

RMC PHYSICAL EDUCATION DEPARTMENT

500 PPT PREPARATION PROGRAM

“Your mind is the strongest and most valuable muscle you can grow in the gym.”

- Greg Plitt



PROGRAM OVERVIEW

This program has been developed to prepare you for the PPT and help you get the best score you can. This is a well rounded - all encompassing program for anyone looking to increase their overall score on the PPT.

You will workout 6 days a week, with 1 rest day. Focus on recovery and balance - this program is a commitment.

Each workout will have the exact same warm up and cool down session. The movements for each are found on page 6.

NOTE: During week 4, 8 and 11 there is a 2.4km Time Trial run to gauge your performance and assess where you are and where you need to work towards.



EQUIPMENT

Here is a list of all the necessary equipment needed to complete your program. Contact your squadron rep if you have questions.

Barbells & weights

Dumbbells

Kettlebells

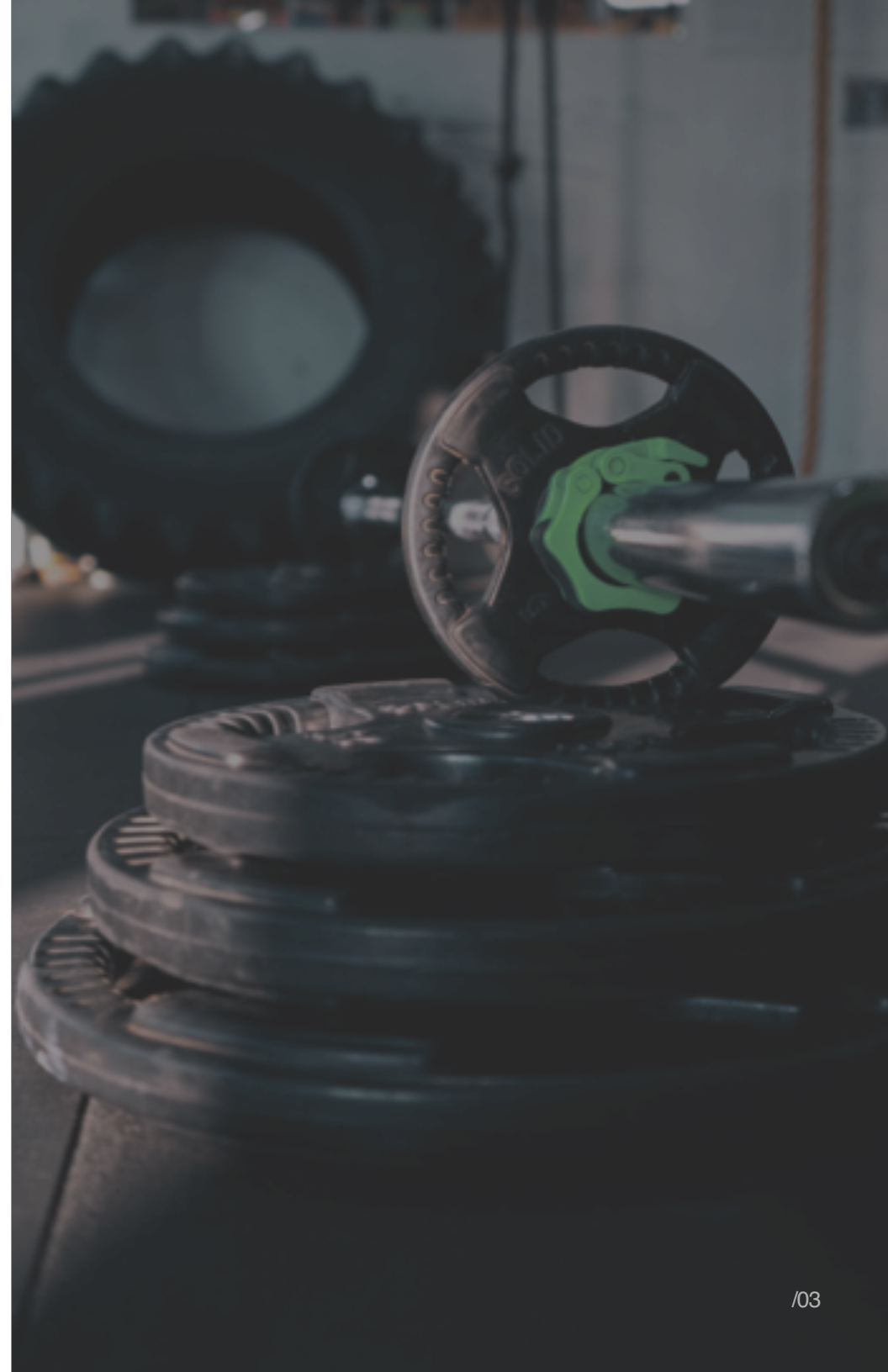
Medicine balls

Chin up bar

Indoor/outdoor track

Treadmill or hill for incline sprints

Foam roller & lacrosse ball



TRAINING TERMS

EASY PACE

On these runs you should feel comfortable and able to have a conversation. **Target Heart Rate: 65% -79% of HRM.**

MARATHON PACE

Marathon Pace is a steady-state run and will be used as a substitute for the Easy Run on long run days. **Target Heart Rate: 80%-90% of HRM.**

EMOM

Every Minute On the Minute - Start your exercises/repetitions on the minute. When you finish the exercise/repetitions for that minute, you will rest for the remainder of that minute, unless otherwise specified (such as a hollow body hold for the remainder of that minute). When the next minute starts, do the next exercise.

AMRAP

As Many Rounds As Possible - Complete as many rounds as you can. Don't take big breaks or long rests. This is added to your program to push yourself!





WARM UP

5 Leg raise to bridge (per side)

10 Bridge to alternate overhead reach

5 Roll over to V-sit reach

5 Rock back adductor to thread needle and reach
(per side)

5 Quadruped hip circles both directions (per side)

3 Walk out to lunge overhead reach to alternate toe touch to standing

3 Step back ISO hold 3 sec to drive and stick (per side)

COOL DOWN

Static Stretch, Foam Rolling & Lacrosse ball rolling

Repeat Warm Up Mobility Movements



M	TU	W	TH	F	SA
<p>3 Standing long jumps for practice 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds</p> <hr/> <p>5 Barbell deadlifts + 10 Goblet step back lunge (per side) 5 Rounds Rest 60-90 sec between exercises</p> <hr/> <p>10 Kettlebell swings + 20 metres Farmer carry + 10 Double kettlebell Front rack squats + 20 metre Farmers carry 10 minute AMRAP</p> <hr/> <p>5 min Easy run</p> <hr/> <p>400 metre at your goal PPT pace 6 Rounds Rest 2-3 min between rounds</p> <p>(ex. If you want to run 2400m in 10 min, then your 400m split should be ~100 sec)</p>	<p>5 Tall kneeling med ball throw at wall (no hip drive) 4 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>5 Agility run practice (from both sides) Rest 60-90 sec between rounds Work on just the weave portion from both left and right</p> <hr/> <p>8 Landmine Press (per side) + 5-10 Chin up with 3 sec negative OR Supinated inverted row with 3 sec negative 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>6-8 Dumbell bench press + 8-10 Pronated bent over barbell row 4 Rounds Rest 60 - 90 sec between exercises</p> <hr/> <p>Min 1: 45 sec Plank Min 2: 20 Russian Twists (resisting rotation) 8 minute EMOM</p>	<p>5-10 min Walk/jog</p> <hr/> <p>8 km Run at Easy Pace Beginner runners complete 3-5 km</p> <hr/> <p>30 sec Sprints at 80-90% max effort 5 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>5 min Walk/jog</p>	<p>5 Ball throw into wall with a jump 4 Rounds Rest 60-90 sec between throws</p> <hr/> <p>10 Agility run practice (start on stomach) Rest 45-60 sec between rounds Work on just the line touches (i.e. run out and touch the line then sprint back)</p> <hr/> <p>5 Barbell bench press + 8-10 One-arm dumbell row 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>10 Dumbell thrusters + 5 Burpee planks + 10 sec Chin over bar hang + 5 Burpee planks 12 min AMRAP</p> <hr/> <p>Max Push ups in 5 minutes With proper form</p>	<p>3 Box jump 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds</p> <hr/> <p>5 Front squats + 12-15 Dumbell or barbell glute bridge w/shoulders elevated 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>3 Rack pull (from bottom of knee cap) + 8 Bulgarian split squat (per side) 4 Rounds Rest 90 sec between exercises</p> <hr/> <p>5 min Easy run</p> <hr/> <p>20 sec Max effort sprint (max effort should be modulated to ensure sustained effort for the entire 20 sec) + 70 sec Walk/jog] 12 min Speed work</p> <hr/> <p>5 min Easy Walk/Jog</p>	<p>5-10 min Walk/jog</p> <hr/> <p>45 - 60 min Run at Marathon pace (keep heart rate between 130-150)</p> <p>* If you have access to trails with elevation change this would be a great opportunity to get a trail run in.</p>



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<p>3 Single leg standing long jumps for practice 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds</p> <hr/> <p>4 Barbell deadlifts + 10 Goblet step back lunge (per side) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>10 Goblet squats + 40 metre Farmer carry 10 minute EMOM</p> <hr/> <p>5 min Easy run</p> <hr/> <p>400 metre at your goal PPT pace (1-3 sec faster than last week) 6 Rounds Rest 2-3 min between round (ex. If you want to run 2400m in 10 min, then your 400m split should be ~100 sec)</p>	<p>5 Max height vertical ball throw 4 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>4 Full agility run practice (from both sides) Make each one slightly faster Rest 60-90 sec between rounds</p> <hr/> <p>6 Landmine Press (per side) + 5-10 Chin up with 3 sec negative OR 8-10 Supinated inverted row with a 3 sec negative 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>6-8 One-arm Dumbbell bench press + 8-10 Supinated bent over barbell row 4 Rounds Rest 60 - 90 sec between exercises</p> <hr/> <p>Min 1: 45 sec Toes-to-bar Min 2: 20 Mountain climbers 8 minute EMOM</p>	<p>5-10 min Walk/jog</p> <hr/> <p>9 km Run at Easy Pace Beginner runners complete 4-6 km</p> <hr/> <p>30 sec Sprints at 80-90% max effort 5 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>5 min Walk/jog</p>	<p>8 PPT ball throws Rest 60-90 sec between throws</p> <hr/> <p>10 Agility run practice (start on stomach) Rest 45-60 sec between rounds Work on just the line touches (i.e. run out and touch the line then sprint back)</p> <hr/> <p>4 Barbell bench press + 8-10 Bird dog row (per side) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>10 Wall balls + 250 metre Row + 5-10 Pull ups or inverted row 12 min AMRAP</p> <hr/> <p>Max Push ups in 5 minutes With proper form</p>	<p>3 Standing long jump practice 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds</p> <hr/> <p>4 Front squats + 6-8 Dumbbell single leg romanian deadlift (per side) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>2 Rack pull (from bottom of knee cap) + 8 Bulgarian split squat (per side) 4 Rounds Rest 90 sec between exercises</p> <hr/> <p>5 min Easy run</p> <hr/> <p>12 min of Treadmill sprints = 20 sec Max effort sprint at 5-10 incline (max effort should be modulated to ensure sustained effort for the entire 20 sec) + 70 sec Walk/jog]</p> <hr/> <p>5 min Easy Walk/Jog</p>	<p>5-10 min Walk/jog</p> <hr/> <p>45 - 60 min Run at Marathon pace (keep heart rate between 130-150)</p> <p>* If you have access to trails with elevation change this would be a great opportunity to get a trail run in.</p>



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<p>3 Standing long jumps for practice 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec</p> <hr/> <p>3 Barbell deadlifts (work up to 3 rep max) + 10 Goblet step back lunge (per side) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>10 Kettlebell swings + 20 metres Farmer carry + 10 Double kettlebell Front rack squats + 20 metre Farmers carry 10 minute AMRAP *Beat week 1</p> <hr/> <p>5 min Easy run</p> <hr/> <p>600 metre at your goal PPT pace 4 Rounds Rest 2-3 min between rounds</p>	<p>5 Tall kneeling med ball throw at wall (no hip drive) 4 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>5 Agility run practice (from both left and right) Rest 60-90 sec between rounds Work on just the weave portion Make each one slightly faster</p> <hr/> <p>6 Landmine Press (per side) + Max Chin up with negative 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>6-8 Dumbbell bench press + 8-10 Pronated bent over barbell row 4 Rounds Rest 60-90 sec between exercises</p> <hr/> <p>Min 1: 45 sec Plank Min 2: 20 Russian Twists 8 minute EMOM</p>	<p>5-10 min Walk/jog</p> <hr/> <p>10km Run at Marathon pace Beginner runners complete 5-7 km</p> <hr/> <p>30 sec Sprints at 80-90% max effort 5 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>5 min Walk/jog</p>	<p>5 Ball throw into wall with a jump 4 Rounds Rest 60-90 sec between throws</p> <hr/> <p>4 Full agility run practice each from left and right Rest 45-60 sec between rounds (each one slightly faster than the last)</p> <hr/> <p>3 Barbell bench press (work up to 3 rep max) + 8-10 One-arm dumbbell row 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>10 Dumbbell thrusters + 5 Burpee planks + 10 sec Chin over bar hang + 5 Burpee planks 12 min AMRAP *Beat week 2</p> <hr/> <p>Max Push ups in 5 minutes With proper form *Beat week 1</p>	<p>3 Box jump 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec</p> <hr/> <p>3 Front squats (work up to 3 rep max) + 12-15 Dumbbell or barbell glute bridge w/shoulders elevated 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>2 Rack pull (from bottom of knee cap) + 8 Bulgarian split squat (per side) 4 Rounds Rest 90 sec between exercises</p> <hr/> <p>5 min Easy run</p> <hr/> <p>20 sec Max effort sprint (max effort should be modulated to ensure sustained effort for the entire 20 sec) + 70 sec Walk/jog] 12 min Speed work</p> <hr/> <p>5 min Easy Walk/Jog</p>	<p>5-10 min Walk/jog</p> <hr/> <p>90 min Run OR Hike OR Ruck at Marathon pace (keep heart rate between 130-150)</p> <p>* If you have access to trails with elevation change this would be a great opportunity to get a trail run in.</p>



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<p>1 Standing Long Jump w/ Ball Throw 6 Rounds Rest 30-40 sec between jumps</p> <hr/> <p>5 Barbell deadlifts (*Beat week 1) + 10 Dumbbell Single Leg Squat to Box (per side) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>40 metre Farmers carry + 40 Double kettlebell front rack carry + 15 Double kettlebell front rack squats 10 minute AMRAP</p> <hr/> <p>5 min Easy run</p> <hr/> <p>800 metre Run at your goal PPT pace 3 Rounds Rest 3-5 min between rounds (Ex: If you would like to run 2400 metre in 10 min than your 800 metre should be about 200 sec)</p>	<p>5 Tall kneeling medicine ball throw at wall (no hip drive) 4 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>5 Agility run practice working on weave portion (from both sides) Rest 60-90 sec between rounds</p> <hr/> <p>8 Landmine shoulder-to-shoulder press (per side) + 5-10 Chin up w/ 5 sec negative (*add weight if you can do more than 8 reps) OR 8-10 Supinated inverted row w/ 3 sec negative 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>8-10 Dumbbell incline bench press + 10-12 Towel landmine row 4 Rounds Rest 60 - 90 sec between exercises</p> <hr/> <p>Min 1: 45 sec Hollow Hold Min 2: 45 sec Devil Press 8 minute EMOM</p>	<p>5-10 min Walk/jog _____</p> <p>60 min Run at Marathon Pace w/ heart rate between 130-150 bpm * Note distance. Use Strava if no GPS watch</p> <hr/> <p>30 sec Sprints at 80-90% max effort 5 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>5 min Walk/jog</p>	<p>5 Rotational ball throw into wall (per side) 4 Rounds Rest 60-90 sec between throws</p> <hr/> <p>10 Agility run practice (start on stomach) Rest 45-60 sec between rounds Work on just the line touches (i.e. run out and touch the line then sprint back)</p> <hr/> <p>5 Barbell bench press (*beat week 1) + 8-10 Bird dog row (per side) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>10 Push ups + 10 sec Chin over bar hang + 10 Dumbbell thruster + 5 Pull ups or 10 Inverted rows 12 min AMRAP</p> <hr/> <p>5 min Plank * Time stops if you drop ** Max 10 sec rest *** Try to complete in as few sets as possible</p>	<p>3 Box jumps 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds</p> <hr/> <p>5 Front squats (*beat week 1) + 12-15 Barbell Romanian deadlifts w/ 2 sec negative 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>3 Rack pull (from below knee cap - slightly lower than weeks 1-4) + 8 Bulgarian split squat (per side) 4 Rounds Rest 90 sec between exercises</p> <hr/> <p>5 min Easy run</p> <hr/> <p>30 sec Max effort sprint + 70 sec Walk/jog 12 min AMRAP * Max effort should be modulated to ensure sustained effort for the entire 30 sec ** Can be completed as hill sprints</p> <hr/> <p>5 min Easy Walk/Jog</p>	<p>5-10 min Walk/jog _____</p> <p>45 - 60 min Any form of cardio at Marathon pace (keep heart rate between 130-150)</p> <p>*This is a great opportunity for a trail run if you have access to trails with elevation.</p> <p>** This can be multi-modal meaning if you would rather not run you can combine modalities: Ex. 10 min jump rope, 10 min cycle, 10 min row, 30 min run.</p> <p>*** If running is your weakness, stick to building running volume.</p>



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<p>1 Standing Long Jump 5 Rounds Rest 30-40 sec between jumps</p> <hr/> <p>4 Barbell deadlifts (*Beat week 2) +</p> <p>10 Dumbbell Single Leg Squat to Box (per side) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>5 Box jumps +</p> <p>10 Goblet squats +</p> <p>15 Kettlebell swings +</p> <p>20 Mountain Climbers 10 minute AMRAP</p> <hr/> <p>5 min Easy run</p> <hr/> <p>800 metre Run at your goal PPT pace 4 Rounds Rest 3-5 min between rounds (Ex: If you would like to run 2400 metre in 10 min than your 800 metre should be about 200 sec)</p>	<p>5 Max height vertical ball throw 4 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>4 Full agility run practice (from both sides) Rest 60-90 sec between rounds Make each one slightly faster</p> <hr/> <p>8 Landmine shoulder-to-shoulder press (per side) +</p> <p>5-10 Chin up w/ 5 sec negative (*add weight if you can do more than 8 reps) OR 8-10 Supinated inverted row w/ 3 sec negative 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>8-10 Dumbbell incline bench press +</p> <p>10-12 Towel landmine row 4 Rounds Rest 60 - 90 sec between exercises</p> <hr/> <p>Min 1: 30 sec Wall hand stand hold (can put feet on bench and work up to full stand) Min 2: 45 sec Hollow hold 8 minute EMOM</p>	<p>5-10 min Walk/jog</p> <hr/> <p>60-70 min Run at Marathon Pace w/ a heart rate between 130-150 bpm * Note distance. Use Strava if no GPS watch</p> <hr/> <p>30 sec Sprints at 80-90% max effort 5 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>5 min Walk/jog * If you have access to trails take advantage of them here!</p>	<p>8 PPT Ball throw Rest 60-90 sec between throws</p> <hr/> <p>10 Agility run practice Rest 45-60 sec between rounds Work on just the weave portion</p> <hr/> <p>4 Barbell bench press (*beat week 2) +</p> <p>8-10 Bird dog row (per side) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>5 Dumbbell snatch (per side) +</p> <p>30 sec Bar hang (Dead arms) +</p> <p>15 Ball slams +</p> <p>3-5 Chin ups w/5 sec hold at top 12 min AMRAP</p> <hr/> <p>30 sec ON + 30 sec OFF Battle rope slams * IF no access to ropes do 30 sec ON + 30 sec OFF Bicep curls with good speed</p>	<p>3 Standing long jump practice 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds</p> <hr/> <p>4 Front squats (*beat week 2) +</p> <p>12-15 Barbell Romanian deadlifts w/ 2 sec negative 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>3 Rack pull (from below knee cap - slightly lower than weeks 1-4) +</p> <p>8 Bulgarian split squat (per side) 4 Rounds Rest 90 sec between exercises</p> <hr/> <p>5 min Easy run</p> <hr/> <p>30 sec Max effort sprint +</p> <p>60 sec Walk/jog 12 min AMRAP * Max effort should be modulated to ensure sustained effort for the entire 30 sec ** Can be completed as hill sprints</p> <hr/> <p>5 min Easy Walk/Jog</p>	<p>5-10 min Walk/jog</p> <hr/> <p>60 - 90 min Any form of cardio at Marathon pace (keep heart rate between 130-150) *This is a great opportunity for a trail run if you have access to trails with elevation. ** This can be multi-modal meaning if you would rather not run you can combine modalities: Ex. 10 min jump rope, 10 min cycle, 10 min row, 30 min run. *** If running is your weakness, stick to building running volume.</p>



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<p>3 Single leg standing long jump practice 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds</p> <hr/> <p>Barbell deadlifts - Work up to 3 rep max (*Beat week 3) + 10 Dumbbell Single Leg Squat to Box (per side) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>40 metre Farmers Carry + 40 metre Double kettlebell front rack carry + 15 Double kettlebell front rack squats 10 minute AMRAP</p> <hr/> <p>5 min Easy run</p> <hr/> <p>1000 metre Run at your goal PPT pace 2 Rounds Rest 3-5 min between rounds (Ex: If you would like to run 2400 metre in 10 min than your 1000 metre split should be about 250s)</p>	<p>5 Tall kneeling medicine ball throw at wall (no hip drive) 4 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>5 Agility run practice working on weave portion (from both sides) Rest 60-90 sec between rounds</p> <hr/> <p>6 Landmine shoulder-to-shoulder press (per side) + 5-10 Chin up w/ 5 sec negative (*add weight if you can do more than 8 reps) OR 8-10 Supinated inverted row w/ 3 sec negative 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>6-8 Dumbbell incline bench press + 12-15 Towel landmine row 4 Rounds Rest 60 - 90 sec between exercises</p> <hr/> <p>Min 1: 45 sec Hollow Hold Min 2: 45 sec Devil Press 8 minute EMOM</p>	<p>5-10 min Walk/jog _____</p> <p>60 min Run at Marathon Pace (w/ a heart rate between 130-150 bpm) * Note distance. Use Strava if no GPS watch</p> <hr/> <p>30 sec Sprints at 80-90% max effort 6 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>5 min Walk/jog</p>	<p>5 Rotational ball throw into wall (per side) 4 Rounds Rest 60-90 sec between throws</p> <hr/> <p>10 Agility run practice (start on stomach) Rest 45-60 sec between rounds Work on just the line touches (i.e. run out and touch the line then sprint back)</p> <hr/> <p>Barbell bench press - work up to 3 rep max (*beat week 3) + 8-10 Bird dog row (per side) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>10 Push ups + 10 sec Chin over bar hang + 10 Dumbbell thruster + 5 Pull ups or 10 Inverted rows 12 min AMRAP</p> <hr/> <p>5 min Plank * Time stops if you drop ** Max 10 sec rest ***Try to complete in as few sets as possible</p>	<p>3 Box jumps 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds</p> <hr/> <p>Front squat - Work up to 3 rep max (*beat week 3) + 12-15 Barbell Romanian deadlifts w/ 2 sec negative 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>2 Rack pull (from below knee cap - slightly lower than weeks 1-4) + 8 Bulgarian split squat (per side) 4 Rounds Rest 90 sec between exercises</p> <hr/> <p>5 min Easy run</p> <hr/> <p>40 sec Max effort sprint + 60 sec Walk/jog 12 min AMRAP * Max effort should be modulated to ensure sustained effort for the entire 40 sec ** Can be completed as hill sprints</p> <hr/> <p>5 min Easy Walk/Jog</p>	<p>5-10 min Walk/jog _____</p> <p>60 - 90 min Any form of cardio at Marathon pace (keep heart rate between 130-150) *This is a great opportunity for a trail run if you have access to trails with elevation. ** This can be multi-modal meaning if you would rather not run you can combine modalities: Ex. 10 min jump rope, 10 min cycle, 10 min row, 30 min run. *** If running is your weakness, stick to building running volume.</p>



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<p>1 Standing long jump (actual test) 5 Rounds Rest 30-40 sec between rounds</p> <hr/> <p>6-8 Barbell deadlifts (*Beat week 2) + 10 Dumbbell Single Leg Squat to Box (per side) 3 Rounds Rest 90 sec between exercises</p> <hr/> <p>5 Box jumps + 10 Goblet squats + 15 Kettlebell swings + 20 Mountain Climbers 10 minute AMRAP</p> <hr/> <p>5 min Easy run</p> <hr/> <p>2.4 Time trial *Use same route as week #4 ** Try to beat previous time</p>	<p>5 Max height vertical ball throw 4 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>4 Full agility run practice (from both sides) Rest 60-90 sec between rounds Make each one slightly faster</p> <hr/> <p>8 Landmine shoulder-to-shoulder press (per side) + 5-10 Chin up w/ 5 sec negative (*add weight if you can do more than 8 reps) OR 8-10 Supinated inverted row w/ 3 sec negative 3 Rounds Rest 90 sec between exercises</p> <hr/> <p>8-10 Dumbbell incline bench press + 10-12 Towel landmine row 3 Rounds Rest 60 - 90 sec between exercises</p> <hr/> <p>Min 1: 30 sec Wall hand stand hold Min 2: 45 sec Hollow hold 8 minute EMOM</p>	<p>5-10 min Walk/jog</p> <hr/> <p>60-70 min Cardio workout at Marathon Pace (w/ a heart rate between 130-150 bpm) * Note distance. Use Strava if no GPS watch * If you have access to trails take advantage of them here!</p> <hr/> <p>5 min Walk/jog</p>	<p>8 PPT ball throws Rest 60-90 sec between throws</p> <hr/> <p>10 Agility run practice Rest 45-60 sec between rounds Work on just the weave portion</p> <hr/> <p>6-8 Barbell bench press (*beat week 2) + 8-10 Bird dog row (per side) 3 Rounds Rest 90 sec between exercises</p> <hr/> <p>5 Dumbbell snatch (per side) + 30 sec Bar hang (dead arms) + 15 Ball slams + 3-5 Chin ups w/5 sec hold at top 12 min AMRAP</p> <hr/> <p>30 sec ON + 30 sec OFF Battle rope slams 5 Rounds * If no access to ropes do 30 sec ON + 30 sec OFF Bicep curls w/good speed</p>	<p>3 Standing long jump practice 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds</p> <hr/> <p>6-8 Front squat (*beat week 2) + 12-15 Barbell Romanian deadlifts w/ 2 sec negative 3 Rounds Rest 90 sec between exercises</p> <hr/> <p>3 Rack pull (from below knee cap - slightly lower than weeks 1-4) + 8 Bulgarian split squat (per side) 3 Rounds Rest 90 sec between exercises</p> <hr/> <p>5 min Easy run</p> <hr/> <p>Turkish get-ups 10 min AMRAP * Use 5-15lbs ** Alternate left and right</p>	<p>5-10 min Walk/jog</p> <hr/> <p>60 - 90 min Run at Marathon pace (keep heart rate between 130-150)</p> <p>*This is a great opportunity for a trail run if you have access to trails with elevation.</p> <p>** This can be multi-modal meaning if you would rather not run you can combine modalities: Ex. 10 min jump rope, 10 min cycle, 10 min row, 30 min run.</p> <p>*** If running is your weakness, stick to building running volume.</p>



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<p>1 Standing long jump 6 Rounds Rest 30-40 sec between rounds</p> <hr/> <p>3 Barbell Deadlifts @80-90% of 3 rep max + 8 Dumbbell single leg step down (per side) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>10 Barbell squats + 2 min Max distance farmers carry (25-50lbs/ arm) 40 metre Reptilian crawl 10 minute AMRAP</p> <hr/> <p>5 min Easy run</p> <hr/> <p>1.5 km Easy run 2 Rounds at your goal pace (example if you would like to run 2400 metres in 10 min than your 800 metre split should be about 200 sec)</p> <hr/> <p>500 - 1000 metres Walk/jog</p>	<p>5 Tall kneeling med ball throw at wall (no hip drive) 4 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>5 Agility run practice (from both sides) Work on just the weave portion Rest 60-90 sec between rounds</p> <hr/> <p>5 Landmine split jerk (per side) + 5-10 Chin up with 3 distinct pauses on the way down (add weight if you can do >8 (5 sec negative) OR 8-10 Supinated inverted row with 3 pauses 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>8-10 One-arm Dumbbell bench press (2 sec down) + 12 Supinated barbell row (1 sec pause at chest) 4 Rounds Rest 60 - 90 sec between exercises</p> <hr/> <p>Min 1: 45 sec Hollow rock Min 2: 60 sec Alternating dumbbell snatch 8 minute EMOM</p>	<p>5-10 min Walk/jog</p> <hr/> <p>Fartlek Run 30 sec Run at 90% 120 sec Run at 40-60%</p> <hr/> <p>15 Rounds</p> <hr/> <p>5 min Walk/jog</p>	<p>8 PPT ball throws Rest 60-90 sec between throws</p> <hr/> <p>4 Full agility run practice (per side) Rest 60-90 sec between rounds Make each one slightly faster</p> <hr/> <p>3 Barbell bench press @80-90% of 3 rep max + 12 TRX Scare crow 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>Max pull ups + Max Dips + Max Push ups or Max Chin negative and skull crushers if needed 12 min EMOM</p> <hr/> <p>Row machine 6 x 30 sec on/30 sec rest 2 Rounds Rest 2 min between rounds</p>	<p>3 Box jumps 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds</p> <hr/> <p>3 Front squats @ 80-90% of 3 rep max (beat week 1) + 8-10 Barbell single leg romanian deadlift (with 2 sec negative) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>3 Rack pull (from mid thigh * test height) + 8-10 Dumbbell Cossack squat (per side) 4 Rounds Rest 90 sec between exercises</p> <hr/> <p>5 min Easy run</p> <hr/> <p>5 km Easy run @ 60-70%</p>	<p>5-10 min Walk/jog</p> <hr/> <p>45 - 60 min Any form of cardio at Marathon pace (keep heart rate between 130-150)</p> <p>If you have access to trails with elevation change this would be a great opportunity to get a trail run in.</p> <p>This can be multi-modal meaning if you would rather not run you can combine modalities. Example 10 min jump rope, 10 min cycle, 10 min row, 30 min Run</p> <p>If running is your weakness, stick to running to build your running volume.</p>



M	TU	W	TH	F	SA
<p>1 Standing long jump (actual test) 5 Rounds Rest 30-40 sec between rounds</p> <hr/> <p>2 Barbell Deadlifts @90-100% of 3 rep max (Beat week 9) + 8 Dumbbell single leg step down (per side) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>10 Barbell squats + 8 Burpee over box (step on box over to the other side) 10 minute AMRAP</p> <hr/> <p>5 min Easy run</p> <hr/> <p>1.75 km Easy run 2 Rounds at your goal PPT pace</p> <hr/> <p>500-1000 metre Walk/jog</p>	<p>5 Max height vertical ball throw 4 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>4 Full agility run practice (from both sides) Make each one slightly faster Rest 60-90 sec between rounds</p> <hr/> <p>4 Landmine split jerk (per side) *Beat week 9 + 5-10 Chin up with 3 distinct pauses on the way down OR 8-10 Supinated inverted row with 3 pauses 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>8-10 One-arm Dumbbell bench press (2 sec down) + 8-10 Supinated barbell row (1 sec pause at chest) 4 Rounds Rest 60 - 90 sec between exercises</p> <hr/> <p>Min 1: 45 sec Devil press Min 2: 45 sec Hollow hold (Can put feet on bench and work up to full handstand) 8 minute EMOM</p>	<p>5-10 min Walk/jog _____</p> <p>60-70 min Run at marathon pace (heart rate between 130-150 bpm)</p> <p>*Note distance. Use Strava is no GPS watch</p> <p>Finish off the workout with 5x30 sec Sprints at 80-90% with 60-90 sec Recovery.</p> <hr/> <p>5 min Walk/jog</p> <p>If you have access to trails take advantage to them for this workout</p>	<p>8 PPT ball throws Rest 60-90 sec between throws _____</p> <p>10 Agility run practice (work on just the weave portion) Rest 45-60 sec between rounds _____</p> <p>2 Barbell bench press @90-100% of 3 rep max (Beat week 9) + 12 TRX Scare crow 5 Rounds Rest 90 sec between exercises _____</p> <p>30 min Holy Trinity Challenge:</p> <p>Max Push ups + Max Pull ups + Max Dips *Break this up however you want but you must finish with a 1:1:1 ratio *Amazing score is >150 of each</p>	<p>3 Standing long jump practice 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds _____</p> <p>2 Front squats @90-100% of 3 rep max (beat week 9) + 8-10 Barbell single leg romanian deadlift (with 2 sec negative) 5 Rounds Rest 90 sec between exercises _____</p> <p>3 Rack pull (from mid thigh * test height) + 8-10 Dumbbell Cossack squat (per side) 4 Rounds Rest 90 sec between exercises _____</p> <p>5 min Easy run</p> <hr/> <p>16 min of Speed Work:</p> <p>60 sec Max effort sprints 60 sec Jog/walk *Max effort should be modulated to ensure sustained effort for the entire 20 sec.</p> <hr/> <p>5 min Cool down jog/walk</p>	<p>5-10 min Walk/jog _____</p> <p>60 - 90 min Any form of cardio at Marathon pace (keep heart rate between 130-150)</p> <p>If you have access to trails with elevation change this would be a great opportunity to get a trail run in.</p> <p>This can be multi-modal meaning if you would rather not run you can combine modalities. Example 10 min jump rope, 10 min cycle, 10 min row, 30 min Run</p> <p>If running is your weakness, stick to running to build your running volume.</p>



M	TU	W	TH	F	SA
<p>1 Standing long jump actual test 6 Rounds Rest 30-40 sec between rounds</p> <hr/> <p>1 Barbell Deadlift @100-110% of 3 rep max + 8 Dumbbell single leg step down (per side) 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>10 Barbell squats + 2 min Max distance farmers carry (25-50lbs/ side) 10 minute AMRAP</p> <hr/> <p>5 min Easy run</p> <hr/> <p>Run 2.4 km Time trial at your goal PPT pace</p>	<p>5 Tall kneeling med ball throws at wall 4 Rounds Rest 60-90 sec between rounds</p> <hr/> <p>5 Agility run practice (per side) Work on the weave portion Rest 60-90 sec between rounds</p> <hr/> <p>3 Landmine split jerk (per side) + 5-10 Chin up with 3 distinct pauses on the way down OR 8-10 Supinated inverted row with 3 pauses 5 Rounds Rest 90 sec between exercises</p> <hr/> <p>8-10 One-arm Dumbbell bench press (2 sec down) + 8-10 Supinated barbell row (1 sec pause at chest) 4 Rounds Rest 60 - 90 sec between exercises</p> <hr/> <p>Min 1: 45 sec Hollow rock Min 2: 60 sec Alternating Dumbbell snatch 8 minute EMOM</p>	<p>5-10 min Walk/jog _____</p> <p>Fartlek Run</p> <p>60 sec Run @ 90% 120 sec Run @ 40%-60%</p> <p>15 Rounds</p> <hr/> <p>5 min Walk/jog</p>	<p>8 PPT ball throws Rest 60-90 sec between throws _____</p> <p>4 Full agility run practice Make each one slightly faster Rest 60-90 sec between rounds _____</p> <p>1 Barbell bench press @100%-110% of 3 rep max + 12 TRX Scare crow 5 Rounds Rest 90 sec between exercises _____</p> <p>Min 1: Max Chin ups Min 2: Max Dips Min 3: Max Push ups (or Max Chin negative and skull crushers) 12 min EMOM _____</p> <p>Row machine: 6x30 sec ON + 30 sec REST 2 Rounds Rest 2 min between rounds</p>	<p>3 Box jumps 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds _____</p> <p>1 Front squats @100%-110% of 3 rep max + 8-10 Barbell single leg romanian deadlift (with 2 sec negative) 5 Rounds Rest 90 sec between exercises _____</p> <p>1 Rack pull (from mid thigh * test height) + 8-10 Dumbbell Cossack squat (per side) 4 Rounds Rest 90 sec between exercises _____</p> <p>5 min Easy run</p> <hr/> <p>5km Run @ 60-70%</p>	<p>5-10 min Walk/jog _____</p> <p>45 - 60 min Any form of cardio at Marathon pace (keep heart rate between 130-150)</p> <p>If you have access to trails with elevation change this would be a great opportunity to get a trail run in.</p> <p>This can be multi-modal meaning if you would rather not run you can combine modalities. Example 10 min jump rope, 10 min cycle, 10 min row, 30 min Run</p> <p>If running is your weakness, stick to running to build your running volume.</p>



M or TH

1 Standing long jump

(actual test)

5 Rounds

Rest 30-40 sec between rounds

5 Barbell Deadlifts at a comfortable weight

+

5 Bench Press at comfortable weight

5 Rounds

Rest 90 sec between exercises

20 Goblet squats

+

20 Kettlebell swings

+

10 Push ups

+

10 Pull ups

5 Rounds

30 min Cardio workout at Marathon Pace

Choose your modality but keep heart rate between 130-150 bpm

TU or F

1 Standing long jump

(actual test)

5 Rounds

Rest 30-40 sec between rounds

5 Barbell squats at a comfortable weight

+

10 Dumbbell strict press at comfortable weight

5 Rounds

Rest 90 sec between exercises

40 metre Farmer Carry

+

20 metre Crawl

+

20 metre Lunges

+

10 Devil Press

15 min AMRAP

30 min Cardio workout at Marathon Pace

Choose your modality but keep heart rate between 130-150 bpm

*** If test is Monday or Tuesday, take a rest and train Thursday and Friday**

*** If test is Thursday or Friday, train Monday and Tuesday**



NEXT STEPS

After completing this program, contact your PE Squadron Rep for the next program to follow.

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RMC PHYSICAL EDUCATION DEPARTMENT
CADET PROGRAMMING

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