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

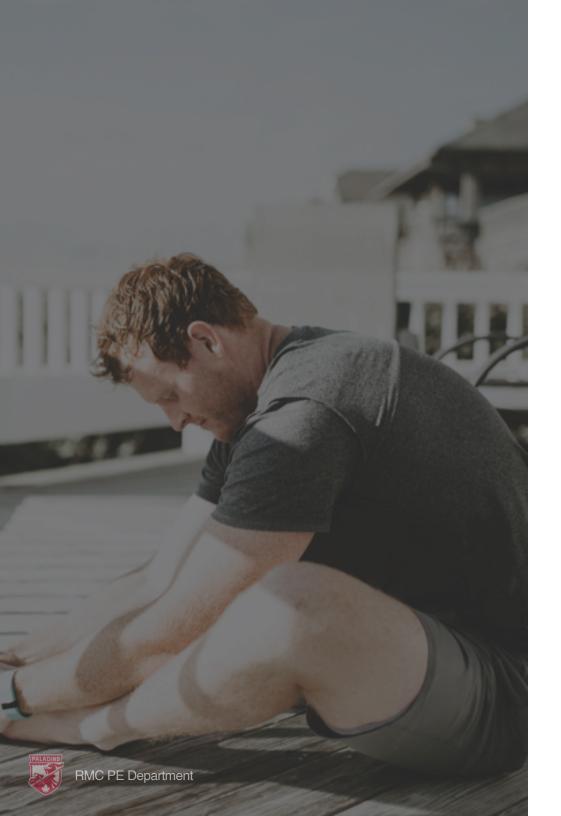
Marathon Pace is a steady-state run and will be used as a substitute for the Easy Run on long run days. **Target Heart Rate**: 80%-90% of HRM.

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

RMC PE Department

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

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

8 minute EMOM

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

TU F SA M W TH 5 Max height vertical ball 3 Single leg standing long 5-10 min Walk/jog 8 PPT ball throws 3 Standing long jump practice 5-10 min Walk/jog 4 Rounds jumps for practice throw Rest 60-90 sec between throws Pause 5-10 sec between jumps 4 Rounds 4 Rounds 45 - 60 min 9 km Run at Easy Rest 60-90 sec between rounds Rest 60-90 sec between rounds Pause 5-10 sec between jumps 10 Agility run practice Any form of cardio **Pace** Rest 60-90 sec between rounds at Marathon pace (start on stomach) Beginner runners 4 Front squats (keep heart rate 4 Full agility run practice complete 4-6 km Rest 45-60 sec between rounds 6-8 Barbell deadlifts between 130-150) (from both sides) Work on just the line touches 6-8 Dumbbell single leg (i.e. run out and touch the line Rest 60-90 sec between rounds *You can break up the 10 Goblet step back lunge romanian deadlift (per side) 30 sec Sprints at then sprint back) Make each one slightly faster forms of cardio if you'd (per side) 5 Rounds 80-90% max effort like; i.e.: 3 Rounds Rest 90 sec between exercises 5 Rounds Rest 90 sec between exercises 8-10 Landmine Press (per Rest 60-90 sec 4 Barbell bench press Cycle 10 min side) between rounds 2 Rack pull (from bottom of 10 Goblet squats knee cap) Row 10 min **8-10 Bird dog row** (per side) 5-10 Chin up 5 min Walk/jog 5 Rounds 40 metre Farmer carry Crawl and calisthenics OR 8 Bulgarian split squat Rest 90 sec between exercises 10 minute EMOM 10-12 Supinated inverted 10 min (per side) row 4 Rounds 3 Rounds 10 Wall balls Skips 5 min 5 min Easy run Rest 90 sec between exercises Rest 90 sec between exercises 250 metre Row As long as you keep the heart rate 2.4km Time trial 5 min Easy run 6-8 One-arm Dumbell 5-10 Pull ups consistent. To assess your progress bench press or inverted row 12 min of Treadmill sprints 12 min AMRAP 8-10 Supinated bent over 30 sec Max effort sprint at barbell row Max Push ups in 5 5-10 incline (max effort should 4 Rounds be modulated to ensure sustained minutes Rest 60 - 90 sec between exercises effort for the entire 30 sec) With proper form 60 sec Walk/jog] Min 1: 45 sec Toes-to-bar Min 2: 20 Mountain **climbers** (per side) 5 min Easy Walk/Jog 8 minute EMOM

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

sets as possible

8 minute FMOM

5 min Easy Walk/Joq

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

8 minute EMOM

5 min Easy Walk/Jog

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

** Max 10 sec rest

sets as possible

***Try to complete in as few

5 min Easy Walk/Jog

Min 2: 45 sec Devil Press

| М | TU | W | TH | F | SA |
|---|--|---|---|--|---|
| 1 Standing long jump (actual test) 5 Rounds Rest 30-40 sec between rounds 6-8 Barbell deadlifts (*Beat week 2) + 10 Dumbbell Single Leg Squat to Box (per side) 3 Rounds Rest 90 sec between exercises 5 Box jumps + 10 Goblet squats + 15 Kettlebell swings + 20 Mountain Climbers 10 minute AMRAP | 5 Max height vertical ball throw 4 Rounds Rest 60-90 sec between rounds 4 Full agility run practice (from both sides) Rest 60-90 sec between rounds Make each one slightly faster 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 | 5-10 min Walk/jog 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! 5 min Walk/jog | 8 PPT ball throws Rest 60-90 sec between throws 10 Agility run practice Rest 45-60 sec between rounds Work on just the weave portion 6-8 Barbell bench press (*beat week 2) + 8-10 Bird dog row (per side) 3 Rounds Rest 90 sec between exercises 5 Dumbbell snatch (per side) + 30 sec Bar hang (dead arms) + 15 Ball slams | 3 Standing long jump practice 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds 6-8 Front squat (*beat week 2) + 12-15 Barbell Romanian deadlifts w/ 2 sec negative 3 Rounds Rest 90 sec between exercises 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 | 5-10 min Walk/jog 60 - 90 min Run 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 |
| 10 minute AMRAP 5 min Easy run 2.4 Time trial *Use same route as week #4 ** Try to beat previous time | 3 Rounds Rest 90 sec between exercises 8-10 Dumbbell incline bench press + 10-12 Towel landmine row 3 Rounds Rest 60 - 90 sec between exercises Min 1: 30 sec Wall hand stand hold | | + 15 Ball slams + 3-5 Chin ups w/5 sec hold at top 12 min AMRAP | | *** If running is your weakness, stick to building running volume. |
| [FREAGING] | Min 2: 45 sec Hollow hold | | | | |

RMC PE Department dumbbell snatch

8 minute EMOM

| М | TU | W | тн | F | SA |
|---|--|--|--|---|---|
| 1 Standing long jump 6 Rounds Rest 30-40 sec between rounds 3 Barbell Deadlifts @80-90% of 3 rep max + 8 Dumbbell single leg step down (per side) 5 Rounds Rest 90 sec between exercises 10 Barbell squats + 2 min Max distance farmers carry (25-50lbs/ arm) 40 metre Reptilian crawl 10 minute AMRAP 5 min Easy run 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) 500 - 1000 metres Walk/jog | 5 Tall kneeling med ball throw at wall (no hip drive) 4 Rounds Rest 60-90 sec between rounds 5 Agility run practice (from both sides) Work on just the weave portion Rest 60-90 sec between rounds 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 8-10 One-arm Dumbell bench press (2 sec down) + 12 Supinated barbell row (1 sec pause at chest) 4 Rounds Rest 60 - 90 sec between exercises Min 1: 45 sec Hollow rock Min 2: 60 sec Alternating | 5-10 min Walk/jog Fartlek Run 30 sec Run at 90% 120 sec Run at 40-60% 15 Rounds 5 min Walk/jog | 8 PPT ball throws Rest 60-90 sec between throws 4 Full agility run practice (per side) Rest 60-90 sec between rounds Make each one slightly faster 3 Barbell bench press @80-90% of 3 rep max + 12 TRX Scare crow 5 Rounds Rest 90 sec between exercises Max pull ups + Max Dips + Max Push ups or Max Chin negative and skull crushers if needed 12 min EMOM Row machine 6 x 30 sec on/30 sec rest 2 Rounds Rest 2 min between rounds | 3 Box jumps 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds 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 3 Rack pull (from mid thigh * test height) + 8-10 Dumbbell Cossack squat (per side) 4 Rounds Rest 90 sec between exercises 5 min Easy run 5 km Easy run @ 60-70% | 5-10 min Walk/jog 45 - 60 min Any form of cardio at Marathon pace (keep heart rate between 130-150) If you have access to trails with elevation change this would be a great opportunity to get a trail run in. This can be multimodal 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 If running is your weakness, stick to running to build your running volume. |

| М | TU | W | тн | F | SA |
|--|---|---|--|---|---|
| 1 Standing long jump (actual test) 5 Rounds Rest 30-40 sec between rounds 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 10 Barbell squats + 8 Burpee over box (step on box over to the other side) 10 minute AMRAP 5 min Easy run 2 Rounds at your goal PPT pace 500-1000 metre Walk/jog | 5 Max height vertical ball throw 4 Rounds Rest 60-90 sec between rounds 4 Full agility run practice (from both sides) Make each one slightly faster Rest 60-90 sec between rounds 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 8-10 One-arm Dumbell bench press (2 sec down) + 8-10 Supinated barbell row (1 sec pause at chest) 4 Rounds Rest 60 - 90 sec between exercises Min 1: 45 sec Devil press Min 2: 45 sec Hollow hold (Can put feet on bench and work up to full handstand) | 5-10 min Walk/jog 60-70 min Run at marathon pace (heart rate between 130-150 bpm) *Note distance. Use Strava is no GPS watch Finish off the workout with 5x30 sec Sprints at 80-90% with 60-90 sec Recovery. 5 min Walk/jog If you have access to trails take advantage to them for this workout | 8 PPT ball throws Rest 60-90 sec between throws 10 Agility run practice (work on just the weave portion) Rest 45-60 sec between rounds 2 Barbell bench press @90-100% of 3 rep max (Beat week 9) 12 TRX Scare crow 5 Rounds Rest 90 sec between exercises 30 min Holy Trinity Challenge: Max Push ups 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 | 3 Standing long jump practice 4 Rounds Pause 5-10 sec between jumps Rest 60-90 sec between rounds 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 3 Rack pull (from mid thigh * test height) + 8-10 Dumbbell Cossack squat (per side) 4 Rounds Rest 90 sec between exercises 5 min Easy run 16 min of Speed Work: 60 sec Max effort sprints 60 sec Jog/walk *Max effort should be modulated to ensure sustained effort for the entire 20 sec. 5 min Cool down jog/walk | 5-10 min Walk/jog 60 - 90 min Any form of cardio at Marathon pace (keep heart rate between 130-150) If you have access to trails with elevation change this would be a great opportunity to get a trail run in. This can be multimodal 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 If running is your weakness, stick to running to build your running volume. |
| PMC PE Department | ap to rail radiana, | | | , 5 | /15 |

8 minute EMOM

| 1 Standing long jump actual test of Potunds Pest 30-40 sec between rounds Pest 30-40 sec between rounds Pest 30-40 sec between rounds Pest 30-60 sec between rounds Pest 30-60 sec between rounds Pest 30-60 sec between rounds Pest 30 sec between rounds Pest 40-90 sec between rounds Pest 30 sec between rounds Pest 30 sec between rounds Pest 40-90 sec between rounds Pest 30 sec between rounds Pest 40-90 sec between rounds Pest 30 sec between rounds Pest 30 sec between rounds Pest 40-90 sec between rounds Pest 30 sec between rounds Pest 30 sec between rounds Pest 40-90 sec between rounds Pest 30 sec between rounds Pest 40-90 | of cardio on pace rate 0-150) access to evation would be a tunity to get multi- ning if you r not run mbine Example 10 pe, 10 min in row, 30 |
|--|--|

WEEK **12** 500 PPT

1 Standing long jump (actual test)

5 Rounds

M or TH

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.

1 Squadron 2 Squadron 3 Squadron

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4 Squadron 5 Squadron 6 Squadron

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