



Military Athlete

Strong. Swift. Durable.

Jackson, Wyoming
www.militaryathlete.com

WORK CAPACITY PROGRAM

This is a 7-week program designed to develop a high level of general work capacity that can then be applied to a more specific fitness goal.

TRAINING PROGRAM DESCRIPTION

This program is a progressive and intense 5 day per week training regimen. Ideally, you will train Monday through Friday, and take Saturday and Sunday as full rest days. If for some reason you cannot keep this schedule, do not skip any sessions, do them exactly in order as they are designed.

The program is split into two 3-week cycles, separated by an "unload" week. So, after the first 3 weeks, there is an "unload" week, which involves decreased volume and intensity to allow for recovery before the final 3 week cycle begins.

This program can be completed with basic free weight equipment in a commercial gym, but we recommend using rubber bumper plates whenever possible.

If you are following a Monday through Friday schedule, here is what your week will look like:

- Monday - Work Capacity
- Tuesday - Strength & Durability
- Wednesday - Work Capacity
- Thursday - Stamina (Long, Slow, Distance)
- Friday - Work Capacity

COMMON QUESTIONS

How long should the training session take?

Approximately 60 minutes from start to finish.

Why are there two numbers listed for the exercises with assigned loads?

The lower weight is the prescribed weight for women, and the higher is for men.

What if I am unfamiliar with an exercise?

A complete list and video demonstration of our exercises can be found here: http://militaryathlete.com/page.php?page_ID=30

What about my diet?

Eating well is not difficult, but it takes discipline. Here are our recommendations on diet:

6 Days per week eat as much meat, vegetables, fruit, nuts and seeds as you need to maintain energy output. Do not eat bread, pasta, or grains of any kind. Avoid starches such as white potatoes, and corn. No sugar, candy, or alcohol. Keep dairy intake to a minimum. Drink only water, coffee, or tea.

1 Day per week cheat like hell. Eat/drink anything you want.

What kind of supplements should I take?

We recommend a protein shake immediately post-workout. Fish oils and Vitamin D are also good things to include on a daily basis.

If you have more questions, contact: rob@militaryathlete.com

Good Luck!

**Rob Shaul
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Military Athlete
Jackson, WY**

***** **TRAINING PROGRAM** *****

SESSION 1

Obj: Work Capacity

Warm up: 4 Rounds

10x Goblet Squat @ 16kg/12kg Kettlebell or 35#/25# Dumbbell

5x Jump Squats

10x Push ups

5x Pull ups

Instep Stretch

Training:

(1) 7 Rounds for time:

10x Thrusters @ 65#/45#
3x Turkish Get up each side @ 16kg/12kg Kettlebell or 35#/25# Dumbbell
10x 15m Shuttle Sprints
10x Sit ups

(2) 4 Rounds
10/10/10 Low Back Complex
10x Face Down Back Extensions on Floor
5x Kneeling Plate Half Moons @ 25#/15#
5x Ankles to Bar

(3) 3 Rounds
3rd World Squat Stretch
5x Y + L @ 2.5#
Foam Roll Lower Back

SESSION 2

Obj: Strength

Warm up: 4 Rounds
Barbell Complex @ 65#/45#
HUG Hip Mobility Drill

Training:

(1) Work up to 1 Rep Max Power Clean + Push Press

(2) 5 Rounds
2x Power Clean + Push Press @ 85% of 1 rep max
Foam Roll Back

(3) 6 Rounds
5x Back Squat (increase load each round until 5x is hard but doable), then immediately...
2x Jumping Lunges each leg
3x Shoulder Sweep each side

(4) 6 Rounds
8x Alternating Dumbbell Bench Press (increase load each round until 8x is hard but doable)
5x Pull ups
Pigeon Stretch

SESSION 3

Obj: Work Capacity

Warm up:
Work up to 1 Rep Max Hang Squat Clean

Training:

(1) 8 Rounds, Every 60 sec
3x Hang Squat Clean @ 75% of 1 Rep Max

--Rest 3 to 5 minutes--

(2) 4 Rounds, every 2:30 minutes:
300m Shuttle Run

(3) 4 Rounds
10x Weighted Sit ups @ 25#/15#
10x Seated Russian Twist each way @ 25#/15#
5x Bird Dog each side
45 Sec Front Bridge
10/10 Kneeling Founder

(4) 2 Rounds
30 sec Jane Fonda each side
30x Shoulder Hand Job @ 2.5# each side
Foam Roll Back
3rd World Squat Stretch

SESSION 4
Obj: Stamina / LSD

Training:

3 Mile Run @ Moderate Pace (comfortable, but not easy)

SESSION 5
Obj: Work Capacity

Warm up: 4 Rounds
8x Hinge Lift @ 95#/65# (increase load by 10# each round)
8x Walking Lunges each leg
4x Alligator Push ups (8 total)
10x Sit ups
Foam Roll Lower Back

Training:

(1) 8 Rounds
8x Hinge Lift @ 135#/95#
50x Step ups or 400m Run
30 sec Rest

(2) 4 Rounds
10/10/10 Low Back Complex
10x Face Down Back Extensions On Floor
5x Kneeling Plate Half Moons @ 25#/15#
5x Ankles To Bar

(3) 3 Rounds
5x Shoulder Scarecrow @ 2.5#
3x Instep Stretch
3rd World Squat Stretch

SESSION 6

Obj: Work Capacity

Warm up: 4 Rounds
10x Goblet Squat @ 16kg/12kg Kettlebell or 35#/25# Dumbbell
5x Jump Squats
10x Push ups
5x Pull ups
Instep Stretch

Training:

(1) 10 Rounds
5x Renegade0 Manmakers @ 25#/15#
10x Box Jumps
10x Jingle Jangles
Rest 30 seconds

(2) 4 Rounds
10/10/10 Low Back Complex
10x Face Down Back Extensions on Floor
10x Slasher each way @ 35#/25#
10x Toes to Sky

(3) 3 Rounds
3rd World Squat Stretch
5x Y + L @ 2.5#
Foam Roll Lower Back

SESSION 7

Obj: Strength

Warm up: 10 Minutes
Corrective Get ups @ 12kg/8kg Kettlebell or 25#/15# Dumbbell, alternate sides as needed

Training:

(1) Work up to 1 Rep Max Front Squat

(2) 6 Rounds

2x Front Squat @ 85% of 1 Rep Max

5x Y+L @ 2.5#

(3) 6 Rounds

5x Bench Press (increase load each round until 5x is hard but doable), then immediately

2x Clapping Push ups

Pigeon Stretch

(4) 6 Rounds

5x Mr. Spectacular (increase load each round until 5x is hard but doable), then immediately

2x Broad Jumps

3x Floor Slide

SESSION 8

Obj: Work Capacity

Warm up:

Work up to 1 Rep Max Hang Squat Clean

Training:

(1) 9 Rounds, Every 60 sec

3x Hang Squat Clean @ 75% of 1 Rep Max

--Rest 3 to 5 Minutes--

(2) 4 Rounds, every 2:15 minutes:

300m Shuttle Run

(3) 4 Rounds

10x Weighted Sit ups @ 25#/15#

10x Seated Russian Twist @ 25#/15#

5x Bird Dog each side

45 sec Front Bridge

10/10 Kneeling Founder

(4) 3 Rounds

50x Glute Leg Lift each side

5x Shoulder Scarecrow @ 2.5#

3x Shoulder Sweep

HUG Hip Mobility

SESSION 9

Obj: Stamina / LSD

Training:

Run 3.5 Miles @ Moderate Pace (comfortable, but not easy)

SESSION 10

Obj: Work Capacity

Warm up: 4 Rounds

8x Hinge Lift @ 95#/65# (increase load by 10# each round)

8x Walking Lunges each leg

4x Alligator Push ups (8 total)

10x Sit ups

Foam Roll Lower Back

Training:

(1) 8 Rounds

8x Hinge Lift @ 145#/105#

50x Step ups or 400m Run

30 sec Rest

(2) 4 Rounds

10/10/10 Low Back Complex

10x Face Down Back Extensions On Floor

5x Kneeling Plate Half Moons @ 25#/15#

5x Ankles To Bar

(3) 3 Rounds

30x Shoulder Hand Job @ 2.5# each side

3x Instep Stretch

3rd World Squat Stretch

SESSION 11

Obj: Work Capacity

Warm up: 4 Rounds

10x Goblet Squat @ 16kg/12kg Kettlebell or 35#/25# Dumbbell

5x Jump Squats

10x Push ups

5x Pull ups

Instep Stretch

Training:

(1) 10 Rounds For Time

Barbell Complex @ 65#/45#
Rope Climb or 3x Tarzan Pull ups
25x Step ups
Rest 30 seconds

(2) 4 Rounds
15/15/15 Low Back Complex
15x Face Down Back Extensions on Floor
5x Kneeling Plate Half Moons @ 35#/25#
8x Ankles to Bar

(3) 3 Rounds
3rd World Squat Stretch
5x Y + L @ 2.5#
Foam Roll Lower Back

SESSION 12

Obj: Strength

Warm up: 4 Rounds
Barbell Complex @ 65#/45#
Instep Stretch

Training:

(1) Work up to 1 Rep Max Push Press

(2) 6 Rounds
2x Push Press @ 85% of 1 Rep Max
Elevated Pigeon

(3) 6 Rounds
4x Power Clean (increase load each round until 4x is hard but doable), then immediately...
2x Burpees
3x Floor Slide

(4) 6 Rounds
8x Back Squat (increase load each round until 8x is hard but doable), then immediately...
4x Jump Squats
3rd World Squat Stretch

SESSION 13

Obj: Work Capacity

Warm up:
Work up to 1 Rep Max Hang Squat Clean

Training:

(1) 10 Rounds, Every 60 Sec
3x Hang Squat Clean @ 75% of 1 Rep Max

--Rest 3 to 5 minutes--

(2) 4 Rounds, every 2 minutes:
300m Shuttle Run

(3) 4 Rounds
10x Weighted Sit ups @ 35#/25#
10x Seated Russian Twist @ 35#/25#
8x Bird Dog each side
60 sec Front Bridge
15/15 Kneeling Founder

(4) 2 Rounds
30 sec Jane Fonda each side
3x Shoulder Sweep
Foam Roll Lower Back
3rd World Squat Stretch

SESSION 14

Obj: Stamina / LSD

Training:

Run 4 Miles @ Moderate Pace (comfortable, but not easy)

SESSION 15

Obj: Work Capacity

Warm up: 4 Rounds
8x Hinge Lift @ 95#/65# (increase load by 10# each round)
8x Walking Lunges each leg
4x Alligator Push ups (8 total)
10x Sit ups
Foam Roll Back

Training:

(1) 8 Rounds
8x Hinge Lift @ 155#/115#
50x Step ups or 400m Run
30 sec Rest

(2) 4 Rounds
15/15/15 Low Back Complex
15x Face Down Back Extensions On Floor
5x Kneeling Plate Half Moons @ 35#/25#
8x Ankles To Bar

(3) 2 Rounds
30x Shoulder Hand Job @ 2.5# each side
30 sec Jane Fonda each side
3rd World Squat Stretch

SESSION 16

Obj: Work Capacity unload

Warm up: 5 Rounds
10x Air Squat
10x Push ups
10x Sit ups
HUG Hip Mobility

Training:

(1) 5 Rounds for time:
5x Curtis P's @ 65#/45#
Run 400m
10x Sit ups

(2) 4 Rounds
15/15/15 Low Back Complex
15x Face Down Back Extensions on Floor
5x Kneeling Plate Half Moons @ 35#/25#
8x Ankles To Bar

(3) 3 Rounds
Foam Roll IT Bands
5x Y + L unloaded
3x Shoulder Sweep

SESSION 17

Obj: Strength unload

Warm up: 5 minutes
Corrective Get ups @ 12kg/8kg Kettlebell or 25#/15# Dumbbell

Training:

(1) 6 Rounds

3x Squat Clean (increase load each round until 3x is hard but doable)
Foam Roll Back

(2) 6 Rounds
3x Bulgarian Split Squat (increase load each round until 3x is hard but doable)
3x Floor Slide

(3) 6 Rounds
3x Military Press (increase load each round until 3x is hard but doable)
2x Tarzan Pull ups
Instep

SESSION 18

Obj: Work Capacity unload

Warm up: 4 Rounds
5x Burpees
10x Sit ups
20x Step ups
Hip Flexor Stretch

Training:

(1) 10 Rounds, Every 60 seconds
6x 2-Handed Dumbbell Power Clean & Push Press @ 35#/25#
Suicide Sprint

(2) 4 Rounds
5x Plate Half Moon @ 35#/25#
60 sec Front Bridge
15/15 Kneeling Founder
8x Bird Dog each side

(3) 3 Rounds
15x Hamstring Hell each side
3x Floor Slide
5x Shoulder Scarecrow @ 2.5#

SESSION 19

Obj: Stamina unload

Training:

Run 4 Miles @ Moderate Pace (comfortable, but not easy)

SESSION 20

Obj: Strength unload

Warm up: 4 Rounds @ 65#/45#

3x Hinge Lift

3x Hang Squat Clean

3x Push Press

3x Back Squat

6x Push ups

3rd World Squat Stretch

Training:

(1) 6 Rounds

3x Front Squat (increase load each round until 3x is hard but doable)

5x PVC Shoulder Dislocates

(2) 6 Rounds

3x Hang Power Clean (increase load each round until 3x is hard but doable)

Hip Flexor Stretch

(3) 6 Rounds

3x Push Press (increase load each round until 3x is hard but doable)

Rope Climb or 2x Tarzan Pull ups

SESSION 21

Obj: Work Capacity

Warm up: 5 Rounds

5x Push ups

10x Air Squats

30x Step ups

HUG

Training:

(1) As Many Rounds As Possible in 40 minutes:

Run 800m

10x Hang Squat Cleans @ 75#/45#

(2) 4 Rounds

15/15/15 Low Back Complex

15x Face Down Back Extensions on Floor

10x Weighted Sit ups @ 35#/25#

10x Seated Russian Twists @ 35#/25#

(3) 3 Rounds

5x Shoulder Scarecrow @ 2.5#

5x PVC Shoulder Dislocates

3rd World Squat Stretch

SESSION 22

Obj: Strength

Warm up: 4 Rounds

Barbell Complex @ 75#/55#

Instep Stretch

Training:

(1) Work up to 1 Rep Max Hinge Lift

(2) 6 Rounds

2x Hinge Lift @ 85% of 1 Rep Max

5x Y+L @ 2.5#

(3) 6 Rounds

5x Kettlebell or Dumbbell Floor Press (increase load until 5x is hard but doable)

5x Horizontal Pull ups

Hip Flexor Stretch

(4) 6 Rounds

5x Hang Squat Clean (increase load until 5x is hard but doable), then immediately...

5x Jingle Jangles

Foam Roll Back

SESSION 23

Obj: Work Capacity

Warm up: 4 Rounds

5x Power Clean + Push Press @ 65#/45#

10x Push ups

10x Squats

5x PVC Shoulder Dislocates

Pigeon Stretch

Training:

(1) For Time:

100x Barbell Burpees @ 50% of Bodyweight (men), @ 40% Bodyweight (women)

(2) 4 Rounds

10x Weighted Sit ups @ 35#/25#

60 sec Front Bridge

10x Seated Russian Twist @ 35#/25#

8x Bird Dog each side

15/15 Kneeling Founder

(3) 2 Rounds

50x Glute Leg Lift each side

30x Shoulder Hand Job each side @ 2.5#

SESSION 24

Obj: Stamina / LSD

Training:

Run 4.5 Miles @ Moderate Pace (comfortable, but not easy)

SESSION 25

Obj: Work Capacity

Warm up: 5 minutes

Corrective Get ups @ 12kg/8kg Kettlebell or 25#/15# Dumbbell

Training:

(1) 3 Rounds For Time:

10x Back Squat @ 135#/95#

50x Step ups

5x Scotty Bob @ 25#/15#

--Rest 3 to 5 minutes--

(2) 10 to 1 Reps For Time

Thrusters @ 75#/55#

Jumping Lunges each leg

Sit ups

*Round 1 looks like 10x Thrusters, 10x Jumping Lunges, 10x Sit ups...

*Round 2 looks like 9x Thrusters, 9x Jumping Lunges, 9x Sit ups....

(3) 4 Rounds

15/15/15 Low Back Complex

15x Face Down Back Extensions on Floor

5x Kneeling Plate Half Moons @ 35#/25#

8x Ankles to Bar

(4) 3 Rounds

3x Shoulder Sweep

HUG Hip Mobility

Foam Roll Back/Quads/IT Bands

SESSION 26

Obj: Work Capacity

Warm up: 5 Rounds
5x Burpees
Run 200m or 25x Step ups
HUG Hip Mobility

Training:

(1) 15-1 Reps For Time:
Back Squat @ 115#/75#
Russian Twists @ 45#/35#
Scotty Bob @ 25#/15# (each pushup counts as 1 rep)
Dumbbell Hang Squat Clean to Thruster @ 25#/15#
Run 200m or 25x Step ups (after each round)

*Round 1 looks like: 15x Back Squat, 15x Russian Twists, 15x Scotty Bobs, 15x Dumbbell Hang Squat Clean, Run 200m or 25x Step ups...

*Round 2 looks like: 14x Back Squat, 14x Russian Twists, 14x Scotty Bobs, 14x Dumbbell Hang Squat Clean, Run 200m or 25x Step ups...

(2) 4 Rounds
20/20/20 Low Back Complex
20x Face Down Back Extensions on Floor
10x Weighted Sit ups @ 45#/35#
10x Scated Russian Twists @ 45#/35#

(3) 3 Rounds
5x Shoulder Scarecrow @ 2.5#
5x PVC Shoulder Dislocates
3rd World Squat Stretch

SESSION 27

Obj: Strength

Warm up: 4 Rounds
Barbell Complex @ 75#/55#
Foam Roll Back

Training:

(1) Work up to 1 Rep Max Bench Press

(2) 6 Rounds

2x Bench Press @ 85% of 1 Rep Max
3rd World Squat Stretch

(3) 6 Rounds
4x Power Clean (increase load each round until 4x is hard but doable), then immediately...
2x Burpees
Shoulder Lock & Load

(4) 6 Rounds
8x Front Squat (increase load until 8x is hard but doable), then immediately...
3x Jump Squat
3x Floor Slide

SESSION 28

Obj: Work Capacity

Warm up: 4 Rounds
5x Power Clean + Push Press @ 65#/45#
10x Push ups
10x Squats
5x PVC Shoulder Dislocates
Pigeon

Training:

(1) For Time:
100x Barbell Burpees @ 55% of Bodyweight (men), @ 45% of Bodyweight (women)

(2) 4 Rounds
10x Ankles to Bar
75 sec Front Bridge
5x Kneeling Plate Half Moons @ 45#/35#
10x Bird Dog each side
20/20 Kneeling Founder

(3) 2 Rounds
30 sec Jane Fonda each side
30 sec Shoulder Scarecrow unloaded

SESSION 29

Obj: Stamina / LSD

Training:

Run 5 Miles @ Moderate Pace (comfortable, but not easy)

SESSION 30

Obj: Work Capacity

Warm up: 5 minutes

Corrective Get ups @ 12kg/8kg Kettlebell or 25#/15# Dumbbell

Training:

(1) 4 Rounds For Time:

10x Kettlebell Swings @ 24kg/16kg

10x Box Jumps @ 24"/20" (jump up, step down)

10x Jingle Jangles

5x Renegade Row @ 25#/15#

--Rest 3 to 5 minutes--

(2) 20-15-10-5 Reps For Time

Burpees

Walking Lunges each leg

Toes To Sky

(3) 4 Rounds

20/20/20 Low Back Complex

20x Face Down Back Extensions on Floor

5x Kneeling Plate Half Moons @ 45#/35#

10x Ankles To Bar

(4) 3 Rounds

3x Shoulder Sweep

HUG Hip Mobility

Foam Roll Back/Quads/IT Bands

SESSION 31

Obj: Work Capacity

Warm up: 5 Rounds

5x Burpees

Run 200m or 25x Step ups

HUG Hip Mobility

Training:

(1) 20 Rounds, every 2 minutes:

10x Thruster @ 75#/55#

6x Touch Jump Touch (each jump counts as 1 rep)

20x Step ups

(2) 4 Rounds

20/20/20 Low Back Complex
20x Face Down Back Extensions on Floor
10x Weighted Sit ups @ 45#/35#
10x Seated Russian Twists @ 45#/35#

(3) 3 Rounds
5x Y+L @ 2.5#
5x Shoulder Lock and Load
3rd World Squat Stretch

SESSION 32

Obj: Strength

Warm up: 4 Rounds
Barbell Complex @ 75#/55#
Pigeon Stretch

Training:

(1) 8 Rounds
3x Craig Special (increase load each round until 3x is hard but doable)
5x Y+L @ 2.5#

(2) 6 Rounds
5x Weighted Walking Lunges each leg (increase load each round until 5x is hard but doable), then immediately...
2x Jumping Lunges each leg
3x Shoulder Sweep

(3) 6 Rounds
8x Pull ups (increase load each round if possible)
8x Elevated Push ups (feet elevated on box as high as possible while maintaining a straight back)
3rd World Squat Stretch

SESSION 33

Obj: Work Capacity

Warm up: 4 Rounds
5x Power Clean + Push Press @ 65#/45#
10x Push ups
10x Squats
5x PVC Shoulder Dislocates
Pigeon

Training:

(1) For Time:
100x Barbell Burpees @ 60% of Bodyweight (men), @ 50% of Bodyweight (women)

(2) 4 Rounds
10x Weighted Sit ups @ 45#/35#
75 sec Front Bridge
5x Kneeling Plate Half Moons @ 45#/35#
10x Bird Dog each side
20/20 Kneeling Founder

(3) 3 Rounds
50x Glute Leg Lifts each side
30x Shoulder Hand Job each side @ 2.5#

SESSION 34

Obj: Stamina / LSD

Training:

Run 5.5 Miles @ Moderate Pace (comfortable, but not easy)

SESSION 35

Obj: Work Capacity

Warm up: 5 minutes

Corrective Get ups @ 12kg/8kg Kettlebell or 25#/15# Dumbbell

Training:

(1) 5 Rounds For Time
8x Front Squat @ 95#/65#
8x Alligator Push ups each arm (16 total)
4x Pull ups
Suicide Sprint or 6x Jingle Jangles

--Rest 3 to 5 minutes--

(2) 10 to 1 Reps For Time
Hinge Lift @ 115#/75#
Step ups x 5 (50, 45, 40...)

*Round 1 looks like: 10x Hinge Lift, 50x Step ups...

*Round 2 looks like: 9x Hinge Lift, 45x Step ups...

(3) 4 Rounds
20/20/20 Low Back Complex
20x Face Down Back Extensions on Floor
10x Seated Russian Twists @ 45#/35#

10x Weighted Sit ups @ 45#/35#

(4) 3 Rounds

3x Shoulder Sweep

HUG Hip Mobility

Foam Roll Back/Quads/IT Bands
