



**MARSOC**

# **I N T R O D U C T I O N**

Today's dynamic and persistent operating environment has placed unprecedented demands on our military personnel. At no other time have the potential threats been more varied, requiring individuals who are highly intelligent, agile, ethical, tenacious, and physically fit to succeed in any climate or terrain.

The Marine Corps Forces Special Operations Command (MARSOC) is preparing professional combat athletes who are ready to execute missions in the largely unstructured battlefields of today and the future. MARSOC's Performance and Resiliency (PERRES) ideology is integral to that preparation.

By focusing on mind, body, and spirit, PERRES ensures that Marines not only are physically strong but also possess the mental focus and unconquerable spirit necessary to persevere under the extreme stress of a high operational tempo and through the unknowns of asymmetric warfare. PERRES trains with renewal in mind, focusing on the resilience of the individual, unit, and family. PERRES is unique in integrating high-level athletic training and nutrition with a focus on warrior values, including dedication to family, country, unit, and mission. This approach ensures that Marines are not only ready for combat missions, but also are resilient for life.

This exercise handbook is focused on the physical fitness portion of the PERRES methodology: improving physical performance through training and nutrition. It provides photographs and descriptions of exercises that are used by MARSOC, and will help in preparing candidates for the physical fitness aspects of the Assessment and Selection process. The handbook is divided into the following sections.

## **Movement Preparation**

A warm-up that prepares your body for movement, training, and performance. It boosts your heart rate, increases blood flow to the muscles, and elevates your core temperature.

## **Calisthenics**

Exercises designed to develop muscular tone and promote physical well-being, relying heavily on body weight with minimal equipment requirements.

## **Post Workout Regeneration**

Activities that increase the body's ability to recover faster, in order to maximize the gains achieved through performance training.

## **Nutrition and Hydration**

Guidelines that help Marines select the right foods and beverages for optimum physical performance.

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## MOVEMENT PREPARATION

### Ankles-Hips-Shoulders

**Starting Position:** Left knee bent at 90 degrees, with foot flat on the ground. Right knee is on the ground with foot flexed and arms down at your side.



1) Lean forward slightly and raise hands to back of head, with palms facing forward.



2) Twist to the left, pause, twist back to the front.

Do 5 reps, then switch legs.

### Hip Bridge

**Starting Position:** Lying on back with arms away from your sides, with feet flexed.



1) Raise your hips off the ground, forming an arch, resting your weight on your shoulder blades (not your neck). Use your hands for balance. Hold for 15 seconds and return to starting position.

Do 6 reps.

### Elbow Push-Ups

**Starting Position:** Start in plank position, lying horizontal on forearms, fingers and thumbs together with hands just in front of your face. Feet flexed.



1) Push up through your forearms, keeping back straight until your body is off the ground. Pause at the top.



2) Keeping back straight, return to starting position, just above the ground. Do not rest on ground.

Do 6-8 reps.

## Bird Dog

**Starting Position:** Kneeling with palms and knees on the ground, feet flexed; knees directly below hips.



**1)** Lift and extend left arm and right leg simultaneously. Body and extended arms should be parallel to the ground. Hold for 30 seconds.

**2)** Return to starting position.

**3)** Repeat exercise while switching arms and legs that are extended.

Do 5 reps.

## Frog Squats

**Starting Position:** Standing with feet more than shoulder width apart.



**1)** Squat as deep as possible with hips back and heels on the ground, hands together at the same level as your knees.

**2)** Return to starting position.

Do 5 reps.

## World's Greatest Stretch

**Starting Position:** Standing with feet shoulder width apart, hands at your sides.



**1)** Step forward with your left foot, into a lunge position. Bringing your left elbow to your left knee, reach across to grab your right bicep.



**2)** Twist your body and rotate up and to the left, reaching up with your left hand.



**3)** Bring your hands back down, returning to the lunge position and then back to the starting position.

Do 5 reps, then switch sides.

## MOVEMENT PREPARATION

### Inchworm

**Starting Position:** Face down with arms fully extended and hands and toes on the ground.



**1)** Slowly walk your legs up forward, while keeping your hands in place, flat on the ground.

**2)** Go as far as you can with hands on the ground, then return to the starting position.

Do 5 reps.

### Walking High Knees

**Starting Position:** Standing with feet shoulder width apart, hands at your sides.



**1)** Sharply raise left leg level with hips, bending at the knee so that thigh and foot are parallel with the ground, simultaneously pumping right arm.

**2)** Keep back straight and lower left leg and right arm while raising opposite arm and leg.

Do 10 reps.

### Walking Quads Pulls

**Starting Position:** Standing with feet shoulder width apart, hands at your sides.



**1)** Sharply raise lower left leg up and back, stretching quadriceps. Flex foot, bring right arm up for balance.

**2)** Keep back straight and lower left leg and right arm while repeating step one with opposite arm and leg.

Do 10 reps.



## Cradles

**Starting Position:** Standing with feet shoulder width apart.



**1)** Raise right leg in front of left leg and grasp right calf with both hands so that calf is parallel to the ground. Hold and balance for 30 seconds.

**2)** Return to starting position.

Switch legs and repeat 5 times.

## Backwards Hamstring

**Starting Position:** Standing with feet shoulder width apart, hands at your sides.



**1)** In one movement, bend forward, with both arms forward, and simultaneously bring one leg up, fully extended.

**2)** Balance on one leg, with foot flat on the ground. Hold for 30 seconds and return to starting position.

Repeat on opposite leg. Do 5 reps.

## High Knees

**Starting Position:** Standing with feet shoulder width apart, hands at your sides.



**1)** Bring the left knee up as high as possible, swinging the right arm up to cheek level.

**2)** Lower leg and repeat with opposite side.

Repeat for 15 seconds.

## Butt Kicks

**Starting Position:** Standing with feet shoulder width apart, hands at your sides.



**1)** Standing straight, lift left foot up and back so that heel touches buttocks.

**2)** Return to starting position and alternate legs. Alternate pumping opposite arms for balance.

Do 15 reps.

## **M O V E M E N T   P R E P A R A T I O N**

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For all exercises that begin with one leg, begin with the LEFT LEG FIRST. During Movement Prep phase, complete 5 reps then switch legs. For most exercises, the instructor counts cadence and the student counts the number of reps. During some exercises, the instructor does all of the counting.

## MOVEMENT PREP CARD

Movement (pg)	Reps/time
1 <b>Ankles-Hips-Shoulders</b> (6)	5 each side (5 count)
2 <b>Hip Bridge</b> (6)	6
3 <b>Elbow Push-Ups</b> (6)	6-8
4 <b>Bird Dog</b> (7)	5 each side
5 <b>Frog Squats</b> (7)	5
6 <b>World's Greatest Stretch</b> (7)	5 each side
7 <b>Inchworm</b> (8)	5
8 <b>Walking High Knees</b> (8)	10 each side
9 <b>Walking Quads</b> (8)	10 each side
10 <b>Cradles</b> (9)	5 each side
11 <b>Backwards Hamstring</b> (9)	5 each side
12 <b>High Knees</b> (9)	15 sec
13 <b>Butt Kicks</b> (9)	15 reps

## Forward Plank

**Starting Position:** Lying on stomach, with elbows bent and legs extended, forearms on the ground, and feet flexed.



**1)** Stiffen your core, lifting your body up in one movement so that you are resting on your forearms and toes. Your body should be straight.

Hold for 1 minute, relax and repeat.

## Side Plank

**Starting Position:** On your left side with your body in a straight line (head, shoulder, hip, knees and ankles should be aligned) and forearm underneath you.



**1)** Push up on your left forearm, lifting your right hip, creating a straight line from your shoulder to your ankle. Only your left foot and left forearm should remain on the ground. Do not sag or bend at the waist. To increase difficulty raise your top leg to the sky.

Hold for 30 seconds, relax and repeat.



## Rotating-Limb-Lift Plank

**Starting Position:** Lying on stomach, elbows bent and forearms and toes on the ground.



**1)** Stiffen your core, lifting your body up in one movement so that you are resting on your forearms and toes.

**2)** Alternate raising each limb and holding it out in a straight line for 5 seconds.

**3)** Repeat for all limbs 5 times. Keeping back straight, return to starting position, just above the ground. Do not rest on ground.

Do 2 reps.

## Push-Ups

**Starting Position:** Lying prone with feet flexed, elbows bent and hands under shoulders.



**1)** Push up through your hands, keeping back straight until elbows are fully extended. Pause at the top.

**2)** Keeping back straight, return to starting position, just above the ground. Do not rest on ground.

Do 30-35 reps.

## Lunges with Rotation to Lead Leg

**Starting Position:** Standing with feet shoulder width apart with hands behind the head, palms facing forward.



**1)** Assume the lunge position, with left leg forward, right leg back. Keeping back straight, left knee should not be in front of left toes. Right knee should be bent and on the ground, with right foot flexed.

**2)** Twist body to the left and hold for two seconds. Return to facing front.

Alternate legs and direction and repeat 20-30 times.

## Side Lunges

**Starting Position:** Standing with feet greater than shoulder width apart.



**1)** Keeping your chest up, push your hips back, shifting all weight onto your left leg. Flex the left knee, not allowing your knee to go ahead of your toes. Both feet should face forward.

**2)** Explode off the left leg and return to starting position.

Repeat on opposite side. Do 20 reps.

## Lunges with Ruck Overhead

**Starting Position:** Standing with feet shoulder width apart, holding ruck over head with arms fully extended.



**1)** Step forward with your left knee so that your leg forms a 90-degree angle. Your left knee should not be ahead of your toes. Keep your back straight. Your right knee should be almost touching the ground and behind your back. Pause.

**2)** Return to starting position.

Do 10 reps, then switch using right leg.

## Ruck Rowing

**Starting Position:** Standing with feet more than shoulder width apart, chest up, back flat, butt back, knees bent grasping 45-pound ruck sack in front of you. Shins should be perpendicular to ground.



**1)** Maintain chest up, core tight and butt back, quickly pull ruck to your chest. Do not allow knees to come past toes and keep shins perpendicular. Pause at the top.

**2)** Return to the starting position, lowering the ruck just above the ground. Pause and repeat.

Do 20 reps.

## Ruck Thrusters

**Starting Position:** Starting in a full squat, chest up, core tight, heels on the ground. Grasp a 45-pound ruck with both hands in front of you.



**1)** From squat position and keeping chest up, curl the ruck up towards your chest with core tight and heels planted.

**2)** Explode from the squat position, (keeping ruck close to body) thrusting through the ruck, fully extending elbows with ruck ending up over your head. Pause at top.

**3)** Return to starting position, pulling ruck close to your chest.

**4)** Extend elbows, returning ruck to the ground. Pause and repeat.

Do 15 reps.

## Air Squats with Ruck Overhead

**Starting Position:** Standing with feet more than shoulder width apart, holding 45-pound ruck above head with arms extended.



- 1) Squat as deep as possible with hips back and heels on the ground. At the same time keep arms extended with ruck over head.
- 2) Explode from squat position, contracting glutes and return to starting position.

Do 10 reps.

## Air Squats

**Starting Position:** Standing with feet more than shoulder width apart.

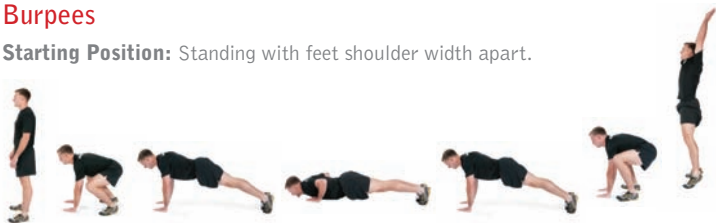


- 1) Squat as deep as possible with hips back and heels on the ground. At the same time lift both arms to shoulder height.
- 2) Explode from squat position, contracting glutes and return to starting position.

Do 20 reps.

## Burpees

**Starting Position:** Standing with feet shoulder width apart.



- 1) Perform a deep squat with hands out for balance and smooth transition for next sequence.
- 2) Place hands flat on the ground and explode back with legs into a push-up position.
- 3) Perform a push-up and return to the starting position with elbows extended and toes down.
- 4) Fire your legs in toward your hands, keeping them on the ground and remaining in the squat position.
- 5) From the squat position explode up and jump with your hands above your head and legs spread eagle in mid-air.

Do 15-20 reps.

## Side Straddle Hops

**Starting Position:** Standing erect with hands at your sides.



**1)** Explode upward while spreading feet more than shoulder width apart and simultaneously swinging arms out and upward.

**2)** Explode again, bringing feet together and hands back to sides. Repeat rapidly.

Do 20-30 reps.

## Skaters

**Starting Position:** Standing with feet shoulder width apart.



**1)** Shift all your weight onto your right leg, lifting your left foot off the ground. Stabilize on right leg.

**2)** After a pause, explode off right leg to the left, landing and stabilizing solely on the left while right leg is off the ground. Pause.

**3)** Explode off left leg, landing and stabilizing on the right while the left is off the ground. Pause and repeat.

Do 20-30 reps.

## Split Jumps

**Starting Position:** Lunge position with right leg forward, making sure the knee is behind the toes. Left leg should be back with knee bent but not touching the ground.



**1)** Explode up, switching lunge position with right leg back and left leg bent forward.

**2)** Hold for 2 seconds and continue alternating legs.

Do 30 reps.



## Split Squats

**Starting Position:** Standing with feet shoulder width apart.



- 1) Take a large step backward with your right leg.
- 2) Lunge down to the bottom position, keeping most of your weight on your front leg. Keep your chest up and don't allow your right knee to touch the ground or your left knee to go past your left toes.
- 3) Explode up, pushing through the front leg and return to split squat position. Pause and repeat.

Do 10 reps each side.

## Prisoner Jumps

**Starting Position:** Standing feet more than shoulder width apart, hands locked behind back, core tight.



- 1) Drop to a  $\frac{1}{4}$  to  $\frac{1}{2}$  squat with chest up, heels on ground and hands locked behind back.
- 2) Explode into a jump, extending your knees and ankles. Maintain your chest up and hands locked throughout jump.
- 3) Land softly, flexing at knees, hip and ankles and dropping back into a  $\frac{1}{4}$  to  $\frac{1}{2}$  squat.

Do 15 reps.

## Mountain Climbers

**Starting Position:** Top of push-up position with elbows fully extended.



- 1) Fire your left leg forward, flexing at the knee while keeping your right leg back, fully extended with knee straight.
- 2) Quickly alternate, firing right leg forward, flexing at the knee and firing left leg back, fully extended with knee straight.

Repeat, alternating legs. Do 20-25 reps.

## 20-Yard High Crawl

**Starting Position:** Hands and knees on ground, with feet flexed and your spine forming a straight line from your head to your tailbone.



**1)** Reach forward with your left hand and right knee. Spine should remain straight.

**2)** Now move forward with right hand and left knee.

**3)** Repeat for 20 yards.

Relax and repeat 4 times.

## Pull-Ups

**Starting Position:** A dead hang with hands greater than shoulder width apart, body relaxed.



**1)** Use both arms and pull your chest up to the bar, pulling your shoulder blades down and back. Keep core and glutes stiff.

**2)** Actively return to the starting position, pushing chest away from the bar and extending elbows.

Do 2-3 sets.

## Fireman Carry

**Starting Position:** Partner A is kneeling on one knee, with Partner B slightly behind his neck, leaning over his shoulders.



**1)** With his right arm Partner A grabs Partner B's left arm in the bicep area and wraps his left arm under and around Partner B's left calf.

**2)** Partner A rises from the squat, keeping Partner B balanced on his shoulders. Partner B's right hand is placed on Partner A's lower back for stability. Partner A has a firm grip on Partner B's upper arm with his right hand and

his left hand reaches around Partner B's left thigh and grasps Partner B's left forearm.

**3)** Partner A carries Partner B 20 yards then the Partners switch positions.

Repeat 2 times.

## Partner Drags

**Starting Position:** Partner A is seated on ground with forearms clasped over each other and in front of body. Legs are extended. Partner B gets in a dead lift position behind Partner A, snaking his arms under Partner A's arms and grasping Partner A's forearms.



**1)** Partner A remains relaxed, keeping forearms clasped. Partner B stands up, maintaining a stiff core.

**2)** Partner B walks backward, maintaining straight torso and firm grasp of Partner A's forearms. Drag for 20 yards then the Partners switch positions.

Repeat 2-4 times.

## MOVEMENT CARD 1

Movement (pg)	Reps/time	
1 <b>Movement Prep Card</b> (11)		<input type="checkbox"/>
2 <b>Planks - Do Planks 1x thru</b>		
<b>Forward Plank</b> (12)	Hold for <b>1</b> minute	<input type="checkbox"/>
<b>Side Plank</b> (12)	Hold for <b>30</b> seconds each side	<input type="checkbox"/>
3 <b>Push-Ups</b> (13)	30 reps (2 count)	<input type="checkbox"/>
4 <b>Lunges with Rotation to Lead Leg</b> (13)	20 reps (each side, 2 count)	<input type="checkbox"/>
5 <b>Side Planks, each Side</b> (12)	Hold for <b>30</b> seconds	<input type="checkbox"/>
6 <b>Air Squats</b> (15)	20 reps (2 count)	<input type="checkbox"/>
7 <b>Burpees</b> (15)	15 reps (6 count)	<input type="checkbox"/>
8 <b>Side Straddle Hops</b> (16)	20 reps	<input type="checkbox"/>
9 <b>Skaters</b> (16)	30 reps (hold for <b>2</b> seconds)	<input type="checkbox"/>
10 <b>Forward Plank</b> (12)	Hold for <b>1</b> minute	<input type="checkbox"/>
11 <b>Split Squats</b> (17)	10 each side (2 count)	<input type="checkbox"/>
12 <b>Mountain Climbers</b> (17)	20 reps (4 count)	<input type="checkbox"/>
13 <b>Pull-Ups</b> (18)	2 max sets (no kipping)	<input type="checkbox"/>
14 <b>Post Workout Card</b> (31)		<input type="checkbox"/>

## MOVEMENT CARD 2

Movement (pg)	Reps/time	
1 <b>Movement Prep Card</b> (11)		<input type="checkbox"/>
2 <b>Planks - Do Planks 1x thru</b>		
<b>Forward Plank</b> (12)	Hold for 1 minute	<input type="checkbox"/>
<b>Side Plank</b> (12)	Hold for 30 seconds each side	<input type="checkbox"/>
3 <b>Push-Ups</b> (13)	30 reps (2 count)	<input type="checkbox"/>
4 <b>Side Lunges</b> (13)	20 reps (alternate legs, 2 count)	<input type="checkbox"/>
5 <b>Air Squats</b> (15)	20 reps (2 count, all the way down)	<input type="checkbox"/>
6 <b>Burpees</b> (15)	15 reps (6 count)	<input type="checkbox"/>
7 <b>Side Straddle Hops</b> (16)	20 reps	<input type="checkbox"/>
8 <b>Skaters</b> (16)	30 reps (hold for 2 seconds each leg)	<input type="checkbox"/>
9 <b>Planks - Do Planks 1x thru</b>		
<b>Forward Plank</b> (12)	Hold for 1 minute	<input type="checkbox"/>
<b>Side Plank</b> (12)	Hold for 30 seconds each side	<input type="checkbox"/>
10 <b>Split Jumps</b> (16)	30 reps (alternate legs, 2 count)	<input type="checkbox"/>
11 <b>Mountain Climbers</b> (17)	25 (4 count)	<input type="checkbox"/>
12 <b>Partner Drags</b> (19)	4 times, 20 yards each time	<input type="checkbox"/>
13 <b>Pull-Ups</b> (18)	2 max sets	<input type="checkbox"/>
14 <b>Post Workout Card</b> (31)		<input type="checkbox"/>

## MOVEMENT CARD 3

Movement (pg)	Reps/time	
1 <b>Movement Prep Card</b> (11)		<input type="checkbox"/>
2 <b>Planks - Do Planks 2x thru</b>		
<b>Forward Plank</b> (12)	Hold for 1 minute	<input type="checkbox"/>
<b>Side Plank</b> (12)	Hold for 30 seconds each side	<input type="checkbox"/>
3 <b>Push-Ups</b> (13)	20 reps with ruck on (2 count)	<input type="checkbox"/>
4 <b>Lunges with Rotation to Lead Leg</b> (13)	10 reps (each side, 2 count)	<input type="checkbox"/>
5 <b>Ruck Rowing</b> (14)	20 reps (2 count)	<input type="checkbox"/>
6 <b>Ruck Thrusters</b> (14)	15 reps (2 count)	<input type="checkbox"/>
7 <b>Skaters</b> (16)	30 reps (each leg, 2 count)	<input type="checkbox"/>
8 <b>Side Straddle Hops</b> (16)	20 reps	<input type="checkbox"/>
9 <b>Split Jumps</b> (16)	30 reps (alternate legs, 2 count)	<input type="checkbox"/>
10 <b>Prisoner Jumps</b> (17)	15 reps	<input type="checkbox"/>
11 <b>Air Squats with Ruck Overhead</b> (15)	10 each side (2 count)	<input type="checkbox"/>
12 <b>20-Yard High Crawl</b> (18)	4 times	<input type="checkbox"/>
13 <b>Fireman Carry</b> (19)	20 yards (switch, repeat 2 times)	<input type="checkbox"/>
14 <b>Pull-Ups</b> (18)	2 max sets	<input type="checkbox"/>
15 <b>Post Workout Card</b> (31)		<input type="checkbox"/>

## MOVEMENT CARD 4

Movement (pg)	Reps/time	
1 <b>Movement Prep Card</b> (11)		<input type="checkbox"/>
2 <b>Planks - Do Planks 2x thru</b>		
<b>Forward Plank</b> (12)	Hold for 1 minute	<input type="checkbox"/>
<b>Side Plank</b> (12)	Hold for 30 seconds each side	<input type="checkbox"/>
3 <b>Push-Ups</b> (13)	35 reps (2 count)	<input type="checkbox"/>
4 <b>Lunges with Rotation to Lead Leg</b> (13)	30 reps (each side, 2 count)	<input type="checkbox"/>
5 <b>Burpees</b> (15)	20 reps (6 count)	<input type="checkbox"/>
6 <b>Split Jumps</b> (16)	20 reps (each leg, 2 count)	<input type="checkbox"/>
7 <b>Mountain Climbers</b> (17)	25 (4 count)	<input type="checkbox"/>
8 <b>Side Straddle Hops</b> (16)	20 reps	<input type="checkbox"/>
9 <b>Prisoner Jumps</b> (17)	15 reps	<input type="checkbox"/>
10 <b>Skaters</b> (16)	20 reps (hold for 2 seconds each leg)	<input type="checkbox"/>
11 <b>Planks - Do Planks 2x thru</b>		
<b>Forward Plank</b> (12)	Hold for 1 minute, 5 sec each	<input type="checkbox"/>
<b>Side Plank</b> (12)	Hold for 30 seconds, pulse 15 sec	<input type="checkbox"/>
12 <b>Partner Drags</b> (19)	2 times, 20-yards each	<input type="checkbox"/>
13 <b>Post Workout Card</b> (31)		<input type="checkbox"/>

## POST WORKOUT REGENERATION

Active Isolated Stretch (AIS)—Utilize resistance band for the following

### Calf

**Starting Position:** Lying on your back with the resistance band wrapped around your right forefoot.



**1)** Lift right leg to a 30 degree angle and flex foot while you pull the band back. At end of range of motion, exhale and gently pull the band until you feel a stretch. Hold for 2 seconds.

**2)** Inhale and now point your toes away from your shin. Pause and repeat.

Do 10 reps then repeat on opposite side.

### Hamstring

**Starting Position:** Lying on your back with the resistance band wrapped around your right forefoot.



**1)** Lift your right leg, keeping knee straight as you pull the band. At end of range of motion, exhale and gently pull the band until you feel a stretch. Hold 2 seconds.

**2)** Inhale and return to starting position.

Do 10 reps then repeat on opposite side.

### IT Band

**Starting Position:** Lying on your back with the resistance band wrapped around your foot, hold the band in the hand opposite the leg you are stretching. Other hand is flat on ground.



**1)** While keeping shoulders on the ground and non-working leg stationary with toes pointed to sky, fire inner thigh muscles to bring working leg across your body as you pull with the band. At the end of the range of motion, give a gentle stretch for 2 seconds.

**2)** Relax and return leg to starting position.

Do 10 reps then repeat on opposite side.



## Groin

**Starting Position:** Lying on your back with the resistance band wrapped around your foot, hold the band with the same side hand as working leg.



**1)** With non-working leg stationary with toes pointed skyward, sweep working leg away from body, keeping knee straight. At end of range of motion, give band gentle pull to assist in stretch. Hold for two seconds while exhaling. Pause, inhale and return to starting position.

Do 10 reps then repeat on opposite side.

## Quadriceps

**Starting Position:** Lying on your stomach with band wrapped around forefoot of working leg and band pulled over same side shoulder.



**1)** Stationary leg remains straight while firing the working leg hamstring.

**2)** At end of range of motion, fire glute and lift working leg off ground. After lifting the leg, gently pull the band to provide a gentle stretch, holding for 2 seconds while you exhale. Pause, relax and return to starting position.

Do 10 reps then repeat on opposite side.

## Triceps

**Starting Position:** Reach over your shoulder with your right hand, elbow pointing up to take the band. With left hand behind your back, grab band, palm facing out.



**1)** Reach with right hand down the spine. At end of range of motion, gently pull band with left hand for a 2-second stretch. After 2 seconds inhale and return hands to starting position.

Exchange sides and repeat.

# POST WORKOUT REGENERATION

Active Isolated Stretch (AIS)

## Rotator Cuff

**Starting Position:** Lying on your right side with your arm in a 90/90 position.



- 1) Externally rotate your right shoulder to try to put the back of your right hand on the ground, maintaining a 90-degree flex on your elbow.
- 2) Now internally rotate your right shoulder and attempt to put your right palm on the ground in front of your belly button. Hand placement should be behind watch. At end of range of motion, gently assist stretch with your left hand. Exhale and hold for 2 seconds. Relax, inhale and return to starting position.

Do 10 reps then repeat on opposite side.

## Quadruped Thoracic Spine

**Starting Position:** Start on hands and knees, with back straight. Sit back with butt on heels.

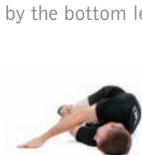


- 1) In a continuous swinging motion reach across the body and under the left arm with the right hand with palm up and then pull the hand back across to the back of the head flexing to the right.

Do 5 reps then repeat on opposite side.

## Middle Back

**Starting Position:** Lying on your left side with bottom left leg extended, right arm extended and reaching out, right knee flexed up toward chest being held down by the bottom left hand.



- 1) Open your shoulders by rotating torso to the right, attempting to put upper back and right shoulder and right arm on the ground as you exhale. Hold for 2 seconds then return to starting position while inhaling. Do 10 reps then repeat on opposite side.

## Calf

**Starting Position:** Place foam roll under right calf. Place body weight on right leg.



**1)** Roll calf by using arms to let lower leg glide up and down the roll. Perform 20-30 rolls and perform 20-30 slow rolls over any tender areas.



**2)** Switch legs and repeat.

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## Hamstring

**Starting Position:** Place foam under right hamstring. Place all body weight on roll.



**1)** Roll hamstring by using arms to let your body glide up and down roll. Perform 20-30 slow rolls on any trigger spots.

**2)** Switch legs and repeat.

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## IT Band

**Starting Position:** With foam roll underneath you, lean on your right side, supported by your forearm.



**1)** Do 20-30 rolls for each 1/3 of the leg - hip bone to 1/3 down leg, middle 1/3 of leg, knee to ankle. Perform 20-30 slow rolls on any trigger spots.

**2)** Switch legs and repeat.

### Quadriceps

**Starting Position:** Lying face down with roller under quads, and arms extended.



**1)** Lower arms and lift right leg off the ground and perform 20-30 rolls. Perform 20-30 slow rolls on any trigger spots.



**2)** Relax, switch legs and repeat.

### Groin

**Starting Position:** Lying down with right leg straight and left leg at 45-degree angle supported on your arms, slightly bent. Foam roller positioned along groin and left inner thigh.



**1)** Roll for 20-30 repetitions along groin and inner thigh. Perform 20-30 slow rolls on any trigger spots.

**2)** Switch legs and repeat.

### Glute

**Starting Position:** Sitting with right leg extended, left leg bent, with foam roller under right glute. Hands placed behind you.



**1)** Roll for 20-30 reps along groin and inner thigh. Perform 20-30 slow rolls on any trigger spots.



**2)** Switch legs and repeat.

## Middle and Upper Back

**Starting Position:** Lying on back with foam roller at base of neck.



**1)** Roll from the base of your neck to the middle of your back. You can support your head with your hands if you prefer.

**2)** Perform 20-30 rolls, relax and repeat.

## Lats

**Starting Position:** Lying on your side with the foam roller just below your arm.



**1)** Do 20-30 rolls from just under your armpit and along your rib cage and perform 20-30 slow rolls on any trigger spots.

**2)** Switch sides and repeat.

## Hip External Rotator

**Starting Position:** Sitting on foam roller, cross right ankle onto left knee and rotate your body so that all weight is on right glute. Stabilize yourself with your right hand.



**1)** Roll back and forth on right glute for 20-30 rolls and perform 20-30 slow rolls on any trigger spots.

**2)** Switch legs and repeat.

## Hip Flexor

**Starting Position:** Lying facedown on forearms with foam roller just below right hip flexor.



**1)** Using arms, glide hip flexor over roll for 20-30 reps, and perform 20-30 slow rolls on any trigger spots.



**2)** Shift weight to left hip flexor and repeat.

## Hip Adductor

**Starting Position:** Face down with leg raised toward shoulder and roller under left leg.



**1)** Perform 20-30 rolls on inside of thigh from knee to pelvis. Perform 20-30 slow rolls over any tender areas.



**2)** Switch legs and repeat.

## POST WORKOUT CARD

**AIS:** Utilize band for all exercises except Rotator Cuff, Quadruped Thoracic Spine, and AIS Middle Back stretch; all are 10 reps each, start with left side and do 1-4 then do right side 1-4. Exercises 6-9 do both side L/R then go to the next exercise.

1 <b>Calf</b> (24)	Pull, Relax, 1; Pull, Relax, 2;...10
2 <b>Hamstring</b> (24)	Pull, Relax, 1; Pull, Relax, 2;...10
3 <b>IT Band</b> (24)	Pull, Relax, 1; Pull, Relax, 2;...10
4 <b>Groin</b> (25)	Pull, Relax, 1; Pull, Relax, 2;...10
5 <b>Quadriceps</b> (25)	Up, Pull, Relax 1; Up, Pull, Relax, 2;...10
6 <b>Triceps</b> (25)	Down, Relax, 1; Down, Relax, 2;...10
7 <b>Rotator Cuff</b> (26)	Down, Back, 1; Down, Back, 2;...10
8 <b>Quadruped Thoracic Spine</b> (26)	Count on your own
9 <b>Middle Back</b> (26)	Up, Back, 1; Up, Back, 2;...10

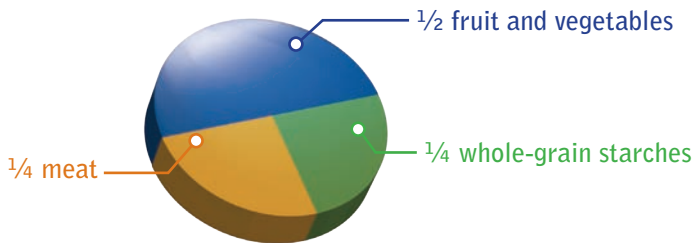
**ROLLER:** Marines will do on their own time; all are 20-30 rolls each

1 <b>Calf</b> (27)	7 <b>Middle and Upper Back</b> (29)
2 <b>Hamstring</b> (27)	8 <b>Lats</b> (29)
3 <b>IT Band</b> (27)	9 <b>Hip External Rotator</b> (29)
4 <b>Quadriceps</b> (28)	10 <b>Hip Flexor</b> (30)
5 <b>Groin</b> (28)	11 <b>Hip Adductor</b> (30)
6 <b>Glute</b> (28)	

## NUTRITION AND HYDRATION

What you put into your body determines what you can get out of it, both during military operations and physical training (PT). Nutritious foods and beverages, consumed in the right quantities and at the right times, enhance your performance, improve your body composition, and help recovery from PT, injury, and illness.

All meals should include carbohydrates, protein, and healthy fats. Learn what's in your food by reading labels, talking to a dietician, and doing your own research. If that's not practical, remember this general rule for a healthy plate:



### What to Eat

#### Carbohydrates

In general, active Marines should consume 2-4 grams of carbohydrates daily for every pound of body weight. Most of your carbs should be consumed before or immediately after exercise.

- Most carbohydrates should come in the form of fruits, vegetables, whole-wheat or whole-grain pasta, bread, or cereal.
- Consume dark green vegetables (broccoli, spinach, collards, okra, etc.) 3-5 times a week.
- Grains and starches should provide 2-4 grams of fiber for every 15 grams of carbohydrates, with a target of 25-35 grams of daily fiber.
- Whole grains help you avoid the highs and lows in energy that other starches and simple sugars can cause.



## Protein

Active Marines should consume 0.7-1.0 grams of protein daily for every pound of body weight.

- Choose vegetable sources of protein (tofu, soy, beans, nuts, and seeds) as often as possible.
- Select low-fat and lean looking cuts of meat, including lean beef, chicken or turkey.
- Eat grilled, baked, or broiled fish whenever possible.

## Fat

Good fats (Omega-3s, monounsaturated fats and polyunsaturated fats) are found in salmon, nuts and seeds, olives, avocados, peanuts, soybeans, soy milk, and tofu. Bad fats (saturated and trans fats) are found in high-fat cuts of meat, whole-fat dairy products, cheese, palm and fried foods, candy, and most prepackaged desserts and snacks. To increase good fats and reduce bad fats:

- Consume 2-3 ounces of unsalted nuts and seeds daily.
- Eat salmon and other fatty fish.
- Use oil-based salad dressings, including vinaigrettes.
- Choose low-fat milk, cheese and dairy.

### What to Drink\*

Hydration is essential to performance, and water is by far the best source of hydration.

- At meals, drink water, unsweetened tea, low-fat milk, or coffee.
- You may also choose chocolate milk, sports drinks, and 100 percent fruit juices for preparation for PT, operations, or for post-workout recovery.
- Limit the consumption of alcohol—empty calories that contribute to sleep loss and other health problems.

\*See the section on your sweat rate to know how much fluid to consume to optimize your performance during workouts and operations.

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### When to Eat and Drink

Eating throughout the day is essential for optimum health and performance. Remember these basics:

- Eat breakfast every day, before PT.
- Your pre-workout meal should include carbohydrates, protein, and plenty of fluids. Drink 2-3 cups of water before PT. If you plan to work out for more than 60-90 minutes, sip a sports drink.
- Eat immediately after your workout, again choosing carbohydrates, protein, and plenty of fluids.
  - This is the one time simple sugars (including sports drinks) are OK. Simple sugars replenish your glycogen stores and prevent muscle breakdown.
  - Low-fat chocolate milk is a great post-workout drink.
  - Weigh yourself before and after PT and drink 2-3 cups of water (or a combination of water and a sports drink) for every pound lost during PT.
- Eat a snack or meal consisting of carbohydrates, protein, and healthy fat every 3-4 hours throughout the day.

## Calories

- On physically demanding days, multiply your body weight by 20-22 to estimate how many calories to consume.
- On inactive days, shoot for 15-17 calories per pound.
- Weigh yourself weekly and adjust your caloric intake accordingly.
- To lose weight, increase physical activity and reduce consumption by 500-1,000 calories per day. You should lose no more than 1-2 pounds per week; if you lose more, you are probably losing muscle and water instead of fat.

## The Importance of Sleep

Muscle growth occurs during sleep, so aim for at least seven hours daily. Avoid alcohol and some sleep aids, as they can inhibit deep slumber.

## 10 WEEK WORKOUT LOG

WEEK 1		🕒 Time
Sun	Rest, stretch, hydrate & recover	
Mon	<input type="checkbox"/> 3-mile run	h: m:
	<input type="checkbox"/> <b>Movement Card #1</b> (pg 20)	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Tue	<input type="checkbox"/> 3-mile hike, 1 hr or less	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Wed	<input type="checkbox"/> Swim 8 x 100s, technique	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Thu	<input type="checkbox"/> Run 4 x 400m, mile pace, 2 min rest	h: m:
	<input type="checkbox"/> <b>Movement Card #1</b> (pg 20)	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Fri	<input type="checkbox"/> Swim, work on tech, 600m swim	h: m:
	<input type="checkbox"/> 3 x 5 min tread	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Sat	<input type="checkbox"/> 4-mile hike, 1:20 or less	h: m:
	<input type="checkbox"/> Assess feet/gear	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:



# 10 WEEK WORKOUT LOG

WEEK 2		🕒 Time
Sun	Rest, stretch, hydrate & recover	
Mon	<input type="checkbox"/> 3-mile run	h: m:
	<input type="checkbox"/> <b>Movement Card #1</b> (pg 20)	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Tue	<input type="checkbox"/> 3-mile hike, 55 min or less	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Wed	<input type="checkbox"/> Swim 2 x 500s, Form swims	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Thu	<input type="checkbox"/> Run 9 x 200m, mile pace, 1 min rest	h: m:
	<input type="checkbox"/> <b>Movement Card #1</b> (pg 20)	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Fri	<input type="checkbox"/> Swim, work on tech, 700m swim	h: m:
	<input type="checkbox"/> 3 x 5 min tread	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Sat	<input type="checkbox"/> 4-mile hike, 1:15 or less	h: m:
	<input type="checkbox"/> Assess feet/gear	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:



# 10 WEEK WORKOUT LOG

WEEK 3		🕒 Time
Sun	Rest, stretch, hydrate & recover	
Mon	<input type="checkbox"/> 3-mile run, Fartlek*	h: m:
	<input type="checkbox"/> <b>Movement Card #1</b> (pg 20)	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Tue	<input type="checkbox"/> 3-mile hike, 50 min or less	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Wed	<input type="checkbox"/> Swim 8 x 100s, 2 min rest after each	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Thu	<input type="checkbox"/> Run 4 x 400m, mile pace, 2 min rest	h: m:
	<input type="checkbox"/> <b>Movement Card #2</b> (pg 21)	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Fri	<input type="checkbox"/> Swim, work on tech, 800m swim	h: m:
	<input type="checkbox"/> 3 x 5 min tread	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Sat	<input type="checkbox"/> 5-mile hike, 1:30 or less	h: m:
	<input type="checkbox"/> Assess feet/gear	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:

Fartlek is a training method that blends continuous training with interval training. For this 10-week guide, complete the same number of 200m sprints (at 85%-90% effort) as the week number you are in. For example, week 3 requires a 3-mile run followed by 3 intervals of 200m. After each 200m sprint, let your heart rate fully recover before beginning the next sprint.





# 10 WEEK WORKOUT LOG

WEEK 4		🕒 Time
Sun	Rest, stretch, hydrate & recover	
Mon	<input type="checkbox"/> 3-mile run	h: m:
	<input type="checkbox"/> <b>Movement Card #2</b> (pg 21)	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Tue	<input type="checkbox"/> 3-mile hike, 45 min or less	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Wed	<input type="checkbox"/> Swim 10 x 100s, build each 25, 1 min rest	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Thu	<input type="checkbox"/> Run 10 x 200m, mile pace, 1 min rest	h: m:
	<input type="checkbox"/> <b>Movement Card #2</b> (pg 21)	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Fri	<input type="checkbox"/> Swim, work on tech, 800m swim	h: m:
	<input type="checkbox"/> 3 x 5 min tread	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Sat	<input type="checkbox"/> 5-mile hike, 1:25 or less	h: m:
	<input type="checkbox"/> Assess feet/gear	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:



# 10 WEEK WORKOUT LOG

WEEK 5		🕒 Time
Sun	Rest, stretch, hydrate & recover	
Mon	<input type="checkbox"/> 3-mile run, Fartlek*	h: m:
	<input type="checkbox"/> <b>Movement Card #2</b> (pg 21)	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Tue	<input type="checkbox"/> 4-mile hike, 1:10 or less	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Wed	<input type="checkbox"/> Swim 20 x 50s, 1st 25 form, 2nd 25 fast	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Thu	<input type="checkbox"/> Run 3 x 800m, mile pace, 3 min rest	h: m:
	<input type="checkbox"/> <b>Movement Card #2</b> (pg 21)	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Fri	<input type="checkbox"/> Swim, work on tech, 6 x 100m swim	h: m:
	<input type="checkbox"/> 4 x 5 min tread	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Sat	<input type="checkbox"/> 6-mile hike, 1:40 or less	h: m:
	<input type="checkbox"/> Assess feet/gear	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:

Fartlek is a training method that blends continuous training with interval training. For this 10-week guide, complete the same number of 200m sprints (at 85%-90% effort) as the week number you are in. For example, week 5 requires a 3-mile run followed by 5 intervals of 200m. After each 200m sprint, let your heart rate fully recover before beginning the next sprint.



## 10 WEEK WORKOUT LOG

WEEK 6		🕒 Time
Sun	Rest, stretch, hydrate & recover	
Mon	<input type="checkbox"/> 3-mile run	h: m:
	<input type="checkbox"/> <b>Movement Card #3</b> (pg 22)	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Tue	<input type="checkbox"/> 4-mile hike, 1:05 or less	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Wed	<input type="checkbox"/> <b>Swim 10 x 100s, odd 25s form, even 25s fast</b>	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Thu	<input type="checkbox"/> <b>Run 6 x 400m, mile pace, 2 min rest</b>	h: m:
	<input type="checkbox"/> <b>Movement Card #2</b> (pg 21)	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Fri	<input type="checkbox"/> <b>Swim, work on tech, 7 x 100m swim</b>	h: m:
	<input type="checkbox"/> <b>4 x 5 min tread</b>	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Sat	<input type="checkbox"/> <b>7-mile hike, 1:55 or less</b>	h: m:
	<input type="checkbox"/> <b>Assess feet/gear</b>	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:



# 10 WEEK WORKOUT LOG

WEEK 7		🕒 Time
Sun	Rest, stretch, hydrate & recover	
Mon	<input type="checkbox"/> 3-mile run, Fartlek*	h: m:
	<input type="checkbox"/> <b>Movement Card #1</b> (pg 20)	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Tue	<input type="checkbox"/> 4-mile hike, 1 hr or less	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Wed	<input type="checkbox"/> Swim 3 x 400s, rest 1 min after each	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Thu	<input type="checkbox"/> Run 10 x 200m, mile pace, 1 min rest	h: m:
	<input type="checkbox"/> <b>Movement Card #3</b> (pg 22)	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Fri	<input type="checkbox"/> Swim, work on tech, 8 x 100m swim	h: m:
	<input type="checkbox"/> 4 x 5 min tread	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Sat	<input type="checkbox"/> 8-mile hike, 2:15 or less	h: m:
	<input type="checkbox"/> Assess feet/gear	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:

Fartlek is a training method that blends continuous training with interval training. For this 10-week guide, complete the same number of 200m sprints (at 85%-90% effort) as the week number you are in. For example, week 7 requires a 3-mile run followed by 7 intervals of 200m. After each 200m sprint, let your heart rate fully recover before beginning the next sprint.



**WEEK 7** Notes (additional exercises, nutrition, sleep, fatigue)

Sun

Mon

	HIGH					LOW				
Energy level	10	9	8	7	6	5	4	3	2	1

Tue

	HIGH					LOW				
Energy level	10	9	8	7	6	5	4	3	2	1

Wed

	HIGH					LOW				
Energy level	10	9	8	7	6	5	4	3	2	1

Thu

	HIGH					LOW				
Energy level	10	9	8	7	6	5	4	3	2	1

Fri

	HIGH					LOW				
Energy level	10	9	8	7	6	5	4	3	2	1

Sat

	HIGH					LOW				
Energy level	10	9	8	7	6	5	4	3	2	1

## 10 WEEK WORKOUT LOG

WEEK 8		🕒 Time
Sun	Rest, stretch, hydrate & recover	
Mon	<input type="checkbox"/> 4-mile run	h: m:
	<input type="checkbox"/> <b>Movement Card #1</b> (pg 20)	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Tue	<input type="checkbox"/> 5-mile hike, 1:20 or less	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Wed	<input type="checkbox"/> Swim 6 x 200s, mix strokes, :30 rest after each	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Thu	<input type="checkbox"/> Run 4 x 800m, mile pace, 3 min rest	h: m:
	<input type="checkbox"/> <b>Movement Card #3</b> (pg 22)	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Fri	<input type="checkbox"/> Swim, work on tech, 8 x 100m swim	h: m:
	<input type="checkbox"/> 4 x 5 min tread	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Sat	<input type="checkbox"/> 9-mile hike, 2:55 or less	h: m:
	<input type="checkbox"/> Assess feet/gear	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:



# 10 WEEK WORKOUT LOG

WEEK 9		🕒 Time
Sun	Rest, stretch, hydrate & recover	
Mon	<input type="checkbox"/> 4-mile run, Fartlek*	h: m:
	<input type="checkbox"/> <b>Movement Card #4</b> (pg 23)	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Tue	<input type="checkbox"/> 5-mile hike, 1:20 or less	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Wed	<input type="checkbox"/> Swim 12 x 100s, fast swims, rest 1 min	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Thu	<input type="checkbox"/> Run 6 x 400m, faster than mile pace	h: m:
	<input type="checkbox"/> <b>Movement Card #4</b> (pg 23)	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Fri	<input type="checkbox"/> Swim, work on tech, 8 x 100m swim	h: m:
	<input type="checkbox"/> 4 x 5 min tread	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:
Sat	<input type="checkbox"/> 10-mile hike, 3:20 or less	h: m:
	<input type="checkbox"/> Assess feet/gear	h: m:
	<input type="checkbox"/> Extra exercises/reps (note details to right)	h: m:
	<input type="checkbox"/> Post Workout Card (pg 31)	h: m:

Fartlek is a training method that blends continuous training with interval training. For this 10-week guide, complete the same number of 200m sprints (at 85%-90% effort) as the week number you are in. For example, week 9 requires a 4-mile run followed by 9 intervals of 200m. After each 200m sprint, let your heart rate fully recover before beginning the next sprint.



# 10 WEEK WORKOUT LOG

WEEK 10		🕒 Time
Sun	Rest, stretch, hydrate & recover	
Mon	<input type="checkbox"/> 4-mile run	h: m:
	<input type="checkbox"/> <b>Movement Card #4</b> (pg 23)	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Tue	<input type="checkbox"/> 5-mile hike, 1:15 min or less	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Wed	<input type="checkbox"/> Swim 15 x 100s, fast swims, rest 1 min	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Thu	<input type="checkbox"/> Run 10 x 200m, faster then mile pace	h: m:
	<input type="checkbox"/> <b>Movement Card #4</b> (pg 23)	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Fri	<input type="checkbox"/> Swim, work on tech, 8 x 100m swim	h: m:
	<input type="checkbox"/> 4 x 5 min tread	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:
Sat	<input type="checkbox"/> 12-mile hike, 4:00 or less	h: m:
	<input type="checkbox"/> Assess feet/gear	h: m:
	<input type="checkbox"/> <b>Extra exercises/reps</b> (note details to right)	h: m:
	<input type="checkbox"/> <b>Post Workout Card</b> (pg 31)	h: m:



TODAY WILL BE DIFFERENT

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