

2023-2024

**Redmond Fire Department
12-week tactical fitness program**

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Introduction:

This is a 12-week tactical fitness program created for Redmond Fire Department to help strengthen and improve the overall fitness and mobility of each participant. Based on the annual tactical fitness test that was implemented in early 2023, the following 12-weeks covers a more in-depth approach for each of the movements we covered. The goals of this program are multi-faceted including improving testing scores during the next testing process, increasing motivation to follow a more consistent fitness and mobility routine, decreasing injury potential on the job, and create an effective strength and mobility regimen to help face the physical impacts of job-related movements.

Program breakdown and schedule:

The annual fitness test covers 9 specific movements labeled as the following:

A1: Weighted low plank

A2: MB sit-up

A3: MB wall sit rotational slams

B1: Hand-release pushups

B2: Strict pull-ups

B3: Stairmill

C1: KB/DB snatch

C2: DB front squat tap + OH press

C3: Rower

To help organize the 9 movements, the 12-week program contains 5 progressive workout sections and 2 “re-test” weeks. Each section is labeled below with a brief description:

Weeks 1-2:

- Contains 4 workouts per week (A/B/C and tactical fitness test prep)
- Repeat the 4 workouts during week 2
- Workouts #1-3 can be done over a course of 3-5 days.
- Workout #4 ideally 48 hours after workout #3 for recovery purposes

Weeks 3-4:

- Same format and instructions as weeks 1-2 above.
- Workouts are programmed with the intent of being more challenging.

Week 5:

- Contains 4 workouts for the week (A/B/C and active recovery)
- Is a fusion of weeks 1-4 and is progressively building in intensity.

Week 6:

- Contains 2 workouts for the week (A-B and C)
- This breaks up the actual tactical fitness annual test into 2 portions.
- Ideal to provide 72 hours between both workouts for adequate recovery

Weeks 7-8:

- Contains 4 workouts for the week (A/B/C and tactical fitness test prep)
- Repeat the 4 workouts during week 8
- Same schedule suggestion as weeks 1-2 and 3-4 listed above
- Programmed with the intent of being more challenging than month 1

Weeks 9-11:

- Same 4 workout/week setup and schedule suggestions as weeks 1-2/3-4 and 7-8.
- Programmed with the intent of being more challenging than previous week segments and focused on improving re-testing results.

Week 12:

- See week 6 description. Same format and scheduling.

Tactical fitness test and 12-week program exercise list:

Dynamic warmup moves:

1. Toy soldiers/hamstring kick
2. Caterpillar walkout +/- pushup
3. "Double" knee tuck
4. Soccer style double tuck
5. Runner's lunge w/ t-rotation

Mobility assessments:

1. OH squats
2. Deadlift form/setup
3. Spinal/HS flexibility-roll ball
4. Bear crawl w/ yoga block

Static stretches/cool-down:

1. Seated HS stretches
2. Seated groin stretch
3. 90-90 stretch
4. Lying fig. 4 stretch
5. Down-dog
6. Up-dog
7. Runner's lunge
8. Couch stretch
9. Banded shoulder stretch

Test A1 and assoc. strength moves:

1. Weighted low plank
2. Side plank hold
3. Side plank hip dips
4. Plank up-down
5. Plank saws

Test A2 and assoc. strength moves:

1. MB sit-up
2. Suitcase KTE crunch
3. Opp. S/L-S/A v-sits
4. Rev. sit-ups

Test A3 and assoc. strength moves:

1. Wall sit MB rot. slams
2. Rotational slamballs
3. MB Russian twists
4. Band. diag. chop (s. stance/knee. s. stance)

Test B1 + assoc. strength moves:

1. Hand-release pushup
2. TRX chest press (S/L option)
3. DB alt. S/A chest press
4. Decline FE push-up

Test B2+ assoc. strength moves:

1. Strict pull-ups
2. Negative pull-ups
3. TRX row
4. DB S/A B/O bench row (tempo opt.)

Test B3:

1. Stairmill (weighted vest)

Test C1 and assoc. strength moves:

1. KB/DB snatch
2. KB/DB clean + push press
3. KB/DB swings
4. Bench hip thrust (FE-S/L-hold opt.)
5. KB/DB SDHP

Test C2 and assoc. strength moves:

1. DB/KB f. squat tap + OH press
2. DB f. rack alt. rev. lunges
3. DB snow angels
4. Banded OH squats

Test C3:

1. Rower

Exercise demo and modification suggestions:

Each exercise, that you'll see throughout the 12-week program on the next page and in the tactical fitness test, contain a video demo with form cues and modifications that you can access via the YouTube hyperlink boxes attached to this program.

Weeks 1-2

Weeks 1-2: Workout #1 (Focus on improving test moves A1/A2/A3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (*see dynamic warmup list*)

Core-strength stability= :40/:20 Circuit x 2 (:60/:15 Circuit x 2)

**Perform each move for :40 on, :20 off circuit style. Repeat for 2 rounds. Total time is 6' long. To intensify, perform each move for :60 on, :15 off circuit style. Repeat for 2 rounds. Total time is 7.5' long.*

1. Plank hold (weighted optional)
2. L/S plank hold (weighted optional)
3. R/S plank hold (weighted optional)

Core-flexion and rotational strength= 3 rounds for time (4 rds.)

**Perform 3 rounds of the 4-moves below as fast, but safely as possible. To intensify, perform 4 rounds of the 4-moves below for time.*

20 MB sit-up

40 Suitcase KTE crunch

60 Wall-sit MB rot. slams

80 MB Russian twists

Cool-down:

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching (*see static stretch/cool-down list*)

3 min. foam rolling

Weeks 1-2: Workout #2 (Focus on improving test moves B1/B2/B3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (see dynamic warmup list)

Push/Pull strength supersets= 3 x 15 ea. (4-5 sets x 12-15 reps)

**Perform A1 and A2 back-to-back for 3 rounds of 15 reps each move. Then repeat instructions for B1 and B2. To intensify, repeat instructions but do 4-5 rounds of 12-15 reps each move.*

A1: HR pushup

A2: Pull-up (banded optional)

B1: TRX chest press

B2: TRX row

Stairmill workout= 1:1 work-rest intervals

**This is a 16-minute stairmill workout. Work at a RPE, rate-of-perceived-exertion rate, of 7-9 out of 10, for a 2' interval. Then rest for 2'. Repeat for 4 total rounds. To intensify, perform these intervals with a weighted vest.*

2' stairmill (*suggest. pace= RPE 7-9; **Weighted vest**)

2' rest

x 4 rounds

Cool-down:

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching (see static-stretching/cool-down list)

3 min. foam rolling

Weeks 1-2: Workout #3 (Focus on improving test moves C1/C2/C3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (*see dynamic warmup list*)

10-20-30-20-10 Pyramids (10-20-30-40-30-20-10 pyramid)

**This is a 3-move pyramid. Perform each move for 10 reps each round one, 20 reps each round two, 30 reps each round three, 20 reps each round four and finishing with 10 reps round five. To intensify, add a 40 rep round in the middle of the pyramid and perform the moves in red.*

1. KB clean + push press (KB snatch)
2. SB/bench hip thrusts (S/L SB hip thrust)
3. DB f. rack alt. rev. lunges

Rower workout= Endurance

**Perform 1,000m row at a suggested finishing time of 4:30-4:45. To intensify, decrease finishing time between 4:00-4:30.*

1000m row (4:30-4:45 suggest. time goal; 4:00-4:30 advanced)

Cool-down:

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching (*see static stretching/cool-down list*)

3 min. foam rolling

Weeks 1-2: Workout #4 Tactical fitness test practice

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (*see dynamic warmup list*)

Tabata training= :20/:10 x 8 per sections A-F

**This is a 6-section tabata drill. In each section you'll perform the moves at a :20 on, :10 off rate for 8 total rounds, which is 4 total minutes. In section A/C/E, you'll be alternating back and forth between two moves. In section B/D/E, you'll perform one move for all 8 rounds at the :20/:10 rate. Try to keep rest between 1-2 minutes between sections A-F*

A= :20/:10 x 8 (alt. moves)

1. Weighted plank hold
2. MB sit-ups

D= :20/:10 x 8

1. Row

B= :20/:10 x 8

1. DB f. rack squat tap + OH press

E= :20/:10 x 8 (alt. moves)

1. MB wall-sit S-S slam
2. Pull-ups

C= :20/:10 x 8 (alt. moves)

1. HR Pushups
2. KB/DB snatch

F= :20/:10 x 8

1. Weighted stairmill (RPE=7-9)

Cool-down:

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching (*see static stretch/cool-down list*)

3 min. foam rolling

Weeks 3-4

Weeks 3-4: Workout #1 (Focus on improving test moves A1/A2/A3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (*see dynamic warmup list*)

Core-strength and stability= :45/:15 circuit x 3

**Perform these 4-moves circuit style at a tempo of :45 on, :15 off, for a total of 3 rounds. To intensify, add weighted to the side plank hip dips.*

1. Plank up-down
2. L/S plank hip dips (weighted)
3. R/S plank hip dips (weighted)
4. Reverse sit-ups

Rotation/anti-rot. strength descending ladder= 21-18-15-12-9-6-3

**This is a 3-move descending ladder starting at 21 reps of each move. Each round, drop the total reps of each move by 3. Your last round will be 3 reps of each move.*

MB S-S slams

Band. diagonal chop-L/S

Band. diagonal chop- R/S

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Weeks 3-4: Workout #2 (Focus on improving test moves B1/B2/B3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (see dynamic warmup list)

Push/Pull strength tri-sets= 4 x 12 ea.

**Perform moves A1/A2/A3 back to back for 12 reps each. Repeat for 4 total rounds. Repeat instructions for moves B1/B2/B3. To intensify, see tempo suggestions. For example, on A3, lower body for 4 seconds, hold for 2 seconds at bottom, then raise body up to start in 1 second. You can make the TRX chest press S/L version as well.*

A1: DB alt. S/A chest press (12 ea.)

A2: Negative pull-ups

A3: Decline pushups (feet elevated; 4-2-1 tempo)

B1: TRX S/A row (12 ea.)

B2: TRX chest press (S/L 6 ea.)

B3: DB S/A B/O bench row (ea. arm; 2-4-2 tempo)

Stairmill workout-Endurance

**This is an 8-minute stairmill workout to improve endurance. Suggest pace is 5-6 RPE. Add a weighted vest to intensify.*

8' stairmill (*suggest. pace= RPE 5-6; weighted vest)

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Weeks 3-4: Workout #3 (Focus on improving test moves C1/C2/C3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (see dynamic warmup list)

:60/:15 Alt. EMOMs x 2 (5' per sections A-C)

**Perform A1 and A2 back to back for :60 on, :15 off, and repeat for 2 rounds. Attempt to go immediately into B1 and B2, then C1 and C2, repeating instructions above. There is a suggested goal number to achieve in :60 for A1/B1/C1. A2/B2/CB are :60 hold challenges. To intensify, attempt 30 reps instead of 20 on A1/B1/C1 and add a S/L version for the FE hip thrust hold, using a bench or SB.*

A1: 20 DB alt. snatch (30)

A2: Banded OH squat hold

B1: 20 KB swings (30)

B2: FE SB hip thrust hold (S/L; :30 ea.)

C1: 20 KB SDHP (30)

C2: DB f. rack squat hold

Rower workout-1:1 work-rest intervals

**Perform a 500m row at a suggest. time of 2:05-2:30. Rest 2 minutes. Repeat for 3 total rounds. To intensify, attempt the 500m row at or under 2'.*

500m row (*suggest. time goal=2:05-2:30; 2' or less)

2' rest

x 3 rounds

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Weeks 3-4: Workout #4 (Tactical fitness test prep- circuit variations)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)
5 min. dynamic warmup moves (see *dynamic warmup list*)

:40/:20 Circuit x 3 rounds (12-minutes)

**Repeat 4-move :40/:20 circuit for 3 total rounds.*

1. Row
2. Plank
3. MB sit-up
4. HR pushup

:60/:30- :50/:20- :40/:10 descending ladder circuit (14-minutes)

**Perform all 4 moves for :60 on, :30 off for 1st round. For 2nd round, perform all 4-moves :50 on, :20 off. Then do a :40 on, :10 off 3rd round of all 4 moves.*

1. Pull-ups
2. DB f. rack squat tap + OH press
3. KB snatch (:30 ea.)
4. MB wall-sit rot. slam

:40/:20 Circuit x 4 rounds (4-minutes)

**Perform a weighted stairmill circuit at a RPE of 7-8 for :40 on, :20 off. Repeat for 4 rounds.*

Weighted stair mill (at 7-8 RPE)

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)
3-5 min. static stretching
3 min. foam rolling

Week 5: Fusion of weeks 1-4

Week 5: Workout #1 (Focus on improving test moves A1/A2/A3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (see dynamic warmup list)

Core-strength stability= :45/:15 Circuit x 3 (:60/:15 Circuit x 3)

**Perform all 7 moves circuit style :45 on, :15 off for a total of 3 rounds. To intensify, make this a :60/:15 circuit x 3 rounds and add weight where indicated in red.*

- | | |
|------------------------------|----------------------------------|
| 1. Plank hold (weighted) | 5. Plank up-down |
| 2. L/S plank hold (weighted) | 6. L/S plank hip dips (weighted) |
| 3. R/S plank hold (weighted) | 7. R/S plank hip dips (weighted) |
| 4. Reverse sit-ups | |

Core-flexion and rot./anti-rot. strength= 2 rounds for time (3 rds.)

**Perform pyramid workout below for 2 rounds as fast and safely as possible. To intensify, add a 3rd round and make the band. chop a split stance version vs. split kneeling.*

- 20 MB sit-up
- 40 Suitcase KTE crunch
- 60 Wall-sit MB rot. slams
- 80 MB Russian twists
- 60 Band. diagonal s. kneeling chops (s. stance)
- 40 MB S-S slams
- 20 plank saws

Cool-down: (see cool-down list)

- 2-3 min. light cardiovascular activity (optional)
- 3-5 min. static stretching
- 3 min. foam rolling

Week 5: Workout #2 (Focus on improving test moves B1/B2/B3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (see dynamic warmup list)

Push/Pull strength supersets= 3 x 15 ea. (4-5 sets x 12-15 reps)

**Perform A1/A2 back to back for 15 reps each and repeat for 3 total rounds. Repeat instructions for B1/B2, C1/C2 and D1/D2, and keeping rest to a minimum. To intensify, perform supersets for 12-15 reps each and repeat for 4-5 total rounds. See tempo suggestions as well and advanced variations of B1 and B2.*

A1: HR pushup

C1: DB alt. S/A chest press (ea. arm)

A2: Pull-up

C2: DB S/A B/O bench row (ea. arm)

B1: TRX chest press (S/L)

D1: Negative pull-ups

B2: TRX row (S/A)

D2: Decline pushups (4-2-1 tempo)

Stairmill workout= 1:1 work-rest intervals and Endurance

**Perform stairmill at a RPE of 7-9 for a 2' interval, rest 2', then repeat for 3 rounds. Rest 2' once done with all 3 rounds and then go into a 8' endurance stairmill at a 5-6 RPE. To intensify, add a weighted vest.*

2' stairmill (*suggest. pace= RPE 7-9; **Weighted vest**)

2' rest

x 3 rounds

2' rest

8' stairmill (*suggest. pace= RPE 5-6; **weighted vest**)

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Week 5: Workout #3 (Focus on improving test moves C1/C2/C3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (see *dynamic warmup list*)

:60/:15 Alt. EMOMs x 3 (7.5' per sections A-C)

**Perform A1 and A2 back to back at :60 on, :15 off, and repeat for 3 rounds. Repeat instructions for B1/B2, C1/C2 and D1/D2. A1/B1/C1/D1 have a sugg. goal of 20 reps in :60 and A2/B2/C2/D2 are :60 holds. Switch legs :30 in for D2. To intensify, see #'s in red.*

A1: 20 DB alt. snatch (30)

C1: 20 KB SDHP (30)

A2: Banded OH squat hold

C2: DB f. rack squat hold

B1: 20 KB swings (30)

D1: 20 KB clean + push press (30)

B2: FE SB hip thrust hold

D2: DB f. rack rev. lunge hold

Rower workout-1:1 work-rest intervals and Endurance

**Perform a 500m row at a sugg. time goal of 2:05-2:30. To intensify, perform at 2' or less. Rest for 2' and repeat for 2 rounds. Rest 2' once done and then go into a 1000m row at a sugg. time goal of 4:30-4:45 or 4:00-4:30 to intensify.*

500m row (*suggest. time goal=2:05-2:30; 2' or less)

2' rest

x 2 rounds

2' rest

1000m row (4:30-4:45 suggest. time goal; 4:30-4:00 for advanced)

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Week 5: Workout #4 (Active recovery and mobility)

**Week 6 is a re-test practice week, so focus on 1-2 days of helping your body recover and be prepared to perform at a higher intensity. I'd recommended focusing today on:*

- 10-20 minutes of light cardiovascular activity, keeping target HR in zone 2-3
- 5 minutes minimum of mobility drills
- 5 minutes minimum of foam rolling and/or static stretching

Week 6 (re-test practice week)

Week 6: Workout #1 (Re-testing sect. A and B test moves)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (*see dynamic warmup list*)

Core endurance and strength tests

*(*1' rest between #1 and #2 tests in this section)*

1. Max reps MB sit-ups in :60 (14-15 lb. MB; suggest. goal=25-30)

2. Max time weight. low plank hold (25 lb. plate; suggest. goal=60-90")

Pull and push strength test

*(*Start 2' post low plank hold test; 1' rest in between #1 and #2 tests in this section)*

1. Max pull-ups in :60 (no kipping, suggest. goal= 2-5 reps)

2. Max HR pushups in :60 (suggest. goal=25-30 reps)

Stairmill test

*(*Start 2' post max HR pushup test)*

4' weighted Stairmill (weighted vest; 60 SPM; no use of handrails)

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Week 6: Workout #2 (Re-testing sect. C)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (*see dynamic warmup list*)

Rotational/fx. strength and muscular endurance tests

*(*1' rest between test moves #1 and #2; 2' rest between test moves #2 and #3)*

1. 2' max reps MB wall sit w/ rotational slams (*14-15 lb. MB; suggest. goal=52-60 reps)

2. 5' max reps KB snatch (*25 lb. KB; suggest. goal=100 reps)

3. 80 DB f. rack squat tap + OH press for time (*25lb. DB ea. arm; suggest. goal= sub 5 min.)

Row test

*(*Start 2' post last test.)*

500m row for time (*Max resist. setting; suggest. goal= 1:45-2:05)

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Weeks 7-8

Weeks 7-8: Workout #1 (Focus on improving test moves A1/A2/A3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (see *dynamic warmup list*)

Core strength and stability= :50/:20 x 2 (3 rounds)

**Perform each move at :50 on, :20 off for 2 rounds each. Then go immediately into next move. Repeat instructions for all 7-moves. To intensify, add weight where indicated.*

- | | |
|------------------------------|----------------------------------|
| 1. Plank hold (weighted) | 5. R/S plank hold (weighted) |
| 2. Reverse sit-up | 6. L/S plank hip dips (weighted) |
| 3. Plank up-down | 7. R/S plank hip dips (weighted) |
| 4. L/S plank hold (weighted) | |

Core flexion and anti./rotation= Alt. Tabatas :20/:10 x 8 ea. sect.

**Perform A1 and A2 back to back at a :20 on, :10 off tempo for 8 total rounds or 4' each. Then go immediately into B1/B2 and C1/C2, repeating instructions for A1/A2. To intensify, make the diagonal chop split stance style.*

A1. MB sit-up

A2. MB Russian twists

B1. L/S band. diag. split. knee. chops (s. stance)

B2. R/S band. diag. split. knee. chops (s. stance)

C1. L/A R/L v-sits

C2. R/A L/L v-sits

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Weeks 7-8: Workout #2 (Focus on improving test moves B1/B2/B3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (see dynamic warmup list)

Push/Pull strength tempo sets= :45/:15 3-round intervals

**Perform each of 7-moves below at a :45/:15 tempo for 3 rounds each. For the 1st rd., perform at a normal tempo. For the 2nd rd., do at a fast tempo. For the 3rd rd., focus on performing the lowering or eccentric phase of lift as slowly as possible.*

1. Pull-ups (*band. okay for rd. 2)
2. HR pushups
3. TRX chest press (*S/L)
4. TRX row (*S/L)
5. Negative pull-ups (*band. okay for rd. 2)
6. FE decline pushups
7. DB B/O L/A row
8. DB B/O R/A row

Stairmill workout= 2:1 work-rest intervals

**Perform a 4' stairmill at a RPE of 7 and then rest for 2'. Repeat for 2 rounds. To intensify, add weighted vest.*

4' stairmill (*suggest. pace= RPE 7; weighted vest)

2' rest

x 2 rounds

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Weeks 7-8: Workout #3 (Focus on improving test moves C1/C2/C3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (see dynamic warmup list)

Descending ladder circuits= :60/:30, :50/:20, :40/:10 circuits

**Perform the 7-move circuit at a :60 on, :30 off tempo for round 1. For rd. 2, do a :50/:20 tempo and a :40/:10 for final round.*

1. KB snatch
2. KB clean + push press
3. KB swings
4. SB/bench FE S/L hip thrust (ea. leg)
5. DB f. rack squat tap + OH press
6. DB f. rack alt. lunges
7. DB snow angels

Rower workout= 2:1 work-rest intervals

**Perform a 500m row at a RPE of 7 and rest :60 after. Repeat a for 3 total rounds.*

500m row (*suggest. pace= RPE 7)

1' rest

x 3 rounds

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Weeks 7-8: Workout #4 (Tactical fitness test preparation)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (see dynamic warmup list)

6' challenge/3' rest/ x 2 rounds (18-minutes)

**This is a 6' challenge. Start each round with a :60 weighted plank, then attempt other 4 moves in remaining 5'. Rest 3' after and repeat instructions above for a 2nd round.*

:60 weighted plank hold

250 m row

25 HR pushups

25 MB sit-ups

25 pull-ups

5' challenge/2.5' rest/ x 2 rounds (15-minutes)

**This is a 5' challenge. Start each round with a :60 stairmill, then attempt other 3 moves in remaining 4'. Rest 2.5' after and repeat instructions above for a 2nd round.*

:60 stairmill (*above test level; suggest. level=12-15)

45 MB wall-sit S-S slams

30 DB f. squat tap + OH press

30 KB snatch

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Weeks 9-11

Weeks 9-11: Workout #1 (Focus on improving test moves A1-A3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (*see dynamic warmup list*)

Core strength and stability= :70/:20-:60/:15-:50/:10 ea.

**Perform each move for :70 on, :20 off for round 1. Do a :60/:15 for round 2 and :50/:10 for round 3. Then go immediately if possible into next move and repeat instructions for each move. To intensify, add weight to moves 1/4/5.*

1. Plank up down (weighted)
2. Reverse sit-ups
3. Plank saws
4. L/S plank hip dip (weighted)
5. R/S plank hip dip (weighted)

Core-flexion and rotational strength= :60/:30 alt. EMOM circ. x 4

**Perform each move for :60 on, :30 off back to back, for a total of 4 rounds or 12 minutes. Attempt to perform 22 reps of move 1 and 40 reps of move 2 in each :60 interval.*

1. 22 MB rotational slamballs
2. 40 Suitcase KTE crunch

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Weeks 9-11: Workout #2 (Focus on improving test moves B1-B3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (see dynamic warmup list)

Push/Pull strength 2-4-2 tempo supersets=Alt. :60/:30 x 2 rd. ea.

**Perform A1 and A2 back to back at a :60 on, :30 off tempo for 2 rounds each or 6 total minutes. Try to perform each move with a 2-4-2 tempo, starting your lift for 2", holding at the top or bottom for 4 seconds and returning to start point for 2" during each 60" interval. Move immediately into next superset if possible and repeat instructions for B1/B2, C1/C2 and D1/D2.*

A1: Pull-ups (banded okay)

A2: Decline FE push-up

B1: DB L/A B/O bench row

B2: DB R/A B/O bench row

C1: DB L/A chest press

C2: DB R/A chest press

D1: TRX S/L row

D2: TRX S/L chest press

Stairmill workout-Endurance

**Perform a 12' stairmill at a RPE of 6, adding a vest to intensify. If you haven't been using a vest yet during weeks 1-8, I'd suggest trying a vest for 4-6' initially.*

12' stairmill (*suggest. pace= RPE 6; **weighted vest**)

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Weeks 9-11: Workout #3 (Focus on improving test moves C1-C3)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (*see dynamic warmup list*)

Amped up alt. tabatas x 10 (5 ea. subsection)

**Perform A1 and A2 back to back at a :20/:10 tempo for 10 total rounds or 5-minutes each. Attempt to go directly into next superset or minimizing rest as much as possible. To intensify, perform A1 for 5 rounds of :20/:10 and then A2 for 5 rounds of :20/:10.*

A1: KB/DB SDHP

C1: KB/DB L/A snatch

A2: KB/DB swings

C2: KB/DB R/A snatch

B1: DB f. rack alt. rev. lunges

D1: KB/DB L/A clean + push press

B2: DB snow angels

D2: KB/DB R/A clean + push press

Rower workout 2:1 work-rest intervals

**Perform a 750m row at a sugg. time of 3:00-3:30. To intensify, decrease time to 3:00 or less. Rest for 1.5 minutes. Repeat for 3 total rounds.*

750m row

1.5' rest

x 3 rounds

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Weeks 9-11: Workout #4 (Tactical fitness test preparation)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (*see dynamic warmup list*)

:60/:30 Challenge Circuit x 3 rounds

**Perform all 9 test moves for :60 on, :30 off circuit style for 3 rounds or 40.5 minutes.*

Attempt to hit suggested numbers or go full time for any holds or cardio work within the :60 intervals, adjusting numbers if needed. Strive for consistent performance each round.

1. 25 MB sit-up
2. 50 MB wall sit rotational slam
3. 25 HR pushups
4. Max attempt pull-ups (10-15 strict)
5. 30 KB snatch
6. 30 DB f. rack squat tap + OH press
7. Weighted plank hold
8. 250m row
9. Stairmill RPE 8-9

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Week 12 (re-test practice week)

Week 12: Workout #1 (Re-testing sections A and B test moves)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (*see dynamic warmup list*)

Core endurance and strength tests

*(*1' rest between #1 and #2 tests in this section)*

1. Max reps MB sit-ups in :60 (14-15 lb. MB; suggest. goal=25-30)

2. Max time weight. low plank hold (25 lb. plate; suggest. goal=60-90")

Pull and push strength test

*(*Start 2' post low plank hold test; 1' rest in between #1 and #2 tests in this section)*

1. Max pull-ups in :60 (no kipping, suggest. goal= 2-5 reps)

2. Max HR pushups in :60 (suggest. goal=25-30 reps)

Stairmill test

*(*Start 2' post max HR pushup test)*

4' weighted Stairmill (weighted vest; 60 SPM; no use of handrails)

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

Week 12: Workout #2 (Re-testing section C test moves)

Warmup:

2-3 min. light cardiovascular activity (i.e. treadmill walk/jog)

5 min. dynamic warmup moves (*see dynamic warmup list*)

Rotational/fx. strength and muscular endurance tests

*(*1' rest between test moves #1 and #2; 2' rest between test moves #2 and #3)*

1. 2' max reps MB wall sit w/ rotational slams (*14-15 lb. MB; suggest. goal=52-60 reps)

2. 5' max reps KB snatch (*25 lb. KB; suggest. goal=100 reps)

3. 80 DB f. rack squat tap + OH press for time (*25lb. DB ea. arm; suggest. goal= sub 5 min.)

Row test

*(*Start 2' post last test.)*

500m row for time (*Max resist. setting; suggest. goal= 1:45-2:05)

Cool-down: (see cool-down list)

2-3 min. light cardiovascular activity (optional)

3-5 min. static stretching

3 min. foam rolling

