

# PACK TEST PREP

## WEEK 1

<b>DAY 1</b>	<p><b>FOR TIME:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Run 400m</td> <td style="width: 50%;">Run 400m</td> </tr> <tr> <td>30 second plank hold</td> <td>30 second left side plank</td> </tr> <tr> <td>Run 400m</td> <td>Run 400m</td> </tr> <tr> <td>30 second right side plank</td> <td>30 second plank hold</td> </tr> </table>	Run 400m	Run 400m	30 second plank hold	30 second left side plank	Run 400m	Run 400m	30 second right side plank	30 second plank hold							
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<b>DAY 2</b>	<p><b>EMOM 20: (Every Minute On the Minute)</b></p> <p>10 - Burpees</p> <p>* With a running clock, complete 10 burpees at the start of each minute for 20 minutes OR until failure *</p>															
<b>DAY 3</b>	<p><b>RUN 2 MILES:</b></p> <p>Run first 0.25 miles at 60% effort.          Run second 0.25 miles at 90% effort.          Run third 0.25 miles at 60% effort.          Run fourth 0.25 miles at 90% effort.      *Continue for 2 miles total</p>															
<b>DAY 4</b>	REST															
<b>DAY 5</b>	<p><b>FOR TIME:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">1 - 10m bear crawl</td> <td style="width: 33%;">15 - Sit-ups</td> <td style="width: 33%;">2 - 10m bear crawl</td> </tr> <tr> <td>15 - Sit-ups</td> <td>4 - 10m bear crawl</td> <td>15 - Sit-ups</td> </tr> <tr> <td>2 - 10m bear crawl</td> <td>15 - Sit-ups</td> <td>1 - 10m bear crawl</td> </tr> <tr> <td>15 - Sit-ups</td> <td>3 - 10m bear crawl</td> <td></td> </tr> <tr> <td>3 - 10m bear crawl</td> <td>15 - Sit-ups</td> <td></td> </tr> </table>	1 - 10m bear crawl	15 - Sit-ups	2 - 10m bear crawl	15 - Sit-ups	4 - 10m bear crawl	15 - Sit-ups	2 - 10m bear crawl	15 - Sit-ups	1 - 10m bear crawl	15 - Sit-ups	3 - 10m bear crawl		3 - 10m bear crawl	15 - Sit-ups	
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<b>DAY 6</b>	<p><b>RUCK 45:</b></p> <p>Get outside and walk/hike for at least 45 minutes of continuous effort. Wear a backpack/weight vest. The closer you can get to pack test weight (45 LBS), the better. The goal is to get your body used to moving with weight.</p>															
<b>DAY 7</b>	REST															

m = meters



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## WEEK 2

<b>DAY 1</b>	<b>4 ROUNDS FOR TIME:</b> 10 - Burpees 100m - Run 10 - Air squats 100m - Run 10 - Push-ups 100m - Run 10 - Sit-ups 100m - Run
<b>DAY 2</b>	<b>HALF MURPH FOR TIME:</b> 0.5 Mile run 10 - Rounds of Cindy 0.5 Mile run Cindy = 5 pull-ups, 10 push-ups, 15 air squats
<b>DAY 3</b>	<b>10 ROUNDS FOR TIME:</b> 40m - Sprint 40m - Walking Lunges 40 - Seconds plank hold
<b>DAY 4</b>	REST
<b>DAY 5</b>	<b>CINDY AMRAP 30:</b> 5 - Pull-ups 10 - Push ups 15 - Squats AMRAP = As Many Rounds As Possible
<b>DAY 6</b>	<b>RUCK 60:</b> Get outside and walk/hike for at least 60 minutes of continuous effort. Wear a backpack/weight vest. The closer you can get to pack test weight (45 LBS), the better. The goal is to get your body used to moving with weight.
<b>DAY 7</b>	REST

m = meters



# PACK TEST PREP

## WEEK 3

<b>DAY 1</b>	<b>40 ROUNDS FOR TIME:</b> Perform 20 seconds of max effort sprint. Rest for 10 Seconds.	
<b>DAY 2</b>	<b>FOR TIME:</b> 100 - Burpees *Every 2.5 minutes complete the following, then resume burpees* 20 - Sit-ups 10 - Hand release push-ups 5 - Jump squats	
<b>DAY 3</b>	<b>FOR TIME:</b>  Run 5K  5K = 3.1 miles	
<b>DAY 4</b>	REST	
<b>DAY 5</b>	<b>DEATH BY BURPEES:</b> EMOM Minute 1 - 1 Burpee Minute 2 - 2 Burpees Minute 3 - 3 Burpees	Continue to add 1 burpee every minute that you progress until you are unable to finish. For example, if on minute 20 you can only complete 19, you're done.
<b>DAY 6</b>	<b>RUCK 60:</b> Get outside and walk/hike for at least 60 minutes of continuous effort. Wear a backpack/weight vest. The closer you can get to pack test weight (45 LBS), the better. The goal is to get your body used to moving with weight.	
<b>DAY 7</b>	REST	

m = meters



# PACK TEST PREP

## WEEK 4

<b>DAY 1</b>	<b>RUN 3 MILES:</b> Run first 0.25 miles at 60% effort. Run second 0.25 miles at 90% effort. Run third 0.25 miles at 60% effort. Run fourth 0.25 miles at 90% effort.      *Continue for 3 miles total
<b>DAY 2</b>	<b>6 ROUNDS FOR TIME:</b> 5 - 20m shuttle run 10 - Push-ups 15 - Sit-ups 20 - Air squats
<b>DAY 3</b>	<b>2 MILE RECOVERY RUN:</b> Run 2 miles at 70% effort
<b>DAY 4</b>	REST
<b>DAY 5</b>	<b>EMOM 20: (Every Minute On the Minute)</b> Minute 1: Walking lunges Minute 2: Sit-ups Minute 3: Burpees Minute 4: Plank hold
<b>DAY 6</b>	<b>ACTIVE RECOVERY:</b> Work on some mobility and stretching. Optional: 2 mile recovery run at 70% effort
<b>DAY 7</b>	REST

m = meters

