

The Waffle Stomp Protocol
By the Flaming Fajita Firecrotch



This program is dedicated to the Black Site

Anything described here done at your own risk

So before we get started with the fun there's three "principles", for lack of a better term, that this program is based around:

1. Jim Wendler's shit/good/great classification system. It's easy to get from shit to good, but hard to get from good to great. Nothing special, but it's the reason for the strength/power/speed movements in the program, which aren't very "sport specific" to selection. We can spend lots of time/effort maximizing our aerobic/strength endurance, or we can easily get some gains by focusing on our weak areas.
2. "To master Kung Fu the training must be severe" - Louie Simmons
This is not an easy program. It is a lot of volume, with a decent amount of intensity, trained concurrently with running and swimming. Thing is, we're not preparing for bingo night at the senior center, we're preparing for some of the hardest selection courses in the world. It's better to get acclimated to a higher volume before hand, when you can still get eight hours of sleep in a nice cozy bed and can rest whenever you want. Attack this shit like a raptor, like one of the cool, people-eating ones from Jurassic Park, not an evolutionary failure herbivorous one.
3. "Modify don't miss" - Matt Wenning
Like the others, this is nothing groundbreaking, but important regardless. As a counterpoint to the above quote, hard training is great, and definitely a necessity, but if a break/modification is needed now is the time to do that. Make it as close as you can to the original plan while accommodating to your needs, whether it is an injury, time, or lack of facilities. And sometimes, a modification is to miss. Don't be a pussy, but if you've been up the past couple nights studying for finals, crossing the border, or trapping out of Trader Joe's, and you're burnt out, then take the day off. There will always be another day to make gains, there's no bonus points for overdoing it.

Program takes 6 days/week, twice/day. 3 weeks on, 1 deload. This isn't necessarily a simple program, it will require some thinking/a pulse. Loosely based off a Westside-style split with some influence from this article:

<https://forum.bodybuilding.com/showthread.php?t=109212241&page=1>

Layout is as follows:

Monday: Lower ME/RE, short running sprints

Tuesday: Pull ME/RE, swimming sprints

Wednesday: Push ME/RE, running time trial

Thursday: Lower DE/RE, lactate/fartlek run

Friday: Pull DE/RE, long running sprints

Saturday: Push DE/RE, swimming time trial

ME = max effort

DE = dynamic effort

RE = repetition effort

A recurring theme found throughout the program is a focus on weaknesses. We are only as strong as the weakest link in the chain. This applies to both within movements (such as being weak off the chest in a bench press) as well as across abilities. This will require some thinking on your part, but I have faith in you. The internet is a great resource.

<http://jfgi.herokuapp.com/>

Another theme is the constant pursuit of PRs, whether it's lifts or specific events. We are performance whores, nothing matters unless we're getting better. Your time trials and strength endurance work are the most important things to keep progressing, but that doesn't mean we should coast through our other shit.

There should definitely be a base of physical ability/capacity built up before doing this program.

Calisthenics:

Push ups will be 4 x 30 seconds max reps before pull days, 30 seconds rest between sets

Record the total number you accumulate across all four sets, and aim to beat or tie this number every workout. If you get below your PR, then add in a 5th round, and up to a 6th if need be, before coming back down to 4 rounds.

Pull ups will be 4 x max reps before push days, 30 seconds rest between sets

Same as with push ups

We are not on the pull up bar for 30 seconds, we are there for a max amount of reps. The smarter ones might pace themselves each set aimed at a PR...

Sit ups can definitely use this template, but should be kept to a minimum, being that they aren't the best of exercises. Once you can on autoqual sit up scores don't worry so much. There is plenty of core at end of the workouts (anterior/lateral core, along with carries, are included in the templates).

Something to try is to use a minor amount of weight for this model. This should be kept light (5-10 pounds), and one can alternate every cycle between bodyweight and weighted.

Cardio

always make sure a proper warm up is carried out, and for those unfamiliar with sprinting at top speeds, take your time and work up to maximal

Short sprints, running: Movements here are kept under 200 meters/30 seconds. Records can, and should be kept in this category, but the main goal here is a conditioning session with different stimulus than pounding pavement for miles on end. Some minor benefits we get here are increased maximal speed, which can make slower speeds easier (the guy who can run 20 mph will have an easier time at 15 mph than the guy who maxes at 15 mph), and the increased motor unit recruitment in your legs, but like I said, these are minor compared to the main conditioning goal. Your body can't tell the difference between an elevated heart rate from sprinting drills and a 4 mile timed run. Set a record in an event matching that criteria and move on to the conditioning.

Example: 4 tries to set a record in a 40 yard dash (2 minutes rest), followed by 4 sets of a 5-10-5 on the half minute for 6 minutes.

You are limited by your creativity, as long as the movement stays within the criteria mentioned above (yes, 8 minutes is longer than 30 seconds, that's not what I'm talking about, a 5-10-5 should take between 4-6 seconds). Rest time when aiming to set a record should be decent, but nothing too long. It might not be "optimal" for speed development, but we don't need optimal, just to be better than shit.

Long sprints, running: 300 meters to 800 meters, 1-3 minutes. Now that we have longer distances the main event is more important, and something like doing 800 repeats can definitely count as a whole workout. But we can still follow up with some conditioning if our body allows for it. Don't try to be a hero and destroy yourself outright, but also don't be a pussy.

Example: 4 tries to set a 400 meter record, followed by 8 x 50 yard heavy sled pushes

Same as before, you are limited by your creativity, rest times should be decent, but within reason.

Lactate/fartlek: Just a singular event on this day, these are runs either at a constant high pace (lactate threshold) or alternating between faster and slower paces (fartlek). For this with a heart rate monitor, lactate threshold occurs around 88-92% of your max. Some guy named [Chungusrunner](https://runsmartproject.com/calculator/) or some shit recommends this: <https://runsmartproject.com/calculator/>

Workouts for either are usually around 20 minutes of total time, either in one shot or split up into sets of 5-10 minutes, and can certainly be longer in accumulated time.

Swimming sprints: no different than the other 2 sprint days. Setting records and conditioning. Under 200 meters/3 minutes. If your 500 yard CSS is under 9:00, and preferably below 8:30, do as much fin swimming as you can handle, since at selection all the swimming is in fins. Conditioning should include both swimming as well as water con events such as underwaters, treading, and mask recoveries. Know your knots, and be comfortable treading with a charged mask. The uncultured masses might think you look stupid swimming with fins and treading with a charged mask, but fuck those motherfuckers.

Time trials: same thing for swimming and running, and same as before. Setting goddamn records. Anything longer than a mile counts, but shit we'll see at selection/close to it is best. 4 mile timed runs, 1000 meter fin swims, 5 mile rucks all work here. Nothing wrong with a 1 mile time trial, shorter stuff like that is best saved for later in the cycle as residual fatigue starts to build up. Same thing applies for doing something like a 500 yard swim without fins. Due to the higher volume of the main event, there's not much conditioning after, just a warm up and cool down. We'll address what to do with lower volume days next.

Optional runs: due to the strenuous nature of the program as it stands, these are purely optional. These are easy runs aimed at getting miles onto one's body. 3-6 miles, 30-60 minutes, this is easy shit. No more than 2 of these a week, typically match these up to lower volume days of running (for example short sprints, after a low volume time trial, replacing the conditioning for a day if a break is needed). Extra swimming can be done after a low volume time trial.

Alternate cardio: these are prime examples of the "modify don't miss" principle. Bikes, rowers, ski ergs, rope swinging, KB swings. As mentioned before, an elevated heart rate is an elevated heart rate. We might not be getting the "idea" structural adaptations that we get from running/swimming/rucking, but it's better to change it up than to drop it altogether. These are great options during deload weeks (more on this later), and some of them, like KB swings, can find their way into our weight workouts.

Overuse injuries: two biggest are shin splints (running) and ankle problems (finning). What this program lacks in volume is made up for in intensity, and this allowed me to run a marathon with no overuse issues, and still able to pull a 405 trap bar deadlift the next day (with a max around 435), and not really skip a beat in any of the training afterwards. Something I feel has helped (based on the suggestion of someone who ran a marathon without training with no overuse injuries afterwards), is the addition of barefoot/backwards running. No need to join the cult, buy toe shoes, and do all of your running barefoot, but throwing in a minimal volume here and there has seemed to help.

Fin swimming can cause problems in those with weak/inflexible ankles. Simple solution here is to strengthen the ankles, increase their flexibility, and gradually introduce fins into one's program.

One really small thing that has helped tremendously is the addition of big toe extension work. I used to get awful pain on the top of one foot from fin swimming, no matter what I tried to do. Someone suggested big toe extensor (extensor hallucis longus for the learned folk) and that has worked wonders.

Weight Training

Warm up:

Warm up your weaknesses, as well as do some basic prehab movements. This is also where the push up and pull up routine are done for the upper body days. Before dynamic effort days be sure to include some jumping/ballistic movements.

Max Effort:

The goal of max effort is to build strength to that will allow us a greater capacity for submaximal endurance. Similar to the sprinting example, the guy who can move 200 pounds will have a much easier time moving 100 pounds than the guy who can only move 100 pounds. The transfer here is a bit more direct. While plenty of candidates were able to put up impressive strength endurance numbers with solely endurance training, we can get much better return on investment by raising our maximal strength if we are weak in that area. Now if someone is coming out of a strength background (powerlifting football player hehehe), increasing one's strength is much less important, but it should still be maintained as best as possible.

Any exercise/combination of them can be included into a program given there's a good reason for them being there.

Legs: Aim to have a hip dominant movement, knee dominant movement, and a single leg exercise. Options include: back squats, front squats, conventional deadlifts, sumo deadlifts, split squats, box squats, trap (only if it's feminine) bar deadlifts, deficit deadlifts, rack pulls, chains/bands, different bars (SSB, duffalo...). If you can justify its place in your program, you're good.

Pull: Horizontal options are not included, due to stress on the lower back/inability to keep strict form (such as with bent over rows) or difficulty in loading heavy (bodyweight rows).

Similar to legs, we have loads of other options: standard, chest-to-bar, wide grip, neutral grip, chin ups, fat grip, switch grip, rope pull ups, chains/bands, close grip...

Push: again we have 3 categories to fill up: vertical push (logs), horizontal push (push ups), and dips (selection specific).

Options for push include: weighted push ups (with dip belts <https://www.youtube.com/watch?v=Ybv6dMzokgs>) strict overhead press, push press/jerk, dips, bench press, seated OHP, incline bench, dumbbells, wide/close grip, floor press, fat bar, swiss bar, bands/chains...

ME work can be done in a variety of ways, as long as you're increasing strength. Whether it's 5x5, 5/3/1, conjugate, the goal is the same.

Surprisingly, I am a fan of conjugate style programming, at least in this case. Some minor changes I would make from traditional conjugate programming is that all max effort work is done for 3-5RMs and doing giant sets on time intervals (starting every 2-3 minutes). A ME giant set is a good time to get in some prehab exercises, which will keep your heart rate up while you rest and prepare for your next max effort.

I think a rotation of exercises compared to doing the same exercise week after week is ideal for two main reasons. The first being a reduction of specific wear and tear on the body. Doing the same exercise over and over again is like driving a car in a circle. Some parts will get completely worn down while others won't be touched. The other is the variety of movements we need to be proficient in. We don't need to be good at a singular movement, like a powerlifter being good at a bench press, we need to be good at movement patterns. Bonus points for avoiding the law of accommodation.

Dynamic Effort:

The goal of today is to be *fast*. Like running away from ROTC Nazis/your repressed homogeneity fast. Shit like bands and chains are dope but not necessary. Weight should be between 30-65% 1RM for appropriate movements. We can see some decent benefit in running from an increase in rate of force development. Say a mile race takes 1000 steps. If you can increase your RFD enough that you reduce your ground contact time by .01 seconds, you could take up to 10 seconds off your time, given you have the conditioning to keep it up

Traditional conjugate programming uses 8-12 sets of 2-3 reps @55/60/65% 1RM + accommodating resistance. Another option I happen to like is 20/25/30 sets x 2 reps every 30 seconds. If you have a low work capacity working up to this is recommended. Stick with the same exercise each week.

The French Contrast Method is another great option, even though I wouldn't recommend the 3-5 minute rests that Cal Dietz programs.

For ease of implementation, we can look at this in another way: hard -> medium -> medium/hard -> easy, and we can get something like this:

- A1. Bench Press x 4 @ 80%
- A2. Clapping push ups x 4
- A3. Speed diamond push ups x 4
- A4. Hands elevated on bench clapping push ups x 4

Repetition Effort:

Arguably the most important. I'm all for the usage of max strength work, but nobody was dropped because they couldn't hit a certain weight, they're dropped because they can't keep going.

Base these exercises on your weaknesses. Typical Westside wisdom would have you believe that the chest and quads are useless, and all focus should be on the triceps, hamstrings, and glutes. While all very important muscle groups, don't neglect your chest/quads if you're weak there (typically failing right off the chest and folding over in a squat are typical of a weaker chest/quads, for example).

There's plenty of options that we have for repetition effort training:

Special Strength Training comes from the Russian sports scientist Yuri Verkhoshansky. In one of his books he describes a template of exercises that he used with his mid-distance runners. He used a quarter of the running volume but saw greater results than the control group. Verkhoshansky's program involves doing jump squats and scissor lunges (jumping lunges where the feet are switched in the air)(I switched squat jumps for trap bar jumps to minimize the amount a bar is landing on my spine) for 6-10 sets of 8-10 reps, with rest times ranging from 10-60 seconds, and multiple series. One exercise is done per lower day.

Traction based exercises are meant to load the lower body without loading the spine. Exercises like glute ham raises, hip thrusts, and nordic curls all fit in well here. We want to give our lower back a break and teach the glutes and hammies to work instead.

HICT: useful for those short on time. Alternate back and forth between two movements continuously for a set amount of time. Do a submaximal amount of weight/reps so you can keep going. Get as many sets in as you can, and once you can't move faster up the weight. Examples: 3 bench presses/3 overhead presses back and forth for 10 minutes.

Survive: 15 reps of a movement on the minute, for a set amount of time (minimum 10 minutes). Once you can survive the length of time increase the weight.

Fobbit: from Tactical Barbell, match a resistance movement to some easy cardio until you hit a time/rep amount. Usually loaded heavy, but can be loaded lighter as well. Especially if one is going heavy, keep it below max reps.

Example: 4 x OHP @ 80% with a 50 meter easy jog until 24 reps are hit

Not the way you came: take one movement, do 2-4 rep outs with a moderate weight, and combine it with a fobbit of the other direction (horizontal/vertical, NOT push/pull) until reps are matched. Due to the higher volume of total reps it's best to keep the weight in the fobbit at a lower percentage.

Example: 3 sets of max reps bench press @ 55%, total reps 40. Paired with overhead press fobbit until 40 reps are achieved.

Mechanical drop sets: A personal favorite to do with legs, but can be applied to any movement. Instead of dropping weight, as in a traditional drop set, go to a position of better mechanical advantage. Do 2-4 sets here. Standard drop sets can be used as well but I wanted to seem cool with the whole mechanical shit.

Example: max reps front squat, rack the bar, max reps back squat <-- that's one set

Deload:

This is the time to chill out and load up on prehab exercises and take care of any nagging injuries. Multi-joint exercises should be included, but here is a great time to enjoy some single joint exercises and turn into the sort of hunk you would find in a firefighter calendar (curls, shrugs, curls, tricep pushdowns, and of course curls). Loads should be kept medium to light. We're aiming to maintain our fitness and recover for the next cycle, not overtrain, not under, always optimal.

Your exercises should be aimed at re/prehabbing the areas you were having problems with during the main cycle. For example, if you're having shoulder problems, sticking with floor presses combined with band pull aparts would be the idea here.

As before, this is based around your weaknesses. This will require some thinking, but as long as you can justify why you are doing something, and it fits into the parameters of a deload, then you're good.

Knock out some easy miles/laps in the pool, can raise speed but should not be maximal. This is a great time to incorporate some low/non-impact cardio like mentioned earlier if you're a bit beat up.

Workout Templates:

Lower:

Warmup

A1. ME/DE

B1. RE1

C1. RE2

D1. Anterior core

Pull:

Warmup

A1. ME/DE

B1. RE1 (horizontal)

B2: RE2 (vertical)

C1. Zercher/farmer's/overhead carries

Push:

Warmup

A1. ME/DE

B1. RE1 (vertical)

B1. RE2 (horizontal)

D1. Lateral core

Modifications to the program:

Whether due to preference, lack of equipment, or other reasons such as the gym being closed for the holidays, being a gelatin, or living in a country where most of the people want to kill you, modifications can be made. Think of the layout and methods more as guidelines as opposed to strict rules that one needs to follow.

Max effort is strength work. However you prepare your body to handle heavier loads is up to you. Lift heavy shit until you can lift heavier shit.

Dynamic effort is power work. However you prepare your body to move shit faster is up to you. Move shit fast until you can move shit faster.

Repetition effort is strength endurance work. However you prepare your body to work for longer is up to you. Work long until you can work longer

Short sprints days are meant to tax the body's ATP-CP energy system, as well the forcing the aerobic system to work to recover between bouts. Run as fast as possible for repeated bouts until you can faster for repeated-er bouts.

Long sprint/swimming sprint days are meant to tax the glycolytic energy system. I fucking hate this shit. Move fast for moderate distances until you can move faster for those distances.

Time trials are meant to tax the aerobic system. Move far and fast until you can move further and faster.

Look at what is available to you, and find a way to match it to your goals as best as possible. Just don't betray the principles of physiology like some betray their NSW wannabe brothers.

FAQs and other shit:

“We’ll never max out at BUD/S you stupid fucking ginger. Why are we doing it here?”

There’s points to exercises outside of that specific movement. For the upper body movements, it’s to push the endurance of the standard movements. If you can lift 400 pounds, you’ll be able to do a lot more reps of 100 pounds than if you could only lift 200 pounds. However, while max strength helps, it isn’t everything, hence why we use the repetition effort method to build endurance on top of our strength.

“Well why the fuck are we doing speed work?”

Speed work functions both as a way to produce force ($F = ma$, we’re focusing on the acceleration part of that), but this will be submaximal force compared to max effort, and also to develop explosive strength. Building max speed in a movement can help with submaximal speed across a 2 minute PST, or any tests they throw at BUD/S (for example pulling yourself up as quickly as possible on the o-course). Another benefit with a high volume scheme like 20/25/30 x 2 is the work capacity that it builds.

“Shouldn’t we be doing more running?”

Like mentioned before, I was able to handle a marathon pretty much on a whim with no negative effects besides general muscle soreness, which is to be expected. The time trials should be an indicator as to whether you’re improving or not, and if you’re not improving some lifting volume should be dropped for increased running.

ALL THIS DOESN’T MEAN SHIT IF YOU DON’T IMPROVE IN THE AREAS THAT MATTER

All the sprints, max effort work and all that shit are meant to supplement and build the more important events, like a four mile timed run, max pull ups, or 1000 meter swim.

“Why are we doing speed/agility work *with* running?”

The purpose of the short sprints day is partially to build max speed that carries over to submax speed, but the main focus is to change up the stimulus placed on the body while still building aerobic conditioning. Something like a heavy 10 yard sled push on the minute, 10 seconds sprinting/50 seconds walking, will build both. Agility work can be used on short sprint days, and according to the SEALSWCC Hell Week study the 5-10-5 has been shown to have a higher effect size than pull ups, deadlifts, and sit ups, and equal/almost equal to 800 meter fin swim,

standing broad jump, and push ups. We get injured in the areas we don't train, and this manifested itself in me with an ACL tear because I've always been bad at agility. We may not be juking guys at selection, but to leave out building resilience in other movement planes would be negligent.

"Who the fuck is you?"

I'm just a dumbass that's into this shit. Just got my degree, no certs, minimal experience in the field. I've been doing well with this so far, but we'll see how well it actually goes when I go to selection. Doing this/following anything laid out here is all at your own risk and responsibility.

"Why not block periodization?"

Traditional block periodization is aimed to peak an athlete for power, usually for a singular event. For an athlete with multiple events, such as a football season, following up with a daily undulating periodization model allows to the athlete to have a bunch of "mini-peaks" during the season. Cal Dietz bases his blocks around the residual effects of different abilities (how long before you lose your gains), and while this is a solid method for building up before a season, it still moves into a daily undulating model once the season starts. For the aspiring wannabe, we need to be good at all different athletic abilities, and having a conjugate/concurrent model/DUP (which are similar enough as to be nearly interchangeable, at least in this conversation) allows us to keep track of where all our abilities are at all the time. If we're weak in a certain area we can adjust the volume of everything else to allow more focus in the weak area.

This isn't to say block periodization doesn't work, just that in my opinion, based on what I've learned from those that are much smarter than I, a concurrent approach is better in this scenario.

Final Notes:

Eat, sleep, rest a lot. This is truly a waffle-stomping amount of volume, especially at higher intensities. So far I've been doing well, but if nagging injuries start piling up and your times/lifts are not improving the most probable answer will be to lower the volume and intensity. Maxing out 3 times a week can be tough on the body if you're not prepared. Foam roll, stretch, spend some time in a sauna, wear some 2XU DFND gear, and eat plenty of rice. But on the other hand, don't go overboard with the recovery. Sometimes you need to let your body recover and build on its own. Recovering without giving your body a chance to build isn't the best either.

None of this is set in stone. Max effort work could be done similar to how I'm doing it, or like Westside does it with working up to a 1RM, or it could be substituted with a 5/3/1 or Starting Strength (+ GOMAD) progression. Dynamic effort work could be in a variety of rep schemes, and doesn't need a barbell. For cardio, don't be afraid to test yourself in other modalities. Bikes, rowers, ski ergs, stair climbers are all great ways to get cardio gains.

Time will tell whether this all works, and going forward there will most likely be some modifications because of shiny object syndrome. Another thing is that in a couple weeks program ADD could kick in and I might be running a totally different program.