice stroke, 100 m kick	Part 1 B: Swimming Main Activity Straight jump to bottom of pool 1 min treading/ eggbeater + quickly climbing out of water Sets: 5 / Rest: 15 sec 4 x 50 m – freestyle	Part 2: Optional Activity Easy to moderate Ex: yoga, martial art, cycling, hockey	Part 3: Mobility See mobility training sheet



	<p>4 x 50 m – kick with board 4 x 50 m – kick with fins 4 x 50 m – kick with one fin (25 m on each side) 4 x 50 m – swim with fins 100 m side stroke easy Rest: 15 sec between each reps</p>			
Day 5	<p>Part 1 A: Speed/Power Barbell Squat Jump Sets: 3 / Reps: 5 / Rest: 2 min RPE: 4</p>	<p>Part 1 B: Strength Trap bar deadlift Sets: 4 / Reps: 10 / Rest: 1.5 min RIR: 3 Bench Press Sets: 4 / Reps: 10 / Rest: 1.5 min RIR: 3</p>	<p>Part 1 C: Circuit Hip thrust (10) Farmer Walk (50 m) Dead Bug (10 per side/ 3 sec hold each) Sets: 6 / Rest: 1.5 min after the 3 exercises RPE: 5 - RIR: 4</p>	<p>Part 2: Cardio: Aerobic Threshold 5-6 x 5 min upbeat pace Sets: 1 / Rest: 1 min RPE: 6</p>
Day 6	<p>Part 1: Ruck Circuit Load: 27 kg Total (Vest 15kg / pack 12kg) Walk 10 km, during walk perform the following circuit 3x: Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec Rest: circuit with no rest / time to completion 2 hr 10 min</p>	<p>Part 2: Mobility See mobility training sheet</p>		
Day 7	<p>Active recovery Walk 1 hour</p>			



Foundation Training Loading Block 3

Day 1	<p>Part 1 A: Speed/Power Box squat jump (2 s down) Sets: 3 / Reps: 5 / Rest: 2 min RPE: 4</p>	<p>Part 1 B: Strength Squat (3 sec down/explode up) Sets: 4 / Reps: 10 / Rest: 1.5 min RIR: 2</p> <p>Pull-up (weighted) Sets: 4 / Reps: 8 / Rest: 1.5 min RIR: 2</p>	<p>Part 1 C: Circuit Kettlebell swing (10) Half Turkish get-up (1 per side) Push-up (3 sec down/explode up) (10) Sets: 6 / Rest: 1.5 min RPE: 6 - RIR: 4</p>	<p>Part 2: Active recovery Walk 10-20 lbs pack 1 hour</p>
Day 2	<p>Cardio: Interval Part 1 A 3 x 200 m or 40 sec Rest: 2 min RPE: 9</p>	<p>Cardio: Interval Part 1 B 3 x 800 m or 3.5 min Rest: 3 min 30 sec RPE : 7</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial art, cycling, hockey</p>	
Day 3	<p>Part 1 A: Speed/Power Push press Sets: 3 / Reps: 5 / Rest: 2 min RPE: 5</p>	<p>Part 1 B: Strength Bulgarian Split Squat Sets: 4 / Reps: 10 per side / Rest: 1.5 min</p> <p>Superset: Overhead press/ Dumbbell Row (Both single arm) Sets: 4 / Reps: 8 per side / Rest: 2 min after the 2 exercises RIR: 3</p>	<p>Part 1 C: Circuit Suitcase Carry (30 m / side) Paloof press (3 x 5 sec holds /side) Swiss ball rollout (10) Sets: 4 / Rest: 1.5 min after the 3 exercises RPE: 5 - RIR: 6</p>	<p>Part 2: Active recovery Walk 10-20 lbs pack 1 hour</p>
Day 4	<p>Part 1 A: Swimming Warm-up: 150 m choice stroke, 100 m kick</p>	<p>Part 1 B: Swimming Main Activity Straight jump to bottom of pool 1 min treading/ eggbeater + quickly climbing out of water Sets: 5 / Rest: 15 sec</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial art, cycling, hockey</p>	<p>Part 3: Mobility See mobility training sheet</p>



	<p>2 x 200 m – freestyle (I technique- 1 fast) Rest: 45 sec</p> <p>5 x 100 m – swim with fins Rest: 20-30 sec</p> <p>100 m side stroke easy</p>			
Day 5	<p>Part 1 A: Speed/Power Barbell Squat Jump Sets: 3 / Reps: 5 / Rest: 2 min RPE: 4</p>	<p>Part 1 B: Strength Trap bar deadlift Sets: 4 / Reps: 10 / Rest: 1.5 min RIR: 2</p> <p>Bench Press Sets: 4 / Reps: 10 / Rest: 1.5 min RIR: 2</p>	<p>Part 1 C: Circuit Hip thrust (10) Farmer Walk (50 m) Dead Bug (10 per side/ 3 sec hold each) Sets: 6 / Rest: 1.5 min after the 3 exercises RPE: 6 - RIR: 3</p>	<p>Part 2: Cardio: Aerobic Threshold 5-6 x 5 min upbeat pace Sets: 1 / Rest: 1 min RPE: 6-7</p>
Day 6	<p>Part 1: Ruck Circuit Load: 36 kg Total (Vest 15kg / pack 21kg) Walk 6 km, during walk perform the following circuit 2x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec</p> <p>Rest: circuit with no rest / time to completion 1 hr 10 min</p>	<p>Part 2: Mobility See mobility training sheet</p>		
Day 7	<p>Active recovery Walk 1 hour</p>			



Foundation Training Unload Block 4

Day 1	<p>Part 1 A: Speed/Power Box squat jump (2 sec down) Sets: 3 / Reps: 4 / Rest: 2 min RPE: 3</p>	<p>Part 1 B: Strength Squat (3 sec down / explode up) Sets: 2 / Reps: 10 / Rest: 1.5 min RIR: 4</p> <p>Pull-up Sets: 2 / Reps: 8 / Rest: 1.5 min RIR: 4</p>	<p>Part 1 C: Circuit Kettlebell swing (10) Half Turkish getup (1 per side) Push-up (3 sec down explode up) (10) Sets: 3 / Rest: 1.5 min after the 3 exercises RPE: 6</p>	<p>Part 2: Active recovery Walk 10-20 lbs pack 1 hour</p>
Day 2	<p>Cardio Part 1 A: Agility Ladder drills Forward High Knees (2 feet in) Forward Quick Feet (2 feet in) Side Step (2 feet in) Forward In and Out (2 feet in, 2 out) Lateral In and Out (2 feet in, 2 out) Sets: 3 / Reps: 2 lengths / Rest: 0 RPE: 4</p>	<p>Cardio Part 1 B: Interval 2 x 800 m or 3.5 min Sets: 3 / Rest: 3.5 min RIR: 7</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial art, cycling, hockey</p>	
Day 3	<p>Part 1 A: Swimming Open Water if possible Warm-up: 150 m choice stroke, 50 m kick</p>	<p>Part 1 B: Swimming Main Activity 1 min hands just above the water while treading water or eggbeater; 15 sec rest; 5 x bob down to bottom of pool (rest 5-10 s at surface before next decent) Sets: 3 / Rest: no rest</p> <p>100 m choice stroke steady pace Sets: 5 / Rest: 15 sec</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial art, cycling, hockey</p>	<p>Part 3: Mobility See mobility training sheet</p>



Day 4	<p>Cardio Fit Check: Option 1 12 min cooper test time trial Time: 12 min Pace: as fast as possible Why: use results to calculate VO2Max</p>	<p>Cardio Fit Check: Option 2 2.4 km run test time trial Distance: 2.4 Pace: as fast as possible Why: use results to calculate VO2Max</p>	<p>Part 2: Optional activity Easy to moderate Ex: yoga, martial art, cycling, hockey</p>	
Day 5	<p>Part 1 A: Speed/Power Barbell squat jump Sets: 3 / Reps: 4 / Rest: 2 min RPE : 3</p>	<p>Part 1 B: Strength Trap bar deadlift Sets: 2 / Reps: 10 / Rest: 1.5 min RIR: 4</p> <p>Bench press Sets: 2 / Reps: 10 / Rest: 1.5 min RIR: 4</p>	<p>Part 1 C: Circuit Hip thrust (10) Farmer Walk (50 m) Dead Bug (10 per side/ 3 sec hold each) Sets: 3 / Rest: 1.5 min after the 3 exercises RPE: 6 - RIR: 4</p>	<p>Part 2: Active Recovery Walk 10-20 lbs pack 1 hour</p>
Day 6	<p>Part 1: Ruck Circuit Load: 27 kg Total (Vest 15kg / pack 12kg) Walk 12 km, during walk perform the following circuit 4x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec Rest: circuit with no rest / time to completion 2 hr 40 min</p>		<p>Part 2: Mobility See mobility training sheet</p>	
Day 7	<p>Active recovery Walk 1 hour</p>			



Foundation Training Loading Block 5				
Day 1	Part 1 A: Speed/Power Box countermovement Sets: 3 / Reps: 5 / Rest: 2 min RPE: 4	Part 1 B: Strength Squat (2 sec down/explode up) Sets: 3 / Reps: 5 / Rest: 3 min RIR: 3 Pull-up (weighted) Sets: 3 / Reps: 5 / Rest: 3 min RIR: 3	Part 1 C: Circuit Burpees (10) Slow bear crawl (20 Steps) Suitcase deadlift (10 per side) Sets: 6 / Rest: 1.5 min RPE: 6 - RIR: 4	Part 2: Active recovery Walk 10-20 lbs pack 1 hour
Day 2	Cardio: Interval Part 1 A Prone start forward stop and go, hand touch each end Sets: 4 / Reps: 6 m distance x 8 / Rest: 1 min RPE: 8	Cardio: Interval Part 1 B 4 x 800 m or 3.5 min Sets: 1 / Rest: 3.5 min RPE : 7	Part 2: Optional Activity Easy to moderate Ex: yoga, martial art, cycling, hockey	
Day 3	Part 1 A: Speed/Power Push Jerk Sets: 3 / Reps: 5 / Rest: 2 min RIR: 5	Part 1 B: Strength Bulgarian Split Squat Sets: 3 / Reps: 5 per side / Rest: 3 min RIR: 4 Superset: TRX Push-up/ TRX Row Sets: 3 / Reps: 5 per side / Rest: 2 min after the 2 exercises RIR: 4	Part 1 C: Circuit Overhead Carry (30 m / side) Pallof walkout (3x3 steps /side) Slow inchworm (10) Sets: 4 / Rest: 1.5 min after the 3 exercises RPE: 6	Part 2: Active recovery Walk 10-20 lbs pack 1 hour
Day 4	Part 1 A: Swimming Warm-up: 150 m choice stroke, 100 m kick	Part 1 B: Swimming Main Activity Straight jump into pool- pick up 5-10 lbs 1 min treading/ eggbeater with weight – drop weight Sets: 5 / Rest: 30 sec	Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey	Part 3: Mobility See mobility training sheet



	<p>3 x 200 m – swim with fins 2 x 200 m – swim with one fin (alternating side with fin) Rest: 30 sec</p> <p>50 m side stroke easy</p>			
Day 5	<p>Part 1 A: Speed/Power Barbell countermovement jump Sets: 3 / Reps: 5 / Rest: 2 min RPE: 4</p>	<p>Part 1 B: Strength Trap bar deadlift Sets: 3 / Reps: 5 / Rest: 3 min RIR: 3</p> <p>Bench Press Sets: 3 / Reps: 5 / Rest: 3 min RIR: 3</p>	<p>Part 1 C: Circuit Single leg Hip thrust (8 per side) Renegade row (5 per side) Cable Cross lift (half kneeling) (5 per side) Sets: 5 / Rest: 1.5 min after the 3 exercises RIR: 4</p>	<p>Part 2: Cardio: Aerobic Threshold Prone start forward- backward stop and go, hand touch each end 6 m distance Sets: 4 / Reps: 8 / Rest: 1 min RPE: 8 Interval:</p> <p>3 x 8 min Upbeat pace Sets: 1 / Rest: 2 min light jog RPE : 6</p>
Day 6	<p>Part 1: Ruck Circuit Load: 36 kg Total (Vest 15kg / pack 21kg) Walk 6 km, during walk perform the following circuit 3x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec</p>	<p>Part 2: Mobility See mobility training sheet</p>		



	Rest: circuit with no rest / time to completion 1 hr 10 min	
Day 7	Active recovery Walk 1 hour	



Foundation Training Loading Block 6

Day 1	<p>Part 1 A: Speed/Power Box countermovement Sets: 3 / Reps: 5 / Rest: 2 min RPE: 4</p>	<p>Part 1 B: Strength Squat (2 sec down/explode up) Sets: 3 / Reps: 5 / Rest: 3 min RIR: 2</p> <p>Pull-up Sets: 3 / Reps: 5 / Rest: 3 min RIR: 2</p>	<p>Part 1 C: Circuit Burpees (10) Slow bear crawl (20 Steps) Suitcase deadlift (10 per side) Sets: 7 / Rest: 1.5 min RPE: 6 - RIR: 4</p>	<p>Part 2: Active recovery Walk 10-20 lbs pack 1 hour</p>
Day 2	<p>Cardio: Interval Part 1 A T-drills (5m distance) prone start, 5m distance Sets: 3 / Reps: 8 / Rest: 1 min RPE: 8</p>	<p>Cardio: Interval Part 1 B 1 x 200 m or 40 sec Rest: 2 min RPE: 9</p> <p>1 x 400 m or 1.5 min Rest: 1.5-3 min RPE: 8</p> <p>3 x 1000 m or 4 min Rest: 4 min RPE: 7</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	
Day 3	<p>Part 1 A: Speed/Power Push Jerk Sets: 3 / Reps: 5 / Rest: 2 min RIR: 5</p>	<p>Part 1 B: Strength Bulgarian Split Squat Sets: 3 / Reps: 5 per side / Rest: 3 min RIR: 5</p> <p>Superset: TRX Push-up/ TRX Row Sets: 3 / Reps: 5 / Rest: 2 min after the 2 exercises RIR: 3</p>	<p>Part 1 C: Circuit Overhead Carry (30 m / side) Pallof walkout (3x3 steps /side) Slow inchworm (10) Sets: 5 / Rest: 1.5 min after the 3 exercises RPE: 6</p>	<p>Part 2: Active recovery Walk 10-20 lbs pack 1 hour</p>



Day 4	<p>Part 1 A: Swimming Warm-up: 150 m choice stroke, 100 m kick</p>	<p>Part 1 B: Swimming Main Activity Straight jump into pool- pick up 5-10lbs 2 min treading water/ eggbeater with weight 1 min – drop weight 1 min no weight Sets: 5 / Rest: 15-30 sec</p> <p>50 m free 25 m each right and left one arm freestyle 50 m choice stroke head up 25 m each right and left one arm freestyle 100 m swim with fins Sets: 5 / Rest: 1 min between sets</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	<p>Part 3: Mobility See mobility training sheet</p>
Day 5	<p>Part 1 A: Speed/Power Barbell countermovement jump Sets: 3 / Reps: 5 / Rest: 2 min RPE: 4</p>	<p>Part 1 B: Strength Trap bar deadlift Sets: 3 / Reps: 5 / Rest: 3 min RIR: 2</p> <p>Bench Press Sets: 3 / Reps: 5 / Rest: 3 min RIR: 2</p>	<p>Part 1 C: Circuit Single leg Hip thrust (8 per side) Renegade row (5 per side) Cable Cross lift (half kneeling) (5 per side) Sets: 6 / Rest: 1.5 min after the 3 exercises RIR: 4</p>	<p>Part 2: Cardio: Aerobic Threshold T-drills (5m distance) prone start Sets: 4 / Reps: 2 / Rest: 1 min RPE: 8</p> <p>Interval: 3 x 8 min Upbeat pace Rest: 2 min light jog RPE : 6 1 x 5 min Upbeat pace</p>



		Rest: 0 RPE: 6-7
Day 6	Part 1: Ruck Circuit Load: 30 kg Total (Vest 15kg / pack 15kg) Walk 14km, during walk perform the following circuit 4x: Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec Rest: circuit with no rest / time to completion 3 hr 05 min	Part 2: Mobility See mobility training sheet
Day 7	Active recovery Walk 1 hour	



Foundation Training Loading Block 7

Day 1	Part 1 A: Speed/Power Box countermovement Sets: 3 / Reps: 5 / Rest: 2 min RPE: 4	Part 1 B: Strength Squat (2 sec down/explode up) Sets: 4 / Reps: 5 / Rest: 3 min RIR: 2 Pull-up Sets: 4 / Reps: 5 / Rest: 3 min RIR: 2	Part 1 C: Circuit Burpees (10) Slow bear crawl (20 Steps) Suitcase deadlift (10 per side) Sets: 7 / Rest: 1.5 min after the 3 exercises RPE: 7 - RIR: 3	Part 2: Active recovery Walk 10-20 lbs pack 1 hour
Day 2	Cardio: Interval Part 1 A Prone start forward stop and go, hand touch each end, 6m distance Sets: 4 / Reps: 8 / Rest: 1 min RPE: 8	Cardio: Interval Part 1 B 4 x 1000 m or 4 min Sets: 1 / Rest: 4 min RPE : 7	Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey	
Day 3	Part 1 A: Speed/Power Push Jerk Sets: 3 / Reps: 5 / Rest: 2 min RIR: 5	Part 1 B: Strength Bulgarian Split Squat Sets: 4 / Reps: 5 per side / Rest: 3 min RIR: 3 Superset: TRX Push-up/ TRX Row Sets: 4 / Reps: 5 / Rest: 2 min after the 2 exercises RIR: 3	Part 1 C: Circuit Overhead Carry (30 m / side) Pallof walkout (3x3 steps /side) Slow inchworm (10) Sets: 5 / Rest: 1.5 min after the 3 exercises RPE: 7	Part 2: Active recovery Walk 10-20 lbs pack 1 hour
Day 4	Part 1 A: Swimming Warm-up: 150 m choice stroke, 100 m kick	Part 1 B: Swimming Main Activity Straight jump into pool- pick up 5-10lbs 15 sec treading water 25 m eggbeater with weight 15 sec treading water, set weight on edge on pool deck Sets: 5 / Rest: 15-30 sec	Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey	Part 3: Mobility See mobility training sheet



	2 x 500 m swim with fins (rest if require 1 min) 50 m easy side stroke			
Day 5	Part 1 A: Speed/Power Barbell countermovement jump Sets: 3 / Reps: 5 / Rest: 2 min RPE: 4	Part 1 B: Strength Trap bar deadlift Sets: 4 / Reps: 5 / Rest: 3 min RIR: 2 Bench Press Sets: 4 / Reps: 5 / Rest: 3 min RIR: 2	Part 1 C: Circuit Single leg Hip thrust (8 per side) Renegade row (5 per side) Cable Cross lift (half kneeling) (5 per side) Sets: 6 / Rest: 1.5 min after the 3 exercises RIR: 3	Part 2: Cardio: Aerobic Threshold Prone start forward-backward stop and go, hand touch each end, 6m distance Sets: 4 / Reps: 8 Rest: 1 min RPE: 8 Interval: 2 x 12min Upbeat pace Rest: 3 min light jog RPE : 6 1 x 5 min Upbeat pace Rest: 0 RPE: 6-7
Day 6	Part 1: Ruck Circuit Load: 40 kg Total (Vest 15kg / pack 25kg) Walk 7 km, during walk perform the following circuit 2x: Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec Rest: circuit with no rest / time to completion 1 hr 25 min		Part 2: Mobility See mobility training sheet	



Day 7	Active recovery Walk 1 hour
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Foundation Training Unloading Block 8				
Day 1	Part 1 A: Speed/Power Box Countermovement Sets: 3 / Reps: 4 / Rest: 2 min RPE: 3	Part 1 B: Strength Squat (2 sec down/explode up) Sets: 2 / Reps: 5 / Rest: 3 min RIR: 5 Pull-up Sets: 2 / Reps : 5 / Rest: 3 min RIR: 5	Part 1 C: Circuit Burpees (10) Slow Bear Crawl (20 steps) Suitcase Deadlift (10 per side) Sets: 4 / Rest: 1.5 min after the 3 exercises RPE: 5 / RIR: 5	Part 2: Active recovery Walk 10-20 lbs pack 1 hour
Day 2	Cardio Part 1 A: Agility Ladder drills Forward High Knees (2 feet in) Forward Quick Feet (2 feet in) Side Step (2 feet in) Forward In and Out (2 feet in, 2 out) Lateral In and Out (2 feet in, 2 out) Sets: 3 / Reps: 2 lengths Rest: 0 RPE: 4	Cardio Part 1 B : Interval 1 x 400 m or 1 min 30 sec Rest: 3 min RPE: 8 2 x 1000 m or 4 min Rest: 4 min RPE: 7	Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey	
Day 3	Part 1 A: Swimming Open Water if possible Warm-up: 150 m choice stroke, 100 m kick	Part 1 B: Swimming Main Activity 2 min hands just above the water while treading water or eggbeater; 15 sec rest; bob	Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey	Part 3: Mobility See mobility training sheet



	<p>down to bottom of pool and up</p> <p>Sets: 3 / Reps: 5 / Rest: 0</p> <p>3 x 200 m choice stroke steady pace</p> <p>Rest: 30 sec</p>			
Day 4	<p>Cardio Fit Check: Option 1</p> <p>12 min cooper test time trial</p> <p>Time: 12 min</p> <p>Pace: as fast as possible</p> <p>Why: use results to calculate VO2Max</p>	<p>Cardio Fit Check: Option 2</p> <p>2.4 km run test time trial</p> <p>Distance: 2.4</p> <p>Pace: as fast as possible</p> <p>Why: use results to calculate VO2Max</p>	<p>Part 2: Optional activity</p> <p>Easy to moderate</p> <p>Ex: yoga, martial arts, cycling, hockey</p>	
Day 5	<p>Part 1 A: Speed/Power</p> <p>Barbell countermovement jump</p> <p>Sets: 3 / Reps: 4 / Rest: 2 min RPE: 3</p>	<p>Part 1 B: Strength</p> <p>Trap bar deadlift</p> <p>Sets: 2 / Reps: 5 / Rest: 3 min RIR: 5</p> <p>Bench Press</p> <p>Sets: 2 / Reps: 5 / Rest: 3 min RIR: 5</p>	<p>Part 1 C: Circuit</p> <p>Single leg Hip thrust (8 per side)</p> <p>Renegade row (5 per side)</p> <p>Cable Cross lift (half kneeling) (5 per side)</p> <p>Sets: 3 / Rest: 1.5 min after the 3 exercises RIR: 6</p>	<p>Part 2: Active Recovery</p> <p>Walk</p> <p>10-20 lbs pack</p> <p>1 hour</p>
Day 6	<p>Part 1: Ruck Circuit Load: 33 kg Total (Vest 15kg / pack 18kg)</p> <p>Walk 16 km, during walk perform the following circuit 4x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left)</p> <p>Lay down in a prone position and stand up</p> <p>Sit down and stand up</p> <p>Remove ruck and place it on the ground (no ruck flop)</p> <p>Put ruck on,</p> <p>Shuffle 20 sec</p>		<p>Part 2: Mobility</p> <p>See mobility training sheet</p>	



	Rest: circuit with no rest / time to completion 3 hr 30 min
Day 7	Active recovery Walk 1 hour

Foundation Training Loading Block 9				
Day 1	Part 1 A: Speed/Power Superset: Box drop and stick Supine dead stop chest pass Sets: 3 / Reps: 5 / Rest: 2 min after 2 exercises RPE: 5	Part 1 B: Strength Superset: Squat (explode up) Sets: 3 / Reps: 3 / Rest: 3 min RIR: 3 Typewriter Pull-up (up, left, right, down) Sets: 3 / Reps: 5 / Rest: 2 min RIR: 3	Part 1 C: Circuit Sled drag (20 m) Sled rope pull (20 m) Sled push (20 m) Sets: 6 / Rest: 1.5 min after the 3 exercises RPE: 7	Part 2: Active recovery Walk 10-20 lbs pack 1 hour
Day 2	Cardio: Interval Part 1 A Prone start T-Drills Sets: 3 / Reps: 2 Rest: 1 min RPE: 7-8	Cardio: Interval Part 1 B 2 x 200 m or 40 sec Rest: 2 min RPE: 9 4 x 1000 m or 4 min Rest: 4 min RPE: 7	Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey	
Day 3	Part 1 A: Speed/Power Superset: Push Jerk (3)	Part 1 B: Strength Superset: Split squat / Double Kettlebell overhead press in bottom	Part 1 C: Circuit Plank weight pass (20 reaches) Turkish get-up (1 /side)	Part 2: Active recovery Walk 10-20 lbs pack 1 hour



	<p>20 m 10kg sprint (1) Sets: 3 / Rest: 3 min after the 2 exercises RPE: 5 - RIR: 3</p>	<p>Sets: 3 / Reps: 3 per side / Rest: 2 min after the 2 exercises RIR: 4</p>	<p>Single arm kettlebell deadbug (10 /side) Sets: 4 / Rest: 1.5 min after the 3 exercises RPE: 6</p>	
Day 4	<p>Part 1 A: Swimming Warm-up: 150 m choice stroke, 100 m kick</p>	<p>Part 1 B: Swimming Main Activity Drop weight into pool - straight jump into pool - pick up 5-10lbs 15 sec treading water 25 m eggbeater with weight 15 sec treading water, set weight on edge on pool deck Sets: 5 / Rest: 30 sec 4x 100 m freestyle with one fin steady pace 4x 100 m head up freestyle with fins steady pace 2x 100 m single arm with fins, (50 m left, 50 m right) with fins. Rest: 20 sec 50 m easy side stroke</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	<p>Part 3: Mobility See mobility training sheet</p>
Day 5	<p>Part 1 A: Speed/Power Superset: Double barbell countermovement jump (2) Medball slam (2) Sets: 3 / Rest: 2 min after the 2 exercises RPE: 5</p>	<p>Part 1 B: Strength Trap bar deadlift Sets: 3 / Reps: 3 / Rest: 3 min RIR: 3 Bench Press Sets: 3/ Reps: 3 / Rest: 3 min RIR: 3</p>	<p>Part 1 C: Circuit Double Kettlebell Single leg deadlift with single arm kettlebell row at bottom (5 per side) Single arm TRX row (5 per side) Cable Cross lift (split stand) (5 per side) Sets: 5 / Rest: 1.5 min after the 3 exercises RPE 6</p>	<p>Part 2: Cardio: Aerobic Threshold Prone start T-Drill 5m Sets: 4 / Reps: 2 Rest: 1 min RPE: 7-8 Interval: 2 x 15min Upbeat pace Rest: 3 min light jog RPE : 6</p>



Day 6	<p>Part 1: Ruck Circuit Load: 40 kg Total (Vest 15kg / pack 25kg) Walk 7 km, during walk perform the following circuit 3x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec</p> <p>Rest: circuit with no rest / time to completion 1 hr 25 min</p>	<p>Part 2: Mobility See mobility training sheet</p>
Day 7	<p>Active recovery Walk 1 hour</p>	



Foundation Training Loading Block 10				
Day 1	<p>Part 1 A: Speed/Power Superset: Box drop and stick (5) Supine dead stop chest pass (5) Sets: 4 / Rest: 2 min after 2 exercises RPE: 5</p>	<p>Part 1 B: Strength Squat (explode up) Sets: 3 / Reps: 3 / Rest: 3 min RIR: 3</p> <p>Typewriter Pull-up (up, left, right, down) Sets: 3 / Reps: 5 / Rest: 2 min RIR: 3</p>	<p>Part 1 C: Circuit Sled drag (20 m) Sled rope pull (20 m) Sled push (20 m) Sets: 6 / Rest: 1.5 min after the 3 exercises RPE: 8</p>	<p>Part 2: Active recovery Walk 10-20 lbs pack 1 hour</p>
Day 2	<p>Cardio: Interval Part 1 A Prone start forward stop and go, hand touch each end, 6 m distance Sets: 4 / Reps: 8 Rest: 1 min RPE: 8</p>	<p>Cardio: Interval Part 1 B 2 x 200 m or 40 sec Rest: 2 min RPE: 8</p> <p>4 x 1000 m or 4 min Rest: 4 min RPE: 7</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	
Day 3	<p>Part 1 A: Speed/Power Superset: Push Jerk (3) 20 m 10kg sprint (1) Sets: 3 / Rest: 3 min after the 2 exercises RPE: 6 - RIR: 2</p>	<p>Part 1 B: Strength Superset: Split squat / Double Kettlebell overhead press in bottom Sets: 3 / Reps: 3 per side / Rest: 2 min after the 2 exercises RIR: 4</p>	<p>Part 1 C: Circuit Plank weight pass (20 reaches) Turkish get-up (1 /side) Single arm kettlebell Deadbug (10 /side) Sets: 4 / Rest: 1.5 min after the 3 exercises</p>	<p>Part 2: Active recovery Walk 10-20 lbs pack 1 hour</p>



	RPE: 7			
Day 4	Part 1 A: Swimming Warm-up: 150 m choice stroke, 100 m kick	Part 1 B: Swimming Main Activity Drop weight into pool - straight jump into pool - pick up 5-15lbs 30 sec treading water 50 m eggbeater with weight Sets: 4 / Rest: 30 sec 1000 m swim with fins – head up for 200 m 50 m easy side stroke	Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey	Part 3: Mobility See mobility training sheet
Day 5	Part 1 A: Speed/Power Superset: Double barbell countermovement jump (2) Medball slam (5) Sets: 4 / Rest: 2 min RPE: 5	Part 1 B: Strength Trap bar deadlift Sets: 3 / Reps: 3 / Rest: 3 min RIR: 3 Bench Press Sets: 3 / Reps: 3 / Rest: 3 min RIR: 3	Part 1 C: Circuit Double Kettlebell Stiff leg deadlift with single arm kettlebell row at bottom (5 per side) Single arm TRX row (5 per side) Cable Cross lift (split stance) (5 per side) Sets: 5 / Rest: 1.5 min after the 3 exercises RPE: 7	Part 2: Cardio: Aerobic Threshold Prone start forward- backward stop and go, hand touch each end 6 m distance Sets: 4 / Reps: 8 / Rest: 1 min RPE: 8 Interval: 2 x 15 min Upbeat pace Rest: 3 min light jog RPE : 6
Day 6	Part 1: Ruck Circuit Load: 36 kg Total (Vest 15kg/ pack 21kg) Walk 16 km, during walk perform the following circuit 4x: Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop)		Part 2: Mobility See mobility training sheet	



	Put ruck on, Shuffle 20 sec Rest: circuit with no rest / time to completion 3 hr 30 min	
Day 7	Active recovery Walk 1 hour	



Section: Specific Phase

Specific Prep Block 1- week 1 (loading)				
Day 1	<p>Cardio Part 1 A : Agility Ladder drills Forward High Knees (2 feet in) Forward Quick Feet (2 feet in) Side Step (2 feet in) Forward In and Out (2 feet in, 2 out) Lateral In and Out (2 feet in, 2 out) Sets: 1 / Reps: 2 lengths / Rest: 10 sec RPE: 4</p>	<p>Cardio Part 1 B : Interval 4 x 1200 m or 5 min Rest: 2-3 min RPE: 7</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	
Day 2	<p>Part 1 A: Speed/Power 10 m sprint; down; 180 turn; 10 m sprint (20 kg) Sets: 5 / Reps: 1 / Rest: 2 min RPE: 6</p>	<p>Part 1 B: Strength Superset: Dumbbell lunges (6 per side) / Bottom's up Kettlebell Overhead Press (Single arm) (5 per side) Sets: 4 / Rest: 2 min after the 2 exercises RIR: 4</p>	<p>Part 1 C: Circuit Superset: Single Arm Kettlebell Swing (Sets: 3 per side, 6 total / Reps: 10) Bottom's up Turkish Getup (1 per side) Deadbug + anti rotation cable press (10 per side) Sets: 6 / Rest: 1.5 min after the 3 exercises RPE: 6</p>	<p>Part 2: Active recovery Walk 10-30 lbs pack 1 hour</p>
Day 3	<p>Part 1: Ruck Circuit Load: 36 kg Total (Vest 15 kg / pack 21 kg) Walk 18 km, during walk perform the following circuit 5x: Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop)</p>	<p>Part 2: Mobility See mobility training sheet</p>		



	Put ruck on, Shuffle 20 sec; Pause 10 sec; Shuffle 15 sec; Pause 10 sec; Shuffle 10 sec Rest: circuit with no rest / time to completion 4 hr 30 min			
Day 4	Part 1 A: Swimming in open water if possible Warm-up: 100 m choice stroke	Part 1 B: Swimming Main Activity treading/ eggbeater 1 min no weight; 1 min hands just above the water while treading water or eggbeater; 1 min with 5-10 lbs weight Sets: 3 / Rest: 1 min 50m surface swim fins pushing either 2 (weighted lifejackets tied together or a water proofed ruck) 50m surface swim with one fin pushing either 2 (weighted lifejackets tied together or a water proofed ruck) Sets: 4 / Reps: 1 / Rest: 15 sec 100m fins surface swim; (optional: combats or wetsuit) Sets: 4 / Reps : 1 / Rest: 15-30 sec 100m easy choice stroke	Part 2: Active recovery Walk 10-30 lbs pack 1 hour	Part 3: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey
Day 5	Part 1 A: Speed/Power Superset: Kneeling to jump to squat (5) / Single leg box drop + stick (5 per side)	Part 1 B: Strength Trap bar deadlift + 5m carry and reset Sets: 3 / Reps: 5 / Rest: 2 min RIR: 3	Part 1 C: Circuit Superset: Suitcase carry lunges (6 per side) Side plank + cable row (10 per side) Bear crawl (10kg) (20 m)	Part 2: Active recovery Walk 10-30 lbs pack 1 hour



	<p>Sets: 3 / Rest: 2 min after the 2 exercises RIR: 5 / RPE: 4</p> <p>Single arm Kettlebell floor press + opposite arm static lock out Sets: 3 / Reps: 5 per side / Rest: 2 min RIR: 3</p>	<p>Sets: 4 / Rest: 1.5 min after the 3 exercises RPE: 6</p>	
Day 6	<p>Part 1: Ruck Circuit Load: 45 kg Total (Vest 15 kg / pack 30 kg) Walk 6 km, during walk perform the following circuit 3x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec; Pause 10 sec; Shuffle 15 sec; Pause 10 sec; Shuffle 10 sec Rest: circuit with no rest / time to completion 1 hr 15 min</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	
Day 7	<p>Active recovery Walk 1 hour</p>		



Specific Prep Block 1- week 2 (loading /unloading)				
Day 1	<p>Part 1 A: Speed/Power 10 m sprint; down; 180 turn; 10 m sprint (20 kg) Sets: 5 / Reps: 1 / Rest: 2 min RPE: 6</p>	<p>Part 1 B: Strength Superset: Dumbbell lunges (6 per side) / Bottom's up Kettlebell Overhead Press (Single arm) (5 per side) Sets: 4 / Rest: 2 min after the 2 exercises RIR: 4</p>	<p>Part 1 C: Circuit Superset: Single Arm Kettlebell Swing (Sets: 3 per side, 6 total / Reps: 10) Bottom's up Turkish Getup (1 per side) Deadbug + anti rotation cable press (10 per side) Sets: 6 / Rest: 1.5 min after the 3 exercises RPE: 6</p>	<p>Part 2: Cardio: Running 3 x 10 min upbeat pace Rest: 2 min RPE: 6</p>
Day 2	<p>Part 1: Ruck Circuit Load: 36 kg Total (Vest 15 kg / pack 21 kg) Walk 18 km, during walk perform the following circuit 6x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec; Pause 10 sec; Shuffle 15 sec; Pause 10 sec; Shuffle 10 sec Rest: circuit with no rest / time to completion 4 hr 15 min</p>		<p>Part 2: Mobility See mobility training sheet</p>	



Day 3	<p align="center">Part 1: Active recovery</p> <p align="center">Walk 10-30 lbs pack 1 hour</p>	<p align="center">Part 2: Optional Activity</p> <p align="center">Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>		
Day 4	<p>Part 1 A: Speed/Power Superset: Kneeling to jump to squat (5) / Single leg box drop + stick (5 per side) Sets: 3 / Rest: 2 min after the 2 exercises RIR: 5 / RPE: 4</p>	<p>Part 1 B: Strength Trap bar deadlift + 5 m carry and reset Sets: 3 / Reps: 5 / Rest: 2 min RIR: 3</p> <p>Single arm Kettlebell floor press + opposite arm static lock out Sets: 3 / Reps: 5 per side / Rest: 2 min RIR: 3</p>	<p>Part 1 C: Circuit Superset: Suitcase carry lunges (6 per side) Side plank + cable row (10 per side) Bear crawl (10kg)(20 m) Sets: 4 / Rest: 1.5 min after the 3 exercises RPE: 6</p>	<p>Part 2: Swimming Warm-up: 100 m choice stroke 50 m eggbeater swim with 5-10lbs weight; 3 min treading water; 1 min rest; 50 m swim with 5-10lbs weight; 3 min treading water; Sets: 1 / Reps: 2-3 / Rest: 1 min</p> <p>500 m; fins only 500 m; swim with fins 100m easy; choice stroke Sets: 1 / Reps: 1 / Rest: 0</p>
Day 5	<p>Part 1: Ruck Circuit Load: 45 kg Total (Vest 15 kg / pack 30 kg) Walk 6 km, during walk perform the following circuit 3x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec; Pause 10 sec; Shuffle 15 sec; Pause 10 sec; Shuffle 10 sec Rest: circuit with no rest / time to completion 1 hr 25 min</p>		<p align="center">Part 2: Optional Activity</p> <p align="center">Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	



Day 6	Part 1: Active recovery Walk 10-30 lbs pack 1 hour	Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey
Day 7	Active recovery Walk 1 hour	



Specific Prep Block 2- week 1 (loading)				
Day 1	<p>Cardio Part 1 A: Agility Ladder drills Forward High Knees (2 feet in) Forward Quick Feet (2 feet in) Side Step (2 feet in) Forward In and Out (2 feet in, 2 out) Lateral In and Out (2 feet in, 2 out) Sets: 1 / Reps: 2 lengths / Rest: 10 sec RPE: 4 Or T-drills prone start Sets: 1 / Reps: 4 / Rest: 20 sec RPE: 7-8</p>	<p>Cardio Part 1 B : Interval 4 x 1000 m or 4 min run Rest: 2-3 min RPE: 7</p> <p>4 x 200 m or 40 sec run Rest: 1 min 30 sec – 2 min RPE: 9</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	
Day 2	<p>Part 1 A: Speed/Power 10 m sprint; down; 180 turn; 10 m sprint (30 kg) Sets: 5 / Reps: 1 / Rest: 2 min RPE: 7</p>	<p>Part 1 B: Strength Superset: Dumbbell lunges (6 per side) / Bottom's up Kettlebell Overhead Press (Single arm) (5 per side) Sets: 4 / Rest: 2 min after the 2 exercises RIR: 3</p>	<p>Part 1 C: Circuit Superset: Single Arm Kettlebell Swing (Sets: 3 per side, 6 total / Reps: 10) Bottom's up Turkish Getup (1 per side) Deadbug + anti rotation cable press (10 per side) Sets: 6 / Rest: 1.5 min after the 3 exercises RPE: 7</p>	<p>Part 2: Active recovery Walk 10-30 lbs pack 1 hour</p>
Day 3	<p>Part 1: Ruck Circuit Load: 36 kg Total (Vest 15 kg / pack 21 kg) Walk 20 km, during walk perform the following circuit 6x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on,</p>		<p>Part 2: Mobility See mobility training sheet</p>	



	Shuffle 20 sec; Pause 10 sec; Shuffle 15 sec; Pause 10 sec; Shuffle 10 sec Rest: circuit with no rest / time to completion 4 hr 00 min			
Day 4	<p>Part 1 A: Swimming in open water if possible Warm-up: 100 m choice stroke</p>	<p>Part 1 B: Swimming Main Activity 5 min treading/ eggbeater with 5-10lbs weight; Drop weight; retrieve weight; swim 50 m with weight (drop and retrieve weight every time you take a break); 5 min treading/ eggbeater with 5-10lbs weight Sets: 2 / Rest: 1 min</p> <p>2 x 200m surface swim fins pushing either 2 (weighted lifejackets tied together or a water proofed ruck) 2 x 200m fins; optional combats or wetsuit Rest: 15 sec</p> <p>100 m easy; choice stroke</p>	<p>Part 2: Active recovery Walk 10-30 lbs pack 1 hour</p>	<p>Part 3: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>
Day 5	<p>Part 1 A: Speed/Power Superset: Kneeling to jump to squat (5) / Single leg box drop + stick (5 per side) Sets: 4 / Rest: 2 min after the 2 exercises RIR: 5 / RPE: 4</p>	<p>Part 1 B: Strength Trap bar deadlift + 5m carry and reset Sets: 3 / Reps: 5 / Rest: 2 min RIR: 2</p> <p>Single arm Kettlebell floor press + opposite arm static lock out</p>	<p>Part 1 C: Circuit Superset: Suitcase carry lunges (6 per side) Side plank + cable row (10 per side) Bear crawl (15kg) (20 m) Sets: 4 / Rest: 1.5 min after the 3 exercises RPE: 7</p>	<p>Part 2: Active recovery Walk 10-30 lbs pack 1 hour</p>



		Sets: 3 / Reps: 5 per side / Rest: 2 min RIR: 2	
Day 6	Part 1: Ruck Circuit Load: 45 kg Total (Vest 15 kg / pack 30 kg) Walk 7 km, during walk perform the following circuit 4x: Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec; Pause 10 sec; Shuffle 15 sec; Pause 10 sec; Shuffle 10 sec Rest: circuit with no rest / time to completion 1 hr 25 min	Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey	
Day 7	Active recovery Walk 1 hour		



Specific Prep Block 2- week 2 (loading/unloading)				
Day 1	<p>Part 1 A: Speed/Power 10 m sprint; down; 180 turn; 10 m sprint (30 kg) Sets: 5 / Reps: 1 / Rest: 2 min RPE: 7</p>	<p>Part 1 B: Strength Superset: Dumbbell lunges (6 per side) / Bottom's up Kettlebell Overhead Press (Single arm) (5 per side) Sets: 4 / Rest: 2 min after the 2 exercises RIR: 3</p>	<p>Part 1 C: Circuit Superset: Single Arm Kettlebell Swing (Sets: 3 per side, 6 total / Reps: 10) Bottom's up Turkish Getup (1 per side) Deadbug + anti rotation cable press (10 per side) Sets: 6 / Rest: 1.5 min after the 3 exercises RPE: 7</p>	<p>Part 2: Cardio: Running 1 x 20 min upbeat pace Rest: 3-4 min RPE: 6</p> <p>1 x 10 min upbeat pace Rest: 0 RPE: 6</p>
Day 2	<p>Part 1: Ruck Circuit Load: 36 kg Total (Vest 15 kg / pack 21 kg) Walk 20 km, during walk perform the following circuit 7x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec; Pause 10 sec: Shuffle 15 sec; Pause 10 sec; Shuffle 10 sec Rest: circuit with no rest / time to completion 4 hr 00 min</p>		<p>Part 2: Mobility See mobility training sheet</p>	



Day 3	<p>Part 1: Active recovery Walk 10-30 lbs pack 1 hour</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>		
Day 4	<p>Part 1 A: Speed/Power Superset: Kneeling to jump to squat (5) / Single leg box drop + stick (5 per side) Sets: 4 / Rest: 2 min after the 2 exercises RIR: 5 / RPE: 4</p>	<p>Part 1 B: Strength Trap bar deadlift + 5 m carry and reset Sets: 3 / Reps: 5 / Rest: 2 min RIR: 2 Single arm Kettlebell floor press + opposite arm static lock out Sets: 3 / Reps: 5 per side / Rest: 2 min RIR: 2</p>	<p>Part 1 C: Circuit Superset: Suitcase carry lunges (6 per side) Side plank + cable row (10 per side) Bear crawl(15kg) (20 m) Sets: 4 / Rest: 1.5 min after the 3 exercises RPE: 7</p>	<p>Part 2: Swimming Warm-up: 100 m choice stroke 1 min treading/ eggbeater; swim 50 m; 1 min treading/ eggbeater with 5-10lbs weight Sets: 3 / Rest: 1 min 1 x 1000 m swim with fins Rest: No rest 100m easy choice stroke</p>
Day 5	<p>Part 1: Ruck Circuit Load: 45 kg Total (Vest 15 kg / pack 30 kg) Walk 7 km, during walk perform the following circuit 4x: Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec; Pause 10 sec; Shuffle 15 sec; Pause 10 sec; Shuffle 10 sec Rest: circuit with no rest / time to completion 1 hr 25 min</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>		
Day 6	<p>Part 1: Active recovery Walk 10-30 lbs pack 1 hour</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>		



Day 7	<p data-bbox="1003 245 1209 277">Active recovery</p> <p data-bbox="1073 282 1140 310">Walk</p> <p data-bbox="1066 315 1146 342">1 hour</p>
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Specific Prep Block 3- week 1 (loading)

Day 1	<p>Cardio Part 1 A: Agility Ladder drills</p> <p>Forward High Knees (2 feet in) Forward Quick Feet (2 feet in) Side Step (2 feet in) Forward In and Out (2 feet in, 2 out) Lateral In and Out (2 feet in, 2 out)</p> <p>Sets: 1 / Reps: 2 lengths / Rest: 10 sec RPE: 4</p> <p>Or T-drills prone start</p> <p>Sets: 1 / Reps: 4 / Rest: 20 sec RPE: 7-8</p>	<p>Cardio Part 1 B : Interval</p> <p>4 x 1000 m or 4 min run</p> <p>Rest: 2-3 min RPE: 7</p> <p>4 x 200 m or 40 sec run</p> <p>Rest: 1 min 30 sec – 2 min RPE: 9</p>	<p>Part 2: Optional Activity</p> <p>Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	
Day 2	<p>Part 1 A: Speed/Power</p> <p>10 m sprint; down; 180 turn; 10 m sprint (40 kg)</p> <p>Sets: 5 / Reps: 1 / Rest: 2 min RPE: 8</p>	<p>Part 1 B: Strength Superset:</p> <p>Dumbbell lunges (6 per side) / Bottom's up Kettlebell Overhead Press (Single arm) (5 per side)</p> <p>Sets: 4 / Rest: 2 min after the 2 exercises RIR: 2</p>	<p>Part 1 C: Circuit Superset:</p> <p>Single Arm Kettlebell Swing (Sets: 4 per side, 8 total / Reps: 10) Bottom's up Turkish Getup (1 per side) Deadbug + anti rotation cable press (10 per side)</p> <p>Sets: 8 / Rest: 1.5 min after the 3 exercises RPE: 7</p>	<p>Part 2: Active recovery</p> <p>Walk 10-30 lbs pack 1 hour</p>



Day 3	<p>Part 1: Ruck Circuit Load: 36 kg Total (Vest 15 kg / pack 21 kg) Walk 20 km, during walk perform the following circuit 6x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec; Pause 10 sec; Shuffle 15 sec; Pause 10 sec; Shuffle 10 sec</p> <p>Rest: circuit with no rest / time to completion 4 hr 00 min</p>		<p>Part 2: Mobility See mobility training sheet</p>	
Day 4	<p>Part 1: Swimming Warm up: 100 m swim; choice stroke</p> <p>5 min treading/ eggbeater with 5-10lbs weight; Drop weight; retrieve weight; swim 50 m with weight (drop and retrieve weight every time you take a break); 5 min treading/ eggbeater with 5-10lbs weight</p> <p>Sets: 2 / Rest: 1 min</p> <p>200m surface swim fins pushing either 2 (weighted lifejackets tied together or a water proofed ruck) 200m fins; optional combats or wetsuit</p> <p>Sets; 2 / Rest: 15 sec</p> <p>100 m easy; choice stroke</p>	<p>Part 2: Active recovery Walk 10-30 lbs pack</p> <p>1 hour</p>	<p>Part 3: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	
Day 4	<p>Part 1 A: Speed/Power Superset:</p>	<p>Part 1 B: Strength</p>	<p>Part 1 C: Circuit Superset:</p>	<p>Part 2: Swimming Warm-up: 100 m choice stroke</p>



	<p>Kneeling to jump to squat (5) / Single leg box drop + stick (5 per side) Sets: 5 / Rest: 2 min after the 2 exercises RIR: 5 / RPE: 4</p>	<p>Trap bar deadlift + 5 m carry and reset Sets: 4 / Reps: 5 / Rest: 2 min RIR: 2</p> <p>Single arm Kettlebell floor press + opposite arm static lock out Sets: 4 / Reps: 5 per side / Rest: 2 min RIR: 2</p>	<p>Suitcase carry lunges (6 per side) Side plank + cable row (10 per side) Bear crawl (20kg) (20 m) Sets: 5 / Rest: 1.5 min after the 3 exercises RPE: 7</p>	<p>1 min treading/ eggbeater; swim 50 m; 1 min treading/ eggbeater with 5-10lbs weight Sets: 3 / Rest: 1 min</p> <p>1 x 1000 m swim with fins Rest: No rest</p> <p>100m easy choice stroke</p>
Day 5	<p>Part 1: Ruck Circuit Load: 45 kg Total (Vest 15 kg / pack 30 kg) Walk 7 km, during walk perform the following circuit 4x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec; Pause 10 sec; Shuffle 15 sec; Pause 10 sec; Shuffle 10 sec Rest: circuit with no rest / time to completion 1 hr 25 min</p>		<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	
Day 6	<p>Part 1: Active recovery Walk 10-30 lbs pack 1 hour</p>		<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	
Day 7	<p>Active recovery Walk 1 hour</p>			



Specific Prep Block 3- week 2 (loading/unloading)				
Day 1	<p>Part 1 A: Speed/Power 10 m sprint; down; 180 turn; 10 m sprint (40 kg) Sets: 5 / Reps: 1 / Rest: 2 min RPE: 8</p>	<p>Part 1 B: Strength Superset: Dumbbell lunges (6 per side) / Bottom's up Kettlebell Overhead Press (Single arm) (5 per side) Sets: 4 / Rest: 2 min after the 2 exercises RIR: 2</p>	<p>Part 1 C: Circuit Superset: Single Arm Kettlebell Swing (Sets: 4 per side, 8 total / Reps: 10) Bottom's up Turkish Getup (1 per side) Deadbug + anti rotation cable press (10 per side) Sets: 8 / Rest: 1.5 min after the 3 exercises RPE: 7</p>	<p>Part 2: Cardio: Running 1 x 20 min upbeat pace Rest: 3-4 min RPE: 6 1 x 10 min upbeat pace Rest: 0 RPE: 6</p>
Day 2	<p>Part 1: Ruck Circuit Load: 36 kg Total (Vest 15 kg / pack 21 kg) Walk 20 km, during walk perform the following circuit 7x:</p> <p>Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec; Pause 10 sec: Shuffle 15 sec; Pause 10 sec; Shuffle 10 sec Rest: circuit with no rest / time to completion 4 hr 00 min</p>		<p>Part 2: Mobility See mobility training sheet</p>	
Day 3	<p>Part 1: Active recovery Walk 10-30 lbs pack 1 hour</p>		<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	



Day 4	<p>Part 1 A: Speed/Power Superset: Kneeling to jump to squat (5) / Single leg box drop + stick (5 per side) Sets: 5 / Rest: 2 min after the 2 exercises RIR: 5 / RPE: 4</p>	<p>Part 1 B: Strength Trap bar deadlift + 5 m carry and reset Sets: 4 / Reps: 5 / Rest: 2 min RIR: 2 Single arm Kettlebell floor press + opposite arm static lock out Sets: 4 / Reps: 5 per side / Rest: 2 min RIR: 2</p>	<p>Part 1 C: Circuit Superset: Suitcase carry lunges (6 per side) Side plank + cable row (10 per side) Bear crawl (20kg) (20 m) Sets: 5 / Rest: 1.5 min after the 3 exercises RPE: 7</p>	<p>Part 2: Swimming Warm-up: 100 m choice stroke 1 min treading/ eggbeater; swim 50 m; 1 min treading/ eggbeater with 5-10lbs weight Sets: 3 / Rest: 1 min 1 x 1000 m swim with fins Rest: No rest 100m easy choice stroke</p>
Day 5	<p>Part 1: Ruck Circuit Load: 45 kg Total (Vest 15 kg / pack 30 kg) Walk 7 km, during walk perform the following circuit 4x: Shuffle 15 sec, take a knee (right), walk few steps take a knee (left) Lay down in a prone position and stand up Sit down and stand up Remove ruck and place it on the ground (no ruck flop) Put ruck on, Shuffle 20 sec; Pause 10 sec; Shuffle 15 sec; Pause 10 sec; Shuffle 10 sec Rest: circuit with no rest / time to completion 1 hr 25 min</p>		<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	
Day 6	<p>Part 1: Active recovery Walk 10-30 lbs pack 1 hour</p>		<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>	
Day 7	<p>Active recovery Walk 1 hour</p>			



Section: Taper Phase

Taper- Week 1 (unloading)			
Day 1	<table><tr><td><p>Part 1: Cardio: Running T-drill prone start Sets: 1 / Reps: 3 / Rest: 20 sec RPE: 7-8</p></td><td><p>Part 2: Cardio: Interval 1 x 1 min upbeat pace Rest: 1 min RPE: 9</p><p>1 x 4 min upbeat pace Rest: 2 min RPE: 7-8</p><p>1 x 7 min upbeat pace Rest: 2 min RPE: 7</p><p>1 x 30 sec upbeat pace Rest: 30 sec RPE: 9</p></td></tr></table>	<p>Part 1: Cardio: Running T-drill prone start Sets: 1 / Reps: 3 / Rest: 20 sec RPE: 7-8</p>	<p>Part 2: Cardio: Interval 1 x 1 min upbeat pace Rest: 1 min RPE: 9</p> <p>1 x 4 min upbeat pace Rest: 2 min RPE: 7-8</p> <p>1 x 7 min upbeat pace Rest: 2 min RPE: 7</p> <p>1 x 30 sec upbeat pace Rest: 30 sec RPE: 9</p>
<p>Part 1: Cardio: Running T-drill prone start Sets: 1 / Reps: 3 / Rest: 20 sec RPE: 7-8</p>	<p>Part 2: Cardio: Interval 1 x 1 min upbeat pace Rest: 1 min RPE: 9</p> <p>1 x 4 min upbeat pace Rest: 2 min RPE: 7-8</p> <p>1 x 7 min upbeat pace Rest: 2 min RPE: 7</p> <p>1 x 30 sec upbeat pace Rest: 30 sec RPE: 9</p>		



Day 2	<p>Part 1 A: Speed/Power 10 m sprint; down; 180 turn; 10 m sprint (20 kg) Sets: 2 / Reps: 1 / Rest: 2 min RPE: 6</p>	<p>Part 1 B: Strength Superset: Dumbbell lunges (5 per side) / Bottom's up Kettlebell Overhead Press (Single arm) (4 per side) Sets: 2 / Rest: 2 min after the 2 exercises RIR: 6</p>	<p>Part 1 C: Circuit Superset: Single Arm Kettlebell Swing (Sets: 2 per side, 4 total / Reps: 10) Bottom's up Turkish Getup (1 per side) Deadbug + anti rotation cable press (10 per side) Sets: 4 / Rest: 1.5 min after the 3 exercises RPE: 5</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>
Day 3	<p>Part 1: Active recovery Walk 10-30 lbs pack 1 hour</p>		<p>Part 2: Mobility See mobility training sheet</p>	
Day 3	<p>Part 1: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>			
Day 4	<p>Part 1 A: Speed/Power Superset: Kneeling to jump to squat (3) / Single leg box drop + stick (3 per side) Sets: 2 / Rest: 2 min after the 2 exercises RIR: 5 / RPE: 4</p>	<p>Part 1 B: Strength Trap bar deadlift + 5 m carry and reset Sets: 2 / Reps: 3 / Rest: 2 min RIR: 5 Single arm Kettlebell floor press + opposite arm static lock out Sets: 2 / Reps: 3 per side / Rest: 2 min RIR: 5</p>	<p>Part 1 C: Circuit Superset: Suitcase carry lunges (4 per side) Side plank + cable row (6 per side) Bear crawl (20kg) (10 m) Sets: 2 / Rest: 1.5 min after the 3 exercises RPE: 5</p>	<p>Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey</p>



Day 6	Part 1: Active recovery Walk 10-30 lbs pack 1 hour	Part 2: Optional Activity Easy to moderate Ex: yoga, martial arts, cycling, hockey
Day 7	Active recovery Walk 1 hour	