



TACTICAL ALPHA Wk9: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 Wk9:D2

	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 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	6x12s	100% max effort	Rest 60s between rounds.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk9: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 Wk9:D4

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 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	6x22s	80% max effort	Rest 38s between rounds.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk9:D5

<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	Chin Up	5x5	Use weight vest/belt at the appropriate weight	If unable to use weight, do BW or Band Assisted and add reps at future sessions.
b	Box Jump	10x2	Max height	Rest as needed
c	Rowing Machine	3 rounds	250m	For time.
c	KB Front Rack Hold	3 rounds	24kg	Hold for length of time it took to complete 250m row.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Plyometric + Anaerobic Alactic/Lactic Conditioning



TACTICAL ALPHA Wk9:D6

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
WU	MiniBand Squat	5	Yoga Table
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat
			5
Exercise	Sets/Reps	Weight/Intensity	Comments
a	Sport OR Fun Activity		

Daily Emphasis: Mobility + Recover



TACTICAL ALPHA Wk9:D7

<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	55lbs	1 round = Backward drag, Hand over hand pull, Push
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Push/Pull



TACTICAL ALPHA Wk10: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 Wk10:D2

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 Back Squat	5x5	plus 5lbs	60% 1RM. Quick Bar Speed. Rest 90s
d	BB Flat Bench Press	5x5	plus 5lbs	60% 1RM. Quick Bar Speed. Rest 90s
e	Pendlay Row	5x5	plus 5lbs	60% 1RM. Quick Bar Speed. Rest 90s
f	Tall Plank	300s total		
g	Conditioning: Airbike	3x10s	100% max effort	Rest 110s then perform 20s bout.
g	Conditioning: Airbike	3x20s	80% max effort	Rest 100s then perform 10s bout.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk10: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		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			5min 50RPM nasal breathing only.
b	Chin Up	5x5	plus 2.5-5lbs	If using BW or band assist add a few reps to last time.
c	Broad Jump	5x3		Max distance. Rest as needed.
d	Hang Power Clean	3x10	55-60% 1RM	
d	2 Minute Step-Up	3x2min	18-20inch box	120s rest.
e	BB Front Squat	3x12	50% 1RM	
e	Rowing Machine	3x2min	550m pace	120s rest.
f	Pull Up	3x8		
f	Push Up	3x8		
f	Hanging Leg Lifts	3x8		60s rest.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Interval Training



TACTICAL ALPHA Wk10:D4

	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 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	4x60s	100%>80%>Easy	10s 100%>20s 80%>30s Easy. Right into next set.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk10:D5

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	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
Exercise		Sets/Reps	Weight/Intensity	Comments
a	Chin Up	5x5	Use weight vest/belt at the appropriate weight	If unable to use weight, do BW or Band Assisted and add reps at future sessions.
b	Box Jump	5x4	Max height	Rest as needed
c	Rower	3 rounds	250m	For time.
c	BB RDL	3x10	125% BW	
c	DB Thruster	3x12	2x25lbs DB	Rest as needed
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Plyometric + Anaerobic Alactic/Lactic Conditioning



TACTICAL ALPHA Wk10: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		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	10x2	80% 1RM	Box @ or Below Parallel. Quick Bar Speed. Rest 45s.
d	BB RDL	3x12		Challenging weight you can still move explosively
d	Cable/Band Seated Hamstring Curl	3x25		
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 Wk10:D7

<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	500m		5min easy pace. Nasal breathing only.
b	Sled Drag-Pull-Push	4x400m	55lbs	1 round = Backward drag, Hand over hand pull, Push
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Recovery + Push/Pull



TACTICAL ALPHA Wk1: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 Wk1:D2

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 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	3x12s	100% max effort	Rest 108s then perform 20s bout.
g	Conditioning: Airbike	3x22s	80% max effort	Rest 98s then perform 10s bout.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk11: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		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			5min 50RPM nasal breathing only.
b	Chin Up	5x5	plus 2.5-5lbs	If using BW or band assist add a few reps to last time.
c	Broad Jump	7x3		Max distance. Rest as needed.
d	Hang Power Clean	3x10	55-60% 1RM	
d	2 Minute Step-Up	3x2min	18-20inch box	120s rest.
e	BB Front Squat	3x12	50% 1RM	
e	Rowing Machine	3x2min	550m pace	120s rest.
f	Pull Up	3x8		
f	Push Up	3x8		
f	Hanging Leg Lifts	3x8		60s rest.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Interval Training



TACTICAL ALPHA Wk11:D4

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 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	5x60s	100%>80%>Easy	10s 100%>20s 80%>30s Easy. Right into next set.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk11:D5

<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	Chin Up	5x5	Use weight vest/belt at the appropriate weight	If unable to use weight, do BW or Band Assisted and add reps at future sessions.
b	Box Jump	5x4	Max height	Rest as needed
c	Racked KB Step-Ups	Comments	2x16kg. 18-20inch box.	50-40-30-20-10. Total reps NOT each side.
c	Knees to Elbows Alternating Crunches	Comments	2x25lbs DB	Rest as needed. For Time.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Plyometric + Anaerobic Alactic/Lactic Conditioning



TACTICAL ALPHA Wk1: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		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	8x2	85% 1RM	Box @ or Below Parallel. Quick Bar Speed. Rest 45s.
d	BB RDL	3x12		Challenging weight you can still move explosively
d	Cable/Band Seated Hamstring Curl	3x25		
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 Wk11:D7

<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
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
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	Rower	500m	5min easy pace. Nasal breathing only.
b	Sled Drag-Pull-Push	4x400m	65lbs
CD	Box Breathing	5minutes	

Daily Emphasis: Mobility + Recovery + Push/Pull



TACTICAL ALPHA Wk12: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 Wk12:D2

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 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	6x60s	100%>80%>Easy	10s 100%>20s 80%>30s Easy. Right into next set.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk12: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		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		5min 50RPM nasal breathing only.	
b	Chin Up	5x5	plus 2.5-5lbs	If using BW or band assist add a few reps to last time.
c	Broad Jump	9x3		Max distance. Rest as needed.
d	Air Squat	8 rounds	20s On: 10s Rest Position	Rest = Parallel Squat Hold. Rest 1min at end.
e	Push-Up	8 rounds	20s On: 10s Rest Position	Rest = Tall Plank Hold. Rest 1min at end.
f	Sit-Up	8 rounds	20s On: 10s Rest Position	Rest = Hollow Hold. Feet 6" from floor. Rest 1min at end.
g	Burpee	8 rounds	20s On: 10s Rest Position	Rest = Parallel Squat Hold. Rest 1min at end.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Interval Training



TACTICAL ALPHA Wk12:D4

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 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 Wk12:D5

<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
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
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	Chin Up	5x5	Use weight vest/belt at the appropriate weight
b	Box Jump	5x4	Max height
c	Squat Thrust Burpee	1x500	Burpee w/o push-up or squat. Rest as needed.
CD	Box Breathing	5min	

Daily Emphasis: Mobility + Plyometric + Anaerobic Lactic & Aerobic Conditioning



TACTICAL ALPHA Wk12: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		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	12x2	75% 1RM	Box @ or Below Parallel. Quick Bar Speed. Rest 45s.
d	BB RDL	3x12		Challenging weight you can still move explosively
d	Cable/Band Seated Hamstring Curl	3x25		
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 Wk12:D7

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	500m		5min easy pace. Nasal breathing only.
b	Sled Drag-Pull-Push	4x400m	65lbs	1 round = Backward drag, Hand over hand pull, Push
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Recovery + Push/Pull