

Pre-JOTC Workout Program							
WK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Strength Intervals	Ruck March	Conditioning Circuit	Low Impact Zone 2	Strength	Rifeman Conditioning	Rest
Base Build	Warmup: Strength Training 4 Rounds: 60s rest between rounds Sled: Use a challenging weight •A1) Sled push x 50m •A2) Push-ups x 20 reps •B1) Sled pull x 50m •B2) Pull-ups x max reps •C1) KB goblet squats 30# x 12-15 •C2) Plank x 60s	Warmup: Endurance Training • 4-6 miles • Load: 30-35# • Pace: steady, no running	Warmup: Sport / HIIT 5 rounds: rest 60s between rounds • Run 400m • Lunges x 10 reps ea leg (with sandbag if able) • Single arm KB carry 40# x 50m	Warmup: Endurance Training No Run or Ruck • Swim, assault bike, row, etc. x 30-60 min Balance & Stability: • Single leg balance: 3x30 sec ea leg w/ both eyes closed & 3x30 sec ea leg w/ unstable surface • Single leg deadlift: 3x 10# x 10 ea leg	Warmup: Strength Training •A1) Dips: 4 x max reps •A2) Chin-ups: 4 x max reps Hip & Core Strength: • Hip abduction w/ cable machine or bands 3 x 12 reps each leg • GHD back extension hold: 3 sets max time/weight (superman x30s if no GHD)	Warmup: Sport / HIIT Rifeman kit (with rubber duck if able) 4 rounds: 120s rest between rounds •A1) 400m run •A2) Step ups x 10 each leg Grip work: • Dead hang 3 x max time (in kit)	
WK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Strength Intervals	Ruck March	Conditioning Circuit	Low Impact Zone 2	Strength	Rifeman Conditioning	Rest
Base Build	Warmup: Strength Training 4 Rounds: 60s rest between rounds Sled: Use a challenging weight •A1) Sled push x 50m •A2) Push-ups x 25 reps •B1) Sled pull x 50m •B2) Pull-ups x max reps •C1) KB goblet squats 35# x 12-15 •C2) Plank x 90s	Warmup: Endurance Training • 4-6 miles • Load: 35-40# • Pace: steady, no running • Every 1 mile: Drop ruck & perform squats x 15 reps & prone pressups x5	Warmup: Sport / HIIT 5 rounds: rest 60s between rounds • Run 400m • Lunges x 10 reps ea leg (with sandbag if able) • Single arm KB carry 45# x 50m	Warmup: Endurance Training No Run or Ruck • Swim, assault bike, row, etc. x 30-60 min Balance & Stability: • Single leg balance: 3x30 sec ea leg w/ both eyes closed & 3x30 sec ea leg w/ unstable surface • Single leg deadlift: 3x 10# x 10 ea leg	Warmup: Strength Training •A1) Dips: 5 x max reps •A2) Chin-ups: 5 x max reps Hip & Core Strength: • Hip abduction w/ cable machine or bands 3 x 12 reps each leg • GHD back extension hold: 3 sets max time/weight (superman x30s if no GHD)	Warmup: Sport / HIIT Rifeman kit (with rubber duck if able) 5 rounds: 120s rest between rounds •A1) 400m run •A2) Step ups x 10 each leg Grip work: • Dead hang 3 x max time (in kit)	
WK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Strength Intervals	Ruck March	Conditioning Circuit	Low Impact Zone 2	Strength	Rifeman Conditioning	Rest
Load Tolerance	Warmup: Strength Training 4 Rounds: 60s rest between rounds Sled: Use a challenging weight •A1) Sled push x 50m •A2) Push-ups x 25 reps •B1) Sled pull x 50m •B2) Pull-ups x max reps •C1) KB goblet squats 40# x 12-15 •C2) Plank x 90s	Warmup: Endurance Training • 6-8 miles • Load: 40-45# • Pace: steady, no running • Every 1.5 miles: Drop ruck & perform squats x 15 reps & prone pressups x5	Warmup: Sport / HIIT 5 rounds: rest 60s between rounds • Run 400m • Lunges x 15 reps ea leg (with sandbag if able) • Single arm KB carry 50# x 50m	Warmup: Endurance Training No Run or Ruck • Swim, assault bike, row, etc. x 30-60 min Balance & Stability: • Single leg balance: 3x30 sec ea leg w/ both eyes closed & 3x30 sec ea leg w/ unstable surface • Single leg deadlift: 3x 20# x 10 ea leg	Warmup: Strength Training •A1) Dips: 5 x max reps w/ 15# •A2) Chin-ups: 5 x max reps w/ 15# Hip & Core Strength: • Hip abduction w/ cable machine or bands 3 x 12 reps each leg • GHD back extension hold: 3 sets max time/weight (superman x30s if no GHD)	Warmup: Sport / HIIT Rifeman kit (with rubber duck if able) 6 rounds: 90s rest between rounds •A1) 400m run •A2) Step ups x 10 each leg Grip work: • Dead hang 3 x max time (in kit)	
WK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Strength Intervals	Ruck March	Rest	Low Impact Zone 2	Strength	Rifeman Conditioning	Rest
Load Tolerance w/ Deload	Warmup: Strength Training 5 Rounds: 45s rest between rounds Sled: Use a challenging weight •A1) Sled push x 50m •A2) Push-ups x 25 reps •B1) Sled pull x 50m •B2) Pull-ups x max reps •C1) KB goblet squats 45# x12-15 •C2) Plank x 90s	Warmup: Endurance Training • 6-8 miles • Load: 45-50# • Pace: steady, no running • Every 1.5 miles: Drop ruck & perform squats x 15 reps & prone pressups x5	Deload	Warmup: Endurance Training No Run or Ruck • Swim, assault bike, row, etc. x 30-60 min Balance & Stability: • Single leg balance: 3x30 sec ea leg w/ both eyes closed & 3x30 sec ea leg w/ unstable surface • Single leg deadlift: 3x 20# x 10 ea leg	Warmup: Strength Training •A1) Dips: 5 x max reps w/ 15# •A2) Chin-ups: 5 x max reps w/ 15# Hip & Core Strength: • Hip abduction w/ cable machine or bands 3 x 12 reps each leg • GHD back extension hold: 3 sets max time/weight (superman x30s if no GHD)	Warmup: Sport / HIIT Rifeman kit (with rubber duck if able) 4 rounds: 90s rest between rounds •A1) 800m run •A2) Step ups x 10 each leg Grip work: • Dead hang 3 x max time (in kit)	
WK 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Strength Intervals	Ruck March	Conditioning Circuit	Low Impact Zone 2	Strength	Rifeman Conditioning	Rest

Hardening	Warmup: Strength Training 5 Rounds: 45s rest between rounds Sled: Use a challenging weight •A1) Sled push x 75m •A2) Push-ups x 30 reps •B1) Sled pull x 75m •B2) Pull-ups x max reps •C1) KB goblet squats 50# x12-15 •C2) Hanging leg raises x 10-15 reps	Warmup: Endurance Training • 8-10 miles • Load: 50-55# • Pace: steady, no running • Every 2 miles: Drop ruck & perform squats x 15 reps & prone pressups x5	Warmup: Sport / HIIT 6 rounds: rest 45s between rounds • Run 400m • Lunges x 15 reps ea leg (with sandbag if able) • Single arm KB carry 50# x 75m	Warmup: Endurance Training No Run or Ruck • Swim, assault bike, row, etc. x 30-60 min Balance & Stability: • Single leg balance: 3x30 sec ea leg w/ both eyes closed & 3x30 sec ea leg w/ unstable surface • Single leg deadlift: 3x 30# x 10 ea leg	Warmup: Strength Training •A1) Dips: 5 x max reps w/ 25# •A2) Chin-ups: 5 x max reps w/ 25# Hip & Core Strength: • Hip abduction w/ cable machine or bands 3 x 12 reps each leg • GHD back extension hold: 3 sets max time/weight (superman x30s if no GHD)	Warmup: Sport / HIIT Rifleman kit (with rubber duck if able) 5 rounds: 60s rest between rounds •A1) 800m run •A2) Step ups x 10 each leg Grip work: • Dead hang 3 x max time (in kit)	
	WK6	Monday Strength Intervals	Tuesday Ruck March	Wednesday Conditioning Circuit	Thursday Low Impact Zone 2	Friday Strength	Saturday Rifleman Conditioning
Hardening	Warmup: Strength Training 5 Rounds: 45s rest between rounds Sled: Use a challenging weight •A1) Sled push x 75m •A2) Push-ups x 30 reps •B1) Sled pull x 75m •B2) Pull-ups x max reps •C1) KB goblet squats 55# x12-15 •C2) Hanging leg raises x 10-15 reps	Warmup: Endurance Training • 8-10 miles • Load: 55-60# • Pace: steady, no running • Every 2 miles: Drop ruck & perform squats x 15 reps & prone pressups x5	Warmup: Sport / HIIT 6 rounds: rest 45s between rounds • Run 400m • Lunges x 15 reps ea leg (with sandbag if able) • Single arm KB carry 50# x 75m	Warmup: Endurance Training No Run or Ruck • Swim, assault bike, row, etc. x 30-60 min Balance & Stability: • Single leg balance: 3x30 sec ea leg w/ both eyes closed & 3x30 sec ea leg w/ unstable surface • Single leg deadlift: 3x 30# x 10 ea leg	Warmup: Strength Training •A1) Dips: 5 x max reps w/ 25# •A2) Chin-ups: 5 x max reps w/ 25# Hip & Core Strength: • Hip abduction w/ cable machine or bands 3 x 12 reps each leg • GHD back extension hold: 3 sets max time/weight (superman x30s if no GHD)	Warmup: Sport / HIIT Rifleman kit (with rubber duck if able) 6 rounds: 60s rest between rounds •A1) 800m run •A2) Step ups x 10 each leg Grip work: • Dead hang 3 x max time (in kit)	

Weekly Structure
Mon: Strength Intervals
Tue: Ruck March
Wed: Conditioning Circuit
Thu: Low Impact Zone 2
Fri: Strength
Sat: Rifleman Conditioning
Sun: Rest (Mandatory)

Phases
WK 1-2: Build Aerobic Base and Durability
WK 3-4: Increase Load Tolerance
WK 5-6: Hardening Phase

[Link to Warmup Exercises](#)

Notes

- *Modify load up/down as appropriate. Add additional zone 2 cardio if tolerable.
- *Do all runs/rucks/hikes on as hilly of terrain as possible.
- *A1) & A2) mean you perform the A1 exercise and then immediately the A2 exercise without rest.
- *Build heat tolerance by doing this in OCP's as much as possible (and outside if it's warm).
- *Foam roll & stretch as desired after workouts

Feedback? Email the ASCG-S physical therapy team below:

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