

BUILDING
THE ELITE

4 WEEK SCHEDULE							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Aerobic Recovery	Run 1	Strength 1	Ruck 1	Strength 2	Run 2	Ruck 2
MID	Recovery circuit	Work Capacity 1	Fartlek Run	Work Capacity 2	Gradual Desat Sprints	Work Capacity 3	Work Capacity 4
PM		Recovery Circuit	Recovery Circuit	Recovery Circuit	Recovery Circuit	Recovery Circuit	

This phase, work on integrating your breathing into your movements, ahead of your drive to breathe. For example, as soon as you start a set of pushups, start doing deep inhales and exhales matched to the cadence of your reps. It should feel like you're breathing more than you need to. Keep tension in your abs and focus on expanding through your mid-back and the sides of your ribcage as you inhale - don't just push your belly out to breathe.

Strength Days

- 1 Soft Tissue Work
- 2 Individualized Warm Up (below)
- 3 [General Strength Warm up](#)
- 4 Hop Series (alternating between 1 and 2) - 10m each movement. If unilateral, distance = per side
MB Series (alternate between 1 and 2) - 5 reps each movement. If unilateral, reps = per side
* alternate between hop and MB series throughout the week (only do a MB or Hop series, not both)

Running Days

Individualized Warm Up

[Running Warm Up](#)

Links:

[Hop Series 1](#)

[Hop Series 2](#)

[MB Circuit 1](#)

[MB Circuit 2](#)

Individualized Warm Up	Reps
1 Short Seated Breathing w/ balloon	5x3-4 breaths
2 Kneeling Breathing	5x5 breaths / direction
3 Pec Inhibition Breathing	3x10 breaths
4 Lateral line breathing	3x5 breaths per side

WORKOUT 1		WEEK 1: /	WEEK 2: /	WEEK 3: /	WEEK 4: /
Rest 3 mins between rounds during the A series. On the sprint accelerations, you're just worried about the first few steps. For each round, do a sprint acceleration starting on one foot, then another one on the way back from the other foot.					
A1	Banded Deadlift (brief reset then pull your second rep)	3x1,1	3x1,1	3x1,1	3x1,1
A2	Seated Box Jump (step down gently between jumps and take your time - make each rep explosive)	3x4	3x4	3x4	3x4
A3	Sprint Accelerations	3x 25 yards, one each way (alternate legs)	3x 25 yards, one each way (alternate legs)	3x 25 yards, one each way (alternate legs)	3x 25 yards, one each way (alternate legs)
A4	Kneeling Rotations	3x5/side	3x5/side	3x5/side	3x5/side
B1	Chest-Supported Row or Seated Cable Row	3x15	3x15	3x15	3x15
B2	Brady Band Series	3x10	3x10	3x10	3x10
B3	Weighted Dips	3x15	3x15	3x15	3x15
C1	Dead Bug with Loaded Reach (can use a band instead of the ball)	3x10/side	3x10/side	3x10/side	3x10/side
C2	Hanging March w/Posterior Tilt	3x5/side	3x5/side	3x5/side	3x5/side
C3	Trunk Lift Breathing	3x5/side	3x5/side	3x5/side	3x5/side
WORKOUT 2		WEEK 1: /	WEEK 2: /	WEEK 3: /	WEEK 4: /
Rest 3 mins between rounds during the A series.					
A1	Barbell Bench Press off Pins (bar starts on pins at the bottom)	3x3	3x3	3x3	3x3
A2	Band-Resisted Ring Pushup (moderate band, be explosive)	3x5	3x5	3x5	3x5
A3	Rotational Med Ball Slam	3x3/side	3x3/side	3x3/side	3x3/side
A4	Explosive Bodyweight Pushup (be really fast, should feel easy)	3x5	3x5	3x5	3x5
B1	No-Lat Ring Row	3x5	3x5	3x5	3x5
B2	Single-Arm Split-Stance Dumbbell Row	3x8	3x8	3x8	3x8
B3	Deep Squat with Low Trap	3x5 breaths	3x5 breaths	3x5 breaths	3x5 breaths
B4	Rope Climb	3x5	3x5	3x5	3x5
C1	Anti-Rotational Abs	3x15s	3x15s	3x15s	3x15s
C2	Front Lever Iso (hardest progression you can hold for a short iso)	3x1,1,1	3x1,1,1	3x1,1,1	3x1,1,1

Work Capacity 1		WEEK 1	WEEK 2	WEEK 3	WEEK 4
Perform pullups throughout the day broken up into sets of 5-10 never grinding out reps.					
A	Pullups	1xAMAP + 20 reps	1xAMAP + 20 reps	1xAMAP + 20 reps	15 reps
B	Pushups - more reps / set this month	AMAP in 15s, rest 90s x 8	AMAP in 15s, rest 90s x 10	AMAP in 15s, rest 90s x 12	AMAP in 15s, rest 60s x 6
C1	Bear Crawl - focus on 360 breathing entire time	8x30s	9x30s	10x30s	5x30s
C2	Waiter walk - focus on 360 breathing entire time	8x20s	9x20s	10x20s	5x20s
C3	Face Pull - 2s ISO at top	3x10	3x10	3x10	2x10
Work Capacity 2		WEEK 1	WEEK 2	WEEK 3	WEEK 4
Breathe deeply and continuously during these. Match your breathing to your movement.					
A1	Pushups - As many as you can get each set before any drop in speed/tempo. Stop each set as soon as you have a slight drop in speed/tempo	50 reps	75 reps	75 reps	50 reps
A2	Ring Row or Dumbbell Row - Match Pushup Reps	50 reps	75 reps	75 reps	50 reps
A3	Kneeling Rotation Breathing	5 breath/side between rounds	5 breath/side between rounds	5 breath/side between rounds	5 breath/side between rounds
Work Capacity 3		WEEK 1	WEEK 2	WEEK 3	WEEK 4
Breathe deeply and continuously during these					
A1	Pushups - 5s eccentric with 5s pause and good stretch at bottom, fast up. (keep good ab tension and lumbar/pelvic position)	8 x 3	10 x 5	8 x 3	5 x 5
A2	Ring Row or Dumbbell Row - Match Pushup Reps	8 x 3	10 x 5	8 x 3	5 x 5
A3	Kneeling Rotation Breathing	5 breath/side between rounds	5 breath/side between rounds	5 breath/side between rounds	5 breath/side between rounds
Work Capacity 4		WEEK 1	WEEK 2	WEEK 3	WEEK 4
Sit-ups = no grinding. Focus on making the reps as smooth and cyclical as possible. As soon as you start to grind shut it down					
B1	TGU (sandbag if possible)	5x3/side	4x3/side	6x3/side	2x3/side
B2	Single arm farmer carry - focus on 360 breathing entire time	8x20s	9x20s	10x20s	5x20s
B3	Farmer Carry - focus on 360 breathing entire time	8x20s	9x20s	10x20s	5x20s
C	Straight Leg Sit Ups	8x8	8x8	8x8	5x5

[360 Breathing Video](#)

Fartlek	WEEK 1: /	WEEK 2: /	WEEK 3: /	WEEK 4: /
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Same running cues as during your intervals. In particular focus on integrating breathing into your gait pattern so that you're doing full, fast inhales and exhales matched to your stride. A rapid "in, in, out" pattern matched to your foot strikes may work, but it will take some experimenting to find what personally works best for you. Keep your HR in zone 3 except for during your pickups.

Fartlek Run	3 miles	4 miles	5 miles	3 miles
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Gradual Desat Sprints	WEEK 1: /	WEEK 2: /	WEEK 3: /	WEEK 4: /
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Each rep is 60 seconds, broken up into 20s blocks. On week 1 do a single 60s test to get your baseline pace. These should be difficult to finish.

A1 Bike or rower	20s@ 60%, 20s@70%, 20s@80-90% x 6 reps. 2 minutes rest between reps	20s@ 60%, 20s@70%, 20s@80-90% x 8 reps. 2 minutes rest / reps	20s@ 60%, 20s@70%, 20s@80-90% x 10 reps. 2 minutes rest / reps	20s@ 60%, 20s@70%, 20s@80-90% x 6 reps. 2 minutes rest / reps
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Ruck	WEEK 1: /	WEEK 2: /	WEEK 3: /	WEEK 4: /
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Go for a nature walk with your knapsack on your back. HR stays in zone 2. Pack should weigh 50-55 pounds.

Ruck 1	90 mins	2 hours	90 mins	60 mins
Ruck 2	2 hours	2.5 hours	3 hours	90 mins

Run Intervals	WEEK 1: /	WEEK 2: /	WEEK 3: /	WEEK 4: /
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Run at the prescribed pace, for the following intervals. Focus on a fast turnover, keeping your sternum or the logo of your shirt pointed toward the ground about ten yards in front of you, keeping your ribs pulled down toward your pelvis and landing with your feet underneath you in a mid-foot plant so that you're pushing the ground behind you instead of pulling yourself forward. Use a 1:1 work to rest ratio, so if your run takes you 90 seconds, rest for 90 seconds before doing it again. Aim for a cadence around 175-180.

Run 1 - 400 meter repeats	6 segments at a 1:50 pace	8 segments at a 1:50 pace	10 segments at a 1:50 pace	4 segments at a 1:50 pace
Run 2 - 800 meter repeats	3 segments at a 3:45 pace	4 segments at a 3:45 pace	5 segments at a 3:45 pace	Nah

Adjust these intervals to be just a bit faster than your best 1-mile sprint pace. The idea is to sustain very high quality movement and feel crisp and fast throughout. These should be hard but not crushing.

Recovery - Aerobic Work

Perform 30 minutes of low to no-impact aerobic work (uphill walking, biking, swimming, etc)

Recovery - Mobility

Alternate between recovery circuit 1, 2 and 3 (links below)

[Circuit 1](#)

[Circuit 2](#)

[Circuit 3](#)