



TACTICAL ALPHA Wk1:DI

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alt Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Bear Crawl	10yds	Quadruped Hip CARs	
WU	Weighted Step Ups	10 each	Thread The Needle	
WU	Lateral Bound	10 each	Bent Knee Iron Cross	
WU			Cossack Squat	
			10 each	
Exercise	Sets/Reps	Weight/Intensity	Comments	
a	BB Back Squat	1x3	Work to 3 Rep Max	Start at 1/2 your max and perform sets of 2-3 increasing 20lbs until reaching 3 rep max.
b	Paused BB Front Squat	5x3		Pause 3s at bottom of each rep. Rest 60s
c	KB Swing	4x20		
c	Hanging Leg Lifts	4x20		Rest 60s
d	Sled Drag	20yds	Total Weight = 60-70% BW	10 trips resting as needed
e	Conditioning: Airbike			3min 50RPM nasal breathing only. THEN 6 rounds: Arms Only 30s all out/30s easy (Nasal Inhale/Mouth Exhale. THEN 1 mile at 140-150bpm.
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Lower Body/Lower Back + Anaerobic Alactic Conditioning



TACTICAL ALPHA Wk1:D2

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes		MiniBand Shoulder ER	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	
WU	MiniBand Squat	5	Yoga Table	
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	
	Exercise	Sets/Reps	Weight/Intensity	Comments
a	Conditioning: Airbike/Row/Run	12min	70% max HR	70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.
b	Conditioning: Sprints	10x100m		Max Effort. Walk Back 100m. Repeat.

Daily Emphasis: Mobility + Aerobic/Anaerobic Alactic Conditioning



TACTICAL ALPHA Wk1:D3

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes	
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each
WU	Hamstring & Calves	Alt Zombie Kicks	10yds
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds
WU	Adductor & Quad	MiniBand Shoulder ER	10
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap
WU	Lat Pulldowns OR Mobility Band Pulldowns	25	Quadruped Hip CARs
WU	Standing Cable/Band Tricep Pressdown	25	Thread The Needle
WU	Lateral Bear Crawl	10yds each	Bent Knee Iron Cross
WU			Cossack Squat
			10 each
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	BB Flat Bench Press	1x5	Start at 1/2 your max and perform sets of 2-3 increasing 20lbs until reaching 5 rep max.
b	BB Bent Over Row	5x6	
b	Skullcrusher	5x12	Rest 60s
c	DB Hammer Curl	4x12	
c	Standing Cable/Band Facepull	4x25	
c	Band Pull Apart	4x25	Rest 90s
d	Conditioning: 4 Rounds for Time		800m Row + 20 Push Ups
CD	Box Breathing	5minutes	Record Time for future comparison.

Daily Emphasis: Mobility + Upper Press Focus + Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk1:D4

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
Exercise	Sets/Reps	Weight/Intensity	Comments	
a	Conditioning: Airbike/Row/Run	12min	70% max HR	70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.
b	Conditioning: Sprints	4x800m		1:1 Work:Rest (Rest only as long as it took you to run).

Daily Emphasis: Mobility + Aerobic/Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk1:D5

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alt Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Bear Crawl	10yds	Quadruped Hip CARs	
WU	Weighted Step Ups	10 each	Thread The Needle	
WU	Lateral Bound	10 each	Bent Knee Iron Cross	
WU			Cossack Squat	
			10 each	
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	BB Box Squat	10x2	75% 1RM	Rest 30s. Move explosively for all lifts.
b	Paused BB Back Squat	4x2		
b	KB Swing	4x20		Rest 30s
c	Ball Slam	4x20	20lbs	Rest 60s
d	Sled Drag - Long Strides	30yds	Total Weight = 50-60% BW	12 trips resting as needed
e	Conditioning: Airbike			3min 50RPM nasal breathing only. THEN 6 rounds: Arms Only 30s all out/30s easy (Nasal Inhale/Mouth Exhale. THEN 1 mile at 140-150bpm.
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Lower Dynamic + Anaerobic Alactic Conditioning



TACTICAL ALPHA Wk1:D6

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes	
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each
WU	Hamstring & Calves	Alt Zombie Kicks	10yds
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds
WU	Adductor & Quad	MiniBand Shoulder ER	10
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap
WU	Lat Pulldowns OR Mobility Band Pulldowns	25	Quadruped Hip CARs
WU	Standing Cable/Band Tricep Pressdown	25	Thread The Needle
WU	Lateral Bear Crawl	10yds each	Bent Knee Iron Cross
WU			Cossack Squat
			10 each
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	BB Close Grip Bench Press - Speed	10x3	Move explosively for all lifts
b	DB Incline Bench Press	4x12	
b	Williams Press	4x12	Rest 30s
c	Wide Grip Pull Up	3x12	
c	DB Rotating Bicep Curl	3x10	
c	Standing Cable/Band Tricep Pressdown	3x50	
c	Band Pull Apart	3x50	Rest 90s
d	Conditioning: 4 Rounds for Time		800m Row + 20 Push Ups
CD	Box Breathing	5minutes	Record Time for future comparison.

Daily Emphasis: Mobility + Upper Dynamic + Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk1:D7

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Airbike/Row/Run	60min	70% max HR	70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



TACTICAL ALPHA Wk2:DI

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alt Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Bear Crawl	10yds	Quadruped Hip CARs	
WU	Weighted Step Ups	10 each	Thread The Needle	
WU	Lateral Bound	10 each	Bent Knee Iron Cross	
WU			Cossack Squat	
			10 each	
Exercise	Sets/Reps	Weight/Intensity	Comments	
a	BB Box Squat	1x3	Work to 3 Rep Max	Start at 1/2 your max and perform sets of 2-3 increasing 20lbs until reaching 3 rep max.
b	BB Front Squat	4x8		Rest 60s
c	Bench Reverse Hypers	4x20		
c	Hanging Leg Lifts	4x20		Rest 60s
d	Heavy Sled Drag	30yds	Total Weight = 60-70% BW	15 trips resting as needed
e	Conditioning: Airbike			3min 50RPM nasal breathing only. THEN 6 rounds: Arms Only 30s all out/30s easy (Nasal Inhale/Mouth Exhale. THEN 1 mile at 140-150bpm.
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Lower Body/Lower Back + Anaerobic Alactic Conditioning



TACTICAL ALPHA Wk2:D2

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes		MiniBand Shoulder ER	10
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
Exercise		Sets/Reps	Weight/Intensity	Comments
a	Conditioning: Airbike/Row/Run	12min	70% max HR	70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.
b	Conditioning: Sprints	5x200m		Max Effort. Rest as Needed. Repeat.

Daily Emphasis: Mobility + Aerobic/Anaerobic Alactic Conditioning



TACTICAL ALPHA Wk2:D3

Exercise: Consider Foam Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes	
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each
WU	Hamstring & Calves	Alt Zombie Kicks	10yds
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds
WU	Adductor & Quad	MiniBand Shoulder ER	10
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap
WU	Lat Pulldowns OR Mobility Band Pulldowns	25	Quadruped Hip CARs
WU	Standing Cable/Band Tricep Pressdown	25	Thread The Needle
WU	Lateral Bear Crawl	10yds each	Bent Knee Iron Cross
WU			Cossack Squat
			10 each
Exercise	Sets/Reps	Weight/Intensity	Comments
a	BB Close Grip Bench Press	1x5	Start at 1/2 your max and perform sets of 2-3 increasing 20lbs until reaching 5 rep max.
b	BB Bent Over Row	3x5	
c	Skullcrusher	4x8	Rest 60s
d	Pull Up	3x12	
d	DB Hammer Curl	3x12	
d	Standing Cable/Band Facepull	3x25	
d	Band Pull Apart	3x25	Rest 90s
e	Conditioning: 4 Rounds for Time		800m Row + 20 Push Ups
CD	Box Breathing	5minutes	

Daily Emphasis: Mobility + Upper Press Focus + Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk2:D4

Exercise: Consider Foam Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest	
WU	Glute & Piriformis	V Rollovers	5
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each
WU	Adductor & Quad	Adductor Rock	5 each
WU	IT Band	Cross Reach Lat Stretch	5 breaths
WU	3. Activate: 3minutes		MiniBand Shoulder ER
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation
WU	MiniBand Squat	5	Yoga Table
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat
	Exercise	Sets/Reps	Weight/Intensity
a	Conditioning: Airbike/Row/Run	12min	70% max HR
b	Conditioning: 1.5 mile run for time	1.5 miles	
			Comments
			70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.
			Record time for reference

Daily Emphasis: Mobility + Aerobic/Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk2:D5

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alt Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Lat Pulldowns OR Mobility Band Pulldowns	25	Quadruped Hip CARs	
WU	Standing Cable/Band Tricep Pressdown	25	Thread The Needle	
WU	Lateral Bear Crawl	10yds each	Bent Knee Iron Cross	
WU			Cossack Squat	
			10 each	
	<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	BB Back Squat	6x2	85% 1RM	Rest 30s. Move explosively for all lifts
b	BB RDL	4x10		Rest 45s
c	KB Swing	3x25		Keep it tight and quick
c	Bench Reverse Hypers	3x15	20lbs	Rest 60s
d	Speed Backward Sled Drag	35yds	Total Weight = 60-70% BW	12 trips resting as needed
e	Ball Slam	4x20	20lbs	Rest 60s
e	Conditioning: Airbike			3min 50RPM nasal breathing only. THEN 6 rounds: Arms Only 30s all out/30s easy (Nasal Inhale/Mouth Exhale. THEN 1 mile at 140-150bpm.
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Lower Dynamic + Anaerobic Alactic Conditioning



TACTICAL ALPHA Wk2:D6

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alt Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Lat Pulldowns OR Mobility Band Pulldowns	25	Quadruped Hip CARs	
WU	Standing Cable/Band Tricep Pressdown	25	Thread The Needle	
WU	Lateral Bear Crawl	10yds each	Bent Knee Iron Cross	
WU			Cossack Squat	
			10 each	
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	BB Close Grip Bench Press - Speed	8x3	55% 1RM	Rest 30s. Move explosively for all lifts.
b	Pendlay Row	5x5		Rest 30s
c	Wide Grip Pull Up	4x12		Rest 30s
d	DB Rotating Bicep Curl	3x12		
d	DB Lateral Raise	3x12		
d	Standing Cable/Band Tricep Pressdown	3x50		
d	Band Pull Apart	3x50		Rest 90s
e	Conditioning: 4 Rounds for Time		800m Row + 20 Push Ups	Record Time for future comparison.
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Upper Dynamic + Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk2:D7

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Airbike/Row/Run	60min	70% max HR	70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



TACTICAL ALPHA Wk3:DI

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alt Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Bear Crawl	10yds	Quadruped Hip CARs	
WU	Weighted Step Ups	10 each	Thread The Needle	
WU	Lateral Bound	10 each	Bent Knee Iron Cross	
WU			Cossack Squat	
			10 each	
Exercise	Sets/Reps	Weight/Intensity	Comments	
a	BB Good Morning	1x3	Work to 3 Rep Max	Start at 1/2 your max and perform sets of 2-3 increasing 20lbs until reaching 3 rep max.
b	BB Deadlift	4x1	80% 1 RM	Rest 45s
c	KB Swing	4x25		
c	Hanging Leg Lifts	4x20		Rest 60s
d	Sled Drag	25yds	Total Weight = 60-70% BW	15 trips resting as needed
e	Conditioning: Airbike			3min 50RPM nasal breathing only. THEN 6 rounds: Arms Only 30s all out/30s easy (Nasal Inhale/Mouth Exhale. THEN 1 mile at 140-150bpm.
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Lower Body/Lower Back + Anaerobic Alactic Conditioning



TACTICAL ALPHA Wk3:D2

Exercise: Consider Foam Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest	
WU	Glute & Piriformis	V Rollovers	5
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each
WU	Adductor & Quad	Adductor Rock	5 each
WU	IT Band	Cross Reach Lat Stretch	5 breaths
WU	3. Activate: 3minutes		MiniBand Shoulder ER
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation
WU	MiniBand Squat	5	Yoga Table
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat
	Exercise	Sets/Reps	Weight/Intensity
a	Conditioning: Airbike/Row/Run	12min	70% max HR
b	Conditioning: 400m Repeats	4x400m	
		Comments	
		70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.	
		Max Effort. Rest with jog for 200m then walk 200m. Repeat.	

Daily Emphasis: Mobility + Aerobic/Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk3:D3

	<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>	
	1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes	
WU	Glute & Piriformis		Fwd/Back High Knee Skips	10yds each
WU	Hamstring & Calves		Alt Zombie Kicks	10yds
WU	Thoracic Spine		Alt Spider Lunge w/T-spine Rotation	10yds
WU	Adductor & Quad		MiniBand Shoulder ER	10
WU	IT Band		Downward Dog 1 Leg Calf Raise	8 each
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap	5 each
WU	Lat Pulldowns OR Mobility Band Pulldowns	25	Quadruped Hip CARs	5 each
WU	Standing Cable/Band Tricep Pressdown	25	Thread The Needle	5 each
WU	Lateral Bear Crawl	10yds each	Bent Knee Iron Cross	10 each
WU			Cossack Squat	10 each
	<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	BB Push Press	1x3		Start at 1/2 your max and perform sets of 2-3 increasing 20lbs until reaching 3 rep max.
b	BB Close Grip Bench Press	4x10		Rest 60s
c	BB Bent Over Row	4x8		Rest 60s
d	Pull Up	3x12		
d	Alt DB Rotating Bicep Curl	3x12		
d	Standing Cable/Band Facepull	3x25		
d	Band Pull Apart	3x25		Rest 90s
e	Conditioning: 4 Rounds for Time		800m Row + 20 Push Ups	Record Time for future comparison.
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Upper Press Focus + Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk3:D4

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
Exercise	Sets/Reps	Weight/Intensity	Comments	
a	Conditioning: Airbike/Row/Run	12min	70% max HR	70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.
b	Conditioning: 2min time trial			All out run for 2 minutes. Record distance for reference.

Daily Emphasis: Mobility + Aerobic/Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk3:D5

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alt Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Lat Pulldowns OR Mobility Band Pulldowns	25	Quadruped Hip CARs	
WU	Standing Cable/Band Tricep Pressdown	25	Thread The Needle	
WU	Lateral Bear Crawl	10yds each	Bent Knee Iron Cross	
WU			Cossack Squat	
			10 each	
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	BB Back Squat	10x2	55% 1RM	Rest 30s. Move explosively for all lifts.
b	Paused BB Front Squat	5xMAX	Moderate weight	Rest 45s
c	Bench Reverse Hypers	3x25		
c	Ball Slam	3x20	20 lbs	Rest 60s
d	Backward Speed Sled Drag	25yds	Total Weight = 60-70% BW	15 trips resting as needed
e	Conditioning: Airbike			3min 50RPM nasal breathing only. THEN 6 rounds: Arms Only 30s all out/30s easy (Nasal Inhale/Mouth Exhale. THEN 1 mile at 140-150bpm.
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Lower Dynamic + Anaerobic Alactic Conditioning



TACTICAL ALPHA Wk3:D6

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
	1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes	
WU	Glute & Piriformis		Fwd/Back High Knee Skips	10yds each
WU	Hamstring & Calves		Alt Zombie Kicks	10yds
WU	Thoracic Spine		Alt Spider Lunge w/T-spine Rotation	10yds
WU	Adductor & Quad		MiniBand Shoulder ER	10
WU	IT Band		Downward Dog 1 Leg Calf Raise	8 each
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap	5 each
WU	Lat Pulldowns OR Mobility Band Pulldowns	25	Quadruped Hip CARs	5 each
WU	Standing Cable/Band Tricep Pressdown	25	Thread The Needle	5 each
WU	Lateral Bear Crawl	10yds each	Bent Knee Iron Cross	10 each
WU			Cossack Squat	10 each
	Exercise	Sets/Reps	Weight/Intensity	Comments
a	BB Flat Bench Press	12x3	Move explosively for all lifts	Rest 30s. 50% 1RM. Think Speed.
b	DB Floor Press	4x10	Heavy as possible	
b	Williams Press	4x12		Rest 30s
c	Wide Grip Pull Up	3xMAX		Rest 60s
d	DB Rotating Bicep Curl	3x12		
d	DB Lateral Raise	3x12		
d	Standing Cable/Band Tricep Pressdown	3x50		
d	Band Pull Apart	3x50		Rest 90s
e	Conditioning: 4 Rounds for Time		800m Row + 20 Push Ups	Record Time for future comparison.
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Upper Dynamic + Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk3:D7

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Airbike/Row/Run	60min	70% max HR	70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



TACTICAL ALPHA Wk4:DI

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alt Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Bear Crawl	10yds	Quadruped Hip CARs	
WU	Weighted Step Ups	10 each	Thread The Needle	
WU	Lateral Bound	10 each	Bent Knee Iron Cross	
WU			Cossack Squat	
			10 each	
Exercise	Sets/Reps	Weight/Intensity	Comments	
a	BB Back Squat	1x3	Work to 3 Rep Max	Start at 1/2 your max and perform sets of 2-3 increasing 20lbs until reaching 3 rep max.
b	BB RDL OR Trap Bar RDL	4x10		Rest 90s
c	BB Bent Over Row	4x8		
c	Hanging Leg Lifts	4x20		Rest 60s
d	Heavy Sled Drag	35yds		
e	Conditioning: Airbike			3min 50RPM nasal breathing only. THEN 6 rounds: Arms Only 30s all out/30s easy (Nasal Inhale/Mouth Exhale. THEN 1 mile at 140-150bpm.
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Lower Body/Lower Back + Anaerobic Alactic Conditioning



TACTICAL ALPHA Wk4:D2

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glutes & Piriformis	V Rollover	5	
WU	Hamstrings & Calves	Toe Sitting w/Back Arm Circles	5 each	
WU	Thoracic Spine	Prone Head Nods	5	
WU	Adductors & Quads	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	Downward Dog w/Alt Knee Bend	5 each	
WU	MiniBand Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Airbike/Row/Run	30-60min	70% max HR	70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



TACTICAL ALPHA Wk4:D3

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glutes & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstrings & Calves	Alt Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductors & Quads	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Lat Pulldowns OR Mobility Band Pulldowns	25	Quadruped Hip CARs	
WU	Banded Tricep Pushdowns	25	Thread The Needle	
WU	Lateral Bear Crawl	10yds each	Bent Knee Iron Cross	
WU			Cossack Squat Glides	
			10 each	
Exercise		Sets/Reps	Weight/Intensity	Comments
a	BB Flat Bench Press	5x5		Rest 90s
b	Incline DB Bench Press	4x12		Rest 60s
c	Williams Press	3x10		Rest 60s
d	Pull-Up	50		Use as few sets as possible to reach 50.
e	Standing Cable/Band Tricep Pressdown	4x12		No rest between exercises
e	DB Hammer Curl	4x10		
e	Standing Cable/Band Facepull	4x25		
e	Band Pull Apart	4x25		Rest 90s
f	Conditioning: 4 Rounds for Time		800m Row + 20 Push Ups	Record Time for future comparison.
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Upper Press Focus + Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk4:D4

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glutes & Piriformis	V Rollover	5	
WU	Hamstrings & Calves	Toe Sitting w/Back Arm Circles	5 each	
WU	Thoracic Spine	Prone Head Nods	5	
WU	Adductors & Quads	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	Downward Dog w/Alt Knee Bend	5 each	
WU	MiniBand Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: 15min EMOM	15min	Gear Optional	30yd Sled Push (Mod Weight)/5 Box Jump/10 Push Up/10 Ball Slam (20-30lbs)/10 DB RDL (25-30lbs)

Daily Emphasis: Mobility + Anerobic Lactic Conditioning



TACTICAL ALPHA Wk4:D5

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alt Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap	5 each
WU	Bear Crawl	10yds	Quadruped Hip CARs	5 each
WU	Weighted Step Ups	10 each	Thread The Needle	5 each
WU	Lateral Bound	10 each	Bent Knee Iron Cross	10 each
WU			Cossack Squat	10 each
Exercise	Sets/Reps	Weight/Intensity	Comments	
a	BB Back Squat	5x5	Move explosively for all lifts	Rest 30s
b	Sumo Deadlift	4x8		Rest 45s
c	Backward Sled Drag	35yds		
d	Lateral Med Ball Toss	4x15 each		Rest 60s
e	Conditioning: Airbike			3min 50RPM nasal breathing only. THEN 6 rounds: Arms Only 30s all out/30s easy (Nasal Inhale/Mouth Exhale. THEN 1 mile at 140-150bpm.
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Lower Dynamic + Anaerobic Alactic Conditioning



TACTICAL ALPHA Wk4:D6

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes	
WU	Glutes & Piriformis	Fwd/Back High Knee Skips	10yds each
WU	Hamstrings & Calves	Alt Zombie Kicks	10yds
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds
WU	Adductors & Quads	MiniBand Shoulder ER	10
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each
WU	3. Activate & Level Change: 2 Rounds, Rest As Needed		Push Up Elbow Tap
WU	Lat Pulldowns OR Mobility Band Pulldowns	25	Quadruped Hip CARs
WU	Banded Tricep Pushdowns	25	Thread The Needle
WU	Lateral Bear Crawl	10yds each	Bent Knee Iron Cross
WU			Cossack Squat Glides
			10 each
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	BB Flat Bench Press	10x3	Move explosively for all lifts
b	DB Flat Bench Press (Neutral Grip)	4x12	Rest 30s
c	DB Hammer Curl	5x10	Rest 45s
c	Williams Press	5x10	Rest 45s
d	Wide Grip Pull Up	1x100	Use as few sets as possible to reach 100.
e	Standing Cable/Band Facepull	4x50	Rest 45s
e	Band Pull Apart	4x50	Rest 45s
f	Conditioning: 4 Rounds for Time		800m Row + 20 Push Ups
CD	Box Breathing	5minutes	Record Time for future comparison.

Daily Emphasis: Mobility + Upper Dynamic + Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk4:D7

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Airbike/Row/Run	60min	70% max HR	70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning