

Written By Bobby Maximus

Tactical Training Program Month Three

Special Ops Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<p>Workout AM: 3x20 Squat 3x20m Walking Lunge 3x5 Goblet Squat @ 25# Then: Work Up To Heavy Deadlift Then: 5x2 Deadlift @ 80% 1RM Rest 3 minutes between sets Then: 300sec Plank Hold (done in 30sec sets as strict as possible)</p> <p>Workout PM: 10 minute Run @ Easy pace Then: 10km Run For Time Then: Cool Down</p>	<p>Workout: 60 minute Run or Row Goal here is to get a good sweat. If you are running the goal is 10km. If you are rowing the goal is 15,400m</p>	<p>Workout: 3x10 Shoulder Dislocate Then: "The Holy Trinity" Pull-up + Push-up + Dip Max Reps of each movement in 45 minutes Then: 5-10 minute Row @ Easy Pace Then: 500m Row For Time Then: Cool Down</p>	<p>Workout AM: 100x TGU @ 15# DB</p> <p>Workout PM: 60 minute Run or Swim or Row @ Easy Pace</p>	<p>Workout: 10 minute Row @ Easy pace Then: 6x (30sec Work/30sec Rest) Row @ >150m per 30sec Interval Three Total Blocks Rest 4 minutes between each block Then: Cool Down</p>	<p>Workout: 120 minute hike with 25lbs pack. Goal is to travel as much distance as possible in 120 minutes. Ideally there will be some terrain changes and hills.</p>	<p>REST</p>
A	B	C	D	E	F	G

Written By Bobby Maximus

Tactical Training Program Month Three

Special Ops Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY EIGHT	DAY NINE	DAY TEN	DAY ELEVEN	DAY TWELVE	DAY THIRTEEN	DAY FOURTEEN
<p>Workout AM: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 15# Dumbbells Three Sets, Rest 2 minutes between each Then: Work Up To Heavy Bench Press Then: 5x2 Bench Press @ 80% 1RM Rest 3 minutes between sets Then: 300sec Plank Hold (done in 30sec sets as strict as possible)</p> <p>Workout PM: 10 minute Run @ Easy pace Then: 5km Run For Time Then: Cool Down</p>	<p>Workout: 60 minute Run or Row Goal here is to get a good sweat. If you are running the goal is 10km. If you are rowing the goal is 15,400m</p>	<p>Workout: 3x10 Shoulder Dislocate Then: “The Holy Trinity” Pull-up + Push-up + Dip Max Reps of each movement in 45 minutes Then: 5-10 minute Row @ Easy Pace Then: 1000m Row For Time Then: Cool Down</p>	<p>Workout AM: 100x TGU @ 15# DB</p> <p>Workout PM: 60 minute Run or Swim or Row @ Easy Pace</p>	<p>Workout: 10 minute Row @ Easy pace Then: 5x500m Row Rest 2 minutes between Intervals First Interval @ ~15 split seconds slower than PR Then each interval after that go faster. The final interval is all-out Then: Cool Down</p>	<p>Workout: 120 minute hike with 25lbs pack. Goal is to travel as much distance as possible in 120 minutes. Ideally there will be some terrain changes and hills.</p>	<p>REST</p>
A	B	C	D	E	F	G

Written By Bobby Maximus

Tactical Training Program Month Three

Special Ops Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY FIFTEEN	DAY SIXTEEN	DAY SEVENTEEN	DAY EIGHTEEN	DAY NINETEEN	DAY TWENTY	DAY TWENTY-ONE
Workout AM: 3x20 Squat 3x20m Walking Lunge 3x5 Goblet Squat @ 25# Then: Work Up To Heavy Deadlift Then: 6x2 Deadlift @ 85% 1RM Rest 3 minutes between sets Then: 300sec Plank Hold (done in 30sec sets as strict as possible) Workout PM: 10 minute Run @ Easy pace Then: 1.5 mile Run For Time Then: Cool Down	Workout: 60 minute Run or Row Goal here is to get a good sweat. If you are running the goal is 10km. If you are rowing the goal is 15,400m	Workout: 3x10 Shoulder Dislocate Then: “The Holy Trinity” Pull-up + Push-up + Dip Max Reps of each movement in 45 minutes Then: 5-10 minute Row @ Easy Pace Then: 1500m Row For Time Then: Cool Down	Workout AM: 100x TGU @ 15# DB Workout PM: 60 minute Run or Swim or Row @ Easy Pace	Workout: 10 minute Row @ Easy pace Then: 6x (30sec Work/30sec Rest) Row @ >160m per 30sec Interval Three Total Blocks Rest 4 minutes between each block Then: Cool Down	Workout: 120 minute hike with 25lbs pack. Goal is to travel as much distance as possible in 120 minutes. Ideally there will be some terrain changes and hills.	REST
A	B	C	D	E	F	G

Written Bobby Maximus

Tactical Training Program Month Three

Special Ops Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY TWENTY-TWO	DAY TWENTY-THREE	DAY TWENTY-FOUR	DAY TWENTY-FIVE	DAY TWENTY-SIX	DAY TWENTY-SEVEN	DAY TWENTY-EIGHT
Workout AM: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 15# Dumbbells Three Sets, Rest 2 minutes between each Then: Work Up To Heavy Bench Press Then: 6x2 Bench Press @ 85% 1RM Rest 3 minutes between sets Then: 300sec Plank Hold (done in 30sec sets as strict as possible) Workout PM: 10 minute Run @ Easy pace Then: 5x400m Sprint Rest 5 minutes between each Then: Cool Down	Workout: 60 minute Run or Row Goal here is to get a good sweat. If you are running the goal is 10km. If you are rowing the goal is 15,400m	Workout: 3x10 Shoulder Dislocate Then: “The Holy Trinity” Pull-up + Push-up + Dip Max Reps of each movement in 45 minutes Then: 5-10 minute Row @ Easy Pace Then: 2000m Row For Time Then: Cool Down	Workout AM: 100x TGU @ 15# DB Workout PM: 60 minute Run or Swim or Row @ Easy Pace	Workout: 10 minute Row @ Easy pace Then: “Can’t Vs. Won’t” 30sec Row + 90sec Rest As many intervals as possible. Start at 140m for the first interval. After that you must get one more meter each interval (i.e. 140m, 141m, 142m, 143m, etc) The workout stops when you can’t or won’t go up in meters each round. Goal is 50 rounds. Then: Cool Down	Workout: 180 minute hike with 25lbs pack. Goal is to travel as much distance as possible in 180 minutes. Ideally there will be some terrain changes and hills.	REST
A	B	C	D	E	F	G

