

CLOSE PROTECTION



– SELECTION PREPARATION –

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BLOCK 3
Week #8-10

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OVERVIEW TRAINING CALENDAR

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	WORKOUT A + FINISHER #1	CONDITIONING #1 + RUNNING INTERVAL TRAINING #1	WORKOUT B + FINISHER #2	MURPH + RUNNING INTERVAL TRAINING #2	WORKOUT C + FINISHER #3	RUN 14KM
9	WORKOUT B + FINISHER #4	CONDITIONNING WORKOUT #3 + RUNNING INTERVAL TRAINING #3	WORKOUT A + FINISHER #1	CONDITIONING WORKOUT #1 + RUNNING INTERVAL TRAINING #1	WORKOUT D + FINISHER #2	RUN 15KM
10	WORKOUT A + FINISHER #3	CONDITIONING WORKOUT #2 + RUNNING INTERVAL TRAINING #2	WORKOUT B + FINISHER #4	CONDITIONNING WORKOUT #3 + RUNNING INTERVAL TRAINING #3	WORKOUT C + FINISHER 1	RUN 16KM



STRENGTH TRAINING WARM UP

To be done before each strenght training sessions.

STRENGTH TRAINING WARM UP – PART I

FOAM ROLLING

STRENGTH TRAINING WARM UP – PART II

PILLAR PREP	DEEP LUNGE WITH ROTATION	X 4 each side	Both hands on inside of front leg; bring elbow of inside arm to arch of foot; hold stretch for 3sec then rotate in towards the leg.
	GROIN STRETCH WITH ROTATION	X 4 each side	In a tall kneeling position, extend one leg out to the side, toes facing forward; place same hand of leg that is bent in front of that knee about 12"; take hand of leg that is extended and needle it through as to rotate on top of that shoulder; hold for 3sec then return to start position and repeat 3 more times.
	1/2 SNOW ANGELS	X 4 each side	Lying on side with both arms extended out at shoulder height top leg bent with knee draped over; take the top hand, palm down, with fingers tracing on the ground, to the 12 o'clock position right above the head, then rotate palm up and continue to try and keep finger on the ground as the arm rotates all the way around; reverse and return to start position.
	SCAPULAR PUSH UP	X 6 reps	In tall plank position, without bending the elbows, let chest sink towards floor as scapulae (shoulder blades) move around the rub cage.

Frequency: 3x / week



Mondays, Wednesdays & Fridays

STRENGTH TRAINING WARM UP

To be done before each strenght training sessions.

STRENGTH TRAINING WARM UP – PART III

MOUVEMENT ACTIVATION	DEAD BUG & BIRD DOG	X 8 each side	Core awareness
	REAR DELT FLY'S	X 10 reps total	Slight bend in the elbows, take band and pull with the back of the shoulder; hold squeeze for 2sec then return to start position.
	BANDED SHOULDER FLEXION	X 6 reps total	Back against the wall, band around the wrists and thumbs back, push outwards into band and raise arms above head then lower.
	SINGLE LEG GLUTE LIFT	X 8 each side	One knee driven in towards the chest, drive through heel on the ground and lift hips up into bridge position. Squeeze glutes for 3sec.
	BANDED CLAM SHELIS IN SIDE PLANK	X 10 each side	In a side lying position with band above the knees (I'm sorry to your leg hairs); shoulders, hips and ankles should be aligned with knees slightly in front of the hips, propped up on the elbow, push up into a plank from the knees; squeeze the glutes and open up the top knee like a clam shell; hold for 2sec.

Frequency: 3x / week



Mondays, Wednesdays & Fridays

STRENGTH TRAINING

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WORKOUT A

EXERCISES	SETS/REPS			TEMPO	REST	NOTES
	Week 8	Week 9	Week 10			
A1. BACK SQUAT	4 X 15/10/8/6*	5 X 15/12/10/8/6*	6 X 10/10/8/8/6/6*	2211	–	Full depth squat.
A2. BULGARIAN SPLIT SQUAT	4 X 12 reps	5 X 12 reps	6 X 12 reps	2010	75sec	
B1. DOUBLE DUMBELL PUSH PRESS	4 X 15/10/8/6*	5 X 15/12/10/8/6*	6 X 10/10/8/8/6/6*		–	
B2. BENT OVER LANDMINE ROW	4 X 12 reps each side	5 X 12 reps each side	6 X 12 reps each side	3010	75sec	
C1. BOX JUMP	4 X 15 reps	5 X 12 reps	6 X 10 reps		–	24–36"
C2. SINGLE ARM KETTLEBELL SWING	4 X 15 reps	5 X 12 reps	6 X 10 reps		–	Alternating hands.
C3. WALL BALL	4 X 15 reps	5 X 12 reps	6 X 10 reps		75sec	

*As reps decrease the weight should increase working at 70–78% of max work capacity.

Frequency: 3x / week



Mondays, Wednesdays & Fridays

STRENGTH TRAINING

WORKOUT B

EXERCISES	SETS/REPS			TEMPO	REST	NOTES
	Week 8	Week 9	Week 10			
A1. CONVENTIONAL DEADLIFT	4 X 15/10/8/6*	5 X 15/12/10/8/6*	6 X 10/10/8/8/6/6*	3211	–	Can be perform elevated on blocks.
A2. WIDE GRIP PULL UP	4 X 12 reps	5 X 12 reps	6 X 12 reps	2020	75sec	
B1. RACK PULL	4 X 15/10/8/6*	5 X 15/12/10/8/6*	6 X 10/10/8/8/6/6*	4010	–	
B2. NEUTRAL INCLINE BENCH PRESS	4 X 12 reps	5 X 12 reps	6 X 12 reps		75sec	
C1. BENT OVER UNDERHAND ROW	4 X 15 reps	5 X 12 reps	6 X 10 reps		–	Barbell.
C2. ALTERNATING FLAT DB CHEST PRESS	4 X 15 reps each side	5 X 12 reps each side	6 X 10 reps each side		–	
C3. PUSH UP – RENEGADE ROW – GORILLA ROW	4 X 15 reps	5 X 12 reps	6 X 10 reps		75sec	Dumbbell.

*As reps decrease the weight should increase working at 70-80% of max work capacity.

Frequency: 3x/week



Mondays, Wednesdays & Fridays

STRENGTH TRAINING

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WORKOUT C

EXERCISES	Week 8	SETS/REPS Week 9	Week 10	TEMPO	REST	NOTES
A1. BOX SQUAT	6 X 8 reps	5 X 10 reps	4 X 12 reps	4010	–	18'20" box; shins vertical; full contact with box; engage glutes.
A2. BB SHOULDER PRESS	6 X 8 reps	5 X 10 reps	4 X 12 reps	2010	–	Alternating behind and infront.
A3. LATERAL STEP UP	6 X 8 reps	5 X 10 reps	4 X 12 reps		75sec	Kettlebell/dumbbell.
B1. WEIGHTED DIPS	6 X 8 reps	5 X 10 reps	4 X 12 reps		–	
B2. CROSS IRON PULL	6 X 8 reps	5 X 10 reps	4 X 12 reps		–	Cable machine.
B3. LATERAL DELTOID RAISE	6 X 8 reps	5 X 10 reps	4 X 12 reps		75sec	

Note: Working at 70–78% of max work capacity.

Frequency: 3x/week



Mondays, Wednesdays & Fridays

STRENGTH TRAINING

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WORKOUT D

EXERCISES	SETS/REPS			TEMPO	REST	NOTES
	Week 8	Week 9	Week 10			
A1. PULL DOWN SUPINATED	6 X 8 reps	5 X 10 reps	4 X 12 reps	2010	–	
A2. GOOD MORNING	6 X 8 reps	5 X 10 reps	4 X 12 reps	3111	75sec	
B1. LEG PRESS	6 X 8 reps	5 X 10 reps	4 X 12 reps		–	Wide stance.
B2. ALTERNATING HAMMER CURL	6 X 8 reps each side	5 X 10 reps each side	4 X 12 reps each side		75sec	
C1. 45 DEGREE ANGLE BACK EXTENSION	6 X 8 reps	5 X 10 reps	4 X 12 reps		–	
C2. REVERSE GRIP BICEPS CURL	6 X 8 reps	5 X 10 reps	4 X 12 reps	4010	75sec	

Note: Working at 70–80% of max work capacity.

Frequency: 3x/week



Mondays, Wednesdays & Fridays

FINISHERS

To be completed after a strength training workout, no warmup is required

FINISHERS	TYPE	APPROX. DURATION	EQUIPMENT	NOTES
FINISHER #1	CIRCUIT	25min	Mat, TRX/rings/glidors	<p>CORE CIRCUIT</p> <p>45sec WORK each exercise / 15sec REST in between exercises. Minimal rest in between rounds; complete for 6 rounds.</p> <ol style="list-style-type: none"> 1. Tall side plank hip lift 2. Body saw (TRX/rings/glidors) 3. Counterbalanced leg raises 4. Mountain climbers
FINISHER #2	MAX EFFORT	15min	Sled, weighted vest (~25lbs)	<ol style="list-style-type: none"> 1. Sled drag 200m (walking backwards) 2. Fireman pull 100m 3. Bounding burpees 50m 4. Gecko crawl 25m
FINISHER #3	CIRCUIT	25min	Mat, elastic band, box/bench	<p>CORE CIRCUIT</p> <p>45sec WORK each exercise / 15sec REST in between exercises. Minimal rest in between rounds; complete for 6 rounds.</p> <ol style="list-style-type: none"> 1. Bird dog 2. Hollow Body Hold 3. Banded Hip Thrusts/Extension 4. Anti-lateral flexion side plank with top leg on box/bench
FINISHER #4	INTERVALS	20min	Assault bike	<p>1-2min warm-up</p> <ol style="list-style-type: none"> 1. 6 X 15sec sprint; 30sec rest. 2. 6 X 10sec sprint; 20sec rest. 3. 3 x 30sec sprint; 15sec rest. 4. 3 X 20sec sprint; 10sec rest. <p>1-2min cool down.</p>

Frequency: 3x/week



Mondays, Wednesdays & Fridays

DYNAMIC WARM UP

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To be done before each conditioning, interval running and long run training sessions.

DYNAMIC WARM UP – PART I

FOAM ROLLING

Target: calves, hamstrings, glutes, quads, IT band, mid back.

DYNAMIC WARM UP – PART II

1. KNEE HUGS	Torso upright; don't lean back.	6. FRANKENSTEINS	Opposite hand to opposite foot; trying to get a little higher each step.	11. HEEL TO TOW WALKS	End up on toes; roll through and push up high on toe.
2. HIGH KNEES	Go for quantity in the 10m, as many steps as possible.	7. WALKING WIDE LUNGE WITH TORSO ROTATION	Rotate in toward the front of the leg. Don't spend time in the stretch statically, but if one side is tighter can spend couple more second in stretch.	12. BACKWARD HIP OPENERS	Keep torso square forward and rotate leg backward.
3. QUAD STRETCH	Push hips forward; torso upright.	8. REVERSE LUNGE	Swing through right into next lunge; keep core braced to assist with balance.	13. BODY WIEGHT SQUAT	10 reps
4. BUTT KICKS	Go for quantity in the 10m, as many steps as possible.	9. LATERAL LUNGE	Big step, drive hip down and back, lunge to each side, couple steps and repeat.	14. SINGLE LEG TOE TOUCHES	5reps each side. Stand and tall; sink down into a single leg squat/RDL.
5. WALKING FIGURE 4	Grab ankle and pull towards belly button; Don't let torso flex forward.	10. HEEL SWEEPS	Upper hamstring stretch; pull toe upward; back flat – hinge back, reach down and forward; drive chest toward the knee.	Each of the dynamic warm up exercises to be done for 10m (unless otherwise advised).	

Frequency: 3x / week



TUESDAYS, THURSDAYS & SATURDAYS

DYNAMIC WARM UP

To be done before each conditioning, interval running and long run training sessions.

DYNAMIC WARM UP – PART III			
1. LOW LATERAL SHUFFLE	Feet never collapse inside the shoulders.	4. BACKWARD REACHING STEPS	Torso angled, arms flexed at 90 degrees.
2. POWER LATERAL SHUFFLE	Torso more upright, push of back foot.	5. STRAIGHT LEG SCISSOR STEPS	
3. KARAOKE STEP	With powerful step over, pick knee up and place it down; keep rotation in hips.	6. BACK PEDAL INTO FORWARD SPRINT	X5 (60%, 70%, 80%, 90%, 100%) Back pedal for 10m then sprint forward for 10m at increasing percentages.
Each of the dynamic warm up exercises to be done for 20m (unless otherwise advised).			

DYNAMIC WARM UP – PART IV			
1. FIRE HYDRANTS	5 with pause then fluid.	2. HIP CIRCLES	Press leg back then circle in – 5 pause/5 fluid.

Frequency: 3x / week



TUESDAYS, THURSDAYS & SATURDAYS

CONDITIONING WORKOUT

These are longer and lighter in nature, should be done at a difficult but maintainable pace, do not come out sprinting, and finishing crawling.
Stay @ 70–80% effort through the whole workout (figure out a reasonable rest, work ratio to accomplish this (sometimes walking is OK).

CONDITIONING WORKOUT #1			
PARTS	INSTRUCTIONS		
WARM UP	Foam rolling, a 400m jog around the rack and dynamic warm up.		
WORKOUT	DB/Row CIRCUIT	<div><div><div>1. Row 500 meters</div><div>2. DB Circuit</div><div>3. Row 750 meters</div><div>4. DB Circuit</div><div>5. Row 1000 meters</div><div>6. DB Circuit</div><div>7. Row 1500 meters</div><div>8. DB Circuit</div><div>9. Row 2000 meters</div><div>10. DB Circuit</div><div>11. Row 1000 meters</div><div>12. DB Circuit</div></div><div><div>DB CIRCUIT</div><div><div>1. DB Jump Squat</div><div>2. Single Leg Explosive Jumps</div><div>3. Weighted Sit up with feet anchored (DB held on chest)</div><div>4. Alternating/Military Plank</div><div>5. Single Arm Snatch</div><div>6. Sandbag Turkish Get Up</div></div><div><div>8 reps</div><div>8 reps each side</div><div>16 reps</div><div>8 reps each side</div><div>6 reps each side</div><div>4 reps each side</div></div></div></div>	
COOL DOWN	Foam roller and stretching		

Frequency: 2x/week



Tuesdays & Thursdays

CONDITIONING WORKOUT

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CONDITIONING WORKOUT #2

PARTS	INSTRUCTIONS	
WARM UP	Foam rolling, a 400m jog around the rack and dynamic warm up.	
WORKOUT	CIRCUIT WITH WEIGHTED VEST (~45-50LBS)	<p>Complete 5 rounds.</p> <ol style="list-style-type: none">1. 40 meters KB/DB Farmers Carry (20m each hand* different weights)2. 40 meters Unloaded Run3. 12 deadlifts4. 40 meters KB/DB Farmer's Carry (20m each hand* different weights)5. 40 meters Unloaded Run6. 12 Push press (KB/DB)7. 40 meters Front Rack Carry (same weight)8. 40 meters Unloaded Run9. 12 Front Rack Squats10. 40 meters Front Rack Carry (same weight)11. 40 meters Unloaded Run12. 12 KB Windmills (6 each side) <p>*40-60lbs in one hand and other weight is 20% less</p>
	AMRAP 22min	<ol style="list-style-type: none">1. 8-10 Pull ups2. 10-12 Push ups3. 12-15 Sit Ups4. 15-20 Mountain Climbers (each side)
COOL DOWN	Foam roller and stretching	

Frequency: 2x/week



Tuesdays & Thursdays

CONDITIONING WORKOUT

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CONDITIONING WORKOUT #3

PARTS	INSTRUCTIONS	
WARM UP	Foam rolling, a 400m jog around the rack and dynamic warm up.	
WORKOUT	CIRCUIT WITH BARBELL	1. Deadlifts 5x > 2. Hang clean 5x > 3. Front Squat 5x > Complete 5 rounds. **Ascending weight each round.
	AMRAP in 30min	1. 100 meters sprint with 100m recovery 2. 5 Single Arm Overhead Squats each side 3. 5 Burpees 4. 5 Sit-ups 5. 5 Pull Through each side 6. 5 Bear Crawl forward & back
	SLED PUSH	400m sled push
COOL DOWN	Foam roller and stretching	

Frequency: 2x/week



Tuesdays & Thursdays

RUNNING INTERVAL TRAINING

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RUNNING INTERVAL TRAINING

WARM UP

Foam rolling, a 400m jog around the rack and dynamic warm up.

RUNNING INTERVAL TRAINING #1

INSTRUCTIONS

1:1 WORK : REST
Maintain consistent lap times 1-2 seconds faster than 2.4km pace.

1000m X 1
800m X 1
1200m X 1
800m X 1
1400m X 1
800m X 1

TOTAL = 6000m

RUNNING INTERVAL TRAINING #2

INSTRUCTIONS

1:1 WORK : REST
Maintain consistent lap times 1-2 seconds faster than 2.4km pace.

1200m X 1
600m X 1
1600m X 1
800m X 1
1200m X 1
800m X 1

TOTAL = 6400m

RUNNING INTERVAL TRAINING #3

INSTRUCTIONS

1:1 WORK : REST
Maintain consistent lap times 1-2 seconds faster than 2.4km pace.

2000m X 1
1200m X 1
1600m X 1
1000m X 1
1200m X 1
600m X 1

TOTAL = 7600m

Frequency: 2x/week



Tuesdays & Thursdays

COOL DOWN

To be done after all training sessions.

COOL DOWN – PART I	
FOAM ROLLING	Focus on major muscle groups used in workoutè post-workout foam rolling is meant to be slower; go over the muscle and find the spots that are tighter – can also use a lacrosse ball.
COOL DOWN – PART II	
1. MODIFIED HURDLER STRETCH (single leg hamstring stretch)	6. COBRA (low back)
2. DOUBLE LEG HAMSTRING STRETCH	7. CHILD’S POSE (low back)
3. FIGURE 4 OR PIGEON GLUTE STRETCH	8. INVERTED V (calves)
4. SUPINE SPINAL TWISTS	9. UPPER TRAPEZIUS STRETCH
5. SIDE LYING QUAD STRETCH	10. LAT STRETCH
Each of the stretches are to be held for 15–20sec for 2 sets each stretch	

Frequency: 6x / week



All workout days

STRETCHING 101

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1	Never hold your breath while stretching; it increases tension in the body which is counter active to the whole concept of stretching.	5	Never stretch cold, take a warm shower, or hop on a bike for 3–5 minutes. A cold muscle will not stretch.
2	Breathe into the belly (diaphragmatic breathing) while stretching; diaphragmatic breathing stimulates our parasympathetic mode (aka our rest and digest mode) which is optimal for recovery.	6	Any sort of soft tissue change (lengthening) takes time for permanent change. Getting into a good routine of body/muscle preparation and recovery is an essential component to a training program. Like any program, consistency is key.
3	Muscles that are tighter/over active may be more difficult to stretch as they restrict our range of motion. Stretches should only cause some mild discomfort, but never pain. Your body will tell you how far it can go.	7	A weak muscle and a tight muscle give the exact same symptom... pain. There is such thing as over stretching a muscle. More isn't necessarily better.
4	Do not bounce in your stretches (ballistic stretching), it will do more damage/harm than good. Stretching is to be done in a gradual and controlled manner.	8	Additional stretches can/will be given depending on individual limitations. These stretches listed above are the bare bone that must be done post workouts. With that being said, if there are other stretches you prefer that target the same muscles, by all means, swap it out.

