



TACTICAL ALPHA Wk13: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 Wk13: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	6x1min	100%/80%/Easy Spin	10s/20s/30s
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk13: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			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	10x3		Max distance. Rest as needed.
d	Burpee	4 rounds		30s on/30s off, next exercise
d	Alt Lunge Jump	4 rounds		30s on/30s off, next exercise
d	Frog Hops	4 rounds	Push-Up Pos, Hop Feet Up	30s on, rest 2min, 3 more rounds
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Interval Training



TACTICAL ALPHA Wk13: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	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	3x25s	100% effort	Rest 35s between rounds.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk13: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	Air Squat	8 rounds	20s On: 10s Rest Position	Rest = Parallel Squat Hold. Rest 1min at end.
d	Push-Up	8 rounds	20s On: 10s Rest Position	Rest = Tall Plank Hold. Rest 1min at end.
e	Sit-Up	8 rounds	20s On: 10s Rest Position	Rest = Hollow Hold. Feet 6" from floor. Rest 1min at end.
f	Burpee	8 rounds	20s On: 10s Rest Position	Rest = Parallel Squat Hold. Rest 1min at end.
CD	Box Breathing	5min		

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



TACTICAL ALPHA Wk13: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 Wk13: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	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	Rower	1000m		Level 9-10. 28-30 spm. Should not be overly taxing.
b	Sled Drag-Pull-Push	4x400m	60lbs	1 round = Backward drag, Hand over hand pull, Push
CD	Box Breathing	5minutes		

Daily Emphasis: Mobility + Push/Pull



TACTICAL ALPHA Wk14: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 Wk14: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	3x30s	80% max effort	Rest 30s then perform 20s bout.
g	Conditioning: Airbike	2x40s	80% max effort	Rest 20s then perform 30s bout.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk14: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			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	10x3		Max distance. Rest as needed.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Plyometric



TACTICAL ALPHA Wk14: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	2x3min	75% max effort	Rest 120s between rounds.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength + Anaerobic Conditioning



TACTICAL ALPHA Wk14: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
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Plyometric



TACTICAL ALPHA Wk14: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	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 Wk14: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	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	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



TACTICAL ALPHA Wk15: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 Wk15: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	Air Squat	1x100		
d	Banded Push-Up	1x100		
e	Band Pull Apart	1x100		
f	Band Bicep Curl	1x100		
g	Standing Cable/Band Tricep Pressdown	1x100		
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Pump



TACTICAL ALPHA Wk15: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 Wk15: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	1-Mile Run			For Time. Record Time.
b	BB Flat Bench Press	40	Bar + Plates = Bodyweight	Take as many sets/rest as you need to complete.
b	Backward Wall Climb to Handstand Push-Up	40		Walk up wall with feet. Do 1 Push-Up. Walk Down.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Mile Test + Upper Body Volume



TACTICAL ALPHA Wk15: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	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	
	<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 Wk15: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	BB Back Squat	50	Bar + Plates = Bodyweight	Use as few re-racks as possible.
b	Conditioning: Row	2000m	Time the first 2000m	Add 500m for every re-rack or drop during squats.
CD	Box Breathing	5min		

Daily Emphasis: Mobility + 2000m Row Test



TACTICAL ALPHA Wk15: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	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	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



TACTICAL ALPHA Wk16: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 Wk16:D2

	<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/Row/Jog			5min nasal breathing only. If you have to mouth breathe, slow your pace.
b	Bench Reverse Hypers	25		
b	Swiss Ball/Med Ball Hamstring Curl	25		
b	Weighted Step Ups	25 each		
c	Sled Drag-Pull-Push	2x60m	50% Bodyweight	1 round = Back drag, Fwd Drag, Side Drag each direction
d	DB Goblet Squat	3x8	Heaviest KB/DB you can use	
d	Toes Elevated 1 Leg Glute Bridge	3x12 each	Heavy KB/DB at hips	Keep hips level or choose lighter weight.
e	BB RDL	3x8	70% max	
e	Reverse Nordic Curl	3x8	Bodyweight Only	5s hold at bottom. 120s rest
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Full Body Strength



TACTICAL ALPHA Wk16: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	Box Jump	1x20		Work toward max height in last 5 jumps.
b	Single Leg Bounds	4x6	Max distance	6 alt bounds. 3 per leg.
c	4 Cone Box Drill	2 rounds	4 cones in a box, each 5yds apart	Start on belly on back left cone>explode up and sprint forward past 2nd cone>drop>explode up>move laterally right past 3rd cone>drop>explode up>sprint backward past 4th cone>drop>explode up move laterally left past 4th cone>time.
d	Sandbag Pick-Up to Shoulder & Carry	5x6	80lbs	Carry 5yds>drop>pickup>place on other shoulder
d	KB/DB Chop to Halo around the Head	5x6	45lbs	Halo should lead you into chop from the other side. R+L = 1rep
d	Tall Kneeling Plate Half-Moon	5x6	35lbs	Move plate from right hip>overhead>left hip>overhead>right hip = 1rep
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Agility + Core



TACTICAL ALPHA Wk16: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/Row/Jog			5min nasal breathing only. If you have to mouth breathe, slow your pace.
b	Lat Pulldown	2x25		
b	Standing Cable/Band Tricep Pressdown	2x25		
b	DB Flat Bench Press	2x25		
c	BB Overhead Press	1x1	Work toward 1RM	Keep work-up sets to <5 reps. <60s rest between each.
d	Pull Up	5 rounds	BW	EMOM do 35% of your max number of pull-ups.
e	Deadlift	4x6	75-115lbs. Use same weight	Don't put the bar down until push-ups.
e	Bent Over Row	4x6		
e	Hang Clean	4x6		
e	Front Squat	4x6		
e	Push Press	4x6		
e	Back Squat	4x6		
e	Push-Up	4x6		Rest 120s. 3 more rounds
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Upper Body Max Effort



TACTICAL ALPHA Wk16: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	Box Jump	4x5	Max height	Rest as needed
b	Touch Jump Laterals	4x6	Max height	Cones 5yds apart. Squat>touch floor>jump>touch floor>lateral shuffle to other cone.
c	Weighted Shuttle Sprints	3x3min	25lbs weight vest	25yds. Sprint>drop to belly>get up>sprint back. Rest 1min. Count total number of complete down-backs over all 3 rounds.
d	Sandbag Pick-Up to Shoulder & Carry	5x6	80lbs	Carry 5yds>drop>pickup>place on other shoulder
d	KB/DB Chop to Halo around the Head	5x6	45lbs	Halo should lead you into chop from the other side. R+L = 1rep
d	Tall Kneeling Plate Half-Moon	5x6	35lbs	Move plate from right hip>overhead>left hip>overhead>right hip = 1rep
CD	Box Breathing	5min		

Daily Emphasis: Mobility + Agility + Core



TACTICAL ALPHA Wk16: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		
c	BB Back Squat	5x5	70% 1RM	Below Parallel. Quick Bar Speed. Rest 45s.
d	BB RDL	4x15		Challenging weight you can still move explosively
e	Banded Good Morning	3x25		
f	DB Alt Lunges	3x10		5 each leg
f	DB Alt Jump Lunges	3x10		5 each leg
f	BW Alt Jump Lunges	3x10		5 each leg
f	BW Squat Jumps	3x10	Max Height	Rest 120s.
CD	Box Breathing	5min		

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



TACTICAL ALPHA Wk16: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	30min	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