

**Written By Bobby Maximus**

**Tactical Training Program Month One**

**Special Ops Training**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
Workout: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 15# Dumbbell “Rest” is in overhead Position Three Sets, Rest 60sec between each Then: Bench Press @ Bodyweight + Burpee/Pull-up 10/1, 9/2, 8/3, 7/4, 6/5, 5/6. 4/7, 3/8, 2/9, 1/10 reps of each Then: 1.5 mile run for time OR 2000m Row 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: Test Deadlift 1RM Then: 5x2 Deadlift @ 80% 1RM Rest 3 minutes between sets Then: 10x Goblet Squat @ 50lbs + 20x Split Jump Seven Rounds Then: Cool Down	Workout: 100x TGU @ 15# DB	Workout: 3x20 Squat Then: 5x Lunge + 5x Push Press for 400m While holding a 45# bar, 2x 25# DB, or similar load, do 5x Lunges followed by 5x Push Press, continue doing this until you have traveled 400m (this is typically down as 1 lap around a track) Then: 5 minutes of Plank Hold	Workout: 90 minute hike with 25lbs pack. Goal is to travel as much distance as possible in 90 minutes. Ideally there will be some terrain changes and hills.	REST
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

Written By Bobby Maximus

Tactical Training Program Month One

Special Ops Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY EIGHT</b>	<b>DAY NINE</b>	<b>DAY TEN</b>	<b>DAY ELEVEN</b>	<b>DAY TWELVE</b>	<b>DAY THIRTEEN</b>	<b>DAY FOURTEEN</b>
Workout: 3x10 Shoulder Dislocate Then: 50xHorizontal Row 50x Push-up Then: Bench Press to Failure + Pull-ups to failure Five Sets, Rest 2 minutes between each set Then: 3 mile Run For Time OR 5000m Row 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: 3x20 Squat 3x5 Jump Squat Then: 4x (30sec Work/30sec Rest) Frog Hop Then: Rest 2 minutes Then: 4x (30sec Work/30sec Rest) Split Jump Then: Rest 2 minutes Then: 4x (30sec Work/30sec Rest) Burpee Then: Cool Down	Workout: 100x TGU @ 15# DB	Workout: 2x20 Squat 3x20m Walking Lunge Then: Work up to Heavy Deadlift (about 80% 1RM) Then: 4x4 Deadlift @ 80% 1RM Rest 4 minutes between sets Walking Lunge/Wall Sit Ladder: 20x Walking Lunge + 30sec Wall Sit + 19x Walking Lunge + 30sec Wall Sit + 18x Walking Lunge + 30sec Wall Sit + 17x Walking Lunge + 30sec Wall Sit + All the way to 1x Walking Lunge You can also lunge in place by alternating legs Then: Cool Down	Workout: 90 minute hike with 25lbs pack. Goal is to travel as much distance as possible in 90 minutes. Ideally there will be some terrain changes and hills.	REST
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

**Written By Bobby Maximus**

**Tactical Training Program Month One**

**Special Ops Training**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY FIFTEEN</b>	<b>DAY SIXTEEN</b>	<b>DAY SEVENTEEN</b>	<b>DAY EIGHTEEN</b>	<b>DAY NINETEEN</b>	<b>DAY TWENTY</b>	<b>DAY TWENTY-ONE</b>
Workout: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 15lbs Dumbbell “Rest” is in overhead Position Three Sets, Rest 60sec between each Then: 25 minutes of the following: 5x Pull-up + 10x Dip + 5x Pull-up + 10x Push-up Do as many rounds as possible in 25 minutes Then: 1000m Row For Time OR 1 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: Warm up with Squat, Sit- up, Push-up Then: “Prison Burpees”: 20-1 Burpee Ladder Note: Looks Like: 20x Burpee + 5m walk across room + 19x Burpee + 5m walk across room + 18x Burpee + 5m walk across room + All the way to 1x Burpee Then: Cool Down	Workout: 100x TGU @ 15# DB	Workout: 2x20 Squat 2x5 Goblet Squat 2x20m Lunge (walking 10m Forward, 10m Backward) Then: Work up to Heavy Deadlift (i.e. 80% 1RM) Then: 5x2 Deadlift @80% 1RM Rest 3 minutes between sets Then: 6x (30sec Work/30sec Rest) Row Must get 150m each 30sec work interval Three Sets, Rest 3 minutes between each set OR 6x (30sec Work/30sec Rest) Run. During work intervals run as fast as you can and during rest just walk. Three Sets, Rest 3 minutes between each Then: Cool Down	Workout: 90 minute hike with 25lbs pack. Goal is to travel as much distance as possible in 90 minutes. Ideally there will be some terrain changes and hills.	REST
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

Written Bobby Maximus

Tactical Training Program Month One

Special Ops Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY TWENTY-TWO</b>	<b>DAY TWENTY-THREE</b>	<b>DAY TWENTY-FOUR</b>	<b>DAY TWENTY-FIVE</b>	<b>DAY TWENTY-SIX</b>	<b>DAY TWENTY-SEVEN</b>	<b>DAY TWENTY-EIGHT</b>
Workout: Practice Pull-up, Dip, Push-up, and Sit-up Then: 100x Pull-up + 100x Dip + 100x Push-up + 100x Sit-up For Time Only strict repetitions count	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: Work up to Heavy Deadlift Then: Max Deadlift Reps @ 225lbs Then: Row 2000m For Time OR 100x Burpee For Time	Workout: 100x TGU @ 15# DB	Workout: Practice Pull-up and Push-up Then: Max Pull-up Test Then: Max Push-up Test Then: 2000m Row OR 100x Burpee For Time (Choose whichever you didn't do on Day Twenty-Five)	Workout: 120 minute hike with 25lbs pack. Goal is to travel as much distance as possible in 90 minutes. Ideally there will be some terrain changes and hills.	REST
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

