

THE WORKOUT

The following workout was created for the individual who wants to enhance their performance in the areas of lifting, running, and swimming. It is designed to increase overall explosiveness and power as well as improving the individual's overall endurance. The lifting cycle is based on the proven method of periodization, which incorporates a muscle hypertrophy phase, a neuro-recruitment phase, and a power phase. The percentages in the lifting workouts can be calculated by the individual's adjusted one rep max. To find this number you must take the repetitions completed then multiplied by the weight used then multiplied by 3%. Then you will then add that number to the original weight and that will give you your adjusted one rep max. This is what you will need to do to calculate the weights to use for your lifting cycle. For example: If I lift 200lbs for 6 reps my adjusted one rep max would be 240 ($200 \times 6 = 1200$, $1200 \times .03 = 36$, $36 + 200 = 236$).

The swimming and running portion of this workout incorporates both speed and endurance training, the end result being faster runs and faster swims. The key thing to remember during the runs is to try and maintain a pace of 7-8 min miles. Some of the swimming may be challenging however do your best and adjusted the sets and intervals if need be. Just a quick pointer on the RUCK is to make sure your boots are broken in. You may think your boots are perfect but when you put that pack on your back and go, you may quickly find out how fast blisters can develop. Protect your feet! Methods of duck tape and Vaseline are both acceptable, because nothing can take you out of the game faster than unhealthy feet. A key to successful workouts is making sure you stretch before and after every time you workout. In conclusion I hope your pleased with the results. If you stick to it and put the effort in I think you will.

Good Luck and HOO-YAH!!

**By
LT MICHAEL "BULL" RELICK**

WEEK 1 LIFTING

Monday 76%

BENCH PRESS	10 X	10 X	10 X	10 X
INCLINE BENCH PRESS	10 X	10 X	10 X	10 X
SHOULDER PRESS	10 X	10 X	10 X	
30'S	10 X	10 X	10 X	
SHRUGS	10 X	10 X	10 X	
EZ BAR TRICEPS	10 X	10 X	10 X	
PLYO PUSHUPS	15 X	15 X		
4 WAY NECK	12 X	12 X		
SHOULDER TUBING	12 X	12 X		

TUESDAY 72%

HANG CLEAN	10 X	10 X	10 X	10 X
SQUAT	10 X	10 X	10 X	10 X
LEG CURL	10 X	10 X	10 X	
STANDING CALF RAISE	12 X	12 X	12 X	
LAT PULLDOWNS	10 X	10 X	10 X	
STRAIT BAR CURLS	10 X	10 X	10 X	
WRIST CURLS	10 X	10 X	10 X	
BOX JUMPS	20 X	20 X	20 X	

THURSDAY 62%

BENCH PRESS	10 X	10 X	10 X	
DB INCLINE PRESS	10 X	10 X	10 X	
SHOULDER PRESS	10 X	10 X	10 X	
30'S	10 X	10 X	10 X	
SHRUGS	10 X	10 X	10 X	
TRICEP PUSHDOWNS	10 X	10 X	10 X	
DIPS	10 X	10 X		
4 WAY NECK	12 X	12 X		
TUBING CIRCUIT	12 X	12 X		

FRIDAY 62%

HANG CLEAN	10 X	10 X	10 X	
SQUAT	10 X	10 X	10 X	
LEG CURL	10 X	10 X	10 X	
STANGING CALF RAISE	12 X	12 X	12 X	
REV GRIP LAT PULL	10 X	10 X	10 X	
PREACHER CURLS	10 X	10 X	10 X	
WRIST CURLS	10 X	10 X	10 X	
MED BALL JUMPS	20 X	20 X	20 X	

WEEK 1 SWIM / RUN / CALS

MONDAY

SWIM

500 YARD FREESTYLE	3 MIN REST
4 X 25 UNDERWATERS @2:00	2 MIN REST
1 X 100 SPRINT FREESTYLE	2 MIN REST
100 WARM DOWN	

RUN

2 MILES

CALS

150+ PUSHUPS
200+ ABS

TUESDAY

RUN

10 X 40 YARD SPRINTS @20 SEC REST
5 X 120 METER SPRINTS @45 SEC REST

WEDNESDAY

SWIM

200 LONG	2 MIN REST
4 X 100 @40 SEC REST	3 MIN REST
4 X 25 UNDERWATERS @2:00	2 MIN REST
100 WARMDOWN	

RUN

3 MILES LONG

CALS

150+ PUSHUPS
200+ ABS
100 FLUTTER KICKS

THURSDAY

RUN

3 MILE RUCK WITH 40 LBS UNDER 40 MINS

FRIDAY

SWIM

750 YARD (SWIM UNDER 15 MINS IS GOAL)

RUN

2 MILES

CALS

150+ PUSHUPS
200+ ABS

WEEK 2 LIFTING

MONDAY 79%

BENCH PRESS	8 X	8 X	8 X	8 X
INCLINE BENCH PRESS	8 X	8 X	8 X	8 X
SHOULDER PRESS	10 X	10 X	10 X	
30'S	10 X	10 X	10 X	
SHRUGS	10 X	10 X	10 X	
EZ BAR TRICEPS	10 X	10 X	10 X	
PLYO PUSHUPS	15 X	15 X		
4 WAY NECK	12 X	12 X		
SHOULDER TUBING	12 X	12 X		

TUESDAY 79%

HANG CLEAN	8 X	8 X	8 X	8 X
SQUAT	8 X	8 X	8 X	8 X
LEG CURL	10 X	10 X	10 X	
STANDING CALF RAISE	12 X	12 X	12 X	
LAT PULLDOWNS	10 X	10 X	10 X	
STRAIT BAR CURLS	10 X	10 X	10 X	
WRIST CURLS	10 X	10 X	10 X	
BOX JUMPS	20 X	20 X	20 X	

THURSDAY 70%

BENCH PRESS	8 X	8 X	8 X	
DB INCLINE PRESS	8 X	8 X	8 X	
SHOULDER PRESS	10 X	10 X	10 X	
30'S	10 X	10 X	10 X	
SHRUGS	10 X	10 X	10 X	
TRICEP PUSHDOWNS	10 X	10 X	10 X	
DIPS	10 X	10 X		
4 WAY NECK	12 X	12 X		
TUBING CIRCUIT	12 X	12 X		

FRIDAY 70%

HANG CLEAN	8 X	8 X	8 X	
SQUAT	8 X	8 X	8 X	
LEG CURL	10 X	10 X	10 X	
STANGING CALF RAISE	12 X	12 X	12 X	
REV GRIP LAT PULL	10 X	10 X	10 X	
PREACHER CURLS	10 X	10 X	10 X	
WRIST CURLS	10 X	10 X	10 X	
SINGLE LEG SQUATS	10 X	10 X	10 X	

WEEK 2 SWIM / RUN / CALS

MONDAY

SWIM

300 YARD FREESTYLE	3 MIN REST
4 X 25 UNDERWATERS @2:00	2 MIN REST
2 X 200 FREESTYLE SWIMS @1:00 REST	2 MIN REST
100 WARM DOWN	

RUN

2.5 MILES

CALS

200+ PUSHUPS
300+ ABS
100 FLUTTER KICKS

TUESDAY

RUN

4 X 100 METER SHUTTLE (50 METER UP AND BACK) @20 SEC REST
8 X 120 METER SHUTTLE (10/20/30 METERS UP AND BACK) @30 SEC REST

WEDNESDAY

SWIM

200 LONG	2 MIN REST
4 X 100 @40 SEC REST	3 MIN REST
1 X 200 SPRINT	3 MIN REST
4 X 25 UNDERWATERS @2:00	2 MIN REST
100 WARMDOWN	

RUN

3.5 MILES LONG

CALS

200+ PUSHUPS
300+ ABS
200 FLUTTER KICKS

THURSDAY

RUN

3 MILE RUCK WITH 45 LBS UNDER 40 MINS

FRIDAY

SWIM

750 YARD (SWIM UNDER 14 MINS IS GOAL)

RUN

2.5 MILES

CALS

200+ PUSHUPS
300+ ABS

WEEK 3 LIFTING

MONDAY 84%

BENCH PRESS	6 X	6 X	6 X	6 X
INCLINE BENCH PRESS	6 X	6 X	6 X	6 X
SHOULDER PRESS	10 X	10 X	10 X	
30'S	10 X	10 X	10 X	
SHRUGS	10 X	10 X	10 X	
TRICEP EXTENSIONS	10 X	10 X	10 X	
PLYO PUSHUPS	15 X	15 X		
4 WAY NECK	12 X	12 X		
SHOULDER TUBING	12 X	12 X		

TUESDAY 84%

HANG CLEAN	6 X	6 X	6 X	6 X
SQUAT	6 X	6 X	6 X	6 X
LEG CURL	10 X	10 X	10 X	
STANDING CALF RAISE	12 X	12 X	12 X	
1 ARM DB ROW	10 X	10 X	10 X	
STRAIT BAR CURLS	10 X	10 X	10 X	
WRIST CURLS	10 X	10 X	10 X	
PLYO JUMPS	20 X	20 X	20 X	

THURSDAY 80%

BENCH PRESS	6 X	6 X	6 X	
DB INCLINE PRESS	6 X	6 X	6 X	
SHOULDER PRESS	10 X	10 X	10 X	
30'S	10 X	10 X	10 X	
SHRUGS	10 X	10 X	10 X	
TRICEP PUSHDOWNS	10 X	10 X	10 X	
4 WAY NECK	12 X	12 X		
TUBING CIRCUIT	12 X	12 X		

FRIDAY 80%

HANG CLEAN	6 X	6 X	6 X	
SQUAT	6 X	6 X	6 X	
LEG CURL	10 X	10 X	10 X	
STANGING CALF RAISE	12 X	12 X	12 X	
REV GRIP LAT PULL	10 X	10 X	10 X	
PREACHER CURLS	10 X	10 X	10 X	
WRIST CURLS	10 X	10 X	10 X	
SINGLE LEG SQUATS	10 X	10 X	10 X	

WEEK 3 SWIM / RUN / CALS

MONDAY

SWIM

400 YARD FREESTYLE 3 MIN REST
6 X 25 UNDERWATERS @2:00 2 MIN REST
6 X 100 FREESTYLE SWIMS @45 SEC REST 2 MIN REST
100 WARM DOWN

RUN

3 MILES

CALS

200+ PUSHUPS
300+ ABS
100 FLUTTER KICKS

TUESDAY

RUN

10 X 40 YARD SPRINTS @20 SEC REST
5 X 120 METER SPRINTS @45 SEC REST

WEDNESDAY

SWIM

200 LONG 2 MIN REST
4 X 150 @1:00 REST 3 MIN REST
1 X 200 SPRINT 3 MIN REST
6 X 25 UNDERWATERS @2:00 2 MIN REST
100 WARMDOWN

RUN

4 MILES LONG

CALS

200+ PUSHUPS
300+ ABS
200 FLUTTER KICKS

THURSDAY

RUN

4.5 MILE RUCK WITH 45 LBS UNDER 52 MINS

FRIDAY

SWIM

1000 YARD (SWIM UNDER 20 MINS IS GOAL)

RUN

3 MILES

CALS

200+ PUSHUPS
300+ ABS

WEEK 4 LIFTING

MONDAY 86%

BENCH PRESS	5 X	5 X	5 X	5 X
INCLINE BENCH PRESS	5 X	5 X	5 X	5 X
SHOULDER PRESS	10 X	10 X	10 X	
30'S	10 X	10 X	10 X	
SHRUGS	10 X	10 X	10 X	
TRICEP EXTENSIONS	10 X	10 X	10 X	
PLYO PUSHUPS	15 X	15 X		
4 WAY NECK	12 X	12 X		
SHOULDER TUBING	12 X	12 X		

TUESDAY 86%

HANG CLEAN	5 X	5 X	5 X	5 X
SQUAT	5 X	5 X	5 X	5 X
LEG CURL	10 X	10 X	10 X	
STANDING CALF RAISE	12 X	12 X	12 X	
1 ARM DB ROW	10 X	10 X	10 X	
STRAIT BAR CURLS	10 X	10 X	10 X	
WRIST CURLS	10 X	10 X	10 X	
PLYO JUMPS	20 X	20 X	20 X	

THURSDAY 82%

BENCH PRESS	5 X	5 X	5 X	
DB INCLINE PRESS	5 X	5 X	5 X	
SHOULDER PRESS	10 X	10 X	10 X	
30'S	10 X	10 X	10 X	
SHRUGS	10 X	10 X	10 X	
TRICEP PUSHDOWNS	10 X	10 X	10 X	
4 WAY NECK	12 X	12 X		
TUBING CIRCUIT	12 X	12 X		

FRIDAY 82%

HANG CLEAN	5 X	5 X	5 X	
SQUAT	5 X	5 X	5 X	
LEG CURL	10 X	10 X	10 X	
STANGING CALF RAISE	12 X	12 X	12 X	
REV GRIP LAT PULL	10 X	10 X	10 X	
PREACHER CURLS	10 X	10 X	10 X	
WRIST CURLS	10 X	10 X	10 X	
SINGLE LEG SQUATS	10 X	10 X	10 X	

WEEK 4 SWIM / RUN / CALS

MONDAY

SWIM

400 YARD FREESTYLE 3 MIN REST
6 X 25 UNDERWATERS @1:45 2 MIN REST
6 X 150 FREESTYLE SWIMS @1:00 REST 2 MIN REST
100 WARM DOWN

RUN

3.5 MILES

CALS

250+ PUSHUPS
400+ ABS
200 FLUTTER KICKS

TUESDAY

RUN

4 X 100 METER SHUTTLE (50 METER UP AND BACK) @20 SEC REST
8 X 120 METER SHUTTLE (10/20/30 METERS UP AND BACK) @30 SEC REST

WEDNESDAY

SWIM

300 LONG 2 MIN REST
4 X 200 @1:00 REST 3 MIN REST
1 X 100 SPRINT 3 MIN REST
6 X 25 UNDERWATERS @1:45 2 MIN REST
100 WARMDOWN

RUN

4.5 MILES LONG

CALS

250+ PUSHUPS
400+ ABS
250 FLUTTER KICKS

THURSDAY

RUN

4.5 MILE RUCK WITH 50 LBS UNDER 50 MINS

FRIDAY

SWIM

1000 YARD (SWIM UNDER 18 MINS IS GOAL)

RUN

3.5 MILES

CALS

250+ PUSHUPS
400+ ABS

WEEK 5 LIFTING

MONDAY 80%

BENCH PRESS	4 X	4 X	4 X
INCLINE BENCH PRESS	4 X	4 X	4 X
SHOULDER PRESS	8 X	8 X	8 X
30'S	10 X	10 X	10 X
SHRUGS	8 X	8 X	8 X
EZ BAR TRICEPS	8 X	8 X	8 X
MED BALL PASSES	25 X	25 X	
MED BALL DROPS	25 X	25 X	
4 WAY NECK	12 X	12 X	
SHOULDER TUBING	12 X	12 X	

TUESDAY 80%

HANG CLEAN	4 X	4 X	4 X
SQUAT	4 X	4 X	4 X
DEAD LIFT	8 X	8 X	
LEG CURL	10 X	10 X	10 X
STANDING CALF RAISE	12 X	12 X	12 X
WIDE GRIP LAT PULLS	8 X	8 X	8 X
DB BICEP CURLS	8 X	8 X	8 X
WRIST CURLS	10 X	10 X	10 X
SINGLE LEG SQUATS	10 X	10 X	10 X

THURSDAY 70%

BENCH PRESS	4 X	4 X	4 X
DB INCLINE PRESS	4 X	4 X	4 X
SHOULDER PRESS	8 X	8 X	8 X
30'S	10 X	10 X	10 X
SHRUGS	8 X	8 X	8 X
CLOSE GRIP BENCH	8 X	8 X	8 X
4 WAY NECK	12 X	12 X	
TUBING CIRCUIT	12 X	12 X	

FRIDAY 70%

HANG CLEAN	4 X	4 X	4 X
SQUAT	4 X	4 X	4 X
LEG CURL	10 X	10 X	10 X
SINGLE LEG CALF	12 X	12 X	12 X
CLOSE GRIP LAT PULL	8 X	8 X	8 X
EZ BAR CURLS	8 X	8 X	8 X
WRIST CURLS	10 X	10 X	10 X
STEP UPS	25 X	25 X	25 X

WEEK 5 SWIM / RUN / CALS

MONDAY

SWIM

400 YARD FREESTYLE	3 MIN REST
8 X 25 UNDERWATERS @1:45	2 MIN REST
6 X 200 FREESTYLE SWIMS @1:00 REST	2 MIN REST
100 WARM DOWN	

RUN

4 MILES

CALS

250+ PUSHUPS
400+ ABS
200 FLUTTER KICKS

TUESDAY

RUN

4 X 200 METER SPRINTS @40 SEC REST
8 X 100 METER SPRINTS @25 SEC REST

WEDNESDAY

SWIM

300 LONG	2 MIN REST
4 X 200 @1:00 REST	3 MIN REST
1 X 100 SPRINT	3 MIN REST
6 X 25 UNDERWATERS @1:45	2 MIN REST
100 WARMDOWN	

RUN

5 MILES LONG

CALS

250+ PUSHUPS
400+ ABS
250 FLUTTER KICKS

THURSDAY

RUN

6 MILE RUCK WITH 50 LBS UNDER 66 MINS

FRIDAY

SWIM

1250 YARD (SWIM UNDER 22 MINS IS GOAL)

RUN

4 MILES

CALS

250+ PUSHUPS
400+ ABS

WEEK 6 LIFTING

MONDAY 89%

BENCH PRESS	4 X	4 X	4 X
INCLINE BENCH PRESS	4 X	4 X	4 X
SHOULDER PRESS	8 X	8 X	8 X
30'S	10 X	10 X	10 X
SHRUGS	8 X	8 X	8 X
EZ BAR TRICEPS	8 X	8 X	8 X
MED BALL PASSES	25 X	25 X	
MED BALL DROPS	25 X	25 X	
4 WAY NECK	12 X	12 X	
SHOULDER TUBING	12 X	12 X	

TUESDAY 89%

HANG CLEAN	4 X	4 X	4 X
SQUAT	4 X	4 X	4 X
DEAD LIFT	8 X	8 X	
LEG CURL	10 X	10 X	10 X
STANDING CALF RAISE	12 X	12 X	12 X
WIDE GRIP LAT PULLS	8 X	8 X	8 X
DB BICEP CURLS	8 X	8 X	8 X
WRIST CURLS	10 X	10 X	10 X
SINGLE LEG SQUATS	10 X	10 X	10 X

THURSDAY 80%

185 OR 225 BENCH MAX REPS			
DB INCLINE PRESS	4 X	4 X	4 X
SHOULDER PRESS	8 X	8 X	8 X
30'S	10 X	10 X	10 X
SHRUGS	8 X	8 X	8 X
CLOSE GRIP BENCH	8 X	8 X	8 X
VERTICAL PUSHUPS	10 X	10 X	
4 WAY NECK	12 X	12 X	
TUBING CIRCUIT	12 X	12 X	

FRIDAY 80%

HANG CLEAN	4 X	4 X	4 X
SQUAT	4 X	4 X	4 X
LEG CURL	10 X	10 X	10 X
SINGLE LEG CALF	12 X	12 X	12 X
CLOSE GRIP LAT PULL	8 X	8 X	8 X
EZ BAR CURLS	8 X	8 X	8 X
WRIST CURLS	10 X	10 X	10 X
MED BALL SQUATS	12 X	12 X	12 X

WEEK 6 SWIM / RUN / CALS

MONDAY

SWIM

500 YARD FREESTYLE	3 MIN REST
8 X 25 UNDERWATERS @1:30	2 MIN REST
6 X 200 FREESTYLE SWIMS @1:00 REST	2 MIN REST
100 WARM DOWN	

RUN

4.5 MILES

CALS

300+ PUSHUPS
500+ ABS
300 FLUTTER KICKS

TUESDAY

RUN

4 X 200 METER SPRINTS @40 SEC REST
8 X 100 METER SPRINTS @25 SEC REST
6 X 120 METER SHUTTLE (10/20/30 METERS UP AND BACK) @30 SEC REST

WEDNESDAY

SWIM

400 LONG	2 MIN REST
4 X 200 @1:00 REST	3 MIN REST
2 X 100 SPRINT @1:30 REST	3 MIN REST
8 X 25 UNDERWATERS @1:30	2 MIN REST
100 WARMDOWN	

RUN

5.5 MILES LONG

CALS

300+ PUSHUPS
500+ ABS
300 FLUTTER KICKS

THURSDAY

RUN

6 MILE RUCK WITH 55 LBS UNDER 63 MINS

FRIDAY

SWIM

1250 YARD (SWIM UNDER 20 MINS IS GOAL)

RUN

4.5 MILES

CALS

300+ PUSHUPS
500+ ABS

WEEK 7 LIFTING

MONDAY 89%

BENCH PRESS	4 X	4 X	4 X
INCLINE BENCH PRESS	4 X	4 X	4 X
SHOULDER PRESS	8 X	8 X	8 X
30'S	10 X	10 X	10 X
SHRUGS	8 X	8 X	8 X
TRICEP EXTENSIONS	8 X	8 X	8 X
MED BALL PASSES	25 X	25 X	
MED BALL DROPS	25 X	25 X	
4 WAY NECK	12 X	12 X	
SHOULDER TUBING	12 X	12 X	

TUESDAY 89%

HANG CLEAN	4 X	4 X	4 X
SQUAT	4 X	4 X	4 X
DEAD LIFT	8 X	8 X	
LEG CURL	10 X	10 X	10 X
SINGLE LEG CALF	12 X	12 X	12 X
LAT PULLDOWNS	8 X	8 X	8 X
DB BICEP CURLS	8 X	8 X	8 X
WRIST CURLS	10 X	10 X	10 X
SINGLE LEG SQUATS	10 X	10 X	10 X

THURSDAY 80%

BENCH PRESS	4 X	4 X	4 X
DB INCLINE PRESS	4 X	4 X	4 X
SHOULDER PRESS	8 X	8 X	8 X
30'S	10 X	10 X	10 X
SHRUGS	8 X	8 X	8 X
TRICEP PUSHDOWNS	8 X	8 X	8 X
VERTICAL PUSHUPS	10 X	10 X	
4 WAY NECK	12 X	12 X	
TUBING CIRCUIT	12 X	12 X	

FRIDAY 80%

HANG CLEAN	4 X	4 X	4 X
SQUAT	4 X	4 X	4 X
LEG CURL	10 X	10 X	10 X
SINGLE LEG CALF	12 X	12 X	12 X
TOWEL CHINUPS	8 X	8 X	8 X
EZ BAR CURLS	8 X	8 X	8 X
WRIST CURLS	10 X	10 X	10 X
DB LUNGES	12 X	12 X	12 X

WEEK 7 SWIM / RUN / CALS

MONDAY

SWIM

500 YARD FREESTYLE	3 MIN REST
8 X 25 UNDERWATERS @1:15	2 MIN REST
4 X 200 FREESTYLE SWIMS @1:00 REST	2 MIN REST
4 X 100 FREESTYLE SWIMS @1:00 REST	2 MIN REST
100 WARM DOWN	

RUN

5 MILES

CALS

350+ PUSHUPS
550+ ABS
350 FLUTTER KICKS

TUESDAY

RUN

1.5 MILE SPRINT

WEDNESDAY

SWIM

400 LONG	2 MIN REST
3 X 300 @1:00 REST	3 MIN REST
2 X 100 SPRINT @1:30 REST	3 MIN REST
8 X 25 UNDERWATERS @1:10	2 MIN REST
100 WARMDOWN	

RUN

6 MILES LONG

CALS

350+ PUSHUPS
550+ ABS
350 FLUTTER KICKS

THURSDAY

RUN

7 MILE RUCK WITH 60 LBS UNDER 75 MINS

FRIDAY

SWIM

1500 YARD (SWIM UNDER 25:30 IS GOAL)

RUN

5 MILES

CALS

350+ PUSHUPS
550+ ABS

WEEK 8 LIFTING

MONDAY 92%

BENCH PRESS	3 X	3 X	3 X
INCLINE BENCH PRESS	3 X	3 X	3 X
SHOULDER PRESS	8 X	8 X	8 X
30'S	10 X	10 X	10 X
SHRUGS	8 X	8 X	8 X
TRICEP EXTENSIONS	8 X	8 X	8 X
MED BALL PASSES	25 X	25 X	
MED BALL DROPS	25 X	25 X	
4 WAY NECK	12 X	12 X	
SHOULDER TUBING	12 X	12 X	

TUESDAY 92%

HANG CLEAN	3 X	3 X	3 X
SQUAT	3 X	3 X	3 X
DEAD LIFT	8 X	8 X	
LEG CURL	10 X	10 X	10 X
SINGLE LEG CALF	12 X	12 X	12 X
LAT PULLDOWNS	8 X	8 X	8 X
DB BICEP CURLS	8 X	8 X	8 X
WRIST CURLS	10 X	10 X	10 X
MED BALL SQUATS	10 X	10 X	10 X

THURSDAY 85%

BENCH PRESS	3 X	3 X	3 X
DB INCLINE PRESS	3 X	3 X	3 X
SHOULDER PRESS	8 X	8 X	8 X
30'S	10 X	10 X	10 X
SHRUGS	8 X	8 X	8 X
TRICEP PUSHDOWNNS	8 X	8 X	8 X
DIPS	10 X	10 X	
4 WAY NECK	12 X	12 X	
TUBING CIRCUIT	12 X	12 X	

FRIDAY 85%

HANG CLEAN	3 X	3 X	3 X
SQUAT	3 X	3 X	3 X
LEG CURL	10 X	10 X	10 X
SINGLE LEG CALF	12 X	12 X	12 X
TOWEL CHINUPS	8 X	8 X	8 X
EZ BAR CURLS	8 X	8 X	8 X
WRIST CURLS	10 X	10 X	10 X
DB LUNGES	12 X	12 X	12 X

WEEK 8 SWIM / RUN / CALS

MONDAY

SWIM

500 YARD FREESTYLE	3 MIN REST
8 X 25 UNDERWATERS @1:00	2 MIN REST
1 X 50 UNDERWATER	2 MIN REST
4 X 200 FREESTYLE SWIMS @1:00 REST	2 MIN REST
4 X 100 FREESTYLE SWIMS @1:00 REST	2 MIN REST
100 WARM DOWN	

RUN

5 MILES

CALS

400+ PUSHUPS
600+ ABS
400 FLUTTER KICKS

TUESDAY

RUN

4 X 200 METER SPRINTS @40 SEC REST
8 X 100 METER SPRINTS @25 SEC REST
6 X 120 METER SHUTTLE (10/20/30 METERS UP AND BACK) @30 SEC REST

WEDNESDAY

SWIM

400 LONG	2 MIN REST
3 X 300 @1:00 REST	3 MIN REST
3 X 100 SPRINT @1:30 REST	3 MIN REST
8 X 25 UNDERWATERS @1:00	2 MIN REST
1 X 50 UNDERWATER	
100 WARMDOWN	

RUN

6 MILES LONG

CALS

400+ PUSHUPS
600+ ABS
400 FLUTTER KICKS

THURSDAY

RUN

8 MILE RUCK WITH 60 LBS UNDER 85 MINS

FRIDAY

SWIM

1500 YARD (SWIM UNDER 22 MIN IS GOAL)

RUN

5 MILES

CALS

400+ PUSHUPS
600+ ABS