



TACTICAL ALPHA Wk5:DI

<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/Walk/Ruck	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 Wk5: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	Priming: 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.
b	Bench Reverse Hypers	2x25	
b	Swiss Ball/Med Ball Hamstring Curl	2x25	
b	Weighted Step Ups	2x25 each	
c	Rowing Machine	2000m	2000m for time. M: >7min. F: >8min. Record time.
CD	Box Breathing	5min	

Daily Emphasis: Mobility + Anaerobic Lactic Conditioning + Testing



TACTICAL ALPHA Wk5:D3

<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/Walk/Ruck	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 Wk5: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	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
	<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>
a	Priming: 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.
b	Bench Reverse Hypers	2x25	
b	Swiss Ball/Med Ball Hamstring Curl	2x25	
b	Weighted Step Ups	2x25 each	
c	BB RDL	3x10	115% BW
c	Box Jump	3x25	24in box
CD	Box Breathing	5min	

Daily Emphasis: Mobility + Anaerobic Lactic Conditioning + Testing



TACTICAL ALPHA Wk5:D5

<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
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
	<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>
a	Priming: 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.
b	Bench Reverse Hypers	2x25	
b	Swiss Ball/Med Ball Hamstring Curl	2x25	
b	Weighted Step Ups	2x25 each	
c	Wall Balls	50, 40, 30, 20, 10	30lbs
c	Ball Slam	50, 40, 30, 20, 10	20lbs
CD	Box Breathing	5min	

Daily Emphasis: Mobility + Anaerobic Alactic/Lactic Conditioning



TACTICAL ALPHA Wk5:D6

<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	Priming: 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.
b	Bench Reverse Hypers	2x25		
b	Swiss Ball/Med Ball Hamstring Curl	2x25		
b	Weighted Step Ups	2x25 each		
c	Pull Up	25		
c	Deadlift	50	135/95lbs	
c	Push Up	50		
c	Box Jump	50	24/20in	
c	Single Arm Clean & Press	50 each	24/16kg	KB must touch floor each rep.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Anaerobic Alactic/Lactic Conditioning



TACTICAL ALPHA Wk5: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/Walk/Ruck	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 Wk6:DI

<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		Push Up Elbow Tap	5 each	
WU		Quadruped Hip CARs	5 each	
WU		Thread The Needle	5 each	
WU		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	Priming: 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.
b	Bench Reverse Hypers	25		
b	Swiss Ball/Med Ball Hamstring Curl	25		
b	Weighted Step Ups	25 each		
b	Lat Pulldown	25		
b	Standing Cable/Band Tricep Pressdown	25		
b	DB Flat Bench Press	25		
c	BB Back Squat	5x5		60% 1RM. Quick Bar Speed. Rest 90s
d	BB Flat Bench Press	5x5		60% 1RM. Quick Bar Speed. Rest 90s
e	Pendlay Row	5x5		60% 1RM. Quick Bar Speed. Rest 90s
f	Tall Plank	300s total		
g	Conditioning: Airbike	4x10s	100% max effort	Rest 30s between rounds.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk6: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	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/Walk/Ruck	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 Wk6: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		Push Up Elbow Tap	5 each	
WU		Quadruped Hip CARs	5 each	
WU		Thread The Needle	5 each	
WU		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	Priming: 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.
b	Bench Reverse Hypers	25		
b	Swiss Ball/Med Ball Hamstring Curl	25		
b	Weighted Step Ups	25 each		
b	Lat Pulldown	25		
b	Standing Cable/Band Tricep Pressdown	25		
b	DB Flat Bench Press	25		
c	BB Back Squat	5x5	plus 5lbs	Quick Bar Speed. Rest 90s
d	BB Overhead Press	5x5		50% 1RM. Quick Bar Speed. Rest 90s
e	BB Deadlift	1x5		70% 1RM. Quick Bar Speed.
f	Tall Plank	300s total		
g	Conditioning: Airbike	6x15s	80% effort	Rest 45s between rounds.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk6: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	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 Wk6: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		Push Up Elbow Tap	5 each	
WU		Quadruped Hip CARs	5 each	
WU		Thread The Needle	5 each	
WU		Bent Knee Iron Cross	10 each	
WU		Cossack Squat	10 each	
Exercise		Sets/Reps	Weight/Intensity	Comments
a	Priming: 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.
b	Bench Reverse Hypers	25		
b	Swiss Ball/Med Ball Hamstring Curl	25		
b	Weighted Step Ups	25 each		
b	Lat Pulldown	25		
b	Standing Cable/Band Tricep Pressdown	25		
b	DB Flat Bench Press	25		
c	BB Box Squat	5x5	75% 1RM	Box @ or Below Parallel. Quick Bar Speed. Rest 45s.
d	DB Flat Bench Press	4x6		Challenging weight you can still move explosively
d	DB Incline Bench Press	4x12		
d	DB Flat Chest Fly	4x25		Rest 120s.
e	BB Power Clean	3x5		Manageable weight to get all reps. Rest 120s.
f	Tall Plank	300s		
g	KB Swing	10	Choose wisely	10 reps EMOM for 10min
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Total Body Strength + Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk6:D6

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 3 Rounds, Circuit Style, No Rest.		
WU	Glute & Piriformis	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Hamstring & Calves	Alt Zombie Kicks	10yds	
WU	Thoracic Spine	MiniBand Shoulder ER	10	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Activate: 3minutes		Push Up Elbow Tap	
WU	MiniBand Standing Hip ER	10 each	Quadruped Hip CARs	
WU	MiniBand Squat	10	Thread The Needle	
WU	MiniBand Monster Walk Low	10 each	Bent Knee Iron Cross	
WU			V Rollovers	
			5	
Exercise		Sets/Reps	Weight/Intensity	Comments
a	Rower	1000m		Level 9-10. 28-30 spm. Should not be overly taxing.
b	Sled Drag-Pull-Push	3x400m	45lbs	1 round = Backward drag, Hand over hand pull, Push
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Recovery + Push/Pull



TACTICAL ALPHA Wk6: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/Walk/Ruck	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 Wk7:DI

<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		Push Up Elbow Tap	5 each	
WU		Quadruped Hip CARs	5 each	
WU		Thread The Needle	5 each	
WU		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	Priming: 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.
b	Bench Reverse Hypers	25		
b	Swiss Ball/Med Ball Hamstring Curl	25		
b	Weighted Step Ups	25 each		
b	Lat Pulldown	25		
b	Standing Cable/Band Tricep Pressdown	25		
b	DB Flat Bench Press	25		
c	BB Back Squat	5x5	plus 5lbs	Quick Bar Speed. Rest 90s
d	BB Overhead Press	5x5	plus 5lbs	Quick Bar Speed. Rest 90s
e	BB Deadlift	1x5	plus 10lbs	Quick Bar Speed.
f	Tall Plank	300s total		
g	Conditioning: Airbike	6x10s	100% max effort	Rest 60s between rounds.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk7: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	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/Walk/Ruck	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 Wk7:D3

Exercise: Consider Foam Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 3 Rounds, Circuit Style, No Rest.	
WU	Glute & Piriformis	Alt Spider Lunge w/T-spine Rotation	10yds
WU	Hamstring & Calves	Alt Zombie Kicks	10yds
WU	Thoracic Spine	MiniBand Shoulder ER	10
WU	Adductor & Quad	Adductor Rock	5 each
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each
WU	3. Activate: 3minutes		Push Up Elbow Tap
WU	MiniBand Standing Hip ER	10 each	Quadruped Hip CARs
WU	MiniBand Squat	10	Thread The Needle
WU	MiniBand Monster Walk Low	10 each	Bent Knee Iron Cross
WU			V Rollovers
			5
Exercise	Sets/Reps	Weight/Intensity	Comments
CD	Box Breathing	5minutes	

Daily Emphasis: Mobility + Recovery + Rest



TACTICAL ALPHA Wk7: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	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/Walk/Ruck	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 Wk7: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		Push Up Elbow Tap	5 each	
WU		Quadruped Hip CARs	5 each	
WU		Thread The Needle	5 each	
WU		Bent Knee Iron Cross	10 each	
WU		Cossack Squat	10 each	
Exercise		Sets/Reps	Weight/Intensity	Comments
a	Priming: 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.
b	Bench Reverse Hypers	25		
b	Swiss Ball/Med Ball Hamstring Curl	25		
b	Weighted Step Ups	25 each		
b	Lat Pulldown	25		
b	Standing Cable/Band Tricep Pressdown	25		
b	DB Flat Bench Press	25		
c	BB Box Squat	5x5	plus 5lbs	Box @ or Below Parallel. Quick Bar Speed. Rest 45s.
d	DB Flat Bench Press	4x6		Challenging weight you can still move explosively
d	DB Incline Bench Press	4x12		
d	DB Flat Chest Fly	4x25		Rest 120s.
e	BB Power Clean	3x5	plus 5lbs	Manageable weight to get all reps. Rest 120s.
f	Tall Plank	300s		
g	KB Swing	10	Choose wisely	10 reps EMOM for 10min
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Total Body Strength + Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk7:D6

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 3 Rounds, Circuit Style, No Rest.		
WU	Glute & Piriformis	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Hamstring & Calves	Alt Zombie Kicks	10yds	
WU	Thoracic Spine	MiniBand Shoulder ER	10	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Activate: 3minutes	Push Up Elbow Tap	5 each	
WU	MiniBand Standing Hip ER	10 each	Quadruped Hip CARs	5 each
WU	MiniBand Squat	10	Thread The Needle	5 each
WU	MiniBand Monster Walk Low	10 each	Bent Knee Iron Cross	10 each
WU			V Rollovers	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Rower	1000m	Level 9-10. 28-30 spm. Should not be overly taxing.	
b	Sled Drag-Pull-Push	4x400m	45lbs	1 round = Backward drag, Hand over hand pull, Push
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Recovery + Push/Pull



TACTICAL ALPHA Wk7: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/Walk/Ruck	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 Wk8:DI

<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		Push Up Elbow Tap	5 each	
WU		Quadruped Hip CARs	5 each	
WU		Thread The Needle	5 each	
WU		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	Priming: 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.
b	Bench Reverse Hypers	25		
b	Swiss Ball/Med Ball Hamstring Curl	25		
b	Weighted Step Ups	25 each		
b	Lat Pulldown	25		
b	Standing Cable/Band Tricep Pressdown	25		
b	DB Flat Bench Press	25		
c	BB Back Squat	5x5	plus 5lbs	Quick bar speed. Rest 90s.
d	BB Flat Bench Press	5x5	plus 5lbs	Quick bar speed. Rest 90s.
e	Pendlay Row	5x5	plus 5lbs	Quick bar speed. Rest 90s.
f	Tall Plank	300s total		
g	Conditioning: Airbike	5x12s	100% max effort	Rest 30s between rounds.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk8: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/Walk/Ruck	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 Wk8: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		Push Up Elbow Tap	5 each	
WU		Quadruped Hip CARs	5 each	
WU		Thread The Needle	5 each	
WU		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	Priming: 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.
b	Bench Reverse Hypers	25		
b	Swiss Ball/Med Ball Hamstring Curl	25		
b	Weighted Step Ups	25 each		
b	Lat Pulldown	25		
b	Standing Cable/Band Tricep Pressdown	25		
b	DB Flat Bench Press	25		
c	BB Back Squat	5x5	plus 5lbs	Quick Bar Speed. Rest 90s
d	BB Overhead Press	5x5	plus 5lbs	Quick Bar Speed. Rest 90s
e	BB Deadlift	1x5	plus 10lbs	Quick Bar Speed.
f	Tall Plank	300s total		
g	Conditioning: Airbike	6x20s	100% max effort	Rest 40s between rounds.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk8: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: Airbike/Row/Walk/Ruck	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 Wk8: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		Push Up Elbow Tap	5 each	
WU		Quadruped Hip CARs	5 each	
WU		Thread The Needle	5 each	
WU		Bent Knee Iron Cross	10 each	
WU		Cossack Squat	10 each	
Exercise		Sets/Reps	Weight/Intensity	Comments
a	Priming: 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.
b	Bench Reverse Hypers	25		
b	Swiss Ball/Med Ball Hamstring Curl	25		
b	Weighted Step Ups	25 each		
b	Lat Pulldown	25		
b	Standing Cable/Band Tricep Pressdown	25		
b	DB Flat Bench Press	25		
c	BB Box Squat	5x5	plus 5lbs	Box @ or Below Parallel. Quick Bar Speed. Rest 45s.
d	DB Flat Bench Press	4x6		Challenging weight you can still move explosively
d	DB Incline Bench Press	4x12		
d	DB Flat Chest Fly	4x25		Rest 120s.
e	BB Power Clean	3x5	plus 5lbs	Manageable weight to get all reps. Rest 120s.
f	Tall Plank	300s		
g	KB Swing	10	Choose wisely	10 reps EMOM for 10min
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Total Body Strength + Anaerobic Lactic Conditioning



TACTICAL ALPHA Wk8:D6

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 3 Rounds, Circuit Style, No Rest.		
WU	Glute & Piriformis	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Hamstring & Calves	Alt Zombie Kicks	10yds	
WU	Thoracic Spine	MiniBand Shoulder ER	10	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Activate: 3minutes		Push Up Elbow Tap	
WU	MiniBand Standing Hip ER	10 each	Quadruped Hip CARs	
WU	MiniBand Squat	10	Thread The Needle	
WU	MiniBand Monster Walk Low	10 each	Bent Knee Iron Cross	
WU			V Rollovers	
			5	
Exercise		Sets/Reps	Weight/Intensity	Comments
a	Rower	1000m		Level 9-10. 28-30 spm. Should not be overly taxing.
b	Sled Drag-Pull-Push	5x400m	45lbs	1 round = Backward drag, Hand over hand pull, Push
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Recovery + Push/Pull



TACTICAL ALPHA Wk8: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/Walk/Ruck	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