RUCK BASED SELECTION TRAINING PLAN

The following is a sport-specific 8-week program specifically designed to prepare athletes for the SFAS (Green Beret) and similar Ruck Based Selection Courses. The plan includes a 2-week taper, and is designed to be completed the 8 weeks directly prior to your course start week.

****************** CAUTION ******************

This is a very intense, 6-day a week, often 2x/day training program with high levels of volume and stress. Be safe and smart about your training as you work through the program and don’t be afraid to cut down sessions, or if necessary take an extra rest day if needed.

PROGRAM DESCRIPTION

This program gets progressively harder each week, until week 7, when the training tapers down into the start of selection. Don’t skip ahead!! The plan is designed to build upon itself. If you have to miss a training day, start up back where you left off.

This is a 6 day/week training program with many 2-a-Day training sessions.

To successfully complete this program you’ll need to make training for selection a priority during your work day.

Ruck Intensive

This plan is “sport specific” to the specific fitness demands you’ll face at SFAS and similar selection courses - specifically rucking, running, calisthenic-based “smokers,” grip strength, etc. You’ll ruck 2 days/week and run 3 days/week. It also includes:

- Testing and progressive training for the APFT
- Extended, multi-modal work capacity events
- Grip strength training.
- Sandbag Getups for work capacity, mental toughness, and core strength
- Intense core, mobility, and stabilizer strength training for durability
- 4-Square Drills for ankle and knee durability

The plan includes 48 Total Training Sessions. It is intended that you’ll train Monday - Saturday, and take Sunday’s off. Sessions 1, 7, 13, 19, 25, 31, 37, and 43, are Mondays and the beginning of each training week.

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Here is the general training Schedule for weeks 2-8:

<table>
<thead>
<tr>
<th>AM</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
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<tbody>
<tr>
<td></td>
<td>APFT Work</td>
<td>Strength/Core</td>
<td>Work Capacity</td>
<td>Run or Work Cap</td>
<td>Work Cap or Rest</td>
<td>Long Ruck</td>
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<td>PM</td>
<td>Heavy Ruck</td>
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**Saturday Long Rucks**
You’ll work up to 18 miles at 60# Ruck plus a 10# rubber rifle, sledge hammer or dumbbell.

**Assessments**
The plan includes 5 specific assessments, and follow-on progressions. You’ll take these assessments multiple times over the 8 weeks:

1. **APFT+** - Max Sit ups (2 minutes), Max Push ups (2 minutes), Max Pull ups and 2 Mile Run
2. **3 Part Work Cap Assessment** - 10 min Sandbag Getups @ 80# for reps, Interval 25m Shuttles for Reps, 3 Mile IBA Run
3. **10 Mile Heavy Ruck for Time** - 60# Ruck, 10lb Rubber Rifle or Sledge Hammer, Full Cammies/Boots, Helmet
4. **6 Mile Run for Time**, shorts and t-shirt
5. **Multi Modal Work Cap for Time**

**EXERCISE PROGRESSIONS**
During this train-up every number of repetitions you perform is based on the number of repetitions you completed during your latest APFT+, 25m 60/60 Shuttle Interval for reps, and 10 min Sandbag Getups @ 80# for Reps

**Example 1:**
Athlete Performs 50x Sit-ups on initial APFT+ during Session 1.

**Session 7 from the plan calls for:**
5 Rounds
Sit-ups
30% of your Max Reps scored on Session 1, every 60 Seconds, then ....
1 Round, Max Reps in 60 Seconds.

30% of 50x Sit-ups is 15 (3 x 50 = 15). Set a repeating timer for 60 seconds. On Round one, do 15x Sit-ups as fast as possible, then rest for the remaining time left in the interval. When the Round 1’s 60 seconds is up, sprint through 15x sit-ups again for Round 2, rest the remainder of the interval, etc. through 5 Rounds. On the 6th Round, do as many sit-ups as possible during the 60 second interval - you can rest and start again if necessary - just work the entire 60 seconds.

**Example 2:**
Athlete Performs 52x Sandbag Getups @ 80# in Session 3.

**Session 8 from the plan calls for:**
8 Rounds - Every 90 Seconds, 10% of Max Sandbag Getups (Round Up)

10% of 52x Sit-ups is 5.2 (.1 x 52 = 5.2). Set a repeating timer for 90 seconds. On Round 1, do 6x Sandbag Getups (Round up from 5.2) as fast as possible, then rest for the remaining time left in the interval. Repeat this 7 more times for a total of 8 Rounds

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Example 3:
Athlete Performs 35x 25m Shuttles in Session 3’s 60/60 25m Shuttle Event.

Session 9 from the plan calls for:
12 Rounds - Every 30 Seconds, 10% of Max 25m Shuttle Reps (Round Up)

10% of 35x shuttle reps is 3.5 (1. x 35 = 3.5). So, set a repeating timer for 30 seconds. On Round one, do 4x 25m Shuttles (Round up from 3.5) as fast as possible, then rest for the remaining time left in the interval. Repeat this 11 more times for a total of 12 Rounds

RUN/RUCK/IBA RUN PROGRESSION TABLES
The training plan includes scaled paces for your runs, rucks and IBA Run. These paces are based on your assessment results from the heavy ruck, 3-Mile IBA run, 2-mile APFT run, and 6-mile run. You’ll take these assessments 3 times throughout the plan. Use your latest assessment results for the subsequent training sessions.

We use interval training to train your run, rucking, and IBA Run fitness. The interval distances are shorter, and pace faster than your latest assessment pace.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Interval Distance</th>
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<tbody>
<tr>
<td>2-Mile Run</td>
<td>800m Repeats</td>
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<tr>
<td>6-Mile Run</td>
<td>2 Mile Repeats</td>
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<tr>
<td>10 Mile Heavy Ruck</td>
<td>2 Mile Ruck Repeats</td>
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<tr>
<td>3 Mile IBA Run</td>
<td>800m IBA Run Repeats</td>
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</tbody>
</table>

Run, Ruck and IBA Run Tables
These are scaled to your latest assessment time, and dictate the pace you need to keep for each repeat. The tables are self explanatory, and easy to figure out as you work through the training plan. Email rob@militaryathlete.com if you are having trouble.

HEAVY RUCK RUCK, IBA RUN, RUN, UNIFORMS
10 Mile Heavy Ruck Assessment and 2-Mile Repeats - Full cammies, boots, helmet, 10 pound rubber rifle, sledge hammer, or dumbbell. 60# ruck plus water
IBA Run and Repeats - Shorts, T-Shirt, boots, 10 pound rubber rifle, sledge hammer, or dumbbell. IBA = Individual Body Armor. In lieu of your IBA, you can also wear a 25# Weight Vest.
6-Mile Run, 2-Mile Run and their interval repeats - Shorts, t-shirt, sneakers
Long Saturday Rucks - Full cammies, boots, helmet, 10 pound rubber rifle, sledge hammer, or dumbbell. 60# ruck plus water

RUCKING ADVICE
Use this training plan to get your rucking dialed - including boots, pack loading (weight high instead of low seems to help), pacing, nutrition, and hydration dialed. Ruck in the same boots you’ll take to selection. Refuel the same way you’ll refuel at selection, etc. One tip for the Heavy Rucks - Run 3 Minutes, Walk 3 Minutes can help you keep on pace. Also, work to increase the frequency of short strides to increase speed, rather than stretching out your stride.

COMMON QUESTIONS
What equipment is needed to complete this program?
Stop Watch with Repeating Countdown Timer - Timex Ironman is best.
40, 60 and 80# Sandbags
ALICE Ruck or same ruck you will use at selection, 60# of filler,
10# Rubber Rifle (No rifle? Use a 10 lb sledge hammer or a 10# dumbbell)
Pair of 25# Dumbbells
Pull up Bar

Highly Recommended - GPS-enabled Stop Watch with repeating countdown timer (Garmin Forerunner 10 is recommended ) A GPS enabled watch will make measuring run and ruck distances much easier.
What if I miss a day?
Don’t skip ahead. Start where you left off. The plan is progressive, and its training sessions designed to be completed in order.

What if I have less then 8 weeks before I start the Selection Course?
Still start at the beginning of this training plan anyway. Don’t skip ahead.

What if I can’t handle the training volume at first?
Building stamina and resilience is a key training goal of this plan, and physical and mental stamina is also key to completing the Selection course. If you can’t handle the training volume at first, it’s better to cut training sessions short, rather than take unscheduled rest days.

What if I can’t make the prescribed reps for the bodyweight exercises, or the prescribed interval times for the rucks or runs?
Do your best, and be sure to do the total number of rounds, even if you can’t make the reps or the time. Don’t quit.

How do you count reps for Sandbag Getups and 25m Shuttle Intervals?

- **Sandbag Getups** - The prescribed rep count is total reps, so 50x Sandbag Getups at 60# sandbag = 50x total reps, 25x each shoulder.

- **25m Shuttle Intervals** - Every length = 1 rep. So each round trip = 2x reps. Only full lengths count.

Unfamiliar Exercises? Questions?
Go to [www.militaryathlete.com](http://www.militaryathlete.com) and click the “Exercises” link to see unfamiliar exercises.

More Questions?
Email [rob@militaryathlete.com](mailto:rob@militaryathlete.com)

Good Luck!

Rob Shaul, Military Athlete
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<tr>
<th>WEEK 1</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
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<td>Obj: Assessment (APFT+)</td>
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<td>3 Rounds</td>
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<td>2x 4-Square Drill</td>
<td>8x Squats</td>
<td>8x Push-Ups</td>
<td>8x Sit-Ups</td>
<td>Instep Stretch</td>
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<td>Rest 5 Minutes</td>
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<td>(1) Run 6 miles for Time</td>
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<td>(4) 2 Mile Run (timed)</td>
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<td>(3) 3 Mile IBA Run (timed)</td>
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<td>(1) 8 Rounds for Time</td>
<td>5x Renegade Man Makers @ 25# Dumbbells</td>
<td>10x Sandbag Back Squats @ 60#</td>
<td>15x Situps</td>
<td>Run 200m with Sandbag</td>
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<td>SESSION 5</td>
<td>Obj: Rest Day</td>
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<td>(1) 10 Mile Heavy Ruck for Time, Flat Course</td>
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<tr>
<td>Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell</td>
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<td>SESSION 6</td>
<td>Obj: Ruck Assessment</td>
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<tr>
<th>WEEK 2</th>
<th>SESSION 7 AM:</th>
<th>SESSION 8</th>
<th>SESSION 9 AM:</th>
<th>SESSION 10</th>
<th>SESSION 11</th>
<th>SESSION 12</th>
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<tbody>
<tr>
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<td>Obj: APFT+ Work (Use results from SESSION 1)</td>
<td>Obj: Strength, Work Capacity/Core</td>
<td>Obj: Assessment Work (Use results from SESSION 3)</td>
<td>Obj: 6 Mile Run Work</td>
<td>Obj: Work Capacity/Core</td>
<td>Obj: Long Ruck</td>
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<tr>
<td></td>
<td>Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</td>
<td>Warm up: 4 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch</td>
<td>Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</td>
<td>Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</td>
<td>Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</td>
<td>Ruck 12 miles over uneven, hilly terrain</td>
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<tr>
<td></td>
<td>Training: (1) 4 Rounds, every 60 sec. 30% of max reps Push-ups then immediately... Max reps Push-ups in 60 sec.</td>
<td>(1) 6 Rounds 5x Sandbag Hang Squat Clean @ 60# 5x Pull Up Bar Heel Tap Hip Flexor Stretch</td>
<td>(1) 12 Rounds, Every 30 seconds ... 10% of max reps from 25m Shuttle Sprints (round up)</td>
<td>(1) 2 Rounds 2 Mile Run at Interval Pace based on SESSION 2, 6 Mile time</td>
<td>(1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag</td>
<td>Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell 3 Hour Time Limit</td>
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<td>(2) 4 Rounds, every 60 sec. 30% of max reps Sit-ups then ... Max reps Sit-ups in 60 sec.</td>
<td>(2) 10 Minute AMRAP 5x Burpees 100m Run with 60# sandbag Rest 30 Seconds</td>
<td>(2) 8 Rounds - Every 90 seconds, 10% of max reps SBGU (round up)</td>
<td>(2) Foam Roll Legs and Low Back</td>
<td>(2) 4 Rounds 5x 1-Arm Weighted Situps @ 25# Dumbbell 10x EO’s 60 Second Sandbag Hold @ 60# Sandbag 30 Sec Superman Hold</td>
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<td>(3) 4 Rounds, every 60 sec. 30% of max reps Pull-ups then... Max reps Pull-ups in 60 sec.</td>
<td>(3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EO’s 60 Sec sandbag hold @ 60# sandbag</td>
<td>(3) 5 Rounds IBA Run Run 800m at Interval Pace based on SESSION 1 3-mile IBA Run Time Rest 2 Minutes between runs</td>
<td>(3) 2 Rounds 20 Second Jane Fonda 10x Hamstring Hell Foam Roll Legs/Low Back</td>
<td>(3) 2 Rounds 20 Second Jane Fonda 10x Hamstring Hell Foam Roll Legs/Low Back</td>
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<td>(4) 4 Rounds Run 800m at Interval Pace based on 2-mile Run Time Rest 3 Minutes between runs</td>
<td>(4) 2 Rounds 20 Second Jane Fonda 10x Hamstring Hell Foam Roll Legs/Low Back</td>
<td>(4) 3 Rounds Hip Flexor + Instep + Pigeon Foam Roll Legs/Low Back</td>
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<td>(5) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs</td>
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<td>Monday PM: Obj: Heavy Ruck Work (1) 3 Rounds 2 Mile Ruck at Interval Pace based on SESSION 6 Heavy Ruck time, Flat Course Rest 5 Minutes between Rucks, Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell</td>
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<tr>
<td>WEEK 3</td>
<td>MONDAY</td>
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<tr>
<td><strong>SESSION 13 - AM</strong></td>
<td>Session 8</td>
<td>Session 15 AM</td>
<td>Session 16</td>
<td>Session 17</td>
<td>Session 18</td>
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<tr>
<td><strong>Obj:</strong> APFT+ Work</td>
<td><strong>Obj:</strong> Strength, Work Capacity/Core</td>
<td><strong>Obj:</strong> Assessment Work (Use results from SESSION 3)</td>
<td><strong>Obj:</strong> 6 Mile Run Work</td>
<td><strong>Obj:</strong> Work Capacity/Core</td>
<td><strong>Obj:</strong> Long Ruck</td>
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<td><strong>Warm up:</strong></td>
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<td><strong>Warm up:</strong></td>
<td><strong>Warm up:</strong></td>
<td><strong>Warm up:</strong></td>
<td>Ruck 14 miles over uneven, hilly terrain</td>
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<td>3 Rounds 4x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</td>
<td>4 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch</td>
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<td>3 Rounds</td>
<td>3 Rounds 4x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</td>
<td>Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell</td>
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<tr>
<td><strong>Training:</strong></td>
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<td><strong>Compare finish time to Session 4</strong></td>
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<td>(1) 4 Rounds, every 60 sec, 35% of max reps Push-ups, then immediately... Max reps Push-ups in 60 sec.</td>
<td>(1) 6 Rounds 5x Sandbag Burpees @ 60# 3x Tarzan Pull Ups Hip Flexor Stretch</td>
<td>(1) 12 Rounds, Every 30 seconds ... 10% of max reps from 25m Shuttle Sprints (round up) + 1 rep</td>
<td>(1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag</td>
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<td><strong>3.5 Hour Time Limit</strong></td>
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<tr>
<td>(2) 4 Rounds, every 60 sec, 35% of max reps Sit-ups then... Max reps Sit-ups in 60 sec.</td>
<td>(2) 10 Rounds, Every 60 seconds .... 5x Sandbag Walking Lunge @ 60# 10x Seated Russian Twist @ 25# Dumbbell</td>
<td>(2) 8 Rounds - Every 90 seconds, 10% of max reps SBGU (round up) + 1 Rep</td>
<td>(2) 4 Rounds 10x  Seated Russian Twist @ 25# Dumbbell 10x EO’s 70 Second Sandbag Hold @ 60# Sandbag 30 Sec Superman Hold</td>
<td>(2) 4 Rounds 10x Seated Russian Twist @ 25# Dumbbell 10x EO’s 70 Second Sandbag Hold @ 60# Sandbag 30 Sec Superman Hold</td>
<td><strong>3.5 Hour Time Limit</strong></td>
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<tr>
<td>(3) 4 Rounds, every 60 sec, 35% of max reps Pull-ups then... Max reps Pull-ups in 60 sec.</td>
<td>(3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EOs 70 Sec sandbag hold @ 60# sandbag</td>
<td>(3) 6 Rounds IBA Run Run 800m at Interval Pace based on SESSION 1 3-mile IBA Run Time Rest 2 Minutes between runs</td>
<td>(3) 2 Rounds 25 Second Jane Fonda 15x Hamstring Hell Foam Roll Legs/Low Back</td>
<td>(3) 2 Rounds 25 Second Jane Fonda 15x Hamstring Hell Foam Roll Legs/Low Back</td>
<td><strong>3.5 Hour Time Limit</strong></td>
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<tr>
<td>(4) 5 Rounds Run 800m at Interval Pace based on 2-mile Run Time Rest 3 Minutes between runs</td>
<td>(4) 2 Rounds 25 Second Jane Fonda 15x Hamstring Hell Foam Roll Legs/Low Back</td>
<td>(4) 3 Rounds Hip Flexor + Instep + Pigeon Foam Roll Legs/Low Back</td>
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<td>(5) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs</td>
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<td><strong>SESSION 15 PM:</strong></td>
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<td><strong>SESSION 15 PM:</strong></td>
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<td><strong>Obj:</strong> Heavy Ruck Work</td>
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<td>(1) 3 Rounds 2 Mile Ruck at Interval Pace based on SESSION 4 Heavy Ruck time, Flat Course Rest 5 Minutes between Rucks - Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell</td>
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<td>(3) 3 Mile IBA Run (timed)</td>
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<td>Training: (1) 8 Rounds for Time wearing IBA 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag</td>
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<td>Training: (1) 8 Rounds for Time wearing IBA 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag</td>
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<td><strong>SESSION 25 AM:</strong></td>
<td>Obj: APFT+ Work (Use results from SESSION 19)</td>
<td><strong>SESSION 26</strong></td>
<td>Obj: Strength, Work Capacity/Core</td>
<td><strong>SESSION 27 AM:</strong></td>
<td>Obj: Assessment Work (Use results from SESSION 21)</td>
<td><strong>SESSION 28</strong></td>
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<td>3x 4-Square Drill</td>
<td>10x Squats</td>
<td>3x Scotty Bob @ 25#</td>
<td>5x Chin ups</td>
<td>5x 4-Square Drill</td>
<td>8x Squats</td>
<td>5x 4-Square Drill</td>
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<td>8x Squats</td>
<td>10x Situps</td>
<td>Hip Flexor Stretch</td>
<td>Training:</td>
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<td>8x Push-Ups</td>
<td>Instep Stretch</td>
<td>Training:</td>
<td>(1) 6 Rounds</td>
<td>8x Sit-Ups</td>
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<td>8x Sit-Ups</td>
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<td>(1) 3x Sandbag Curtis P’s @ 60#</td>
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<td>Instep Stretch</td>
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<td>5x Chin ups</td>
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<td>Training:</td>
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<td>Hip Flexor Stretch</td>
<td>(2) 5 Rounds for Time</td>
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<tr>
<td>(1) 6 Rounds</td>
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<td>6x Burpee Pullups</td>
<td>6x Situps</td>
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<td>3x Sandbag Curtis P’s @ 60#</td>
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<td>3x Jumping Lunges</td>
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<td>5x Chin ups</td>
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<td>6x Situps</td>
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<td>Hip Flexor Stretch</td>
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<td>(2) 5 Rounds for Time</td>
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<td>6x Burpee Pullups</td>
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<td>20/20 Kneeling Founder</td>
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<td>3x Jumping Lunges</td>
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<td>10x EO’s</td>
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<td>6x Situps</td>
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<td>80 Sec sandbag hold @ 60# sandbag</td>
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<td>SESSION 25 PM:</td>
<td>Obj: Heavy Ruck Work</td>
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<td>2 Mile Ruck at Interval Pace</td>
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<td>(1) 2 Rounds</td>
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<td>2 Mile Run at Interval Pace</td>
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<td>Heavy Ruck time, Flat Course</td>
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<td>based on SESSION 20, 6 Mile time</td>
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<td>Rest 5 Minutes between runs</td>
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<td>(2) Foam Roll Legs and Low Back</td>
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<td>Rucks</td>
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<td>Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell</td>
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**SESSION 26**

**SESSION 27 AM:**

**SESSION 27 PM:**

**SESSION 28**

**SESSION 29**

**SESSION 30**

Obj: Long Ruck

Ruck 16 miles over uneven, hilly terrain

Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell

4 Hour Time Limit
**RUCK V4 PLAN, JUNE 2013**

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<tr>
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<td>Obj: APFT+ Work (Use results from SESSION 19)</td>
<td><strong>SESSION 32</strong></td>
<td>Obj: 6 Mile Run Work</td>
<td><strong>SESSION 33 AM:</strong></td>
<td>Obj: Assessment Work (Use results from SESSION 21)</td>
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<td>5x Scotty Bobs @ 25#</td>
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<td>Instep Stretch</td>
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<td>(2) 5 Rounds, every 60 sec. 35% of max reps Sit-ups then ... Max reps Sit-ups in 60 sec.</td>
<td>Training:</td>
<td>(1) 12 Rounds, Every 30 seconds .... 10% of max reps from 25m Shuttle Sprints (round up) + 1 Rep</td>
<td>(2) 8 Rounds - Every 90 seconds, 10% of max reps SBGU (round up) + 1 Rep</td>
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<td>(3) 5 Rounds, every 60 sec. 35% of max reps Pull-ups then... Max reps Pull-ups in 60 sec.</td>
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<td>(1) 8 Rounds for Time wearing IBA</td>
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<td>(2) 5 Rounds</td>
<td>5x Renegade Man Makers</td>
<td>10x Sandbag Back Squats</td>
<td>10x Renegade Man Makers @ 25# Dumbbells</td>
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<td>Rest 2 Minutes between runs</td>
<td>@ 25#</td>
<td>15xSitups</td>
<td>@ 25#</td>
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<td>Rest 3 Minutes between runs</td>
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<td>60# sandbag</td>
<td>Run 200m with Sandbag</td>
<td>4.5 Hour Time Limit</td>
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<td>10x Toes to Sky</td>
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<td>Instep + Hip Flexor Stretch</td>
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<td>Obj: Assessment Work (Use results from SESSION 21)</td>
<td>Training:</td>
<td>Obj: Long Ruck</td>
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<td><strong>SESSION 36</strong></td>
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<td>(1) 3 Rounds</td>
<td>Warm up:</td>
<td>(1) Run 3 Miles @</td>
<td>Ruck 18 miles over</td>
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<td><strong>SESSION 36</strong></td>
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<td>2 Mile Ruck at Interval Pace based on SESSION 24</td>
<td>3 Rounds</td>
<td>moderate pace (comfortable but not easy)</td>
<td>uneven, hilly terrain</td>
<td>Rest Day</td>
<td>Ruck 18 miles over</td>
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<td>Run 800m at Interval Pace</td>
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<td>uneven, hilly terrain</td>
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<td>Rest 2 Minutes between runs</td>
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<td>Load - 60# + 10 lb Rubber Rifle/Sledge/Dumbbell</td>
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<tbody>
<tr>
<td>SESSION 37</td>
<td>Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</td>
<td>Obj: Assessment</td>
<td>Training: (1) Run 6 miles for Time</td>
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<tr>
<td></td>
<td>Rest 5 Minutes</td>
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<td>Training:</td>
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<tr>
<td></td>
<td>(1) 2 min. Max Push-Ups Rest 5-10 Minutes</td>
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<td>(2) 2 min. Max Sit-Ups Rest 5-10 Minutes</td>
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<tr>
<td></td>
<td>(3) Max Pull ups Rest 5 minutes</td>
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<td>(4) 2 Mile Run (timed)</td>
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<td>RECORD YOUR TIME</td>
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<tr>
<td></td>
<td>(1) 4 Rounds 60 Sec 25m Shuttle, for reps 60 Sec Rest Rest 5 Minutes</td>
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<td>(2) 10 Min Sandbag Getups for Reps @ 80# Rest 10 Minutes</td>
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<td>(3) 3 Mile IBA Run (timed)</td>
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<tr>
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<td>(1) 8 Rounds for Time wearing IBA 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag</td>
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<td>SESSION 41</td>
<td>Rest Day</td>
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<td>SESSION 42</td>
<td>Obj: Ruck Assessment</td>
<td>(1) 10 Mile Heavy Ruck for Time</td>
<td>Load - 60#, 10 lb Rubber Rifle, Sledge Hammer or 10# dumbbell</td>
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# RUCK V4 PLAN, JUNE 2013

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>SESSION 43</td>
<td><strong>Obj: Work Capacity</strong></td>
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<td>8x Squats</td>
<td>8x Push-Ups</td>
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<td>Instep Stretch</td>
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<tr>
<td>(1) 8 Rounds for Time</td>
<td>5x Renegade Man Makers @ 25#</td>
<td>5x Hang Squat Clean with 60# Sandbag</td>
<td>Run 200m</td>
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<td>(2) 2 Rounds</td>
<td>30 Second Jane Fonda</td>
<td>15x Hamstring Hell</td>
<td>Foam Roll Legs/Low Back</td>
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| SESSION 44 | **Obj: Work Capacity/Core** | | | | | |
| Warm up: | 60x Sandbag Getups @ 80# | | | | | |
| Training: | | | | | | |
| (1) 4-Mile Heavy Ruck, Flat Course, 1 Hour Time Limit | Load - 60#, 10 lb Rubber Rifle, Sledge Hammer or 10# dumbbell | | | | | |
| (2) 4 Rounds | 20/20 Standing Founder | 20/20 Kneeling Founder | 10x EO’s | 105 Sec sandbag hold @ 60# sandbag | | |

| SESSION 45 | **Obj: Assessment** | | | | | |
| Warm up: | 3 Rounds | 3x 4-Square Drill | 8x Squats | 8x Push-Ups | 8x Sit-Ups | Instep Stretch |
| Training: | | | | | | |
| (1) 4 Rounds in IBA (Grind, not for time) | 5x Scotty Bobs @ 25# | 10x Situps | Run 400m | | | |
| (2) 2 Rounds | Hip Flexor Stretch | 15x Hamstring Hell | Foam Roll Legs/Low Back | | | |

| SESSION 46 | **Obj: Work Capacity** | | | | | |
| Warm up: | 60x Sandbag Getups @ 60# | | | | | |
| Training: | | | | | | |
| (1) Run 6 Miles, Moderate Pace | | | | | | |
| (2) 4 Rounds | 20/20 Standing Founder | 20/20 Kneeling Founder | 10x EO’s | 105 Sec sandbag hold @ 60# sandbag | | |

| SESSION 47 | **Rest Day** | | | | | |

<p>| SESSION 48 | <strong>Rest Day</strong> | | | | | |</p>
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<td>2 MILE TIME</td>
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<td>10 MILE RUCK TIME (HR:MIN)</td>
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### 6-MILE RUN INTERVAL PACE

#### 2 MILE RUN INTERVAL PACE, CONT’D

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## 2-MILE RUN TABLE-3

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