



# CLEARANCE DIVERS

## 12 Week Physical Fitness Program

This guide belongs to \_\_\_\_\_





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For more information, contact [Troy.Grinder@forces.gc.ca](mailto:Troy.Grinder@forces.gc.ca).

## GENERAL INFORMATION

Program Details	
<b>Program Focus</b>	<i>Primary: Aerobic Capacity, Muscular endurance, Odd object strength</i> <i>Secondary: Aerobic Power, Swimming skill, Injury prevention, Breath work</i>
<b>General Info</b>	12 week program guide to prepare for the Clearance Diver Assessment Center Program is 5-7 days a week, Includes running, swimming, strength training and mobility work. Sessions may be done at once or separated into two sessions- morning and evening.
<b>Movement Breakdown</b>	<i>Primary: Locomotion (swimming/ running/ruck marching), Upper body pull/grip, lower body press</i> <i>Secondary: Lower body pull, Upper body press</i>

12 Week Program Outline		
<b>Week 1</b>	Testing	MAF / FORCE Circuit / Swim
<b>Week 2 – Week 6</b>	Building phase	Aerobic Capacity, Aerobic Power, Injury prevention, Strength
<b>Week 7</b>	Deload week / Re-test	Recovery, Injury prevention, Retest
<b>Week 8 – 11</b>	Building phase	Aerobic Capacity, Aerobic Power, Muscular Strength, Strength
<b>Week 12</b>	Taper week / Re-test	Recovery, Retest

COLOUR LEGEND	
GREY	Rest
RED	Évaluation
PURPLE	Conditioning
GREEN	Strength
LIGHT GREEN	Strength with odd object
AQUA	Injury prevention
BLUE	Mobility
ORANGE	Body Weight

# CL DVR PHYSICAL FITNESS TRAINING PROGRAM

Testing Protocols					
CL DVR Selection Physical Fitness Evaluation (land component):	1- 5 km ruck march with 35 kg in less than 60 min 2- FORCE evaluation as a circuit: <ol style="list-style-type: none"> <li>20m Rushes</li> <li>Sand Bag Lift</li> <li>Intermittent Loaded Shuttles (Carrying 2 Sand bags on the first 2 loaded shuttles)</li> <li>Sand Bag Drag</li> </ol> 3- 75 kg Barbell Deadlift, as many repetition as possible				
	***Resources: <a href="#">follow this link</a>				
		<b>Excellent</b>	<b>Good</b>	<b>Average</b>	<b>Acceptable</b>
<b>FORCE Evaluation, as a circuit</b>	5:14 or less	5:15 – 5:25	5:26 – 5:50	5:51 – 6:35	More than 6:35
<b>75kg Deadlifts</b>	44 or more	36 - 43	28 - 35	8 - 27	Less than 8
2 km treadmill MAF test:	2km treadmill test at MAF heart rate (within 2bpm entire duration): record time;  ***Score is the time it takes you to complete 2km on the treadmill at incline zero while maintaining MAF heart rate. (MAF- Maximal Aerobic Function)  <u>MAF equation: The 180 Formula</u>  To find your maximum aerobic training heart rate, there are two important steps. <ol style="list-style-type: none"> <li>Subtract your age from 180.</li> <li>Modify this number by selecting among the following categories the one that best matches your fitness and health profile:                             <ol style="list-style-type: none"> <li>If you have or are recovering from a major illness (heart disease, any operation or hospital stay, etc.) or are on any regular medication, subtract an additional 10.</li> <li>If you are injured, have regressed in training or competition, get more than two colds or bouts of flu per year, have allergies or asthma, or if you have been inconsistent or are just getting back into training, subtract an additional 5.</li> <li>If you have been training consistently (at least four times weekly) for up to two years without any of the problems in (a) and (b), keep the number (180–age) the same.</li> <li>If you have been training for more than two years without any of the problems in (a) and (b), and have made progress in competition without injury, add 5.</li> </ol> </li> </ol> For example, if you are 30 years old and fit into category (b), you get the following: 180–30=150. Then 150–5=145 beats per minute (bpm).				
CL DVR Selection Physical Fitness Evaluation (water component):	1- 02:30 mm:ss treading water without hands 2- 500m sidestroke swimming with fins				
	***Resources: <a href="#">follow this link</a>				
		<b>Excellent</b>	<b>Good</b>	<b>Average</b>	<b>Acceptable</b>
<b>500m swim</b>	8:11 or less	8:12 – 8:31	8:32 – 9:12	9:13 – 10:17	More than 10:17

## WEEKLY OVERVIEW

Week 1: Program Introduction + Testing							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Warm Up Introduction	CL DVR Selection PFE (Land Component)	MAF Test + MAF training session	Mobility Flow	CL DVR Selection PFE (Water component)	MAF training session	Rest or Mobility

Week 2-6: Building Phase 1							
Program type	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Conditioning	Aerobic Capacity Swim Day 1	Aerobic Power Run Day 2	Aerobic Capacity Run Day 3	Rest or Mobility	Aerobic Capacity Swim Day 5	Aerobic Capacity Ruck March Day 6	Rest or Mobility
Strength	Strength Day 1	Odd Object Day 2	Strength Day 3		Odd Object Day 5		
Injury Prevention	Accessory Day 1	Accessory Day 2	Accessory Day 3		Accessory Day 5	Accessory Day 6	
Mobility	Mobility Day 1		Mobility Day 3		Mobility Day 5	Mobility Day 6	

Week 7: Deload							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 7	Mobility	CL DVR Selection PFE (Land Component)	MAF Test + MAF training session	Mobility	CL DVR Selection PFE (Water component)	Mobility or MAF session	Rest or mobility

Week 8-11: Building Phase 2							
Program type	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Conditioning	Anaerobic Capacity Run Day 1	Aerobic Capacity Swim Day 2	Aerobic Power Run Day 3	Rest or Mobility	Aerobic Capacity Swim Day 5	Aerobic Capacity Ruck March Day 6	Rest or Mobility
Strength	Odd Object Day 1	Strength Day 2	Odd Object Day 3		Strength Day 5	Odd Object Day 6	
Injury prevention		Accessory Day 2			Accessory Day 5		
Body Weight	Body Weight Day 1		Body Weight Day 3			Body Weight Day 6	

Week 12: Taper							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 12	Mobility	CL DVR Selection PFE (Land Component)	MAF Test + MAF training session	Mobility	CL DVR Selection PFE (Water component)	Mobility	Rest or Mobility

## PROGRAM DETAILS

### Week 1: Testing

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Warm up introduction	CL DVR Selection PFE (Land Component)	MAF Test + MAF training session	Mobility Flow	CL DVR Selection PFE (Water component)	MAF training session	Rest or mobility

Testing Protocols						
CL DVR Selection PFE (Land Component)	1- 5 km ruck march with 35 kg in less than 60 min 2- FORCE evaluation as a circuit: <ol style="list-style-type: none"> <li>20m Rushes</li> <li>Sand Bag Lift</li> <li>Intermittent Loaded Shuttles (Carrying 2 Sand bags on the first 2 loaded shuttles)</li> <li>Sand Bag Drag</li> </ol> 3- 75 kg Barbell Deadlift, as many repetition as possible					
	***Resources: <a href="#">follow this link</a>					
		Excellent	Good	Average	Acceptable	Needs improvement
	FORCE Evaluation as a circuit	5:14 or less	5:15 – 5:25	5:26 – 5:50	5:51 – 6:35	More than 6:35
	75kg Deadlifts	44 or more	36 - 43	28 - 35	8 - 27	Less than 8
2km MAF Test + MAF training session	2km treadmill test at MAF heart rate (within 2bpm entire duration): record time; MAF training session: 30min general activity at MAF heart rate. (General activity: row, swim, bike, run, hike.)					
CL DVR Seletion PFE (Water component)	1- 02:30 mm:ss treading water without hands 2- 500m sidestroke swimming with fins					
	***Resources: <a href="#">follow this link</a>					
		Excellent	Good	Average	Acceptable	Needs improvement
	500m swim	8:11 or less	8:12 – 8:31	8:32 – 9:12	9:13 – 10:17	More than 10:17
MAF training session	30min run at MAF heart rate					

## Week 2-6 : Building Phase 1

Program type	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Conditioning	Aerobic Capacity Swim Day 1	Aerobic Power Run Day 2	Aerobic Capacity Run Day 3	Rest or Mobility	Aerobic Capacity Swim Day 5	Aerobic Capacity Ruck March Day 6	Rest or Mobility
Strength	Strength Day 1	Odd Object Day 2	Strength Day 3		Odd Object Day 5		
Injury prevention	Accessory Day 1	Accessory Day 2	Accessory Day 3		Accessory Day 5	Accessory Day 6	
Mobility	Mobility Day 1		Mobility Day 3		Mobility Day 5	Mobility Day 6	

### Conditioning Program

Conditioning Program Week 2-6: Building Phase 1					
	Day 1- Swim	Day 2- Run	Day 3- Run	Day 5- Swim	Day 6- Ruck March
	<b>Aerobic Capacity</b>	<b>Aerobic Power</b>	<b>Aerobic Capacity</b>	<b>Aerobic Capacity</b>	<b>Aerobic Capacity</b>
	MAF intensity	Track Intervals	MAF intensity	MAF intensity	MAF intensity
Week 2	Day 1- Swim  -200m any stroke (no fins) -8 x 25m alternate 2 drills (no fins) -3 x 100m front crawl (rest 60s after each set) (no fins) -6 x 50m (rest 30s after each set) (with fins) -8 x 25 alternate each length between flutter kick and side stroke (with fins) -Accumulate 3min tread water (without hands)  Total distance: 1200m	Day 2- Run  1 x 1200 2 x 800 2x 400 1 x 200  Rest between intervals the equal time it took to complete. 1:1 (work: rest)  *Increase pace each distance *Maintain pace through each set of same distance  Total distance: 3800m	Day 3- Run  Day 3- Run  3-4 km  Maintain MAF heart rate  Record the time it took to complete distance.	Day 5- Swim  Day 5- Swim  -200m front crawl No fins -8 x 25m drills of your choice No fins -35min finned swim at MAF Heart rate  Record the distance you covered during MAF portion.	Day 6- Ruck March  Day 6- Ruck March  4-6km (15-25kg)  Record pace while keeping Heart rate at MAF

# CL DVR PHYSICAL FITNESS TRAINING PROGRAM

Conditioning Program Week 2-6: Building Phase 1					
Week 3	<p><i>Day 1- Swim</i></p> <p>-200m any stroke (no fins) -8 x 25m alternate 2 drills (no fins) -3 x 100m front crawl (rest 60s after each set) (no fins) -6 x 50m (rest 30s after each set) (with fins) (alternate front crawl and side stroke) -4 x 100m swim (with fins) rest 30s after each set -8 x 25 alternate each length between flutter kick and side stroke (with fins). -Accumulate 3.5min tread water (without hands)</p> <p><i>Total distance: 1600m</i></p>	<p><i>Day 2- Run</i></p> <p>1 x 1600m 2 x 800m 3 x 400m</p> <p><i>Rest between intervals the equal time it took to complete. 1:1 (work: rest)</i></p> <p><i>*Increase pace each distance *Maintain pace through each set of same distance</i></p> <p><i>Total distance: 4400m</i></p>	<p><i>Day 3- Run</i></p> <p>3-4 km</p> <p><i>Maintain MAF heart rate</i></p> <p>Record the time it took to complete distance.</p>	<p><i>Day 5- Swim</i></p> <p>-200m front crawl No fins -8 x 25m drills of your choice No fins -35min finned swim at MAF Heart rate</p> <p>Record the distance you covered during MAF portion.</p>	<p><i>Day 6- Ruck March</i></p> <p>4-6 km (20-30kg)</p> <p>Record pace while keeping Heart rate at MAF</p>
	Week 4	<p><i>Day 1- Swim</i></p> <p>-200m any stroke (no fins) -8 x 25m alternate 2 drills (no fins) -4 x 100m front crawl (rest 60s after each set) (no fins) -8 x 50m (rest 30s after each set) (with fins) (alternate front crawl and side stroke) -4 x 100m swim (with fins) -4 x 50m alternate each length between flutter kick and side stroke (with fins). -Accumulate 4min tread water (without hands)</p> <p><i>Total distance: 1800m</i></p>	<p><i>Day 2- Run</i></p> <p>1 x 2000m 4 x 400m</p> <p><i>Rest between intervals the equal time it took to complete. 1:1 (work: rest)</i></p> <p><i>*Increase pace each distance *Maintain pace through each set of same distance</i></p> <p><i>Total distance: 3800m</i></p>	<p><i>Day 3- Run</i></p> <p>4-5 km</p> <p><i>Maintain MAF heart rate</i></p> <p>Record the time it took to complete distance.</p>	<p><i>Day 5- Swim</i></p> <p>-200m front crawl No fins -8 x 25m drills of your choice No fins -40min finned swim at MAF Heart rate</p> <p>Record the distance you covered during MAF portion.</p>



# CL DVR PHYSICAL FITNESS TRAINING PROGRAM

Conditioning Program Week 2-6: Building Phase 1					
Week 5	<p><i>Day 1- Swim</i></p> <p>-200m any stroke (no fins) -8 x 50m alternate 2 drills (no fins) -4 x 100m front crawl (rest 60s after each set) (no fins) -8 x 50m (rest 30s after each set) (with fins) (alternate front crawl and side stroke) -4 x 100m swim (with fins) -8 x 50m alternate each length between flutter kick and side stroke (with fins). -Accumulate 4.5min tread water (without hands)</p> <p><i>Total distance: 2000m</i></p>	<p><i>Day 2- Run</i></p> <p>2 x 1600m 1 x 800m 1 x 400m 1 x 200m</p> <p><i>Rest between intervals the equal time it took to complete. 1:1 (work: rest)</i></p> <p><i>*Increase pace each distance *Maintain pace through each set of same distance</i></p> <p><i>Total distance: 4600m</i></p>	<p><i>Day 3- Run</i></p> <p>4-5 km</p> <p><i>Maintain MAF heart rate</i></p> <p>Record the time it took to complete distance.</p>	<p><i>Day 5- Swim</i></p> <p>-200m front crawl No fins -8 x 25m drills of your choice No fins -50min finned swim at MAF Heart rate</p> <p>Record the distance you covered during MAF portion.</p>	<p><i>Day 6- Ruck March</i></p> <p>4-6 km (25-35kg)</p> <p>Record pace while keeping Heart rate at MAF</p>
	Week 6	<p><i>Day 1- Swim</i></p> <p>-200m any stroke (no fins) -8 x 50m alternate 2 drills (no fins) -4 x 100m front crawl (rest 60s after each set) (no fins) -8 x 50m (rest 30s after each set) (with fins) (alternate front crawl and side stroke) -4 x 100m swim (with fins) -200m any stroke (with or without fins) -8 x 50m alternate each length between flutter kick and side stroke (with fins). -Accumulate 5min tread water (without hands)</p> <p><i>Total distance: 2200m</i></p>	<p><i>Day 2- Run</i></p> <p>1 x 2000m 5 x 400m</p> <p><i>Rest between intervals the equal time it took to complete. 1:1 (work: rest)</i></p> <p><i>*Increase pace each distance *Maintain pace through each set of same distance</i></p> <p><i>Total distance: 4000m</i></p>	<p><i>Day 3- Run</i></p> <p>5-6km</p> <p><i>Maintain MAF heart rate</i></p> <p>Record the time it took to complete distance.</p>	<p><i>Day 5- Swim</i></p> <p>-200m front crawl No fins -8 x 25m drills of your choice No fins -60min finned swim at MAF Heart rate</p> <p>Record the distance you covered during MAF portion.</p>
<p>***Minimum requirement: Should be able to run 5km straight **Reduce distance/volume if shin splints/foot pain occurs. *Reduce volume of finned swimming if hip flexor pain/soreness occurs.</p>					

# CL DVR PHYSICAL FITNESS TRAINING PROGRAM

## Strength Program

Strength Day 1 Week 2-6: Building Phase 1					
Exercise	Week 2 (intro)	Week 3	Week 4	Week 5	Week 6
1a. Bench Press	2 set: 8 reps	3 set: 10 reps	3 set: 12 reps	4 set: 8 reps	4 set: 10 reps
1b. Push up	+50% max push ups	+55% max push ups	+55% max push ups	+60% max push ups	+60% max push ups
1c. Tri Pull Down	+15 reps	+15 reps	+15 reps	+15 reps	+15 reps
2a. Back Squat	2 set: 8 reps	3 set: 10 reps	3 set: 12 reps	4 set: 8 reps	4 set: 10 reps
2b. Double Kettlebell Front Rack Squat	+15 reps	+15 reps	+15 reps	+15 reps	+15 reps
2c. Reverse Kettlebell Lunge	+8 reps/side	+8 reps/side	+10 reps/side	+10 reps/side	+12 reps/side
<p>*Perform exercise A, then follow directly after with minimal rest exercise B and C. Rest 2min, then start at A again. (Example 1a&gt;1b&gt;1c, rest 2 min. repeat. Then 2a&gt;2b&gt;2c, rest 2 min. repeat)</p> <p>*Increase weight for exercise A over the 5 weeks.</p>					

Strength Day 3 Week 2-6: Building Phase 1					
Exercise	Week 2 (intro)	Week 3	Week 4	Week 5	Week 6
1a. Bent Over Row	2 set: 8 reps	3 set: 10 reps	3 set: 12 reps	4 set: 8 reps	4 set: 10 reps
1b. TRX/ Ring row	+15 reps	+15 reps	+15 reps	+15 reps	+15 reps
1c. Reverse Dumbbell Fly	+15 reps	+15 reps	+15 reps	+15 reps	+15 reps
2a. Deadlift	2 set: 8 reps	3 set: 10 reps	3 set: 12 reps	4 set: 8 reps	4 set: 10 reps
2b. Single leg Bench Glute Bridge	+15 reps	+15 reps	+15 reps	+15 reps	+15 reps
2c. Pistol Squat	+8 reps	+8 reps	+10 reps	+10 reps	+12 reps
<p>*Perform exercise A, then follow directly after with minimal rest exercise B and C. Rest 2min, then start at A again. (Example 1a&gt;1b&gt;1c, rest 2 min. repeat. Then 2a&gt;2b&gt;2c, rest 2 min. repeat)</p> <p>*Increase weight for exercise A over the 5 weeks.</p>					

# CL DVR PHYSICAL FITNESS TRAINING PROGRAM

Strength Program with Odd Object Week 2-6: Building Phase 1			
Week 2 Day 2	<u>Body Weight Workout</u>  <b>6 rounds</b>  -1 round equals: Run 400m Then 2 sets: 3 pull ups, 6 push ups, 6 pistol squats, 9 squats  <b>Total volume:</b> 36 pullups, 72 push up/sit up, 108 squats	Week 2 Day 5	<u>Kettlebell (KB) Workout</u>  <b>8 sets total- 4 sets per side</b> Alternate arms each set:  6 Single Arm KB Press* 6 KB Split Squat / side (KB Suitcase carry) 12 KB* Swing (two hands) 40m KB* Suitcase Carry**  *Use lighter KB for press; heavier for swing & carry **Goal of 35kg for carry
Week 3 Day 2	<u>Weight Vest* Workout</u>  <b>8 rounds</b>  -1 round equals: Run 200m Then 2 sets: 2 Pull Ups**, 4 Push Ups, 6 Squats  <b>Total volume:</b> 32 Pull Ups, 64 Push Ups, 96 Squats  *Vest start at 20lbs, max 40lbs **sub ring/TRX rows if you cannot do vested Pull Ups	Week 3 Day 5	<u>Sandbag* Workout</u>  <b>5 rounds</b>  100m Sandbag Carry 10 Sandbag Cleans 10 Sandbag Squats  *min 20kg sandbag
Week 4 Day 2	<u>Body Weight Workout</u>  <b>Chipper</b>  1 mile run, 20 Pull Up, 30 Push Ups, 40 Lunges, 50 Squats, 60 Sit Ups, 50 Squats, 40 Lunges, 30 Push Ups, 20 Pull Up, 1 mile run	Week 4 Day 5	<u>Kettlebell Workout</u>  <b>10 sets total- 5 sets per side</b> Alternate arms each set: 6 Single Arm KB* Press 6 KB Split Squat/side (KB Suitcase Carry) 12 KB* Swing (two hands) 40m KB* Suitcase Carry**  *Use lighter KB for press; heavier for swing & carry **Goal of 35kg for carry
Week 5 Day 2	<u>Weight Vest workout</u>  <b>Chipper</b>  1 mile run, 20 Pull Up, 30 Push Ups, 40 Lunges, 50 Squats, 30 Push Ups, 50 Squats, 40 Lunges, 30 Push Ups, 20 Pull Up, 1 mile run  *vest at 20lbs	Week 5 Day 5	<u>Sandbag* Workout</u>  <b>3 rounds</b>  400m Sandbag Carry Then 5 sets: 1 Sandbag Clean 2 Sandbag Lunges 3 Sandbag Squats  *min 20kg sandbag
Week 6 Day 2	<u>Body Weight Workout</u>  <b>6 rounds</b>  Run 400m Then 2 sets: 4 Pull Up, 8 Push Ups, 8 Sit Ups, 12 Squats  <b>Total Volume:</b> 48 Pull Ups, 96 Push Ups, 96 Sit Ups, 146 Squats	Week 6 Day 5	<u>Kettlebell Workout</u>  <b>10 sets total- 5 sets per side</b> Alternate arms each set:  6 Single Arm KB Press 6 Single Arm KB Thruster 6 Single Arm KB Front Squat 40m Single Arm KB Front Rack carry**  **Same weight for entire circuit- may go heavier for Single Arm Front Rack Carry, if needed **Goal 35kg for carry

# CL DVR PHYSICAL FITNESS TRAINING PROGRAM

## Injury Prevention Program

Injury Prevention Program: Accessory Day 1 Week 2-6: Building Phase 1	
Hardstyle Plank	Week 2-3: 20s on/ 20s off x 4 rounds. Add one extra round each week after
Hanging Knee Raise Hollow Rocks Hollow Hold	*Do exercises in subsequent order. No rest between. Rest 90s between sets Week 2: 10 reps each. 2 set Week 3: 10 reps each. 3 set Week 4: 15 reps each. 3 set Week 5: 15 reps each. 3 set Week 6: 20 reps each. 3 set

Injury Prevention Program: Accessory Day 2 and Day 6 Week 2-6: Building Phase 1	
Swissball Plank Walk Ours Y.T.I's Band Pull Apart	*Do exercises in subsequent order. No rest between. Rest 90s between sets Week 2: 3 plank walkouts, 10 each Y.T.I's, 10 Band pull apart 2 set Week 3: 3 plank walkouts, 10 each Y.T.I's, 10 Band pull apart 3 set Week 4: 5 plank walkouts, 15 each Y.T.I's, 15 Band pull apart 3 set Week 5: 5 plank walkouts, 15 each Y.T.I's, 15 Band pull apart 3 set Week 6: 5 plank walkouts, 20 each Y.T.I's, 20 Band pull apart 3 set

Injury Prevention Program: Accessory Day 3 Week 2-6: Building Phase 1	
Hardstyle Plank	Week 2-3: 20s on/ 20s off x 4 rounds. Add one extra round each week after
KB carry circuit 1-Suitcase +Front rack 2-Double KB front rack hold + carry	*Do exercises in subsequent order. No rest between. Rest 90s between sets Week 2: 1) 40m/ side 2) 30s hold + 40m walk x3 sets each <i>*starting load recommended 16kg/KB</i> Week 3: 1) 40m/ side 2) 30s hold + 40m walk x3 sets each Week 4: 1) 40m/ side 2) 30s hold + 40m walk x3 sets each <i>*increase load</i> Week 5: 1) 40m/ side 2) 30s hold + 40m walk x3 sets each Week 6: 1) 40m/ side 2) 30s hold + 40m walk x3 sets each <i>*increase load</i>

Injury Prevention Program: Accessory Day 5 Week 2-6: Building Phase 1	
Hardstyle Plank	Week 2-3: 20s on/ 20s off x 4 rounds. Add one extra round each week after
Back Extension Glute March Single leg Deadlift (SLDL)	*Do exercises in subsequent order. No rest between. Rest 90s between sets Week 2: 10 reps back extension. 20 reps Glute march. 8 rep/side SLDL 2 set Week 3: 10 reps back extension. 20 reps Glute march. 8 rep/side SLDL 3 set Week 4: 15 reps back extension. 25 reps Glute march. 10 rep/side SLDL 3 set Week 5: 15 reps back extension. 25 reps Glute march. 10 rep/side SLDL 3 set Week 6: 20 reps back extension. 30 reps Glute march. 12 rep/side SLDL 3 set

**Mobility Program**

Mobility program Week 2-6: Building Phase 1				
	Day 1 - Supercouch	Day 3 - Spiderman	Day 5 - Pigeon	Day 6 – Side split
Week 2	3 x 30 sec	3 x 30 sec	3 x 30 sec	3 x 30 sec
Week 3	3 x 45 sec	3 x 45 sec	3 x 45 sec	3 x 45 sec
Week 4	3 x 60 sec	3 x 60 sec	3 x 60 sec	3 x 60 sec
Week 5	3 x 75 sec	3 x 75 sec	3 x 75 sec	3 x 75 sec
Week 6	3 x 90 sec	3 x 90 sec	3 x 90 sec	3 x 90 sec

*\*During the set, you should be moving back in forth at your end range of motion. Increase duration of the exercise by 15 sec each week.*

## Week 7 : Deload

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 7	Mobility	CL DVR Selection PFE (Land Component)	MAF Test + MAF training session	Mobility Flow	CL DVR Selection PFE (Water component)	Mobility or MAF session	Rest or mobility

Testing Protocols Week 7: Deload						
CL DVR Selection PFE (Land Component)	1- 5 km ruck march with 35 kg in less than 60 min 2- FORCE evaluation as a circuit: <ol style="list-style-type: none"> <li>20m Rushes</li> <li>Sand Bag Lift</li> <li>Intermittent Loaded Shuttles (Carrying 2 Sand bags on the first 2 loaded shuttles)</li> <li>Sand Bag Drag</li> </ol> 3- 75 kg Barbell Deadlift, as many repetition as possible					
	***Resources: <a href="#">follow this link</a>					
		Excellent	Good	Average	Acceptable	Needs improvement
	FORCE Evaluation as a circuit	5:14 or less	5:15 – 5:25	5:26 – 5:50	5:51 – 6:35	More than 6:35
	75kg Deadlifts	44 or more	36 - 43	28 - 35	8 - 27	Less than 8
2km MAF Test + MAF training session	2km treadmill test at MAF heart rate (within 2bpm entire duration): record time; MAF training session: 30min general activity at MAF heart rate. (General activity: row, swim, bike, run, hike..)					
CL DVR Selection PFE (Water component)	1- 02:30 mm:ss treading water without hands 2- 500m sidestroke swimming with fins					
	***Resources: <a href="#">follow this link</a>					
		Excellent	Good	Average	Acceptable	Needs improvement
	500m swim	8:11 or less	8:12 – 8:31	8:32 – 9:12	9:13 – 10:17	More than 10:17
MAF training session	30min run at MAF heart rate					

## Week 8-11 : Building Phase 2

Program	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Conditioning	Anaerobic Capacity Run Day 1	Aerobic Capacity Swim Day 2	Aerobic Power Run Day 3	Rest or Mobility	Aerobic Capacity Swim Day 5	Aerobic Capacity Ruck March Day 6	Rest or Mobility
Strength	Odd Object Day 1	Strength Day 2	Odd Object Day 3		Strength Day 5	Odd Object Day 6	
Injury prevention		Accessory Day 2			Accessory Day 5		
Body Weight	Body Weight Day 1		Body Weight Day 3			Body Weight Day 6	

### Conditioning Program

Conditioning Program Week 8-11: Building Phase 2					
Day	Day 1	Day 2	Day 3	Day 5	Day 6
Type	Anaerobic Capacity	Aerobic Capacity	Aerobic Power	Aerobic Capacity	Aerobic Capacity
	Run	Swim	Run	Swim	Ruck March
	Track or Hill intervals	MAF intensity	Track Intervals	MAF intensity	At specific pace
Week 8	<p>Day 1- Run</p> <p>Hill Intervals 2 min on 2 min rest X 5 set</p> <p>Rest 5 min Repeat 3 rounds</p> <p>Run steady/hard for 2 min. rest/recover for 2 min. Maintain consistent output each round. (pacing required)</p>	<p>Day 2- Swim</p> <p>-200m Any stroke (no fins) -8 x 25m Alternate 2 drills (no fins) -4 x 100m side stroke (with fins)(rest 60s after each set) -8 x 50m front crawl (rest 30s after each set) (half set with fins, half without) -4 x 100m swim (with fins) -4 x 50m Alternate each length between flutter kick and side stroke (with fins). -Accumulate 1min tread water (hands above water)</p> <p>Total distance: 1800m</p>	<p>Day 3- Run</p> <p>3 x 1200m 1 x 800m 1 x 400m 4 x 200m</p> <p>Rest between intervals the equal time it took to complete. 1:1 (work: rest)</p> <p>*Increase pace each distance *Maintain pace through each set of same distance</p> <p>Total distance: 5600m</p>	<p>Day 5- Swim</p> <p>-200m front crawl No fins -8 x 25m Drills of your choice No fins -60-70min Finned Swim at MAF Heart rate</p> <p>Record the distance you covered during MAF portion.</p>	<p>Day 6- Ruck March</p> <p>4-6km (30-40kg) Pace : 10-12 min/km</p>

# CL DVR PHYSICAL FITNESS TRAINING PROGRAM

<b>Conditioning Program</b> <b>Week 8-11: Building Phase 2</b>					
Week 9	<p><i>Day 1- Run</i></p> <p>Run 800m on the 5min x 6 rounds</p> <p><i>Hard push, but maintain consistent times each 400m.</i></p> <p><i>*Start timer for 3 min-run 400m rest remainder time.</i></p> <p><i>Total distance: 4800m</i></p>	<p><i>Day 2- Swim</i></p> <p>-200m Any stroke (no fins)</p> <p>-8 x 50m Alternate 2 drills (no fins)</p> <p>-4 x 100m side stroke (with fins) (rest 60s after each set)</p> <p>-8 x 50m front crawl (rest 30s after each set) (half set with fins, half without)</p> <p>-4 x 100m swim (with fins)</p> <p>-8 x 50m Alternate each length between flutter kick and side stroke (with fins).</p> <p>-Accumulate 1.5min tread water (hands above water)</p> <p><i>Total distance: 2000m</i></p>	<p><i>Day 3- Run</i></p> <p>1 x 2400m 2 x 1600m 1 x 800m</p> <p><i>Rest between intervals the equal time it took to complete.</i> <i>1:1 (work: rest)</i></p> <p><i>*Increase pace each distance</i> <i>*Maintain pace through each set of same distance</i></p> <p><i>Total distance: 6400m</i></p>	<p><i>Day 5- Swim</i></p> <p>-200m front crawl No fins</p> <p>-8 x 25m Drills of your choice No fins</p> <p>-70-80min Finned Swim at MAF Heart rate</p> <p>Record the distance you covered during MAF portion.</p>	<p><i>Day 6- Ruck March</i></p> <p>4-6km (35-45kg)</p> <p>Pace : 10-12 min/km</p>
	Week 10	<p><i>Day 1- Run</i></p> <p>Hill Intervals 2 min on 2 min rest X 5 set</p> <p>Rest 5 min Repeat 4 rounds</p> <p><i>Run steady/hard for 2 min. rest/recover for 2 min.</i> <i>Maintain consistent output each round. (pacing required)</i></p>	<p><i>Day 2- Swim</i></p> <p>-200m Any stroke (no fins)</p> <p>-8 x 50m Alternate 2 drills (no fins)</p> <p>-4 x 100m side stroke (with fins) (rest 60s after each set)</p> <p>-8 x 50m front crawl (rest 30s after each set) (half set with fins, half without)</p> <p>-4 x 150m swim (with fins)</p> <p>-8 x 50m Alternate each length between flutter kick and side stroke (with fins).</p> <p>-Accumulate 2min tread water (hands above water)</p> <p><i>Total distance: 2200m</i></p>	<p><i>Day 3- Run</i></p> <p>1 x 2000m 3 x 1500m 2 x 400m</p> <p><i>Rest between intervals the equal time it took to complete.</i> <i>1:1 (work: rest)</i></p> <p><i>*Increase pace each distance</i> <i>*Maintain pace through each set of same distance</i></p> <p><i>Total distance: 7300m</i></p>	<p><i>Day 5- Swim</i></p> <p>-200m front crawl No fins</p> <p>-8 x 25m Drills of your choice No fins</p> <p>-80-90min Finned Swim at MAF Heart rate</p> <p>Record the distance you covered during MAF portion.</p>



# CL DVR PHYSICAL FITNESS TRAINING PROGRAM

Conditioning Program Week 8-11: Building Phase 2					
Week 11	<p><i>Day 1- Run</i></p> <p>Run 1000m on the 6min x 6 rounds</p> <p><i>Hard push, but maintain consistent times each 400m.</i></p> <p><i>*Start timer for 3 min-run 400m rest remainder time.</i></p> <p><i>Total distance: 6000m</i></p>	<p><i>Day 2- Swim</i></p> <p>-200m Any stroke (no fins)</p> <p>-8 x 50m Alternate 2 drills (no fins)</p> <p>-4 x 100m side stroke (with fins) (rest 60s after each set)</p> <p>-8 x 50m front crawl (rest 30s after each set) (half set with fins, half without)</p> <p>-4 x 200m swim (with fins)</p> <p>-8 x 50m Alternate each length between flutter kick and side stroke (with fins).</p> <p>-Accumulate 2.5min tread water (hands above water)</p> <p><i>Total distance: 2400m</i></p>	<p><i>Day 3- Run</i></p> <p>3 x 2000m 6 x 200m</p> <p><i>Rest between intervals the equal time it took to complete.</i></p> <p><i>1:1 (work: rest)</i></p> <p><i>*Increase pace each distance</i></p> <p><i>*Maintain pace through each set of same distance</i></p> <p><i>Total distance: 7200m</i></p>	<p><i>Day 5- Swim</i></p> <p>-200m front crawl No fins</p> <p>-8 x 25m Drills of your choice No fins</p> <p>-90min Fanned Swim at MAF Heart rate</p> <p>Record the distance you covered during MAF portion.</p>	<p><i>Day 6- Ruck March</i></p> <p>4-6km (40-45kg)</p> <p>Pace : 10-12 min/km</p>

# CL DVR PHYSICAL FITNESS TRAINING PROGRAM

## Strength Program

Strength Day 2 Week 8 – 11: Building Phase 2				
Exercise	Week 8	Week 9	Week 10	Week 11
<b>1a. Rope Climb (or pull-ups) 1 rope climb = 8 reps</b>	5 set: 2 reps	5 set: 3 reps	6 set: 3 reps	6 set: 3 rep
<b>2a. Pause Goblet Squat</b>	4 set: 6 reps (2 sec pause at 90)	5 set: 5 reps (2 sec pause at 90)	6 set: 4 reps (2 sec pause at 90)	6 set: 3 rep (2 sec pause at 90)
<b>2b. Bent Over Row</b>	4 set: 6 reps	5 set: 5 reps	6 set: 4 reps	6 set: 3 rep
<b>3a. Back Squat</b>	4 set: 6 reps (2 sec pause in the bottom position)	5 set: 5 reps (2 sec pause in the bottom position)	6 set: 4 reps (2 sec pause in the bottom position)	6 set: 3 rep (2 sec pause in the bottom position)
<b>4a. KB Front rack walking lunges</b>	3 set: 8 reps/side	3 set: 8 reps/side	4 set: 8 reps/side	4 set: 8 reps/side
<b>4b. Barbell/ KB Romanian Deadlift</b>	3 sets:12 reps	3 sets:12 reps	4 sets:12 reps	4 sets:12 reps
<p><i>*Rest 60-90s between sets</i>  <i>*Superset the 2a/2b and 4a/4b.</i>  <i>*Each week, as the reps decrease, the weight should increase.</i></p>				

Strength Day 5 Week 8 – 11: Building Phase 2				
Exercise	Week 8	Week 9	Week 10	Week 11
<b>1a. Rope Climb</b>	5 set: 2 reps	5 set: 3 reps	6 set: 3 reps	6 set: 3 rep
<b>2a. Narrow Grip Bench Press</b>	3 sets:12 reps	3 sets:12 reps	4 sets:12 reps	4 sets:12 reps
<b>2b. Ring/ TRX row</b>	3 sets:12 reps	3 sets:12 reps	4 sets:12 reps	4 sets:12 reps
<b>3a. Deadlift</b>	3 set: 8 reps	4 set: 6 reps	4 set: 6 reps	5 set: 5 rep
<b>4a. KB front rack Step ups</b>	3 set: 8 reps/side	3 set: 8 reps/side	4 set: 8 reps/side	4 set: 8 reps/side
<b>4b. Barbell Pistol Squat</b>	3 set: 8 reps/side	3 set: 8 reps/side	4 set: 8 reps/side	4 set: 8 reps/side
<p><i>*Rest 60-90s between sets</i>  <i>*Superset the 2a/2b and 4a/4b.</i>  <i>*Each week, as the reps decrease, the weight should increase.</i></p>				

# CL DVR PHYSICAL FITNESS TRAINING PROGRAM

Strength Program with Odd Object Week 8 – 11: Building Phase 2			
Day	Day 1	Day 3	Day 6
Week 8	<p><u>Day 1 - Double Kettlebell Workout</u></p> <p><b>3 rounds:</b></p> <p>40m Farmers Carry* 12KB Deadlift* 40m Farmers Carry* 40m Front Rack Carry** 8 Double KB Push Press** 12 Double KB Front Rack Squats** 40m Front Rack Walk**</p> <p>*heavy KBs of 30kg+ **mod/lighter KBs of 16kg+</p>	<p><u>Day 3 – Sandbag* Workout</u></p> <p><b>5 rounds:</b></p> <p>400m Sandbag Run 10 Sandbag Clean 10 Sandbag Zercher Squats 10 Sandbag Bear Hug Lunges 10 Sandbag Shoulder to Overhead</p> <p>*min 20kg sandbag</p>	<p><u>Day 6-Single Arm Kettlebell* Workout</u></p> <p>Complete the set unbroken: 1 round/arm 1 KB clean (~16kg) 2 KB Push Press 3 KB Front Rack Squat 4 KB Front Rack Lunge (total) 20m Front Rack walk</p> <p><b>Total: 8 rounds/arm</b></p> <p>*try using heavier KB due to less reps</p>
Week 9	<p><u>Day 1 - Double Kettlebell Workout</u></p> <p><b>3 rounds (with 16kg+ KB):</b></p> <p>1 KB Clean 2 KB Push Press 3 KB Thrusters 4 KB Squats</p> <p>Then 40m Front Rack Carry</p> <p><b>Total: 5 rounds</b></p> <p>Finish by accumulating 400m Farmers Carry (with 30kg+ KB)</p>	<p><u>Day 3 – Sandbag* Workout</u></p> <p><b>Chipper</b></p> <p>100m Sandbag Run 50 Sandbag Cleans 100m Sandbag Run 50 Sandbag Squats 100m Sandbag Run 50 Burpees 100m Sandbag Run 50 Sandbag Lunges 100m Sandbag Run 50 Sandbag Deadlifts 100m sandbag run</p> <p>*min 20kg sandbag</p>	<p><u>Day 6-Single Arm Kettlebell Workout</u></p> <p><b>4 rounds per arm</b></p> <p>Complete the set unbroken: 5 KB Single Arm Press (~16kg) 30s Overhead Hold 10 KB Single Arm Squat 30s FR Hold 15 KB Single Arm Deadlift 40m Suitcase Carry</p>
Week 10	<p><u>Day 1 - Double Kettlebell Workout</u></p> <p><b>4 rounds:</b></p> <p>40m Farmers Carry* 12 KB Deadlift* 40m Farmers Carry* 40m Front Rack carry** 8 Double KB Push Press** 12 Double KB Front Rack Squats** 40m Front Rack Walk**</p> <p>*heavy KBs of 30kg+ **mod/lighter KBs of 16kg+</p>	<p><u>Day 3 – Sandbag* Workout</u></p> <p><b>5 rounds:</b></p> <p>400m Sandbag Run 10 Sandbag Clean 10 Sandbag Zercher Squats 10 Sandbag Bear Hug Lunges 10 Sandbag Shoulder to Overhead</p> <p>*min 20kg sandbag</p>	<p><u>Day 6-Single Arm Kettlebell* Workout</u></p> <p>Complete the set unbroken: 1 round/arm 1 KB Clean (~16kg) 2 KB Push Press 3 KB Front Rack Squat 4 KB Front Rack Lunge (total) 20m Front Rack walk</p> <p><b>Total: 10 rounds/arm</b></p> <p>*try using heavier KB due to less reps</p>
Week 11	<p><u>Day 1 - Double Kettlebell* Workout</u></p> <p><b>4 rounds:</b></p> <p>1 KB clean (20kg+) 2 KB Push Press 3 KB Squats</p> <p>Then 40m front rack carry</p> <p><b>Total: 5 rounds</b></p> <p>Finish by accumulating 400m Farmers Carry (with 30kg+ KB)</p> <p>*try heavier KBs then week 9</p>	<p><u>Day 3 – Sandbag* Workout</u></p> <p><b>Chipper</b></p> <p>100m sandbag run 50 Sandbag cleans 100m sandbag run 50 sandbag squats 100m sandbag run 50 burpees 100m sandbag run 50 Sandbag lunges 100m sandbag run 50 sandbag deadlifts 100m sandbag run</p> <p>*min 20kg sandbag</p>	<p><u>Day 6 - Single Arm Kettlebell Workout</u></p> <p><b>5 rounds per arm</b></p> <p>Complete the set unbroken: 5 KB Single arm Press (~16kg) 30s Overhead hold 10 KB Single arm Squat 30s FR hold 15 KB single arm deadlift 40m Suitcase carry</p>

**Injury Prevention Program**

Accessory Day 2 Week 8 – 11: Building Phase 2	
Hardstyle Plank	Week 8-11: 20s on/ 20s off x 6 rounds
Flutter kicks V- sits Sit ups	*Do exercises in subsequent order. No rest between. Rest 90s between sets Week 8: 25 reps each. 2 set Week 9: 30 reps each 2 sets Week 10: 25 reps each 3 sets Week 11: 30 reps each 3 sets

Accessory Day 5 Week 8 – 11: Building Phase 2	
Hardstyle Plank	Week 8-11: 20s on/ 20s off x 6 rounds
Elbow ups Mt. climbers Plank plus reach Side plank	*Do exercises in subsequent order. No rest between. Rest 90s between sets Week 8: 30s each exercise x 3 set Week 9: 30s each exercise x 4 set Week 10: 40 sec each exercise x 3 set Week 11: 40 sec each exercise x 4 set

# CL DVR PHYSICAL FITNESS TRAINING PROGRAM

## Bodyweight Program

Bodyweight Program Week 8 – 11: Building Phase 2			
Day	Day 1	Day 3	Day 6
Week 8	<p><u>Day 1 - 15min: As many rounds as possible (AMRAP)</u></p> <p>4 Pull Up 8 Push Up 12 Squats</p>	<p><u>Day 3 - Rotate stations on the minute (EMOM)*</u></p> <p>5 Pull ups 10 Push up 10 TRX row 20 Mountain Climbers Rest</p> <p><b>Total: 4 Rounds</b></p> <p><i>*Wear weight vest (20lbs)</i></p>	<p><b>Day 6 - Mobility Session</b></p> <p>Accumulate 5 min of: Butterfly Super Couch Side Split Front Split</p>
Week 9	<p><u>Day 1 - For time: Descending ladder</u></p> <p><i>(Do circuit style)</i></p> <p>10.9.8.7.6.5.4.3.2.1 Pull Ups 20.18.16.14.12.10.8.6.4.2 Push Ups 20.18.16.14.12.10.8.6.4.2 Lunges</p>	<p><u>Day 3 - Mobility Session</u></p> <p>Accumulate 5 min of: Pectoralis Wall Stretch Baby Pose Downward Dog Spine Extension (Cobra)</p>	<p><u>Day 6 - 5 Rounds for Time</u></p> <p>1 round: 5 Pull Ups 10 Push Ups 10 Plank Shoulder Taps 5 Pistol Squats 10 Wallballs</p> <p>Then 1km run</p>
Week 10	<p><u>Day 1 - 10min AMRAP</u></p> <p>5 Pull Up 10 Push Up 10 Hollow Body Rock 15 Squats</p>	<p><u>Day 3 - Mobility Session</u></p> <p>Accumulate 5 min of: Butterfly Supercouch Side Split Front Split</p>	<p><u>Day 6 – 3 Rounds for Time</u></p> <p>Run 400m Max Pull Ups Run 400m Max Push Ups Run 400m 50 sit ups</p>
Week 11	<p><u>Day 1 - Mobility Session</u></p> <p>Accumulate 5 min of: Pectoralis Wall Stretch Baby Pose Downward Dog Spine Extension (Cobra)</p>	<p><u>Day 3 – Escalating Reps Session*</u></p> <p>Every minute start a new round: <b>Minute 1:</b> 1 Pull Up <i>(increase each round by 1 rep)</i> <b>Minute 2:</b> 2 Push Ups <i>(increase each round by 2 reps)</i> <b>Minute 3:</b> 3 Squats <i>(increase each round by 3 reps)</i> <b>Minute 4:</b> 2 Pull Ups <b>Minute 5:</b> 4 Push Up <b>Minute 6:</b> 6 Squats And so on**</p> <p><i>*wear weight vest (20lbs)</i> <i>** WOD is done when you cannot complete all the reps in the minute.</i></p>	<p><u>Day 6 – Mobility Session</u></p> <p>Accumulate 5 min of: Butterfly Super Couch Side Split Front Split</p>

## Week 12 : Taper

Week 12:Taper							
Week 12	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Mobility	CL DVR Selection PFE (Land Component)	MAF Test + MAF training session	Mobility Flow	CL DVR Selection PFE (Water Component)	Mobility	Rest or Mobility

Testing Protocols Week 12: Taper						
CL DVR Selection PFE (Land Component)	1- 5 km ruck march with 35 kg in less than 60 min 2- FORCE evaluation as a circuit: <ol style="list-style-type: none"> <li>20m Rushes</li> <li>Sand Bag Lift</li> <li>Intermittent Loaded Shuttles (Carrying 2 Sand bags on the first 2 loaded shuttles)</li> <li>Sand Bag Drag</li> </ol> 3- 75 kg Barbell Deadlift, as many repetition as possible					
	***Resources: <a href="#">follow this link</a>					
		Excellent	Good	Average	Acceptable	Needs improvement
	FORCE Evaluation as a circuit	5:14 or less	5:15 – 5:25	5:26 – 5:50	5:51 – 6:35	More than 6:35
	75kg Deadlifts	44 or more	36 - 43	28 - 35	8 - 27	Less than 8
2km MAF Test + MAF training session	2km treadmill test at MAF heart rate (within 2bpm entire duration): record time  MAF training session: 30min general activity at MAF heart rate. (General activity: row, swim, bike, run, hike.)					
CL DVR Selection PFE (Water component)	1- 02:30 mm:ss treading water without hands 2- 500m sidestroke swimming with fins					
	***Resources: <a href="#">follow this link</a>					
		Excellent	Good	Average	Acceptable	Needs improvement
	500m swim	8:11 or less	8:12 – 8:31	8:32 – 9:12	9:13 – 10:17	More than 10:17
MAF training session	30min run at MAF heart rate					