

Written By Bobby Maximus

Tactical Training Program Month Two

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: 10 minute Run or Row @ Easy Pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 15# Dumbbell “Rest” is in OH Position Three Sets, Rest 60sec between each Then: 10x Bench Press @ 10x Pull-up Ten Sets, Rest 90sec between each Set *Use a weight that barely allows you do get the ten reps by the final set Then: “Push-up Maximus”: 10x Push-up + 10sec Rest Ten Rounds Then: 10 minute Run or Row @ Easy Pace</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: 10 minute Run or Row @ Easy Pace Then: 2x5 Wall Squat 2x20 Squat 2x20 Lunge (alternating legs) 5x5 Goblet Squat @ 53# Kettlebell Then: Work up to Heavy Deadlift Then: 4x4 Deadlift @ 80% 1RM Rest 4 minutes between each set Then: “Death By 10m”: 1st minute run 10m 2nd minute run 20m 3rd minute run 30m Workout ends when you can’t do proper meters in required minute (i.e. 190m in 19th minute) Must be done shuttle run style</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: 10 minute Run or Row @ Easy Pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 15# Dumbbell “Rest” is in OH Position Three Sets, Rest 60sec between each Then: “The Holy Trinity” (45 minute Version) Pull-up + Push-up + Dip Max Reps of each movement in 45 minutes Then: 2 mile Run For Time Then: 10 minute Run or Row @ Easy Pace</p>	<p>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.</p>	<p>REST</p>
A	B	C	D	E	F	G

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY EIGHT	DAY NINE	DAY TEN	DAY ELEVEN	DAY TWELVE	DAY THIRTEEN	DAY FOURTEEN
Workout: 10 minute Run or Row @ Easy Pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec "Rest") Push Press @ 2 x 15# Dumbbell "Rest" is in OH Position Three Sets, Rest 60sec between each Then: 10x Bench Press @ 10x Pull-up Ten Sets, Rest 90sec between each Set *If you were successful in getting 10 sets of 10 last week then go up in weight 10-pounds this week. If not then stick with the same weight. Then: 5x Pull-up + 5x Dip + 5x Push-up Every Minute On the Minute for 20 minutes	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 3x20 Lunge (alternating legs) 5x5 Goblet Squat @ 53# KettleBell Then: 5x Deadlift @ 75% 1RM + 20x Split Jump (10 each leg) Five Sets, Rest 2 minutes between sets Then: 10x Goblet Squat @ 53# Every minute on the minute for 12 minutes Then: 10 minute Run or Row @ Easy pace	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: 10 minute Run or Row @ Easy Pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec "Rest") Push Press @ 2 x 15# Dumbbell "Rest" is in OH Position Three Sets, Rest 60sec between each Then: Bench Press @ 135# + Pull-up + Push Press (Heavy) + Push-up + Sit-up 10-9-8-7-6-5-4-3-2-1 reps of each Then: 5km Run For Time Then: 10 minute Run or Row @ Easy Pace	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
A	B	C	D	E	F	G

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY FIFTEEN	DAY SIXTEEN	DAY SEVENTEEN	DAY EIGHTEEN	DAY NINETEEN	DAY TWENTY	DAY TWENTY-ONE
Workout: 10 minute Run or Row @ Easy Pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec "Rest") Push Press @ 2 x 15# Dumbbell "Rest" is in OH Position Three Sets, Rest 60sec between each Then: 10x Bench Press @ 10x Pull-up Ten Sets, Rest 90sec between each Set *If you were successful in getting 10 sets of 10 last week then go up in weight 10-pounds this week. If not then stick with the same weight. Then: 2000m Row For Time Then: 10 minute Run or Row @ Easy Pace	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: 10 minute Run or Row @ Easy Pace Then: 2x5 Wall Squat 2x20 Squat 2x20 Lunge (alternating legs) 5x5 Goblet Squat @ 53# Kettlebell Then: Work Up To Heavy Deadlift Then: 6x1 Deadlift @ 90% 1RM Rest 4 minutes between sets Then: 100x Burpee 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: 10 minute Run or Row @ Easy Pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec "Rest") Push Press @ 2 x 15# Dumbbell "Rest" is in OH Position Three Sets, Rest 60sec between each Then: "The Holy Trinity" (60 minute Version) Pull-up + Push-up + Dip Max Reps of each movement in 60 minutes Then: 5x400m Run HARD Each run should be as fast as you can. Aim for 60 seconds for each 400m Run. Full Rest between each effort. Then: 10 minute Run or Row @ Easy Pace	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
A	B	C	D	E	F	G

Written Bobby Maximus

Tactical Training Program Month Two

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: 10 minute Run or Row @ Easy Pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec "Rest") Push Press @ 2 x 15# Dumbbell "Rest" is in OH Position Three Sets, Rest 60sec between each Then: 10x Bench Press @ 10x Pull-up Ten Sets, Rest 90sec between each Set *If you were successful in getting 10 sets of 10 last week then go up in weight 10-pounds this week. If not then stick with the same weight. Then: 500m Row For Time Then: 10 minute Run or Row @ Easy Pace	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: 10 minute Run or Row @ Easy Pace Then: 2x5 Wall Squat 2x20 Squat 2x20 Lunge (alternating legs) 5x5 Goblet Squat @ 53# Kettlebell Then: Work Up To Heavy Deadlift Then: 100x Single Deadlifts @ 50% 1RM. Treat each rep as a single rep Then: 5000m Row For Time Then: 10 minute Run or Row @ Easy Pace	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: 10 minute Run or Row @ Easy Pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec "Rest") Push Press @ 2 x 15# Dumbbell "Rest" is in OH Position Three Sets, Rest 60sec between each Then: 100x Burpee/Pull-up For Time Then: 10 minute Run or Row @ Easy Pace	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
A	B	C	D	E	F	G

