

Captain Morgan Overview

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Captain Morgan is a 5 day/week, 6-Week cycle. The third plan in the Blue Series “Pirates” packet, it trains water based fitness in conjunction with the other land based fitness demands for the tactical athlete. You will train a with a long swim, working up to 2,500m swim by the end of the cycle.

We’ll develop full body strength via our Super Squat Strength Progression, trained 2x/weekly along with repeat, moderate timed work capacity events. Chassis Integrity and Tactical Speed & Agility are trained 1x/week each.

Land based endurance is focused on developing running speed with a 6-mile assessment and follow-on intervals.

Here is the weekly schedule:

Monday - Strength, Chassis Integrity

Tuesday - TAC SEPA (Speed), Work Capacity

Wednesday - Swimming

Thursday - Strength, Work Capacity

Friday - Running Speed Over Ground

Water Based Endurance:

Aerobic base swimming, building up to 2,000m swim at moderate pace.

Strength Work:

Super Squat strength focusing on the Back Squat and Bench Press. These are brutal!

Work Capacity:

15min + 10min work capacity efforts with short rest periods between. Gym based, multi mode efforts, including a step up progression, shuttles, mini leg blasters, sand bag get ups, etc.

Land Based Endurance:

6 Mile run assessment with follow on 2-mile intervals to train speed over ground.

TAC SEPA and Chassis Integrity

Focus on tactical speed and agility - linear speed, level and direction change, trained unloaded and loaded. Chassis Integrity is trained 1x/week with a 15-20 minute “ARTE” circuit.

COMMON QUESTIONS

What equipment is required?

Fully equipped functional fitness gym, swimming pool with known distance, wrist-watch for intervals

How long do the training sessions last?

Training sessions are designed to last 60-75 minutes.

What does “4/8x” mean? How about “15/25#”?

First number is for women, second is for men, both for reps, and loading. Examples:

4/8x Chin Ups = Women do 4x, Men do 8x

15/25# = Women us 15#, Men us 25#.

What does “Grind” Mean?

Work briskly, not frantically. Keep moving and work steady through the circuit.

What if I miss a training day?

Ideally, you will train 5 days in a row, and take 2 full days off for rest. If for some reason miss a session, do not skip ahead. Start again where you left off and complete the sessions in order throughout the plan

My gym doesn’t have sandbags. What should I do?

Make one and take it to the gym when you train ... a sandbag (40# for women, 60# for men) is required for this program. We sell sandbags at [mntactical.com](#), other vendors sell them, and you can make your own. Be resourceful.

Where do I find unfamiliar exercises?

See our Exercise Library [HERE](#). The Run Calculator is listed as an exercise.

What about nutrition?

See our Nutritional Guidelines [HERE](#).

Questions? Email coach@mntactical.com

Good Luck!

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MONDAY SESSION 1	TUESDAY SESSION 2	WEDNESDAY SESSION 3	THURSDAY SESSION 4	FRIDAY SESSION 5
<p>Obj: Strength Assessment, Chassis Integrity</p> <p>Warm Up: 3 Rounds 6x Back Squat @ 75/95# 3x Scotty Bobs @ 15/25# 6x Sit Ups Instep Stretch 3x Shoulder Dislocate</p> <p>Training: (1) Work up to 1RM Back Squat</p> <p>RECORD FINAL LOAD (2) 1 Round 20x Back Squat @ 65% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(3) Work up to 1RM Bench Press</p> <p>RECORD FINAL LOAD (4) 1 Round 20x Bench Press @ 50% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(5) 15 Minute Grind 10x Kettlebell Swings @ 16/20kg 15/15 Low Back Lunge 5x Band Press Out 5x Hang Power Snatch @ 45/65#</p> <p>Comments: Parts (2) and (4) aren't fun. Expect shaking legs and arms near the end of the 20 reps. Embrace the suck and suffer through. Have a spot, if possible. If not, have safety bars ready and set.</p>	<p>Obj: TAC SEPA, Work Capacity Assessment</p> <p>Warm up: 3 Rounds 5x Burpees 4x 40-Foot Shuttles 10x Sit Ups Instep Stretch</p> <p>Training: (1) 4 Rounds TAC SEPA Explosive Squat Jump to Sprint Rest 60 seconds (2) 4 Rounds @ 25# Weight Vest/IBA TAC SEPA Explosive Squat Jump to Sprint Rest 60 seconds (3) 15 Minute wearing a 25# Weight Vest/IBA Max Step Ups @ 15"</p> <p>RECORD TOTAL NUMBER Rest 3-5 Minutes</p> <p>(4) 10 Rounds every 60 seconds 6x40ft Shuttles</p> <p>(5) Foam Roll Legs, Low Back</p>	<p>Obj: Swim Endurance</p> <p>Training: (1) 2000m Swim @ Moderate Pace Moderate Pace = Comfortable but not easy</p> <p>Use the same stroke for the entire session</p>	<p>Obj: Strength, Work Capacity</p> <p>Warm Up: 3 Rounds 6x Back Squat @ 40/50/60% 1RM 3x Scotty Bobs @ 25# 6x Sit Ups Instep Stretch 3x Shoulder Dislocate</p> <p>Training: (1) 1 Round 20x Back Squat @ 70% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(2) 3 Rounds 5x Bench Press @ 25/35/45% Lat/Pec Stretch</p> <p>(3) 1 Round 20x Bench Press @ 55% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(4) 12 Rounds for Time 10x Box Jump Suicide Shuttle Rest 20 Seconds Rest 3-5 Minutes</p> <p>(5) 4 Rounds every 2:30 Min 5x Sandbag Clean and Press @ 40/60# 5x Pull Ups Mini Leg Blaster</p>	<p>Obj: Endurance Assessment</p> <p>Training: (1) 6 Mile Run Assessment</p> <p>RECORD FINAL TIME</p>

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MONDAY SESSION 6 Obj: Strength, Chassis Integrity	TUESDAY SESSION 7 Obj: TAC SEPA, Work Capacity	WEDNESDAY SESSION 8 Obj: Swim Endurance	THURSDAY SESSION 9 Obj: Strength, Work Capacity	FRIDAY SESSION 10 Obj: Endurance
<p>Warm Up: Warm Up: 3 Rounds 6x Back Squat @ 40/50/60% 1RM 3x Scotty Bobs @ 25# 6x Sit Ups Instep Stretch 3x Shoulder Dislocate</p> <p>Training:</p> <p>(1) 1 Round 20x Back Squat @ 70% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(2) 3 Rounds 5x Bench Press @ 25/35/45% Lat/Pec Stretch</p> <p>(3) 1 Round 20x Bench Press @ 55% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(4) 15 Minute Grind 8x Good Morning @ 45/65# 5x Dumbbell Crawl @ 15/25# 8x Standing Slasher to Halo @ 16/20kg 2x Sandbag Get Up and Run @ 40/60#</p>	<p>Warm up: 4 Rounds 10x Air Squat 5x Box Jump @ 20/24" 5x Burpee 4x25m Shuttle Instep Stretch Lat/Pec Stretch</p> <p>Training:</p> <p>(1) 4 Rounds TAC SEPA Pro Agility to Stacked Box Drill Rest 60 seconds</p> <p>(2) 4 Rounds @ 25# Weight Vest/IBA TAC SEPA Pro Agility to Stacked Box Drill Rest 60 seconds</p> <p>(3) 3 Rounds of your "Interval Number" within 5 Minutes Step Ups @ 15-18" Wearing a 25# Weight Vest/IBA</p> <p>Rest 2 Minutes between Rounds</p> <p>How to get your "Interval Number" Use SESSION 2's effort and total Step Ups, divide by 3, and multiply by 1.2.</p> <p>Example: On SESSION 2 you managed 500x step ups during the assessment. $(500/3) \times 1.2 = 199.9 = 200x$ Step Ups (Round Up)</p> <p>Complete 3 Rounds of 200x Step Ups within the 5 minute round</p> <p>(4) 10 Rounds every 60 seconds 6x40ft Shuttles</p> <p>(5) Foam Roll Legs, Low Back</p>	<p>Training:</p> <p>(1) 2,000m Swim @ Moderate Pace</p> <p>Moderate Pace = Comfortable but not easy</p> <p>Use the same stroke for the entire session</p>	<p>Warm Up: 3 Rounds 6x Back Squat @ 45/55/65% 1RM 3x Scotty Bobs @ 25# 6x Sit Ups Instep Stretch 3x Shoulder Dislocate</p> <p>Training:</p> <p>(1) 1 Round 20x Back Squat @ 75% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(2) 3 Rounds 5x Bench Press @ 30/40/50% Lat/Pec Stretch</p> <p>(3) 1 Round 20x Bench Press @ 60% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(4) 10-1 Countdown Power Clean @ 75/95# Jumping Lunges Hand Release Push Ups</p> <p>You will complete 10x reps of each exercise, then 9 reps of each, all the way down to 1.</p> <p>Example: 10x Power Clean, 10x Jumping Lunges, 10x Hand Release Push ups.... then immediately 9x Power Clean, 9x Jumping Lunges, 9x Hand Release Push Ups, etc.</p> <p>Rest 3-5 Minutes</p> <p>(5) 10 Rounds every 60 Seconds 5x Sand Bag Get Up @ 60/80#</p> <p>(5) Foam Roll Legs, Low Back</p>	<p>Training:</p> <p>(1) 2 Rounds Run 2 Mile at per Mile Interval time from the Running Calculator Rest 7 Minutes between efforts</p> <p>Use your SESSION 5 6-Mile Run Assessment and the Run Interval Calculator to get per mile interval time: [RunIntervalCalculator]</p>

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MONDAY SESSION 11 Obj: Strength Assessment, Chassis Integrity	TUESDAY SESSION 12 Obj: TAC SEPA, Work Capacity Assessment	WEDNESDAY SESSION 13 Obj: Swim Endurance	THURSDAY SESSION 14 Obj: Strength, Work Capacity	FRIDAY SESSION 15 Obj: Endurance Assessment
<p>Warm Up: 3 Rounds 6x Back Squat @ 75/95# 3x Scotty Bobs @ 15/25# 6x Sit Ups Instep Stretch 3x Shoulder Dislocate</p> <p>Training: (1) Work up to 1RM Back Squat</p> <p>Record Final Load & Compare to SESSION 1 (2) 1 Round 20x Back Squat @ 75% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(3) Work up to 1RM Bench Press</p> <p>Record Final Load & Compare to SESSION 1 (4) 1 Round 20x Bench Press @ 60% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(5) 18 Minute Grind 10x Kettlebell Swings @ 16/20kg 15/15 Low Back Lunge 5x Band Press Out 5x Hang Power Snatch @ 45/65#</p>	<p>Warm up: 3 Rounds 5x Burpees 4x 40-Foot Shuttles 10x Sit Ups Instep Stretch</p> <p>Training: (1) 4 Rounds TAC SEPA Explosive Squat Jump to Sprint Rest 60 seconds (2) 4 Rounds @ 25# Weight Vest/IBA TAC SEPA Explosive Squat Jump to Sprint Rest 60 seconds (3) 15 Minute wearing a 25# Weight Vest/IBA Max Step Ups @ 15-18"</p> <p>RECORD TOTAL NUMBER & COMPARE TO SESSION 2 Rest 3-5 Minutes</p> <p>(4) 10 Rounds every 60 seconds 7x40ft Shuttles</p> <p>(5) Foam Roll Legs, Low Back</p>	<p>Training: (1) 2,250m Swim @ Moderate Pace Moderate Pace = Comfortable but not easy</p> <p>Use the same stroke for the entire session</p>	<p>Warm Up: 3 Rounds 6x Back Squat @ 45/55/65% 1RM 3x Scotty Bobs @ 25# 6x Sit Ups Instep Stretch 3x Shoulder Dislocate</p> <p>Training: (1) 1 Round 20x Back Squat @ 75% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(2) 3 Rounds 5x Bench Press @ 30/40/50% Lat/Pec Stretch</p> <p>(3) 1 Round 20x Bench Press @ 60% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(4) 12 Rounds for Time 10x Box Jump Suicide Shuttle Rest 15 Seconds Rest 3-5 Minutes</p> <p>(5) 4 Rounds every 2:15min 5x Sandbag Clean and Press @ 40/60# 5x Pull Ups Mini Leg Blaster</p> <p>(6) Foam Roll Legs, Low Back</p>	<p>Training: (1) 6 Mile Run Assessment</p> <p>RECORD FINAL TIME & COMPARE TO SESSION 5</p>

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MONDAY SESSION 16	TUESDAY SESSION 17	WEDNESDAY SESSION 18	THURSDAY SESSION 19	FRIDAY SESSION 20
<p>Obj: Strength, Chassis Integrity</p> <p>Warm Up: 3 Rounds 6x Back Squat @ 50/60/70% 1RM 3x Scotty Bobs @ 25# 6x Sit Ups Instep Stretch 3x Shoulder Dislocate</p> <p>Training:</p> <p>(1) 1 Round 20x Back Squat @ 80% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(2) 3 Rounds 5x Bench Press @ 35/45/55% Lat/Pec Stretch</p> <p>(3) 1 Round 20x Bench Press @ 65% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(4) 18 Minute Grind 8x Good Morning @ 45/65# 5x Dumbbell Crawl @ 15/25# 8x Standing Slasher to Halo @ 16/20kg 2x Sandbag Get Up and Run @ 40/60#</p>	<p>Obj: TAC SEPA, Work Capacity</p> <p>Warm up: 4 Rounds 10x Air Squat 5x Box Jump @ 20/24" 5x Burpee 4x25m Shuttle Instep Stretch Lat/Pec Stretch</p> <p>Training:</p> <p>(1) 4 Rounds TAC SEPA Pro Agility to Stacked Box Drill Rest 60 seconds</p> <p>(2) 4 Rounds @ 25# Weight Vest/IBA TAC SEPA Pro Agility to Stacked Box Drill Rest 60 seconds</p> <p>(3) 3 Rounds of your "Interval Number" within 5 Minutes Step Ups @ 15" Wearing a 25# Weight Vest/IBA</p> <p>Rest 2 Minutes between Rounds</p> <p>How to get your "Interval Number" Use SESSION 12's effort and total Step Ups, divide by 3, and multiply by 1.2.</p> <p>Example: On SESSION 12 you managed 500x step ups during the assessment. $(500/3) \times 1.2 = 199.9 = 200x$ Step Ups (Round Up)</p> <p>Complete 3 Rounds of 200x Step Ups within the 5 minute round</p> <p>(4) 10 Rounds every 60 seconds 7x40ft Shuttles</p> <p>(5) Foam Roll Legs, Low Back</p>	<p>Obj: Swim Endurance</p> <p>Training:</p> <p>(1) 2,250m Swim @ Moderate Pace</p> <p>Moderate Pace = Comfortable but not easy</p> <p>Use the same stroke for the entire session</p>	<p>Obj: Strength, Work Capacity</p> <p>Warm Up: 3 Rounds 6x Back Squat @ 50/60/70% 1RM 3x Scotty Bobs @ 25# 6x Sit Ups Instep Stretch 3x Shoulder Dislocate</p> <p>Training:</p> <p>(1) 1 Round 20x Back Squat @ 80% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(2) 3 Rounds 5x Bench Press @ 35/45/55% Lat/Pec Stretch</p> <p>(3) 1 Round 20x Bench Press @ 65% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly.</p> <p>(4) 10-1 Countdown Power Clean @ 75/95# Jumping Lunges Hand Release Push Ups</p> <p>You will complete 10x reps of each exercise, then 9 reps of each, all the way down to 1.</p> <p>Example: 10x Power Clean, 10x Jumping Lunges, 10x Hand Release Push ups.... then immediately 9x Power Clean, 9x Jumping Lunges, 9x Hand Release Push Ups, etc.</p> <p>Rest 3-5 Minutes</p> <p>(5) 10 Rounds every 60 Seconds 6x Sand Bag Get Up @ 60/80#</p> <p>(6) Foam Roll Legs, Low Back</p>	<p>Obj: Endurance</p> <p>Training:</p> <p>(1) 2 Rounds Run 2 Mile at per Mile Interval time from the Running Calculator Rest 7 Minutes between efforts</p> <p>Use your SESSION 15 6-Mile Run Assessment and the Run Interval Calculator to get per mile interval time: [RunIntervalCalculator]</p>

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MONDAY SESSION 21 Obj: Strength, Chassis Integrity	TUESDAY SESSION 22 Obj: TAC SEPA, Work Capacity	WEDNESDAY SESSION 23 Obj: Swim Endurance	THURSDAY SESSION 24 Obj: Strength, Work Capacity	FRIDAY SESSION 25 Obj: Endurance
<p>Warm Up: 3 Rounds 5x Craig Special @ 60/70/80% 1RM 8x Dumbbell Push Press @ 25/35# 10x Sit Ups Instep Stretch Lat/Pec Stretch</p> <p>Training: (1) 1 Round 20x Back Squat @ 85% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly. (2) 3 Rounds 5x Bench Press @ 40/50/60% Lat/Pec Stretch (3) 1 Round 20x Bench Press @ 70% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly. (4) 20 Minute Grind 10x Kettlebell Swings @ 16/20kg 15/15 Low Back Lunge 5x Band Press Out 5x Hang Power Snatch @ 45/65#</p>	<p>Warm up: 3 Rounds 5x Burpees 4x 40-Foot Shuttles 10x Sit Ups Instep Stretch</p> <p>Training: (1) 4 Rounds TAC SEPA Explosive Squat Jump to Sprint Rest 60 seconds (2) 4 Rounds @ 25# Weight Vest/IBA TAC SEPA Explosive Squat Jump to Sprint Rest 60 seconds (3) 3 Rounds of your "Interval Number + 10 Reps" within 5 Minutes Step Ups @ 15-18" Wearing a 25# Weight Vest/IBA Rest 2 Minutes between Rounds How to get your "Interval Number" Use SESSION 12's effort and total Step Ups, divide by 3, and multiply by 1.2... now add 10x Step Ups. Example: On SESSION 12 you managed 500x step ups during the assessment. $(500/3) \times 1.2 = 199.9 = 200x$ Step Ups (Round Up) - Now add 10 = 210 Complete 3 Rounds of 210x Step Ups within the 5 minute round (4) 10 Rounds every 60 seconds 8x40ft Shuttles (5) Foam Roll Legs, Low Back</p>	<p>Training: (1) 1,900m Swim @ Moderate Pace Moderate Pace = Comfortable but not easy Use the same stroke for the entire session</p>	<p>Warm Up: 3 Rounds 6x Back Squat @ 55/65/75% 1RM 3x Scotty Bobs @ 25# 6x Sit Ups Instep Stretch 3x Shoulder Dislocate</p> <p>Training: (1) 1 Round 20x Back Squat @ 85% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly. (2) 3 Rounds 5x Bench Press @ 40/50/60% Lat/Pec Stretch (3) 1 Round 20x Bench Press @ 70% 1RM. Take 3 big, slow breaths between each rep (leave the barbell on your shoulders). 20x reps should take 3-4 min to complete if done properly. (4) 12 Rounds for Time 10x Box Jump Suicide Shuttle Rest 10 Seconds Rest 3-5 Minutes (5) 4 Rounds every 2 Minutes 5x Sandbag Clean and Press @ 40/60# 5x Pull Ups Mini Leg Blaster (6) Foam Roll Legs, Low Back</p>	<p>Training: (1) 2 Rounds Run 2 Mile at per Mile Interval time from the Running Calculator Rest 7 Minutes between efforts Use your SESSION 15 6-Mile Run Assessment and the Run Interval Calculator to get per mile interval time: [RunIntervalCalculator]</p>

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MONDAY SESSION 26 Obj: Strength Assessment, Chassis Integrity	TUESDAY SESSION 27 Obj: TAC SEPA, Work Capacity Assessment	WEDNESDAY SESSION 28 Obj: Swim Endurance	THURSDAY SESSION 29 Obj: Endurance Assessment	FRIDAY SESSION 30 Obj: Reload TOTAL REST
<p>Warm Up: Warm Up: 3 Rounds 5x Craig Special @ 75/95# 8x Dumbbell Push Press @ 25/35# 10x Sit Ups Instep Stretch Lat/Pec Stretch</p> <p>Training: (1) Work up to 1RM Back Squat</p> <p>Record Final Load Compare to SESSION 1 & 11 (2) Work up to 1RM Bench Press</p> <p>Record Final Load Compare to SESSION 1 & 11 (3) 20 Minute Grind 8x Good Morning @ 45/65# 5x Dumbbell Crawl @ 15/25# 8x Standing Slasher to Halo @ 16/20kg 2x Sandbag Get Up and Run @ 40/60#</p>	<p>Warm up: 4 Rounds 10x Air Squat 5x Box Jump @ 20/24" 5x Burpee 4x25m Shuttle Instep Stretch Lat/Pec Stretch</p> <p>Training: (1) 4 Rounds TAC SEPA Pro Agility to Stacked Box Drill Rest 60 seconds</p> <p>(2) 4 Rounds @ 25# Weight Vest/IBA TAC SEPA Pro Agility to Stacked Box Drill Rest 60 seconds</p> <p>(3) 15 Minute wearing a 25# Weight Vest/IBA Max Step Ups @ 15"</p> <p>RECORD TOTAL NUMBER COMPARE TO SESSION 2 & 12 Rest 3-5 Minutes</p> <p>(4) 10 Rounds every 60 seconds 8x40ft Shuttles</p> <p>(5) Foam Roll Legs, Low Back</p>	<p>Training: (1) 2,500m Swim @ Moderate Pace</p> <p>Moderate Pace = Comfortable but not easy</p> <p>Use the same stroke for the entire session</p>	<p>Training: (1) 6 Mile Run Assessment</p> <p>RECORD FINAL TIME COMPARE TO SESSION 5 & 15</p>	

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