

The Obstacle Course Race Training Program

**“Designed for Military, Law Enforcement, and Fire-Fighting Training
Preparation and for those who want to compete
in Obstacle Course Races”**



**By Stew Smith CSCS
Former Navy SEAL**

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NOTE: There are many obstacle course races and new ones popping up every month, so if you have any questions about how to train for your upcoming race, please email Stew Smith at stew@stewsmith.com. We can help you add in exercises / routines if this product is not specific enough for your event.



Your purchase of this ebook enables us at [Heroes of Tomorrow](#) to train for FREE young men and women seeking military, law enforcement, fire fighting training professions.

About the Author



Former Navy Lieutenant (SEAL) Stew Smith graduated from the United States Naval Academy in 1991 and received orders to Basic Underwater Demolition/SEAL (BUD/S) training, (Class 182). He has written workouts that prepare future BUD/S students for SEAL Training to include "**The Complete Guide to Navy SEAL Fitness**" and "**Maximum Fitness**" and many other military special ops and law enforcement programs.

Stew Smith writes about fitness and acing physical fitness tests and is the founder of Heroes of Tomorrow Fitness – an online fitness resource for people seeking military, law enforcement and fire fighting professions. Basically - anything that requires a fitness test to enter, Stew Smith has the answer.

He is certified by the National Strength and Conditioning Association as a strength and conditioning specialist (CSCS). These books and downloadable manuals can take you from beginner to a combat conditioned veteran. Let these workouts assist you in becoming a better conditioned athlete. The following list is the published books he has written and the downloadable manuals to his credit as well. All books and manuals are fitness related and are simply written accounts of his experience as a trainer and his own athletic history.

Stew Smith's Published Books /DVDs

[The Complete Guide to Navy SEAL Fitness](#) (Book / DVD)

[Maximum Fitness](#) – The Complete Guide to Navy SEAL Cross-training

[The SWAT Workout](#)

[Common Sense Self Defense](#)

[The Special Operations Workout](#)

[Prehab Fitness Video](#)

[The Combat Swimmer Stroke DVD](#)

[The PFT Fitness Clinic DVD](#)

General Fitness and Nutritional Guides for Everyone

[The 90 Day Beginner / Intermediate Guide to Fitness](#)

[Reclaim Your Life - Erin O'neill Story \(beginner / intermediate\)](#)

[Veterans Fitness - Baby Boomer and a Flat Stomach!](#)

[Kids Workout - Ace the President Fitness Test / Award](#)

[The Busy Executive Workout Routine](#)

[The New Advanced Weights / PT / Cardio Plan - Winter Phase](#)

[Advanced Maintenance / Recovery Plan](#)

[The TRX Ebook – Fit the TRX into Your Military Training](#)

The Military Physical Fitness Workouts

[Combat Conditioning Workout](#)

[Navy SEAL Workout Phase 1 Beginner Weeks 1-6](#)

[Navy SEAL Workout Phase 2 - 3 - Intermediate Weeks 1-12](#)

[Navy SEAL Workout Phase 4 Grinder PT](#)

[Navy SWCC Workout](#)

[The Army Special Forces / Ranger Workout](#)

[The Army Air Assault School Workout](#)

[The Army Airborne Workout](#)

[The Army OCS and PFT Workout](#)

[The New Army PRT and ACRT Workout\(2011\)](#)

[USMC IST and PFT](#)

[USMC RECON Workout](#)

[USMC OCS / TBS Workout](#)

[Air Force PJ / CCT Workout](#)

[The Coast Guard Rescue Swimmer Workout](#)

[The Service Academy Workout \(West Point, Navy, Air Force Academy\)](#)

[The Navy, Army, Air Force, Marine Corp Bootcamp Workout](#)

The Law Enforcement Physical Fitness Workouts

[The FBI Academy Workout](#) | [The DEA Workout](#)

[The FLETC Workout - Ace the PEB](#)

[The PFT Bible: Pushups, Situps, 1.5 Mile Run](#)

[The Fire Fighter Workout](#)

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Introduction to Obstacle Courses



Whether you are joining the military, law enforcement, or fire fighting training programs, you will be asked to pass obstacle course tests during your academy / boot camp training. You will continue to do obstacle courses or combat conditioning courses throughout your career. Many people fail climbing over walls, running steps wearing full gear, or climbing rope. This workout program is designed to not only help the future [Heroes of Tomorrow](#) pass work related skills, but also help those seeking a growing fitness trend of obstacle course racing.

Obstacle Races can be as intense as military / spec ops based, full of [mud](#), crawling, climbing, even [zombies](#) chasing you. Most of these races share a common denominator - mud, water, obstacles you climb, crawl under, jump over, and run to and through. Many also throw in a few curve ball obstacles as a surprise that are usually terrain / race event specific to include sliding down hills, dealing with fire, rope climbs and swings and many more. Here is a list of obstacle course races that are growing in popularity:

The Civilian Military Combine - [Civilian Military Combine](#) Creating a strategy for success in the CMC race requires you to practice the events, adapt to the recovery and exertion levels, pace your miles to your level of fitness and abilities, but most importantly –have fun doing it. This is a great mix of power strength contest and endurance race!

The Spartan Race - [www.spartanrace.com](#) - A race complete with miles of obstacles, mud, fire and more and a variety of distances for different levels of fitness. This race has venues around the world.

Tough Mudder [www.toughmudder.com](#) - Designed my British Special Forces, this 10-12 mile run mixed with as many obstacles will challenge any competitor.

Metro Dash [www.metrodash.com](#) - A short sprint type race full of 15+ obstacle / events. You will only run 600 meters in this race, but lift / pull / climb / push through so many events you wish you could rest with a mile jog.

Warrior Dash - [www.warriordash.com](#) - Another obstacle race complete with miles of obstacles, mud, fire, and running.

A fun one for the FREAK in you - Run for Your Lives -
[www.runforyourlives.com](#) - This is a shorter 5km race complete with obstacles and mud BUT you run from the zombies chasing you.

There are many, many races that are out there and some likely very close to you. See [US Race Calendar](#) for more info and the dozens of races in your area.



It is recommended to do some research on the web pages of the race or training program you are seeking to see if the obstacle course is a longer mileage race or a challenging obstacle sprint course. YOU DO NOT want to run *this* hill without having trained for it!

Find out if your race:

- 1) Extends over several miles (5 or more miles requires some form of running program to compete as well as complete without injury).
- 2) Requires any lifting or steep runs / climbs in the mountains
- 3) Will require you do get wet or muddy during the event
- 4) Has any weight lifting or functional training movements like tire flipping, log carries, injured person drills, or other heavy lifting
- 5) Has any high climbing / rope climbing obstacles

Featured Obstacle Course Race

The reason why I created a program for the **Civilian Military Combine** race is that if you can complete this race and do it well, you will be prepared for any type of obstacle course race and / or any military, police, fire fighting training course as well. The CMC is a combination functional lifting event and mountain obstacle course race – requiring both muscle strength / stamina and cardio vascular endurance. Not only will this fitness program help you with training for a variety of obstacle course races, it will help prepare you for many of the job related skills required of you if you seek a physically demanding public service profession. This program is a great tool to prepare for SWAT competitions, Fire Fighter Challenges, and other Combat Conditioning Courses.

For the CMC Race, a 7.5 mile run up / down a mountain with obstacles every half mile plus a six minute burnout PT in the PIT for a pre-race warm-up will build a foundation of obstacle course fitness you can take to any race and profession. The PIT is tough: FOUR exercises and you have a 1:30 seconds to do as many reps as you can at each station with a 30 second rest and rotate between each station. Score is kept by how many repetitions total you get when you add 1:30 of burpees, thrusters, box jumps, and kettlebell swings each. THEN - you get to run an obstacle course race 7-8 miles up and down a ski slope!

So, practice running and these following exercises often during the few months prior to your race day. Here are the exercises of the PIT:

Exercise 1: Thruster (front squat into over head press)



(optional push press for 7 reps)

Exercise 2: Kettle bell or dumbbell swing



(latest CMC PIT 7 reps)

Exercise 3: Burpee – max reps for 90 seconds



Exercise 4: Box jump 20 inches universal height – straighten torso / hips for complete repetition.



Mix the Burpee with the jump for sets of seven reps in the latest PIT exercise – 1 burpee jump /step over the box repeat for 7 reps.

How many 7 reps sets of Burpee/jumps, KB swings, and push press can you get = NEW PIT 2013.

These exercises are full body and highly anaerobic events. Train each exercise for 90-120 seconds to get used to the exercise for that time, BUT also adapt to the quick 30 second recovery period. Make sure in your workouts that you practice the 30 second rest period for optimal performance gains in the PIT.

Another option if you are not into lifting weights is to add the [**8 Count Pushup / Pullup Pyramid**](#) into your training routine once a week for a few months. The workout charts will feature this workout each week as it is a great Obstacle Course Simulator.

BUT - to train for any event, I highly recommend getting familiar with these four exercises as well as others and follow this quick workout with a longer run of 6-7 miles to get a solid foundation of the distance required for this race. Yes - this race is on a ski slope so prepare by running hills. Mix these PIT workouts 2-3 times into your weekly workout with 3-4 runs per week totaling the 6-7 mile distances (LSD run and interval speed work). If you do not currently run that distance, build up to 5-7 miles of running over the next several weeks. Perhaps by adding a mile per week to your runs for 5-6 weeks will help you depending on your current mileage per week.

Here is a sample running plan. Arrange to fit your personal schedule and fitness level as needed:

Wk	Mon: Mile Interval	Tues	Wed	Thurs Mile Intervals	Friday	Sat	Sunday
1	3 miles	2 miles	off	3 miles	Off	2 miles	off
2	4 miles	3 miles	off	3 miles	Off	2 miles	off
3	4 miles	4 miles	off	3 miles	Off	2 miles	off
4	5 miles	4 miles	off	4 miles	Off	4 miles	off
5	6 miles	5 miles	off	off	Off	5 miles	off
6	7 miles	5 miles	off	off	off	event	off

*note – the above distances assumes you already jog regularly in your workouts – If you are a beginner or currently do no running, see [optional beginner plan](#)

The workouts charts will feature these exercises and many others plus a steady logically progressive running plan to take you from a few miles of running to multiple miles of running over several weeks.

Another option to your training:

Many of you may already have your own workouts that you like to do from p90x to Crossfit, or athletic sports training routines. That is fine. What you can do is add in 1 mile runs at regular intervals during your normal workout routine to prepare for the feeling of the obstacle course race of working / running up to 1 mile at a time in the race. Build up to 5-6 miles intervals over time within your own structured workout routine.

Most Common Obstacles

More than half of all the obstacles in each of the different obstacle course races are the same or similar. All races will have obstacles to climb, crawl under, jump over, and a certain distance in between each culminating into an event that is either a few hundred meters long (Metro Dash) or several miles long (Tough Mudder).

Professionally, most people have difficulty with two types of obstacles: wall or fence climbs and rope climbs. Usually the reason is many people who attempt these obstacles for the first time lack upper body strength and / or carrying a little more weight than they need. Being overweight makes pull-ups / rope climbs harder than they need be, so a weight loss program complete with resistance training, cardiovascular training, and proper food intake is highly recommended.

If you are just new to upper body fitness strength training, there are many exercises that you can use to build up to being able to do pull-ups, dips and rope climbs. Mastering these exercises will help you build the strength to get over walls and fences as well as climbing ropes.

If you cannot do pull-ups, there are many exercises like pull-downs, DB rows, bicep curls, grip exercises, and assisted pull-ups will help you work the muscles so you can 1) do pull-ups, but also 2) climb rope obstacles, walls, or fences.

Here is a list of obstacles and tips to master them:

Most Common Obstacles – Top Ten Chart and Tips to Get Over and Through Obstacles

Obstacle 1: Low / Bear crawl – Be prepared to get dirty and use your core / hips / shoulders to crawl on all fours or your belly or back.

Obstacle 2: Walls / Fences – Jumping and pulling yourself up at the same time are required to get over these obstacles. Look for hand / foot holds as well to get over the walls.

Obstacle 3: High / low poles - Competitors must go over the higher poles / logs and under the lower ones. Usually 10-40 poles per race. Work on core flexibility to quickly move through this station.

Obstacle 4: Steep hill climb – **If race is on skip slope expect an uphill climb.** Competitors must scale 1/4-1/2 mile of a pitch that will make them get on their hands and knees. Work the legs while running doing hills and leg PT

Obstacles 5: Log carry - 400 yards of a log or heavy object carry with both decline and incline from A to B and back to A. In the military, you will carry an injured person through the course so practice fire man carries.

Obstacle 6: Monkey Bars / Rope – Crossing monkey bars or horizontal ropes hand over hand with a huge puddle of mud under competitors is a classic. Work the grip and shoulder strength by doing pull-ups and lightweight shoulder workouts.

Obstacle 7: River run – Usually a cold water event of 100-200 yards. Competitors will have to bob under wooden planks making them submerge themselves in icy water. Swim and run in shallow end of the pool.

Obstacle 8: Cargo Net and Rope climbs / slides – Climb up and over cargo netting draped over a wall or other structure. Use legs not just your arms to pull over these obstacles. Focus on grip strength – pull-ups and rope hangs.

Obstacle 9: Tire Runs – One of the oldest in the book but effective if done for 100-200 yards and will definitely slow down the fastest runners by having competitors step in every tire.

Obstacle 10 – Balance Logs – Walk on a variety of stable and unstable logs, tires, and boards for a short distance but likely will fall in the mud if you miss.

The Key to Supplemental Training (Simulate the Race)

Most people seeking to challenge themselves in obstacle course races are looking for a new event and likely already work out rigorously. By adding a few core exercises, interval training, and endurance workouts that simulate the obstacles course race into their routine, they can prepare for any of these races.

It is recommended to add regular running intervals from $\frac{1}{4}$ mile, $\frac{1}{2}$ mile, and full mile in between a variety of exercises that engage the core, pulling muscles, legs, and pushing muscles. One of my favorite is the 8 count pushup or burpee / pull-up pyramid. See [Obstacle Course Simulation](#).

- Another option is to make the pushup section of the 8 count pushups harder. Try 5 pushups per repetition of the 8 count pushups making it a 16 count pushup. Or do 5 pushups per burpee rep.

Another that works in longer running intervals is the [run and leg PT](#) where you run $\frac{1}{4}$ mile, $\frac{1}{2}$ mile and 1 mile intervals and you rest with exercises like squats, lunges, Kb swings, even full-body Olympic lifts.

Bike Pyramid: - Great for leg endurance / climbing hill simulation with NON IMPACT - On a stationary bike with resistance levels (*Life Cycle) - Level1 for 1:00, level 2 for 1:00, etc...increase level of resistance by 1 levels each minute for 10-15 minutes – re reverse order =20-30:00. If resistance levels max out at 20+ you can increase resistance each minute by 2 levels for a true max out challenge. Try to keep the RPM of the bike between 80-100.

Run / Burpee Pyramid: Here is a great way to get good at burpees. Start off with 1 burpee then run 50m (bball court or football field) THEN run 50m - 2 burpees, run 50m 3 burpees...continue until you fail. Can you get up to 20-25?

Run and Leg PT with weights / bleacher runs - Another training method to help with your speed is to mix in mile intervals with exercises that are from the PIT or that mimic the obstacles in the run. For instance,

Repeat 3-4 times

run 1 mile timed

KB swings 90 seconds or box jumps - 30 seconds rest

burpee – 90 seconds or thrusters - 30 seconds rest

pull-ups – max (mimic pulling obstacles)

bear crawls 25-50m

bleacher runs 1-2 minutes

Since, every mile there is an obstacle in most races, doing more 1 mile interval work during the week will enhance your times, but building a base of 5-7 miles per running session will help you with endurance.

The Warm-Up Routine

Finding what works best for you as a warm-up routine that helps you produce the best results is critical to your success in either fitness testing as well as law enforcement training. Increasing one's flexibility should be the first goal before starting fitness/athletic activity. Increased flexibility has been proven to aid in blood circulation, prevention of injuries, increased speed, and range of motion. This dynamic stretch routine is a quick and effective way to produce these results.

Dynamic Stretching Explained

A quick and easy to follow dynamic stretching routine will demonstrate the way to warm up and prepare for workouts. Take 5-10 minutes and get warmed up with these leg movements prior to working out.

Dynamic Warm-up and Key Stretches

Jog or Bike - 5 minutes
Butt Kickers - 1 minute
Frankenstein Walks - 1 minute
Bounding in Place - 1 minute
Side Steps - 30 seconds each direction
Leg Swings – 1 minute
Calf/Shin Warm-up – 1 minute
Burpees – 1 minute
Light Arm Shoulder Chest Stretch
Light Thigh Stretch
Light Hamstring Stretch/Roll
Light ITB Roll
Shin Roll

Warming Up for Workouts and PFT Day

Jog five minutes or do a series of light calisthenics like jumping jacks, crunches, push-ups, squats prior to stretching. Dynamic stretching is a major part of warming up prior to any athletic movements. In order to reduce muscle fatigue and soreness and prevent injuries, perform a good warm-up using these dynamic/static stretches. You can also use these on the back end of a hard workout to cool-down from hard activity.

Jog or Bike 5 minutes – Get the blood flowing.

Butt Kickers - 1 minute: Jog slowly and flex your hamstrings to pull your heels to your butt on each step. Do with knees down and knees up for 30-60 seconds.



Frankenstein Walks - 1 minute: Walk and kick high each step. Try to kick your hands in front of you. Do 10 kicks with each leg.



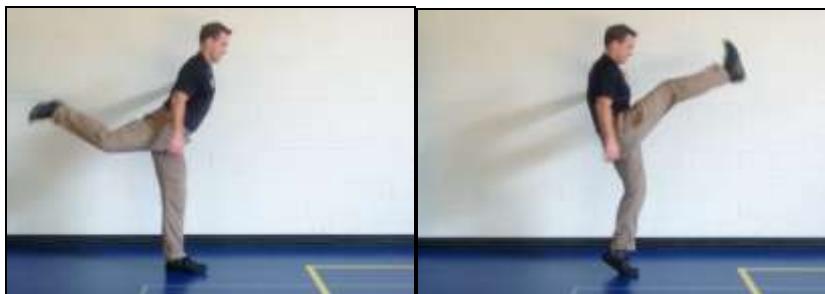
Bounding - 1 minute: Do high powered skipping for 1 minute. Start off with regular skipping then lift knees high each step. Do in place for 1 minute or across a 50-100-yard field.



Side steps - 30 seconds each direction: Work lateral movement into the warm-up. Mix in a few squats with cross-overs. Do for 1 minute back and forth in each direction.



Leg swings – 1 minute: Stand still and lift legs back and forth with legs straight at full range of motion of your hip. Then swing leg left and right in front of your body for 10 reps each leg.



Calf/Shin Warm-up – 1 minute: Alternate lifting heels off the floor and toes off the floor. This is a shins/calves builder to help strengthen legs for running/rucking. Heel raises and toe raises in one exercise.



Burpees – 1 minute: Drop into the pushup position. Quickly drop your chest to the floor and back to the up position. Bring your feet up and stand and jump 4-6" off the ground to finish the rep.



Light Arm Shoulder/Chest stretch: Pull your arm across your torso to stretch rear/deltoid and trapezius region. Then pull your arms backward as far as you can to stretch the chest/front shoulder connections.



Thigh Stretch – Standing: - Standing, bend your knee and grab your foot at the ankle. Pull your heel to your butt and push your hips forward. Squeeze your butt cheeks together while keep your knees close together. Hold for 10-15 seconds and repeat with the other leg. (You can hold onto something for balance if you need to OR you can lie down on your hip and perform this stretch.

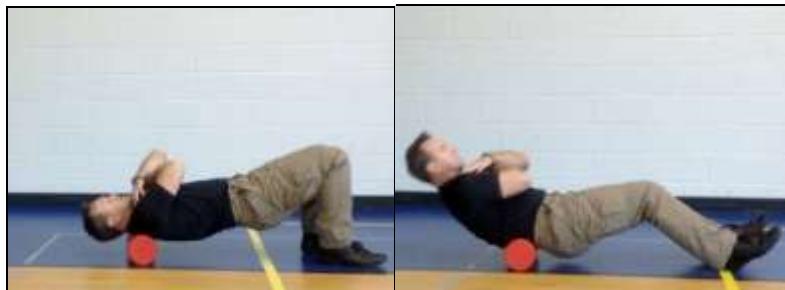


Hamstring Stretch #1: - From the standing position, bend forward at the waist and come close to touching your toes, slightly bend your knees. Go back and forth from straight legs to bent knees to feel the top/bottom part of the hamstring stretch.



Foam Roller – (MYOFASCIAL RELEASE): With a foam roller you can alleviate pain from typical overuse injuries from running, running in sand, and rucking. Get smart on the Foam Roller and learn how to roll out your back and Iliotibial band (ITB). Use the roller before and after exercise.

Back roll: Sit on foam roller and move slowly back and forth as you lie on the roller. Move your legs to move your body over the roller. Do for 1-2 minutes each body part.



ITB roll: Lay on your side in a side plank position and place foam roller under your hip. Move forward and roll your ITB from the hip to below the knee. Do for 1-2 minutes on each side of the leg.



Shin Roll: Place roller under your knees and slowly kneel down placing both shins on the roller. Slowly roll back and forth from bottom on the knee to the top of the ankle.



Hamstring / Piriformis Roll: Sit on the foam roller and slowly roll the connection of the hamstrings into your hips. Roll all the way to just above your knees to loosen the hamstrings.



Abdominal exercises as a warm up before/after stretching

When you exercise your stomach muscles, make sure to exercise and stretch your back also. The stomach and lower back muscles are opposing muscle groups and if one is much stronger than the other, you can injure the weaker muscle group easily.

Advanced Crunch - (Legs up): Lie on your back with your feet straight in the air. Keep your legs straight up in the air for the advanced crunches. Cross your hands over your chest and bring your elbows to your knees by flexing your stomach. (Do not do if you have previous lower back injury – place feet on the floor)



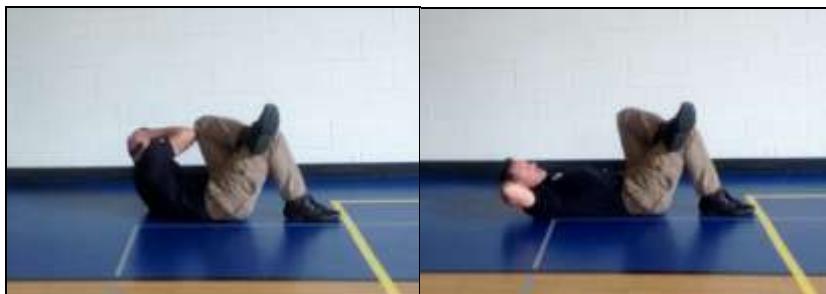
Reverse Crunch: In the same position as the regular crunch, lift your knees and butt toward your elbows. Leave your head and upper body flat on the ground. Only move your legs and butt.



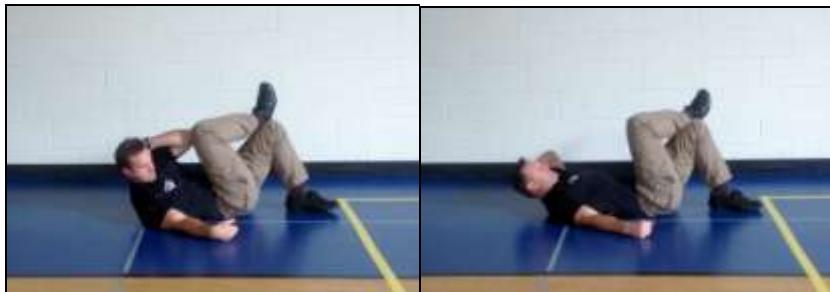
Double Crunch: Add the regular and reverse crunch together in one motion...you will feel this one twice as fast.



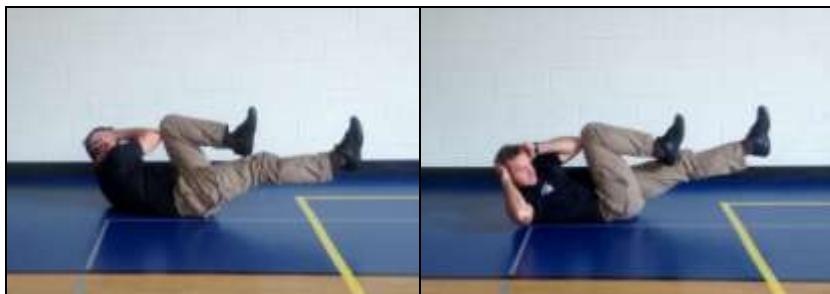
Right Elbow to Left Knee: Cross your left leg over your right leg. Flex your stomach and twist to bring your right elbow to your left knee.



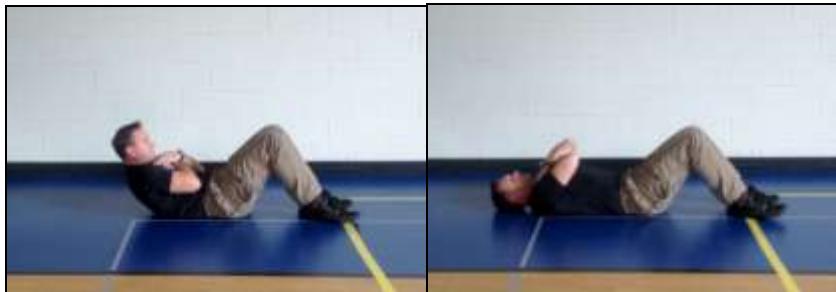
Left Elbow to Right Knee: Cross your right leg over your leg. Flex your stomach and twist to bring your left elbow to your right knee.



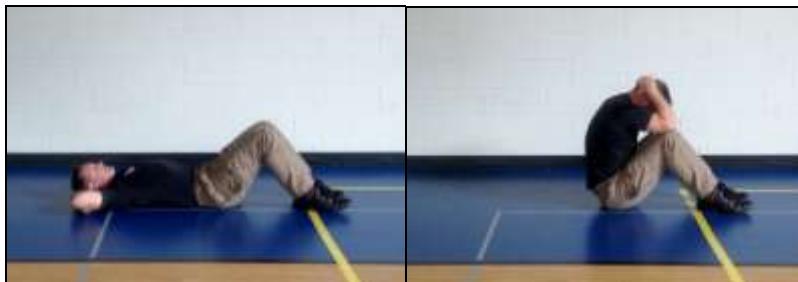
Bicycles: This is a mix between opposite elbow to knee crunches with bicycling of your legs. Alternate from side to side for prescribed reps and do not let feet touch the floor.



Half Sit-ups: With your hands on your hips, lift your torso off the ground higher than a crunch but not as high as a full sit-up. Your middle/lower back will be on the floor still at the up position.



Sit-ups: Lie on your back with your arms crossed over your chest, or hand locked behind your head (FBI Style) keeping your knees slightly bent. Raise your upper body off the floor by contracting your abdominal muscles. Touch your elbows to your thighs and repeat.



Running will affect the lower back – Make it flexible/strong:

Lower Back Exercise - Swimmers: Lie on your stomach and lift your feet and knees off the floor by flutter kicking repeatedly as if you were swimming freestyle – build up to 1:00 – or keep feet still but off the floor.



Upper back exercise #1 - Arm Haulers: Lie on your stomach. Lift your chest slightly off the floor and wave your arms from your sides to over your head for 30 seconds.



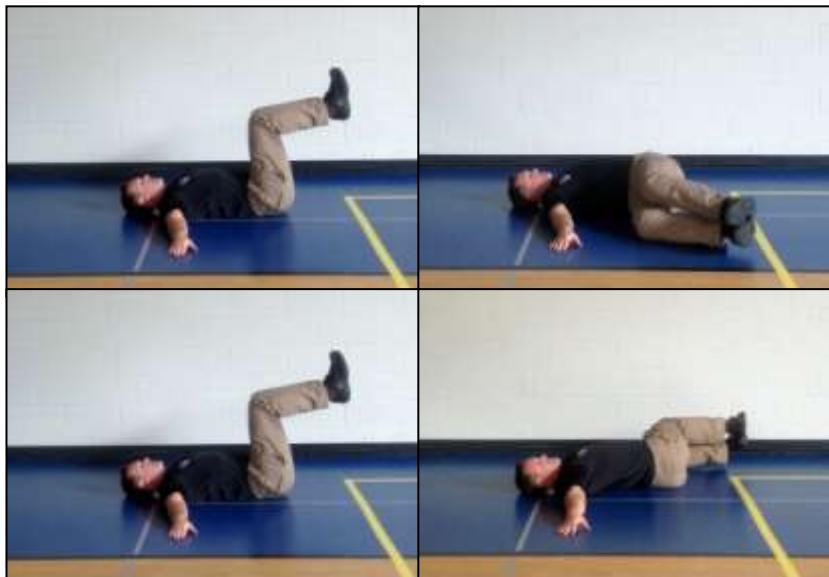
Upper back exercise #2 - Reverse Push-ups - Lie on your stomach in the down push-up position. Lift your hands off the floor instead of pushing the floor. This will strengthen your upper back muscles that oppose the chest muscles. Rear deltoids and rhomboids are the muscles used



Upper back exercise #3 – Birds: Lie on your stomach with your arms spread to the height of your shoulders. Lift both arms off the floor until your shoulder blades “pinch” and place them slowly in the down position. Repeat for 10-15 repetitions mimicking a bird flying.



Hip Rolls: Lie flat on your back with your knees in the air as in the middle picture below. Keep your shoulders on the floor, rotate your hips and legs to the left and right as shown below.



Plank Pose – Keep your back straight and abs tight while placing your elbows and toes on the floor and holding for as long as you can. Build up to 1:00. Advanced is 3-5:00.



Plank Pose advanced – Pushup – Up Position – Tighten abs and keep your back straight. If shoulders bother you or arms are not built up – do this same exercise on your elbows where only your elbows and toes are touching.



In fact, when you fail at pushups during the workout, stay in this position for an extra 30-60 seconds each time. This will prepare you well for the long periods of time in the “leaning rest” as well as strengthen the core for crawling obstacles.

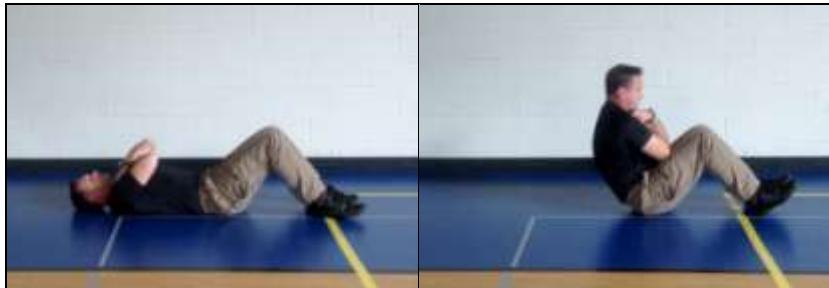
Advanced Abdominal Exercises:

Do not do if you are a beginner! These exercises are not healthy for weak or injured backs. If you cannot do the lower back exercise / swimmer exercises for 1:00 – do not attempt these exercises.

Tips to reduce strain on the lower back WITH LEG LEVERS, FLUTTERKICKS ETC..

- 1) Lift your butt off the ground about an inch and place your hands underneath your butt bone.**
- 2) Lay one hand on top of the other to get a higher lift of the butt, thus taking some of the strain off the lower back.**
- 3) Keep your knees straight and do these exercises at a full range of motion of your hips (legs 6 inches of the floor to vertical)**

Sit-ups - Lie on your back with your arms crossed over your chest, keeping your knees slightly bent. Raise your upper body off the floor by contracting your abdominal muscles. Touch your elbows to your thighs and repeat.



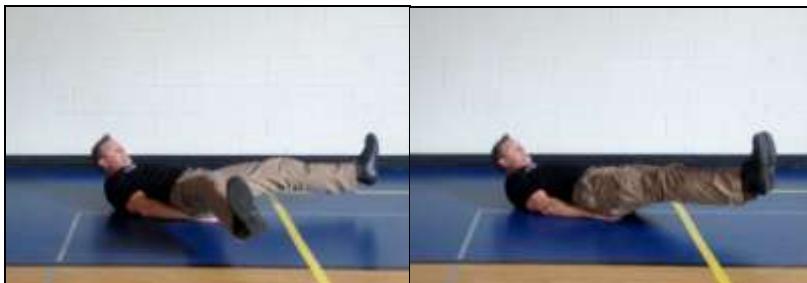
Flutterkicks - Place your hands under your hips. Lift your legs 6 inches off the floor and begin walking, raising each leg approximately 36 inches off the ground. Keep your legs straight and moving. This is a four count exercise.



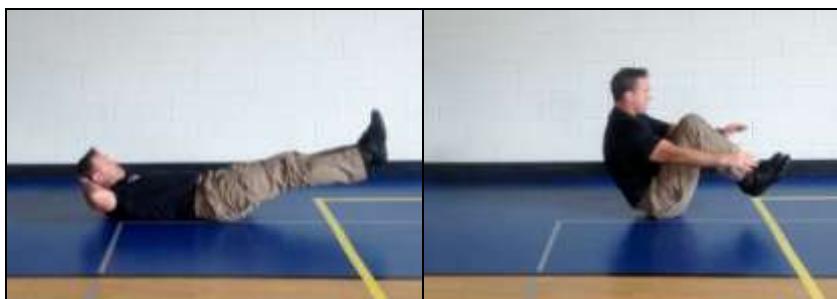
Leg levers - Lift your feet 6 inches off the floor. Raising both legs approximately 36 inches off the ground, keep your legs straight and off the floor until specified number of repetitions are complete.



Scissors – Lay on your back. Lift your feet 6 inches off the floor. Open and close both legs approximately 36 inches apart, keep your legs straight and off the floor until specified number of repetitions are complete.



Atomic sit-ups - Lift your feet 6 inches off the floor as if you were doing a leg lever. Pull your knees toward your chest while simultaneously lifting your upper body off the floor. This is a mix between the situp and the leg lever.



Dirty Dogs – In the all fours position again, lift your right leg from the hip working the glutes to help balance the hip / ITB / thigh connections.



(great for hip development and fin swimming)

Bear Crawls – Walk like a bear on all fours. This gets tough after a couple hundred yards. You will have to crawl in an obstacle course.



Low Crawls – Crawl on your belly across the floor / ground for 1-2 minute sets. You will have to crawl in an obstacle course. Add in bear crawls and low crawls when running back and forth from pull-ups to burpee area in the O course Simulator Workout.

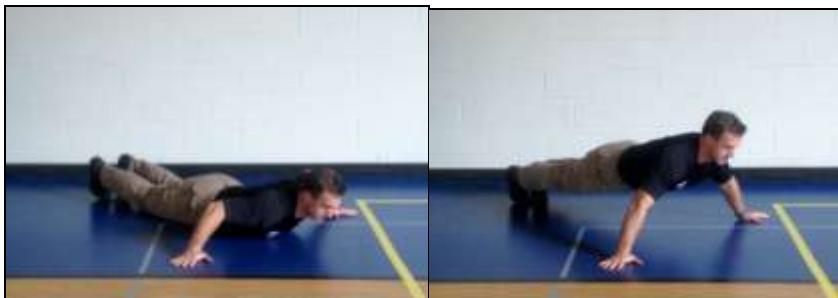


Descriptions of the PT exercises

Regular Push-ups - Lie on the ground with your hands placed flat next to your chest. Your hands should be about shoulder width apart. Push yourself up by straightening your arms and keeping your back stiff. Look forward as you perform this exercise. This exercise will build and firm your shoulders, arms, and chest.



Wide Push-ups - From the same position as the previous push-up, place your hands about six to twelve inches away from your chest. Your hands should be greater than shoulder width apart. The slight change of the arm distance changes the focus of what muscle are exercised. Now, you are building the chest more than your arms and shoulders.



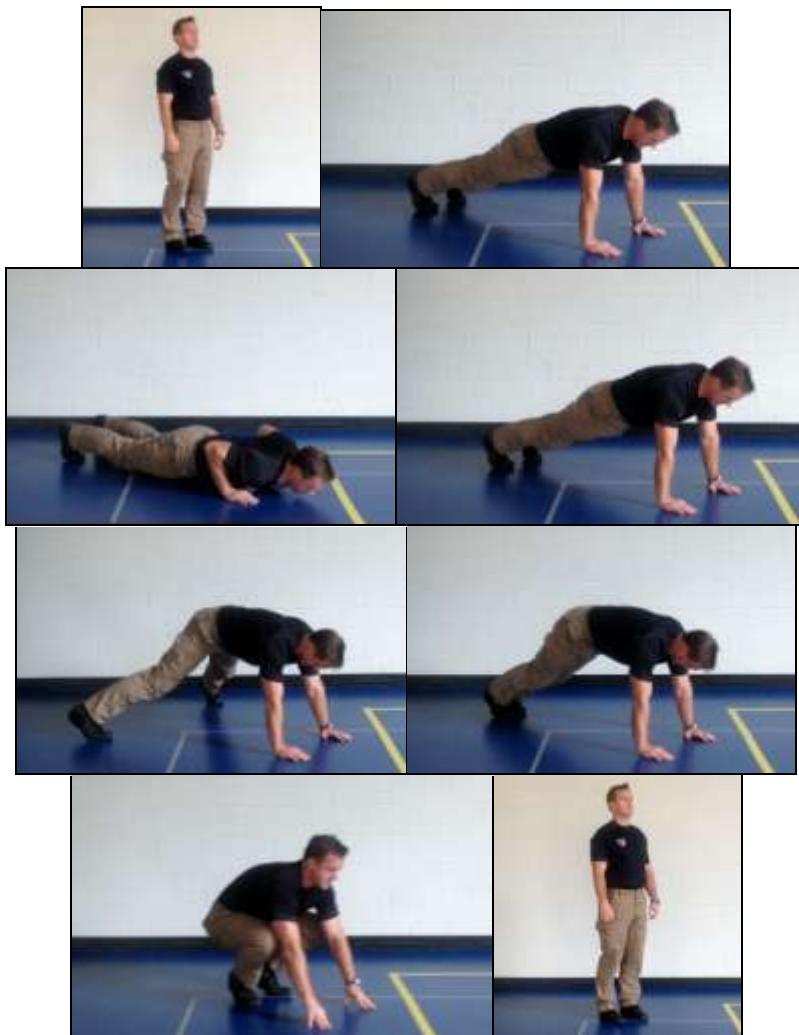
Triceps Push-ups - From the same position as the regular push-up, place your hands under your chest about 1-2 inches away from each other. Spread your legs in order to help with balance. This exercise will concentrate more on the triceps of the arm than the chest.



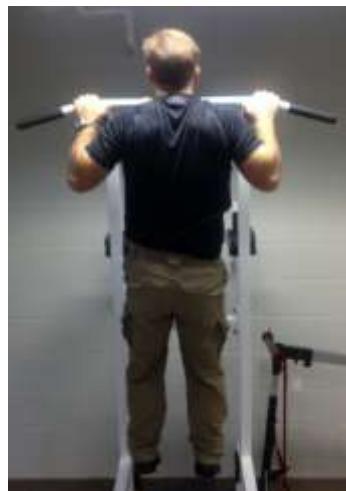
Dive bomber Push-ups - Get into the pike pushup position as in pic#1, lower yourself to the position of pic#2 as if you were a plane dive bombing, straighten your arms in order to finish as in pic #3. Repeat in reverse order to get back to pic#1.



8 Count body builder push-ups - The all time favorite group PT exercise and ideal for preparing for an obstacle course as a great simulation exercise when mixed with pull-ups and short runs / crawls etc...



Pull-ups (regular grip) - Grab the pull-up bar with your hands placed about shoulder width apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



Pull-ups (reverse grip) - Grab the pull-up bar with your hands placed about 2-3 inches apart with your palms facing you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



***note – keep your hands in and do not go wider than your shoulders as you will develop some elbow tendonitis similar to that of tennis elbow**

Parallel Bar dips - Grab the bars with your hands and put all of your weight on your arms and shoulders. Do not do these exercises with added weight, if you are a beginner, or if you have had a previous shoulder injury. **To complete the exercise, bring yourself down so your elbows form a 90 degree angle (no less of an angle) and back to the up position.**



(do bench dips if no parallel bars are available)

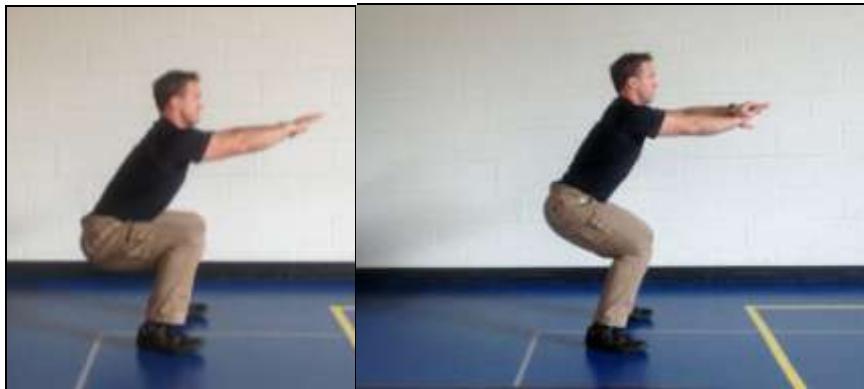
Get good at pull-ups and dips as they will help you pull yourself up and over climbing obstacles when faced with a wall, rope, or ladder climb.

Lower body Exercises

Squats - Keep your feet shoulder width apart. Drop your butt back as though sitting in a chair. Concentrate on squeezing your glutes in your upward motion. Keep your heels on the ground and knee over your ankles. Your shins should be vertical at all times. Extend your buttocks backward. Works the gluts, quads, and hams. Do with or without a dumbbell / kettlebell in your hands.



The 1/2 squat - Intensify your squat by doing 1/2 squats. While in the full squat position, hold the pose and push yourself up and down within a 6" range of motion....just like riding a horse. Do not straighten your legs until completely done with 20-30 reps as written in the workout section.



Walking Lunge - Keep your chest up high and your stomach tight. Take a long step forward and drop your back knee toward the ground. Stand up on your forward leg, bringing your feet together and repeat with the other leg. Make sure your knee never extends past your foot. Keep your shin vertical in other words.



Box jump 20 inches universal height – straighten torso / hips for complete repetition. Step or jump down and repeat.



Fullbody Exercises with DB or KBs

Wood Chopper Squat with Dumbbell – Add a dumbbell to the squat by swinging the weight over your head when standing and between your legs when squatting. Keep head up and back straight.



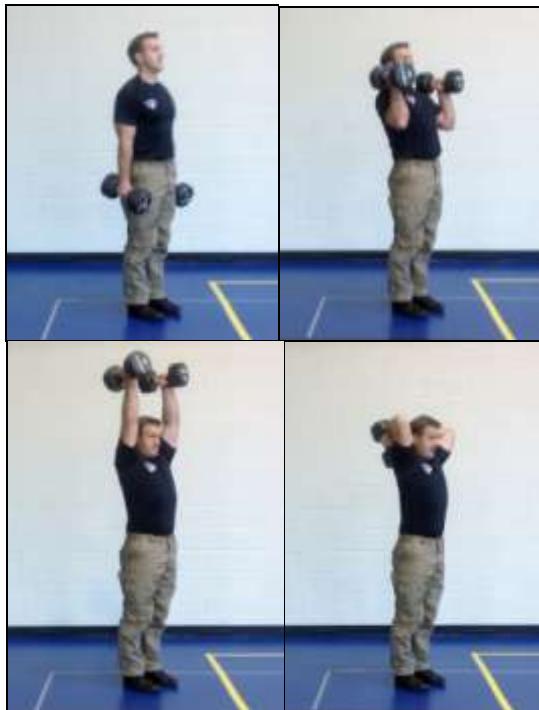
Kettlebell swing – Similar to the woodchopper squat, explode with your legs and hips to get the kettlebell or dumbbell above your head.



Wood Chopper Lunges with Dumbbell – Add a dumbbell and swing from over your head to the outside of the front leg when in the down position.



MJDB #1 - Multi-Joint Dumbbell Exercise #1: Perform a bicep curl, then press the dumbbells over your head with a military press, and then go straight into a tricep extension - repeat in reverse order to get to the starting position.



Repeat in reverse order to get to the starting position.

MJDB #2: Same as above but add in a squat when your hands are in the down bicep position (by your hips)



same as MJDB#1

MJDB #3: Same as MJDB #2 plus you add in a squat thrust and 1-5 push-ups.
Five push-ups is recommended per cycle.



Repeat in reverse order and continue MJDB#2

Side Bends with Weight Overhead - This can be done with dumbbell or plate over your head held with both hands. Simply lean to the left and right at least 10 times each side.



Thrusters with dumbbells – You can do these with dumbbells as well or even a single plate. The goal is to squat and forcefully stand and use the momentum of the upward movement to easily lift the weight over your head



One Arm Snatch – With your back straight and head up use a power thrust squat with your legs to get the momentum of the KB or KB moving upward. Then gently balance it over your head and swing it back to the starting position slowly.



Weight Lifting Exercises Explained

Weight training exercises build muscle, joint and tendon strength needed for any contact sport. NEVER begin lifting weights if you have not warmed-up properly. You could tear and/or strain the muscles you are trying to develop.

Bench Press: Lie on your back on a bench, placing the legs bent with feet flat on the floor on both sides of the bench. Extend your arms upward, grab the bar or dumbbells just greater than shoulder width and lower the bar to your chest slowly. The bar should hit just below the nipples on your sternum. Extend your arms again to a locked position and repeat several times.



Pull-downs: Using a pull-down machine, grab the bar, sit down and pull the bar to your collar bones. Keep the bar in front of you. Behind the neck pulldowns are potentially dangerous to your neck and shoulders. **Change grips as you can on the pull-up bar (wide, regular, close and reverse).**



Fullbody Lifts with Barbells

Dead Lift / Power Clean Starting Position - Side View - Keep your head up, back straight, and lift with your legs, not only your back.



Dead Lift – With the barbell on the ground, place feet about shoulder width apart and bend down to grab the bar as shown. Keep your back straight and your head upright. Pull the barbell to your hips by standing (straighten legs and keep hips forward). Use the legs and hips to lift the weight NOT YOUR lower back. **DO NOT DO THIS EXERCISE WITH HEAVY WEIGHT IF YOU HAVE NEVER TRIED THIS EXERCISE**

Dead lift Down Position



Dead lift - Up Position



Power Clean is one of the most dynamic exercises in athletics. Make this movement fast and get the momentum of the barbell moving fast from the start so it is an easy transition with the power relay into the torso / arms.

Power Clean Position



Up Shrug Lift



Front Squat Position

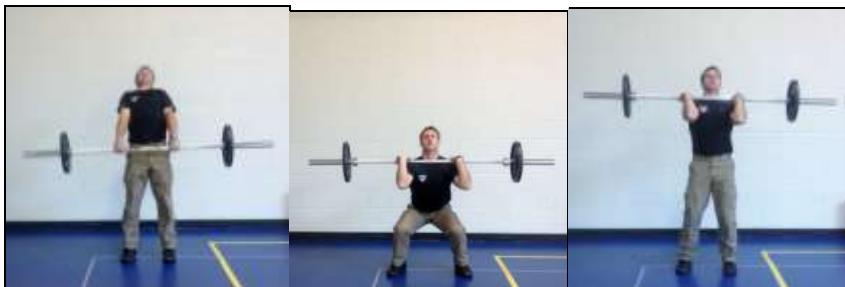


Up Position



Hang clean - With the barbell on the ground, place feet about shoulder width apart and bend down to grab the bar as shown. Keep your back straight and your head upright. Pull the barbell to your hips (dead lift) by standing (straighten legs and keep hips forward). Use the legs and hips to lift the weight NOT YOUR lower back. Now swing the barbell to the chest by bending your knees and dropping your waist 6-12 inches. The barbell should be stationary between the chest and the collar bones. Drop weight to your waist and repeat - DO WITH LIGHT WEIGHT BARBELL OR DUMBBELLS.

Hang Clean with Front Squat Option - as with the power clean the front squat is optional but a great addition to all muscle groups. With the bar stopped at your waist, Slowly drop a few inches and explode as you would do with a power clean. Hang clean is a power clean that starts with the barbell at your waist.



Thruster (front squat into over head press) – Explode upward from the front squat position straight into an overhead press or push press.



Push-Press – Drop slightly into a half squat position and explode with your legs upward to get the bar easily over your head with very little shoulder / arm effort.



Train to Survive: The Obstacle Course Workout for Beginners

The eight week program prepares a beginner (or one who does not run often) in running but not a beginner in fitness to adequately train for an obstacle course race. It will have a logical progression in running / walking as well as strength training primarily using calisthenics and dumbbells. It is designed to build a solid foundation of fitness to help prevent common injuries due to inflexible limbs and weak core muscles.

This workout cycle is NOT easy and truly for beginners. Many people like to exercise but often skip running. If you are seeking a military or law enforcement profession, you do need to add running to your training program. This has a progressive running plan to build upon.

If you are seeking to run your first obstacle course race and like to exercise but need to build up your running endurance, this is the plan for you as well.

Learn how to use a foam roller if new to some of these exercises or running programs. See article on [Myofascia Release](#) for any leg pain / lower back pain as new exercise program can lead to soreness in your core and legs.

Also, do not forget the stretching routine in the front of the book. Both the dynamic warmup and the post workout static stretches will help you become more flexible through these obstacle courses and workouts.



NOTE: New PIT for 2013 season of the CMC has changed slightly from 2011-12 PIT exercises:

Now the PIT is:

- 7 burpee jumps
- 7 KB swings
- 7 push-presses

How sets of 7-7-7 can you do in seven minutes? Then run the O course...

<p>Fitness Test Week: Day 1: Week 1</p> <p><u>PT Pyramids:</u></p> <p>Pullups - 1,2,3,4,5,6,7...til failure – resting with 1 min running in between</p> <p>Pushups - 2,4,6,8,10...til failure - resting with 20 crunches in between</p> <p>1 mile run</p> <p><u>Dips or Bench Dips -</u> 2,4,6,8,10...til failure - resting with 30 second plank pose in between</p> <p>1 mile run</p> <p><u>Repeat 4 times</u> ¼ mile fast – rest as needed in between runs</p>	<p>Day 2</p> <p>Walk / jog mix 30-40 minutes</p> <p>Start adding in running programs gently if you are not used to running distance – mix jogs with fast walks your first few times out if you are new to running</p> <p>If you start getting knee, shin, other leg pain see Dr Pribut's Running Injury Site.</p> <p>Stretch with:</p> <p>lower back plan</p>	<p>Day 3</p> <p>1 mile run = stretch</p> <p><u>Complete PFT Test -</u></p> <p>pushups max 2 min rest 2 min</p> <p>sit-ups max 2 min rest 2 min</p> <p>pull-ups - max rest 5 min</p> <p>1.5 mile run touch toes - pass fail</p> <p>What are your scores?</p> <p><u>Repeat 4 times</u> ¼ mile fast – rest as needed in between runs – rest for 1 min doing pushups, dips, situps, or plank pose</p>	<p>Day 4</p> <p>Long Jog or bike</p> <p>Every 5 minutes stop and do: 20 squats and 10 lunges per leg 5 - 20" box jumps</p> <p>How long do you go for?</p> <p>45-60 minutes?</p> <p><u>Ab workout</u> Reg Crunch - 25 Right Elbow to Left Knee - 25 Left Elbow to Right Knee - 25 Rev Crunch - 25 Double crunch 25 bear crawls 25m Plank pose 1 min</p>	<p>Day 5 – Day off</p> <p>Day 6 or 7</p> <p>Warm up with lower back plan</p> <p>Lightweight Shoulder Workout - do only once</p> <p><u>Repeat 10 times</u> Jumping jacks 10 pushups 10 squats 10 pullups – 1-5 burpees - 10</p> <p>Requires dumbbells</p> <p><u>Repeat 3 times</u> Military press - 20 reps Rows 10-15 reps Bicep curls 20 DB or KB swings 20 Tricep ext 20 Pushups 20 crunches 20</p> <p>MJDB#2 - do only once</p> <p>Run 2 miles</p>
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<p>Day 1 - Week 2</p> <p>Cardio option day and lower back plan stretch day - do both during the day</p> <p>- 40 minutes of cardio plus lower back plan</p> <p>- cardio can be a mix of running, walking with a backpack, swimming, rowing, elliptical, biking etc....your choice – just make each minute harder with speed, resistance, incline, etc..</p>	<p>Day 2</p> <p>Warm-up with 5 min of cardio option</p> <p>Continue warm-up with crunches 1-2 minutes</p> <p><u>repeat 4x's</u></p> <p>Run $\frac{1}{4}$ mile</p> <p>burpees – max ::30</p> <p>pullups - max</p> <p>Dips - 20</p> <p>Abs of choice- 50</p> <p>bear crawls 25m</p> <p>MJDB#2 - 10</p> <p>Crunches – 50</p> <p>Swim: optional or bike pyramid 20 minutes IF Swim workout option - 10 x 50m – rest 20-30 seconds</p> <p><u>Repeat 3 times</u></p> <p>Crunches 25</p> <p>Reverse Crunch 25</p> <p>Double Crunch 25</p> <p>Plank pose 1 minute</p>	<p>Day 3</p> <p><u>Run and Leg PT:</u></p> <p>Run for 30 minutes BUT Every 5 minutes stop and do: 20 squats and 10 lunges per leg 5 - 20" box jumps</p> <p>Stretch</p> <p>lower back plan</p> <p><u>Ab workout</u></p> <p>Reg Crunch - 25</p> <p>Right Elbow to Left Knee - 25</p> <p>Left Elbow to Right Knee - 25</p> <p>Rev Crunch - 25</p> <p>Double crunch 25</p> <p>Plank pose 1 min</p>	<p>Day 4</p> <p><u>Upper Body TEST</u></p> <p>Max Pushups 2min</p> <p>Max Situps 2 min</p> <p>Max Pullups (2 min rest in between each)</p> <p><u>Repeat 3 times</u></p> <p>Bench Press 20</p> <p>run $\frac{1}{4}$ mile</p> <p>Lightweight Shoulder</p> <p><u>Repeat 2 times</u></p> <p>MJDB#3 - 10</p> <p>rest with 30 abs</p> <p>Lightweight Shoulder</p> <p>(all six exercises then – 1 min plank pose)</p> <p><u>Repeat 3 times</u></p> <p>burpees – max ::30</p> <p>run $\frac{1}{4}$ mile fast</p> <p>Cardio cool down options - 20 minutes easy cardio / stretch</p>	<p>Day 5 – Day off</p> <p>Day 6</p> <p>1 mile run warm up</p> <p>Warmup with run and leg stretches</p> <p>Lightweight Shoulder</p> <p><u>Repeat 4 times</u></p> <p>1/4 mile jog at goal pace</p> <p>bench press 20</p> <p>pullups max</p> <p>pushups – 20</p> <p>bear crawls 25m</p> <p>crunches – 20</p> <p>burpees - 20</p> <p>MJDB#1 - 10</p> <p><u>Bike Pyramid:</u></p> <p>Manual mode level 2,4,6,... hold each level for 1 minute until failure – repeat in reverse order – should be 15-20 minutes long</p> <p>Run 2 mile at goal pace</p>
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Day 1 - Week 3 Warmup jog or bike 5:00 Max burpees 1 min Rest 1:00 Max crunches 1 min Rest 1:00 Pullups – max reps Stretch arms 2:00 <u>Repeat 5-10 times</u> Jumping jacks – 10 Pushups – 10 <u>Lightweight Shoulder routine 5 lbs</u> <u>Nonstop Circuit</u> Pullups – max reps bear crawls 25m Pulldowns 10 <u>MJDB#1 - 20</u> (go light weight)	Day 2 Warmup jog, or bike 5:00 <u>RUN / leg PT / repeat 3-4 times</u> RUN 5:00 squats - 20 lunges – 10/leg crunches - 2:00 box jumps 10 thrusters 5-10 (do with barbell or DBs) Plank pose 1 min <u>Cooldown / stretch legs / abs</u>	Day 3 - HOME <u>Repeat 5 times</u> Jumping jacks – 20 Pullups – max reps bear crawls 25m MJDB#3 – 5-10 Dips – 10-20 Tricep Push ups - 10 Situps 1:00 max reps <u>Lower/Upperback:</u> -Plank pose 1:00 -Swimmers – 1:00 -Reverse pushups- 25 -Arm Haulers – 25 <u>Lightweight Shoulder routine 5 lbs</u> <u>Run - 2-3 miles</u> with $\frac{1}{4}$ mile or $\frac{1}{2}$ mile run intervals – rest 1min	Day 4 <u>Bike Pyramid:</u> Level 1 for 1:00, level 2 for 1:00, etc...increase level of resistance by 1 levels each minute for 10 minutes – re reverse order =20:00 <u>Repeat 2-3 times</u> Run half mile squats - 20 lunges – 10/leg plank pose - 1:00 dead lifts – 5 hang cleans – 5 thrusters 5-10 (do with barbell or DBs) Lower back plan	Day 5 Warmup walk, jog, or bike 5:00 <u>Repeat 3 times</u> MJDB#3 - 5 Pullups – max burpees max 1 min Pulldowns 10 Situps - 1:00 max reps <u>Repeat 5 times</u> Jumping jacks – 10 Pushups – 10 <u>Obstacle course simulation workout</u> <u>Lightweight Shoulder routine 5 lbs</u> Lowerback Plan	Day 6 <u>Run – swim – Run</u> Run 1.5 mile timed Swim 500m timed Or bike 15 minutes Run 2 mile timed <u>Ab workout</u> Reg Crunch - 25 Right Elbow to Left Knee - 25 Left Elbow to Right Knee - 25 Rev Crunch - 25 Double crunch 25 bear crawls 25m Plank pose 1 min
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Day 1 - Week 4 Run and Pullups - and Pushups Pullups 2,4,6,8,10 - stretch legs to prep for run: Repeat 4 times Run 3 minutes Max Pullups Max Pushups 1 min 50 abs of choice or 1 min plank pose Push - Pull - ABS Repeat 2 times Bench press 5-10 Pullups max plank pose 1 min Repeat 2 times DB Bench press 10 Pullups max or pulldowns max / 10 plank pose 1 min Cardio option of your choice	Day 2 Run - bike - run Any order that fits your schedule run 20 minutes <u>Bike pyramid 20 min</u> run 20 min BUT every 5 minutes stop and do: 20 squats 20 lunges 20 box jumps 10 thrusters Ab workout Reg Crunch - 25 Right Elbow to Left Knee - 25 Left Elbow to Right Knee - 25 Rev Crunch - 25 Double crunch 25 bear crawls 25m Plank pose 1 min	Day 3 <u>Obstacle course simulation workout</u> go until you fail at pullups - if you can get 1 to 10 that = 55 pullups and 55 pushups. If you can repeat in reverse order = 100/100 pull/pushups Do burpees or 8 count pushups 2 mile run	Day 4 Repeat 4x's Run 1/4 mile MJDB#2 - 15 Repeat 4-6x's Run 1/4 mile squats 20 lunges 10/leg (no weight) If you have a flight of stairs or bleachers - run stairs for 10 minutes Ab workout Reg Crunch - 25 Right Elbow to Left Knee - 25 Left Elbow to Right Knee - 25 Rev Crunch - 25 Double crunch 25 bear crawls 25m Plank pose 1 min	Day 5 <u>Bike pyramid 20 min</u> Run 2 mile timed Repeat 5x's Run 100m fast -Walking lunge with DB 25m left / 25m right hand Squat / Jumps 10 Bike or swim 20 minutes	Day 6 Warmup with pullups 2,4,6,8,10 - rest with 20 pushups, 20 abs of choice / stretch legs each set Run with Pullups Repeat 5 times Run 100m bear crawls 25m max pullups situps 1 min at goal 2 min pace RUN with Pushups: run ¼ mile 1 min of pushups* run ½ mile 2 min of pushups* run ¾ mile 3 min of pushups* run 1 mile 4 min of pushups* run 1 mile cool down *Stay in pushup position the whole time – no knees – rest in UP or plank position
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<u>Day 1 – Week 5</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
Warm-up with ABS: Reg crunches – 25 Rev crunches - 25 Double crunch 25 Plank pose 1 min Stretch	Repeat 10 times Jumping jacks – 10 Pushups – 10 Weight circuit 3x Bench press – 20 Rest 1 min burpees – 1 min crunches - 25 military press – 20 dips – max reps	jog 5:00 stretch repeat 10 times jumping jacks 10 squats 10 Back / leg (repeat 3 times) WC squats - 20 pullups 10,8,6,4,2 (30 sec rest) rows - 20 flutterkicks – 25 leg levers 25 plank pose 1 min 2 mile run	Interval Training Repeat 4 times ½ mile goal pace ¼ mile walk/jog	2 mile run Lowerback plan
Max Pullups Repeat 10 times Jumping jacks 10 Pullups 5-10	Ab workout Reg Crunch - 25 Right Elbow to Left Knee - 25 Left Elbow to Right Knee - 25 Rev Crunch - 25 Double crunch 25 Plank pose 1 min Lightweight shoulder exercises 5 lbs DBs Run 2 miles	 Repeat 6 times ¼ mile goal pace 1/8 mile jog ABS: x 2 Reg crunch – 25 Rev crunch 25 Double crunch 25 Plank pose 1 min Later in evening Lowerback plan	 Goal pace = your goal pace for a timed run – ie 90 sec ¼ mile = 6 min mile	Day 6 Full Body Circuit repeat 2-3 times burpees – 1 min WC squats 20 KB swings 20 dips – max reps crunches - 50 thrusters 1 min plank pose 1 min dips – max reps MJDB#2 – 20 box jumps 1 min
 Back / Biceps Repeat 3 times max pullups MJDB#2 - 20 abs - 25 max pullups abs - 25 max pullups Plank pose 1 min 2 mile run – timed Lowerback plan				<hr/> Can you do this NOW? Obstacle course simulation workout Lightweight shoulder 2 mile run

<p>Day 1 – Week 6</p> <p>PFT #1</p> <ul style="list-style-type: none"> - Swim 500m timed or bike 5 miles for time -bench press max reps of bodyweight rest 2 min -max pullups rest 2 min -situps 2 min rest 2 min -pushups 2 min rest 10 min <p>read PFT transition</p> <p>1.5 mile timed run</p> <p>Lower back plan</p>	<p>Day 2</p> <p>1 mile warmup jog or 5 min bike stretch</p> <p><u>Repeat 12 times</u></p> <p>1/4 mile at goal mile pace (ie 8 min mile = 2min1/4s)</p> <ul style="list-style-type: none"> - rest with 20 leg/ab exercises of your choice: squats, lunges, heel raises, flutterkicks, leg levers, <p>Lower back plan</p>	<p>Day 3</p> <p><u>Build your own PFT:</u></p> <p>Non impact cardio: 500m swim, 10 mile bike, 2000m row</p> <p>Pick 2 upper body: pullups, pushups, TRX atomic pushups, bench press - max reps bodyweight,</p> <p>Pick 1 ab exercise 2 min: situps, crunches, flutterkicks. Plank pose 2 min pass / fail</p> <p>Pick 1 fast run: 100m sprint 300m sprint 120yd shuttle run 1/4 mile sprint IL agility test</p> <p>Pick 1 longer run: 1.5 mile timed run 2 mile timed run 3 mile timed run 4 mile timed run</p>	<p>Day 4</p> <p>25 x 50m</p> <p>Do 50m fast run – stop and do 5 burpees – repeat 25 times</p> <p>any non impact if you need a rest from impact of running</p>	<p>Day 5 -</p> <p>Obstacle course simulation workout</p>	<p>Day 6</p> <p>Day off or make up day</p> <p>Day 7</p> <p>Run / Burpee Pyramid: run 50m 1 burpee run 50m 2 burpees run 50m 3 burpees...continue until you fail. Can you get up to 20-25?</p>
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Day 1 – Week 7	Day 2	Day 3	Day 4	Day 5
<p><u>Pullups</u></p> <p>Warmup with 2,4,6,8 pullups / stretch legs / arms: <u>repeat 4 times</u> Bike or run 5 min 2,4,6,8 pullups - any grip or do 20 reps of pulldowns abs of choice 50</p> <hr/> <p><u>EXTRA:</u> <u>Repeat 3 times</u> flutterkicks 1 min hip rollers 1 min bear crawls 25m Pullups - max</p> <p><u>Lowerback Plan</u></p>	<p>Warmup / Stretch</p> <p>Run workout “50 - 50s”</p> <p><u>Repeat 25 times</u></p> <ul style="list-style-type: none"> - 50m jog - 50m sprint or fast run <p>rest with 25 reps of abs or leg exercises like: squats, lunges, crunches, leg levers, flutterkicks, broad jump(10 reps), burpees,etc</p> <p><i>recommend to pick 5 sets of different exercises..</i></p> <p><i>Do on bball court (we can call full court = 50m) or soccer field if possible</i></p>	<p>1 mile jog - warmup / stretch</p> <p>Max Pullups</p> <p>Max pushups 1 min</p> <p>Max situps 1 min</p> <p><u>Repeat 4 times</u></p> <p>1/2 mile run fast rows – 15</p> <p>MJDB#2 - 15 pushups max</p> <p>plank pose 1 min</p> <hr/> <p><u>EXTRA:</u> <u>repeat 3 times</u></p> <p>50 flutterkicks</p> <p>50 leg levers</p> <p>bear crawls 25m</p> <p>plank pose 1 min</p>	<p>Run 20 minutes</p> <p><u>Repeat 6 times</u></p> <p>1/4 mile jog</p> <p>WC squats 20</p> <p>plank pose 1 min</p> <p>Thrusters 10-15</p> <p>hip rollers 10/10</p> <p>box jumps 20-30</p> <p>Run 20 minutes</p>	<p>Run 2 miles</p> <p><u>Obstacle course simulation workout</u></p> <p>Run 3 miles</p> <p>Optional cardio</p> <p>Swim 1000m</p> <p>Day 6 Optional Long Run</p> <p>60 minutes</p>

Day 1 – Week 8 Warmup/Stretch <u>Alternating circuit</u> <u>Repeat 5 times</u> Pullups – max reps burpees 1:30 flutterkicks 50 Dips - max reps bear crawls 25m Abs of choice – 50 <u>MJDB#1 - 20</u> <u>Shoulder workout</u> <u>(5 lbs Dbs nonstop)</u> Run 8-12 x $\frac{1}{4}$ runs at goal run pace - rest with 50 pushups each time /stretch legs (ie 12 min 2 mile = 90 sec $\frac{1}{4}$ mile runs) Cool down / Stretch	Day 2 Warmup/Stretch <u>Repeat ten times</u> Jumping Jacks - 10 $\frac{1}{2}$ Squats - 10 <u>Repeat 5 times</u> Squats - 1:00 Run or bike 2:00 fast or at high levels of resistance Plank pose 1min bear crawls 25m run – 20:00 of sprint/jogs: Fast 100m / jog 100m Cool down / Stretch	Day 3 Warmup/Stretch <u>Obstacle course simulation workout</u> <u>Shoulder workout</u> (5 lbs Dbs nonstop) Slow crunches have a 1 second hold at the top 100 extra burpees throughout the day	Day 4 Warmup stretch Run 2 miles Stretch <u>Bike pyramid 20:00</u> Do level resistance increase of (hold each level for 1:00) Level 6,8,10,12 etc...for ten minutes then repeat in reverse order for 20:00 total Run 3 miles timed	Day 5 Warmup/Stretch Pull-ups – 5 Pushups - 10 - repeat 5/10 until you can no longer do <u>both</u> amounts - how high do you get - no rest until you get 50 pullups / 100 pushups (1 min water break) keep going... Abs equals how many pushups you do above- do 50 reps of any ab exercise plus 1 min plank pose Run 20:00 <u>Day 6 and 7 option:</u> Run 5-6 miles <u>Stretch well</u>
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The Advanced Obstacle Course Workout

The following eight week program is for more advanced level of athletes seeking to push their fitness limits to prepare for challenging Special Ops training and / or those who wish to compete at high levels in Obstacle Course races.

It is a tough 5-6 days a week workout plan that includes weights, calisthenics, running and other non impact cardio options of your choice like swimming, biking, elliptical, rowing – whatever you want to do if you do not have access to a pool.

There are links within the workout charts that will send you to an article that fully explains an exercise or gives you several options of replacing that exercise. But if you have any questions concerning the workouts please email Stew at his email stew@stewsmith.com



<p>Day 1 – Week 1</p> <p>Run – swim or bike - run</p> <p>2 mile run</p> <p>Swim test 500m any stroke plus 1000m with fins or 20 min bike pyramid</p> <p>2 mile run</p>	<p>Day 2</p> <p>Pullups 50 pullups any way you can – Rest with 50m bear crawls and 20 hip rollers in between sets</p> <p><u>Repeat 4 times</u> 90 Seconds of each exercise: burpees box jumps thrusters KB swings (1 min rest each) 4 mile run</p>	<p>Day 3</p> <p>Cardio options</p> <p><u>Pick 2 or 3:</u> run 30 min or 20 min bike pyramid swim with fins 1000m other choice of 20 min of cardio. shoot for 60 min of cardio options lower back plan</p>	<p>Day 4</p> <p>Warmup with pullups 2,4,6,8,10 - rest with 20 pushups, 20 abs of choice / stretch legs each set</p> <p>Obstacle course simulation workout</p> <p>With 16 count pushups = 5 pushups per rep cycle vs 8 count pushups</p> <p>Lightweight shoulder 5 lbs</p> <p><u>Run and Leg PT:</u> <u>Repeat 4 times</u> run ½ mile squats 20 lunges 20 steps box jumps 1 min flutterkicks 25 bear crawls 25m Steady jog 3 miles</p>	<p><u>Day 5</u> <u>Day off</u></p> <p>Day 6</p> <p><u>Repeat 6 times</u> run or bike 5 min pullups max pushups max 1 min thrusters 1 min box jumps MJDB#3 - 10 rest with 50 abs or 1 min plank pose</p> <p>Lightweight shoulder 5 lbs</p> <p>bike pyramid 20 min or elliptical glide 20 minutes or 20 min swim for distance – how far do you get?</p>
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Day 1 – Week 2	Day 2	Day 3	Day 4	Day 5 - Day off OR If you have energy – do Day 3 cardio options...
<p><u>Weight Section:</u> <u>Repeat 3-4 times</u></p> <p>Bench press 15 Pullups - max Pushups 1 min plank pose 1 min Burpees 1 min</p> <p><u>Lightweight Shoulders</u></p> <p>Cardio Section: 3 mile run</p>	<p>Warm-up 1mile run / stretch</p> <p><u>Repeat 4 times</u></p> <p>Thrusters 1min plank pose 1min Box jumps 1min Run 3min fast WC squats 20 KB Swings 20 3 mile run</p>	<p><u>Cardio / Abs</u></p> <p>abs 100 warmup</p> <p>Timed 500m swim, Then swim with fins for 1000m OR 2 miles run</p> <p><u>Ab Set:</u></p> <p>crunches 25 rev crunches 25 double crunch 25 left crunch 25 right crunch 25 bicycle crunch 25 hip rollers 25 flutterkicks 25 leg levers 25 plank pose 1 min 2 miles run</p>	<p>Run 1 mile warmup</p> <p><u>Lightweight Shoulders</u></p> <p><u>Push Set:</u> bench press 10-15 Dips - max reps pushups 30 reps burpees - 25 reps Run or bike 5 min</p> <p><u>Pull Set:</u> Pullups - max DB Rows 10/arm KB swings 25 Run or bike 5 min</p> <p><u>Leg Set:</u> <u>WC Squats</u> - 15-20 Dead lift 5-10 reps Box jumps 1 min Run or bike 5 min</p> <p><u>Grand finale:</u> Pick one exercise of Push, Pull, Leg, abs plus thrusters 1 min for a final set 1 mile cool down run</p>	<p>Day 6 5:00 warmup / stretch</p> <p><u>Weight Room x 2:</u> Bench press max reps at 75% BW pullups max bear crawls 25m str leg dead lift 5 Dips – max box jumps 1 min pullups max hang clean – 5-10 burpees – max 1 min rows - 10 /arm KB swings 1min</p> <p><u>16 count bodybuilder pullup pyramid</u> how high do you get until you fail at pullups or pushups?</p> <p><u>Cardio Section</u> 30 min of run or swim</p>

<p>Day 1 Week 3</p> <p>run PT:</p> <p><u>Repeat 10 times fast</u></p> <p>Run 400m</p> <p>- In between each run pick one minute of the following ex: WC squats, lunges, box jumps, stair climbs (bleachers 1min), thrusters, broad jumps, etc</p> <p>Swim: optional or <u>bike pyramid 30 minutes</u> IF Swim workout option</p> <ul style="list-style-type: none"> - 10 x 50m – rest 20-30 seconds <p>5 x 100m rest 30-45 sec</p>	<p>Day 2 - Day off</p> <p>Day 3</p> <p><u>Upper Body TEST</u></p> <p>Max Pushups 2min</p> <p>Max Situps 2 min</p> <p>Max Pullups</p> <p>(2 min rest in between each)</p> <p><u>Repeat 3 times</u></p> <p>Bench Press 20</p> <p>Thrusters 1min</p> <p><u>Repeat 3 times</u></p> <p>Pullups max</p> <p>burpees – 1min</p> <p>rest with plank pose 1 min</p> <p><u>Repeat 3 times</u></p> <p>KB swings - 20</p> <p>rest with 50 abs</p> <p><u>Lightweight Shoulder</u> 40 minutes run – how far do you get?</p>	<p>Day 4</p> <p><u>Cardio Mix</u></p> <p>Run 30 minutes</p> <p>Bike pyramid or spin class 30 min</p> <p>Swim 30 minutes</p> <p>How far do you get on 30 min run and swim?</p> <p><u>lower back plan</u></p>	<p>Day 5</p> <p><u>Run / PT mix</u></p> <p><u>Repeat 8 times</u></p> <p>Run 1/4 mile</p> <p>pullups max</p> <p>box jumps 1 min</p> <p>(sets 1-4)</p> <p>Thrusters 1min</p> <p>(sets 5-8)</p> <p><u>Repeat 4 times</u></p> <p>Bench press - 5-10 reps with moderately heavy weight</p> <p><u>MJDB#3</u> - 5 reps heavy weight</p> <p>burpees 1 min</p> <p>plank pose 1 min</p> <p><u>Lightweight Shoulders 5-8#dbs</u></p>	<p>Day 6</p> <p>Cardio of your choice - run, bike, swim, row 20 minutes easy pace – select 2 or 3 cardio options and do each for 20 minutes...</p> <p>Day 7</p> <p>Just go UP to 10 <u>Obstacle course simulation workout</u> doing the 16 count bodybuilder pushups or 5 count burpees</p>
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<p>Day 1 – week 4 <u>Interval Run & Swim</u></p> <p>Repeat 8-12 times 1/4 mile at goal pace* walk 1 minute</p> <p>Swim: Repeat 5 times 50m at goal pace for 500yd swim** rest 30 seconds</p> <p>repeat 5 times 100m at goal pace rest 1 min</p> <p>Repeat 5 times 100m sprint freestyle 50m easy</p> <p>*goal pace = 1/4 at 90 seconds if you want a 6 min mile pace for 1.5 - 3 mile timed runs</p> <p>** if goal pace is sub 9 min 500yd swim = under 54 seconds per 50m or 1:38 per 100m</p>	<p>Day 2 <u>O course Simulation</u> but with 16 count pushups (instead of 1 pushup do 5 pushups per exercise)</p> <p>Run or swim PT: Repeat 5 times Run or swim 200m pushups min situps 2 min (on 4-5th sets increase pushups to 3 minute sets)</p>	<p>Day 3 Easy Run , swim or bike day</p> <p>Long run or swim of 50-60 minutes</p> <p>- cool down with bike for 10-15 minutes</p> <p>Stretch with <u>Lowerback plan</u></p>	<p>Day 4 Weights / PT</p> <p>Repeat 5-6 times WC Squats 10 50 abs of choice Thrusters 5-10 Pullups max bear crawls 25m</p> <p>(you can replace WCsquats with box jumps, leg press, dead lift, etc during this cycle)</p> <p>Swim or Run PT: Repeat 5-6 times swim 100m fast / 50m slow pushups max reps rest with 50 abs of choice</p> <p>*if you choose run - run 400m sprint - jog 200m then do pushups / abs</p>	<p>Day 5 Warmup / stretch</p> <p>Run and / or swim easy paced for 60 minutes</p> <p>- if choose swimming - swim with fins for 1500m</p> <p>Optional: Add in ruck for 2nd workout of the day for 30- 45 minutes of 50+lbs in backpack</p>	<p>Day 6 <u>Repeat 5 times</u> run 1 mile pullups max TRX atomic pushups max thrusters 1 min or hang clean, power clean, dead lift of 5 reps each non stop. If no barbell use dumbbells or kettlebells for 15 reps of swings or <u>woodchopper squats</u></p> <p>Cardio / PT mix:</p> <p>Swim Pt repeat 5-10 times: swim 100-200m pushups 1 min flutterkicks 1 min</p> <p>OR Run or Ruck stop every 5 min and do pushup/squat 1 min each for 30 minutes</p>
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Day 1 - Week 5	Day 2	Day 3	Day 4	Day 5	Day 6
<p>5:00 warmup / stretch</p> <p><u>Repeat 5 times</u></p> <p>Bench press – (5 @ 75% of max weight) pullups max burpees – max abs of choice – 25</p> <p><u>Final Set:</u> pullups - 25 any way you can 5 x-5 your choice – rest with 50- abs each set you take <u>MJDB#3</u> - 5</p> <p>run, swim or bike – remainder of your time Try 2 min fast 1 min slow for interval training..</p>	<p>5:00 warmup / stretch</p> <p><u>Repeat 3 times</u></p> <p>Run or bike 10:00 WC Squat – 20 WC Lunges - 10/leg situps 1 min Dead lift 5-10 reps Double crunch – 25 Left/Right crunch – 25 each side plank pose 1 min</p> <p>Run remaining time of workout – shoot for as many ¼ mile sprints as you can with 1 min rest until your time is up. Max out of 10 sets</p> <p>Swim 1500m with fins timed or run 3 miles</p>	<p>5:00 warmup / stretch</p> <p>6 mile run or ruck with 30-40 lbs</p> <p>Bike 30 minutes or do a spin class</p> <p>swim 1500m with fins</p> <p>do all three or pick 1-2 options up to your level of fitness / time to workout</p>	<p>Upperbody, Leg, Fullbody, Abs</p> <p><u>Repeat 3 times</u></p> <p>bench press – (10 reps bodyweight) pullups max crunches 30 plank pose 1 min WC squats 20 Hang clean 5</p> <p><u>Pullup Section</u>x2</p> <p>pullups -reg grip 2,4,6,8,10 box jumps 1min</p> <p>Run 2 mile timed or Swim with fins 1000m timed</p>	<p>Long cardio of your choice - 60 minutes</p> <p>swim, bike, row, elliptical, run...</p> <p>or mix 2 x 30 min options or</p> <p>3 x 20 min options of above or others..</p>	<p>5:00 warmup / stretch bike or run – 20:00</p> <p><u>repeat 3 times</u></p> <p>bench press - 25 rep pull-ups – max reps situps - max reps 1 min dips – max reps KB swings 1:30 burpees 1:30 thrusters 1:30 <u>MJDB#3</u> - 5 abs of choice – 100</p> <p>30 min of run or ruck of 40 lbs - mark the distance - how far do you get?</p> <p>2nd cardio option: swimming 1000-1500m with fins</p>

Day 1 – Week 6	Day 2	Day 3	Day 4	Day 5	Day 6
Race Workout	Cardio Day	Race Workout	Day off or make up Day	Run PT: Repeat 6 times Run $\frac{1}{4}$ mile at goal mile pace squats 20 lunges 10/leg	100 pullups anyway you can: pyramids, supersets, max rep sets – up to you.
Repeat 4 times Burpees 1 min KB swings 1 min Thrusters 1 min Box jumps 1 min pullups max dips max Run 1 mile	Mix of your choice 60 minutes of running, swimming, biking high resistance, elliptical OR 2 x 40 minutes of two cardio options...	Warm Up with Obstacle Course simulator level 1-10 – stop then do Pullups 50 in as few sets as possible – rest with 20 burpees and $\frac{1}{2}$ mile run in between pullup sets Core Cool Down lower back plan		Repeat 3 times Burpees 1 min KB swings 1 min Thrusters 1 min Box jumps 1 min Run 1 mile *if you have access to bleachers or stairs or hill add in 3 minutes of running up / down	Rest with $\frac{1}{4}$ mile run and flutterkicks 50 reps every 20 pullups.
Core Cool Down lower back plan		Cardio Cool Down lower back plan			
Cardio Cool Down 2-3 mile easy paced run OR 1000m swim workout with fins		Cardio Cool Down 3 mile easy paced run OR 1000m swim workout with fins			

Day 1 – Week 7	Day 2 Jog 3 minutes easy <u>Fullbody Workout</u> Pullups 2,4,6,8,10 in between sets do 10 pushups / 10 squats / stretch <u>Repeat 3 times</u> pullups max pushups 1 min max situps 1 min <u>Repeat 3 times</u> Dips - max Thrusters 1min Squats 20 reps plank pose 1min <u>Repeat 3 times</u> WC squats 20 burpees 1min box jumps 1min <u>MJDB#3</u> - 10-15 Run 4 miles	Day 3 easy cardio day - pick any cardio and do it for 90 minutes or mix run, swim, bike etc into 30-45 min of 2 or 3 options Core Cool Down <u>lower back</u> <u>plan</u>	Day 4 <u>Fullbody / Ab Circuit</u> <u>Repeat 10 times</u> 1:30 ANY abdominal exercise THEN 1:30 ANY fullbody exercise like: - Thrusters with Db or barbells - KB swings - <u>MJDBs#2 or #3</u> - dead lifts - hang clean - power clean - push press - <u>wood chopper squats /</u> <u>lunges</u> - burpees - bear crawls 50m - plank pose = ABS - TRX atomic Pushups *you can rest 1:30 with abs exercise of your choice	Day 5 Ruck or Run 40 min or do both back to back (40- 50# in back pack) Swim: optional 500m without fins 500m with fins Run additional 30 minutes for distance Core Cool Down <u>lower back plan</u>	Day 6 <u>Repeat 4 times</u> Run 1 mile Pullups max Thrusters 1:30 Box jumps 1:30 burpees 20 Swim with fins 1500m cooldown No pool? Then opt for other <u>non impact</u> <u>aerobic activity</u> for 30 minutes
Long Run: 5-7 miles Core Cool Down <u>lower back plan</u>					

Day 1 Week 8 (Week of Race) Run 1 mile stretch Practice Test: <u>The PIT 2013</u> Burpees jumps 7 push-press 7 KB Swings 7 repeat as many times as you can in 7 minutes Run 5 miles timed <u>lower back plan</u>	Day 2 4 mile run / stretch <u>lower back plan</u>	Day 3 <u>Stretch PT:</u> <u>Repeat 3 times</u> Pullups, pushups, situps, dips, squats, lunges – sub max effort (10-15 reps of each) <u>non impact aerobic activity</u> for 30 minutes Stretch	Day 4 2 mile run / stretch <u>lower back plan</u>	Day 5 Day off – stretch and eat / hydrate well prior to race day	Day 6 – Race Day <u>The PIT 2013</u> Burpees jumps 7 push-press 7 KB Swings 7 repeat as many times as you can in 7 minutes Within the next 5 minutes you will start on a 7-8 mile run with obstacles every half mile on a mountain ski slope... Stretch Hamstrings, thighs, calves, ankles well...
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Closing Remarks

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Good luck with the program and remember to consult your physician first before starting any program if you have not exercised in several months or years. Good luck with the plan and if you need help with any fitness related questions please feel free to email me at stew@stewsmith.com.