



# NSW/NSO/AIRR Training Week 1

Workout #1

Workout #2

Workout #3

Workout #4

Workout #5

Guerilla Camp

Eureka!

The Chase

Salty Dog

Hard Day in the Woods

## Equipment

Soccer or Football Field	Pull Up Bar 45lbs Barbell 25lbs Plates 50lbs Kettlebell 20" Box Pool	Running Shoes or Boots	50lbs Kettlebell PVC or Dowel Pool 30lbs x 2 Dumbbells Pull Up Bar	25lbs Backpack 50lbs Sandbag
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## Personal Notes

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## Scores

Time: \_\_\_\_\_

Time: \_\_\_\_\_

Time: \_\_\_\_\_

Time: \_\_\_\_\_

Time: \_\_\_\_\_

## Guerilla Camp

1	Run Width of Field	4 Rounds of	25 Squats
2	Run Width of Field	4 Rounds of	25 Push ups
3	Run Width of Field	4 Rounds of	25 Sit ups
4	Kettlebell Waiters Carry across field (switching arms)		
<b>FOR TIME</b>			
1st	10 Kettlebell Swings	5 Rounds	20 Sit Ups
2nd	10 Sumo Deadlift High Pull	5 Rounds	20 Sit Ups

### Coaches Comments

**Training Objectives**

This is a full body workout that should start out relatively easy and get more difficult as you progress. Run easy on the first four elements and perform each set of exercises in a single set. If you want to increase the effectiveness of this workouts physical and mental stimulus, push your limits on the runs.

**Special Notes**

Take a kettlebell to a soccer or football field and use the width only. Running the width of the field means to run from sideline to sideline.

## EUREKA!

1	10 Pull Ups 20 Push Ups 30 Sit Ups 40 Squats
2	3 Rounds 10 Deadhang Pull Ups 10 Romainian Deadlifts (barbell only)
3	3 Rounds 10 L-Pull Ups 5 Rom Deadlifts Right Leg / 5 Rom Deadlifts Left Leg (barbell only)
4	<b>FOR TIME</b> 3 Rounds 5 Hang Squat Clean 95lbs 10 Kettlebell Swings 15 Box Jumps
5	Swim 1000 Meters for time

### Coaches Comments

#### Training Objectives

The first three elements of this workout are a warm up and are not to be timed. Work the full range of motion in each of the exercises as a buildup to the timed elements in 4 and 5.

#### Special Notes

This workout calls for the use of a barbell, however you can substitute a 50lb Kettlebell for the Romanian Deadlifts.  
Substitute 5 KB Hang Squat Cleans on the right and 5 on the left for the 95lb HSC.

## The Chase

Trail Run (Road is OK but not preferred)

15 Min

Moderate Intensity (you can talk but not in full sentences)

10 Min

High Intensity (you're down to single words only)

5 Min

All Out! (you can't hardly breath, much less say anything)

Turn around - The chase is on - Negative Split (Post the difference)

### Coaches Comments

#### Training Objectives

Develop competence in running at different energy outputs. Trail running also requires coordination in moving over rocky and hilly terrain.

#### Special Notes

Run off road where there are hills and obstacles. A single track mountain bike trail is perfect.

## Salty Dog

1	4 Rounds 10 Sumo Deadlift High Pull 5 Kettlebell Swings Right Side 5 Kettlebell Swings Left Side
2	Swim 500 Y/M / 50 Push Ups / 50 Flutter Kicks Swim 350 Y/M / 35 Push Ups / 35 Flutter Kicks Swim 200 Y/M / 20 Push Ups / 20 Flutter Kicks
3	5 Rounds 10 Dead Hang Pull Ups 10 Dumbbell Overhead Press

### Coaches Comments

Training Objectives	This is a smoker. Push the pace all the way through.
Special Notes	Time the full workout. Set up prior to starting to eliminate downtime.

## Hard Day in the Woods

1	Run 1 Mile - No Backpack
2	Run 1 Mile - Backpack
3	25 Squats with Sandbag or KB on Right Shoulder 25 Squats with Sandbag or KB on Left Shoulder
4	Run 1 Mile - No Backpack
5	Run 1 Mile - Backpack
6	25 Squats with Sandbag or KB on Right Shoulder 25 Squats with Sandbag or KB on Left Shoulder

### Coaches Comments

<b>Training Objectives</b>	Develop competency and speed in moving over land with with and without weight.
<b>Special Notes</b>	Trail terrain is preferred for this workout, but due to the need to drop the backpack and weight to run, it may be necessary to use a track.



# NSW/NSO/AIRR Training Week 2

Workout #1	Workout #2	Workout #3	Workout #4	Workout #5
<b>Maximus</b>	<b>Reno 911</b>	<b>The Pursuit</b>	<b>Swimming with Angie</b>	<b>Full Mission Profile</b>
<b>Equipment</b>				
35lbs Kettlebell	Pool Pull Up Bar 35lbs Dumbbells	Running Shoes or Boots	Pull Up Bar  Pool	35lbs Backpack Pull Up Bar Barbell 2 x 25lbs Plates 2 x 50lbs Plates BDU Pants and Boots
<b>Notes</b>				
<b>Personal Metric</b>				
Time: _____	Time: _____	Time: _____	Time: _____	See Mission Sheet for Time Limit

## Maximus

1	10 - 8 - 6 - 4 - 2 Overhead Kettlebell Windmills (Left Arm) Overhead Kettlebell Windmills (Right Arm) Kettlebell Swings
2	3 Rounds 50 Push Ups 50 Sit Ups 50 Squats
3	Run 3 Miles
4	50 Pull Ups

### Coaches Comments

#### Training Objectives

This is a full body workout that should start out relatively easy and get more difficult as you progress.

#### Special Notes

Take as few breaks as absolutely necessary, remembering that mental strength comes from pushing past perceived physical limitations.



## Reno 911

1	Swim 1000 Y/M
2	3 Rounds 10 Dead Hang Pull Ups 10 Thrusters (30lbs Dumbbells) 10 Knees to Elbows
3	2 Rounds 50 Walking Lunges (25 each leg) Walk back to start
4	50 - 40 - 30 - 20 - 10 Squat Push Up
5	Swim 1000 Y/M

### Coaches Comments

#### Training Objectives

Develop competency in full body movement, while increasing the intensity of the workout and maintaining good form.

#### Special Notes

Don't rush through this workout. Maintain good form and ensure that full range of motion is performed on all exercises.

## The Chase

Trail Run (Road is OK but not preferred)

15 Min

Moderate Intensity (you can talk but not in full sentences)

10 Min

High Intensity (you're down to single words only)

5 Min

All Out! (you can't hardly breath, much less say anything)

Turn around - The chase is on - Negative Split (Post the difference)

### Coaches Comments

#### Training Objectives

Develop competence in running at different energy outputs. Trail running also requires coordination in moving over rocky and hilly terrain.

#### Special Notes

Run off road where there are hills and obstacles. A single track mountain bike trail is perfect.

## Swimming with Angie

1	100 Pull Ups
2	Swim 500 Y/M
3	100 Push Ups
4	Swim 500 Y/M
5	100 Sit Ups
6	Swim 500 Y/M
7	100 Squats
8	Swim 500 Y/M

### Coaches Comments

**Training Objectives**

This is a smoker. Push the pace all the way through.

**Special Notes**

Time the full workout. Set up prior to starting to eliminate downtime.

## Full Mission Profile

Insert	Run 1 mile with 35lb Rucksack
Contact #1	4 Rounds of: 10 Burpees with Rucksack 10 Pull Ups with Rucksack
Actions at Objective	Complete 100 of each in any order or combination Deadlifts (95lbs) Push Press (65lbs) Sumo Deadlift High Pull (65lbs) Thrusters (45lbs)
Contact #2	4 Rounds of: 10 Burpees with Rucksack 10 Pull Ups with Rucksack
Extract	Run 1 mile with 35lb rucksack

### Coaches Comments

<b>Mission Window</b>	<b>1:05:00</b>	Mission from insert to extract.
	<b>Escape and Evasion Plan</b> (if you go over time limit)	<b>50 Burpees (no rucksack)</b>
<b>Special Notes</b>	<p style="text-align: center;">Push the body and mind to overcome challenges and meet tough deadlines.</p> <p style="text-align: center;">Wear BDU pants and boots for this workout.</p> <p style="text-align: center;">You must wear a t-shirt, but do not need to wear a field BDU top.</p> <p style="text-align: center;">Do not wear rucksack during "actions at the objective"</p>	



# NSW/NSO/AIRR Training Week 3



Workout #1	Workout #2	Workout #3	Workout #4	Workout #5
Monkey and a Football	Hurry Up!	R - S - R	Fire in the Gut	Murph
<b>Equipment</b>				
35lbs Kettlebell	Pool Pull Up Bar	Pool 2 mile known distance	24" Box 35lb Kettlebell 50lb Kettlebell	Mile Distance Pull Up Bar 20lbs Vest or Pack
<b>Personal Notes</b>				
<b>Scores</b>				
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____

## Monkey and a Football

1	40 - 30 - 20 - 10 Push Ups Sit Ups Kettlebell Swings
2	5 Rounds of: 5 Pistols Left Leg 5 Pistols Right Leg 5 Handstand Push Ups
3	Run 3 Miles

### Coaches Comments

#### Training Objectives

Work each phase of the workout separately. Phase 1 should be a good warmup. Phase 2 should require strength and balance. Time Phase 3.

#### Special Notes

Phase 2 should not be rushed so that you can effectively practice good form and full range of motion.

Pistols are one legged squats. Do a internet search if you need to see an example.

## Hurry Up!

1	<p>Swim 500 Yards or Meters / 50 Push Ups / 50 Flutter Kicks</p> <p>Swim 400 Yards or Meters / 40 Push Ups / 40 Flutter Kicks</p> <p>Swim 300 Yards or Meters / 30 Push Ups / 30 Flutter Kicks</p> <p>Swim 200 Yards or Meters / 20 Push Ups / 20 Flutter Kicks</p> <p>Swim 100 Yards or Meters / 10 Push Ups / 10 Flutter Kicks</p>
2	<p>50 Dead Hang Pull Ups 100 Squats</p> <p># of sets for Pull Ups _____ # of Sets for Squats _____</p>

### Coaches Comments

<b>Training Objectives</b>	<p>Develop competency in swimming and anaerobic exercise.</p>
<b>Special Notes</b>	<p>Move through Phase 1 without breaks.</p> <p>In Phase 2 try for as few sets as possible.</p>

## Run - Swim - Run

Get everything ready prior to the workout to limit wasted time on transitions

1

Run 2 Miles

2

Swim 2000 Yards or Meters

3

Run 2 Miles

REDLINE THE WHOLE WAY

### Coaches Comments

Training Objectives

Develop competence in running and swimming

Special Notes

Again, REDLINE THE WHOLE WAY!



## Fire in the Gut

1	100 Sit Ups  100 Flutter Kicks  100 Leg Levers  100 Box Jumps
2	<b>5 Rounds for time of:</b> 5 KB Sit Ups Right Side 5 KB Sit Ups Left Side 10 KB Swings 10 Sumo Deadlift High Pulls

### Coaches Comments

<b>Training Objectives</b>	This is a really tough Core workout.
<b>Special Notes</b>	Phase 1 cannot be mixed up.  Phase 2 - Use light KB for sit ups and heavy KB for Swings and SDHP.

## Murph

1

Run 1 Mile

2

With a 20lb Vest or Pack

100 Pull Ups  
200 Push Ups  
300 Squats

3

Run 1 Mile

### Coaches Comments

Mission Window

Time the entire Workout to push yourself mentally throughout. Make transitions smooth so you go from aerobic to anaerobic quickly.

Special Notes

You can mix up the pull ups, push ups, and squats. I suggest doing 10 sets of 10 pull ups, 20 push ups, and 30 squats.



# NSW/NSO/AIRR Training Week 4

Workout #1	Workout #2	Workout #3	Workout #4	Workout #5
"On Your Feet!"	Lost at Sea	R - S - R	Cannon Ball	Full Mission Profile
<b>Equipment</b>				
35lbs Kettlebell PVC Stick 53lbs Kettlebell	Pool	Pool 3 mile known distance	35lbs Kettlebell	30lbs Dumbbells 53lbs Kettlebell Pull Up Bar
<b>Personal Notes</b>				
<b>Scores</b>				
Time: _____	Time: _____	Time: _____	Time: _____	See Mission Sheet for Time Limit

## "On Your Feet!"

1

Run 1.5 Miles

2

50 - 35 - 20  
Push Ups  
Kettlebell Swings  
Lunges  
Overhead Squats  
Sumo Deadlift High Pulls

3

Run 1.5 Miles

### Coaches Comments

**Training Objectives**

Push hard through this workout. Start off fast and don't let up. Hit the wall early and hard in order to engage the mental factor.

**Special Notes**

Use medium KB for Swings  
  
Count each lunge as a rep  
  
Use PVC for Overhead Squats  
  
Use Heavy Kettlebell for SDHP

## Lost at Sea

Swim 2000 Yards or Meters for Time

### Coaches Comments

#### Training Objectives

Push the envelope of your aerobic capacity. No Fins.

#### Special Notes

Swim continuously using Combat Swimmer Sidestroke, Freestyle, or a combination of both.

When using CSS, alternate sides each time.

## Run - Swim - Run

Get everything ready prior to the workout to limit wasted time on transitions

1

Run 3 Miles

2

Swim 1000 Yards or Meters

3

Run 3 Miles

REDLINE THE WHOLE WAY

### Coaches Comments

**Training Objectives**

Develop competence in running and swimming

**Special Notes**

Set up equipment before starting to make transitions quick and efficient.

## Cannon Ball

1	<p><b>5 Rounds of:</b></p> <p>10 KB Clean and Press Right Side 20 squats (with Kettlebell) 10 KB Clean and Press Left Side 20 squats (with Kettlebell)</p>
2	<p>50 KB Snatch Right Arm</p> <p>25 KB Push Press Right Arm</p> <p>50 KB Snatch Left Arm</p> <p>25 KB Push Press Left Arm</p>

### Coaches Comments

<b>Training Objectives</b>	<p>This is a physically and mentally tough workout. If you want to take a break, keep going until you NEED to take a break.</p>
<b>Special Notes</b>	<p>Time the entire workout. Use medium KB for C&amp;P / Snatch / and Push Press.</p> <p>Throughout this workout, think LOG PT!</p>

## OPERATION: HASTY RESCUE

<b>Insert</b> Max Time 20 Minutes	<b>5 Rounds of</b> Run 400 Meters 10 Kettlebell Swings 10 Thrusters 10 Pull Ups
<b>Actions at Objective</b>	100 Burpees
<b>Extract</b>	Run 1 mile with 35lbs  Add 10lbs for each minute over the 20 minute Insert

### Coaches Comments

<b>Mission Window</b>	<b>20 Min</b>	Time to Finish Insert
	<b>Penalty</b>	<b>Add 10lbs for each minute over 20 minutes on the insert - to be carried on the extract.</b>
<b>Special Notes</b>	The longer it takes you to get to the Objective, the more weight you'll have to carry out.	





# NSW/NSO/AIRR Training Week 5

Workout #1	Workout #2	Workout #3	Workout #4	Workout #5
"Stoned"	Lost at Sea w/ Fins	R - S - R	Jenni	Full Mission Profile

Equipment				
Dumbbells	Pool	Pool	Dumbbells	PVC or Dowell
Pull Up Bar		1 mile known distance	Pull Up Bar	
Barbell			Barbell	
			Rowing Machine	Pull Up Bar

Personal Notes				

Scores				
Time: _____	Time: _____	Time: _____	Time: _____	See Mission Sheet for Time Limit

## Stoned

### Ladder to 10 (counting by 1)

Dumbbell Complex

Pull Up

Run 6 miles or 40 minutes - whichever comes first

### Deadlift

5 x 5 @ 135

5 x 5 @ 185

5 x 5 @ 225

### Coaches Comments

#### Training Objectives

Multimodal workloads and energy requirements result in capacity across a broad range.

#### Special Notes

Dumbbell Complex (Push Up, Dead Lift, Front Squat, Overhead Press).  
Do 1 of each followed by a pull up, then 2 of each followed by 2 pull ups, etc.

Run fast and hard. See how close you can get to making the 6 miles in the time.

Stretch out a little after the run before starting the Deadlifts.

Scale down the deadlifts as necessary to be Heavy / Heavier / Heaviest, but do not go over the prescribed weights.

## Lost at Sea with Fins

10 x Swim 25 Y/M as fast as possible + 10 Muscle Ups on Side of Pool  
(this should take less than 10 minutes)

Fin Swim 2000 Yards or Meters

### Coaches Comments

#### Training Objectives

Push the envelope of your anaerobic and aerobic capacity.

#### Special Notes

Use Freestyle stroke for the 10 x 25.

Swim continuously using Combat Swimmer Sidestroke for the 2000.  
Alternate sides each time.

## Run - Swim - Run

Do this **TWO TIMES**. Time each separately.

1

Run 1 Mile

2

Swim 500 Yards or Meters

3

Run 1 Mile

REDLINE THE WHOLE WAY

### Coaches Comments

Training Objectives

Develop competence in running and swimming

Special Notes

Go all out on the first effort. Really swing for the fence.  
Rest afterward for 15 to 20 minutes and do it again.  
Imagine on the second effort that you are competing with the first time.  
Do not fail.

## Jenni

### 5 Rounds of 5 Reps of each

Dumbbell Complex (5 push up, 5 DL, 5 FS, 5 OHP)  
Pull Up

### 50 Thruster with 45lb Barbell

### Overhead Press

20 @ 95lbs

15 @ 115lbs

10 @ 135lbs

### 4 Rounds of

Swim 250 Yards or Meters  
50 Squats

### Coaches Comments

#### Training Objectives

Push the pace on all elements except the Overhead Presses. Take your time with those to recover between sets.

#### Special Notes

Do your squats on a towel so you don't slip and break your neck.

## OPERATION: DOUBLE TAP

Insert	<b>2 Rounds</b> Run 400 Meters 50 Overhead Squats (with PVC)
Actions at Objective	<b>5 Rounds</b> 10 Pull Ups 10 Burpees Run 400 Meters Rest 15 Minutes
Next Target	Run 4 Miles
Actions at Objective	<b>4 Rounds</b> 5 Tuck Jumps 10 Mountain Climbers (4 count exercise) 20 Sit Ups
Extract	Run 1 Mile

### Coaches Comments

Mission Window	<b>1:30:00</b> Mission completion from insert to extract.
Special Notes	In this FMP the instructions to rest 15 minutes is not optional, even though the rest time counts towards the total mission time.



# NSW/NSO/AIRR Training

## Week 6

Workout #1	Workout #2	Workout #3	Workout #4	Workout #5
Log Jam	Hurry Up!	Eureka!	Fire in the Gut	Swim
<b>Equipment</b>				
Pull Up Bar  45lbs Bar	Pool  Pull Up Bar	Pull Up Bar 45lbs Barbell 25lbs Plates 50lbs Kettlebell 20" Box Pool	35lbs Kettlebell  50lbs Kettlebell  24" Box	Pool
<b>Personal Notes</b>				
<b>Scores</b>				
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____

## Log Jam

1	<b>40 - 30 - 20 - 10</b> Flutter Kicks Sit Ups Leg Levers
2	<b>Ladder to 10 : 20 : 30 (max time 15 minutes)</b> 1 - Dead Hang Pull Up 2 - Overhead Press (45lbs) 3 - Push Ups
3	<b>Run 3 miles</b> Rest 3 minutes <b>Run 2 miles</b> Rest 2 minutes <b>Run 1 mile</b>

### Coaches Comments

#### Training Objectives

Work each phase of the workout separately. Phase 1 should be a good warmup. Phase 2 should require strength and balance. Time Phase 3.

#### Special Notes

Add the time for the runs together. Don't include the rest time. Record your total time on the overview page.



## Hurry Up!

1	Swim 500 Yards or Meters / 50 Push Ups / 50 Flutter Kicks  Swim 400 Yards or Meters / 40 Push Ups / 40 Flutter Kicks  Swim 300 Yards or Meters / 30 Push Ups / 30 Flutter Kicks  Swim 200 Yards or Meters / 20 Push Ups / 20 Flutter Kicks  Swim 100 Yards or Meters / 10 Push Ups / 10 Flutter Kicks
2	50 Dead Hang Pull Ups 100 Squats # of sets for Pull Ups _____ # of Sets for Squats _____

### Coaches Comments

<b>Training Objectives</b>	Develop competency in swimming and anaerobic exercise.
<b>Special Notes</b>	Move through Phase 1 without breaks. In Phase 2 try for as few sets as possible.

## Eureka!

1	10 Pull Ups 20 Push Ups 30 Sit Ups 40 Squats
2	<b>3 Rounds</b> 10 Deadhang Pull Ups 10 Romanian Deadlifts (barbell only)
3	<b>3 Rounds</b> 10 L-Pull Ups 5 Rom Deadlifts Right Leg / 5 Rom Deadlifts Left Leg (barbell only)
4	<b>FOR TIME</b> 3 Rounds 5 Hang Squat Clean 95lbs 10 Kettlebell Swings 15 Box Jumps
5	Swim 1000 Y/M

### Coaches Comments

<b>Training Objectives</b>	<p>The first three elements of this workout are not to be timed. Work the full range of motion in each of the exercises as a buildup to the timed elements in 4 and 5.</p>
<b>Special Notes</b>	<p>This workout calls for the use of a barbell, however you can substitute a 50lb Kettlebell for the Romanian Deadlifts.</p> <p>Substitute 5 KB Hang Squat Cleans on the right and 5 on the left for the 95lb HSC.</p>

## Fire in the Gut

1	100 Sit Ups  100 Flutter Kicks  100 Leg Levers  100 Lunges (4 count exercise)
2	<b>5 Rounds for time of:</b> 5 KB Sit Ups Right Side 5 KB Sit Ups Left Side 10 KB Swings 10 Box Jumps

### Coaches Comments

<b>Training Objectives</b>	This is a really tough Core workout.
<b>Special Notes</b>	Phase 1 cannot be mixed up. Phase 2 - Use light KB for sit ups and heavy KB for Swings and SDHP.

## Swim

Swim 2000 Yards  
(No Fins)

### Coaches Comments

Mission Window

**40 min**

Max Time Allowed

**For every minute over the time limit - add 100 yards.**

Special Notes

**Use Combat Swimmer Sidestroke. Swim on both sides.**



# NSW/NSO/AIRR Training Week 7

Workout #1	Workout #2	Workout #3	Workout #4	Workout #5
Aqua Murph	Turkish AMRAP	Push	10,000 Meters	Chelsea
<b>Equipment</b>				
Pool	35lbs Kettlebell	Pull Up Bar	Known 10K distance	Pull Up Bar
Pull Up Bar				Pool
20lbs Vest or Pack				
<b>Personal Notes</b>				
<b>Scores</b>				
Time: _____	Rounds: _____	Time: _____	Time: _____	Rounds: _____

## Aqua Murph

1

**Swim 500 Yards or Meters**

2

**With a 20lb Vest or Pack**

100 Pull Ups

200 Push Ups

300 Squats

3

**Swim 500 Yards or Meters**

### Coaches Comments

**Training Objectives**

Time the entire Workout to push yourself mentally throughout.  
Make transitions smooth so you go from aerobic to anaerobic quickly.

**Special Notes**

You can mix up the pull ups, push ups, and squats.  
Recommend doing 10 sets of 10 pull ups, 20 push ups, and 30 squats.

## Turkish AMRAP

**As Many Rounds as Possible in 20 Minutes of:**

5 Turkish Get Ups on Right Side

5 Turkish Get Ups on Left Side

5 Handstand Push Ups

### Coaches Comments

#### Training Objectives

Build strength in the core and shoulders. Work on body control.

#### Special Notes

Don't hurry through this workout if your technique sucks. If it doesn't count, don't count it.

Conduct web search for Turkish Get Ups if necessary.

## Push

1	Dead Hang Pull Up Ladder to 10
2	Run 2 Miles
3	100 Push Ups 100 Sit Ups 100 Flutter Kicks 100 Squats
4	Run 2 Miles
5	Dead Hang Pull Up Ladder to 10

### Coaches Comments

<b>Training Objectives</b>	This workout is a push. Time the whole thing to and compare the 2nd run and pull up ladder to the first. Set the bar high and clear it.
<b>Special Notes</b>	Redline!



**10,000 Meters**

Run 10K (6.2 miles) for time

**Coaches Comments**

<b>Training Objectives</b>	Get faster at running.
<b>Special Notes</b>	Shoot for a great 10K time by working on technique and pushing your limits.

## Chelsea

**Max Rounds in 20 Minutes of:**

5 Pull Ups

10 Push Ups

15 Squats

**Continuous Swim for 20 Minutes**

### Coaches Comments

**Mission Window**

Set your timer for 20 minutes and do as a many rounds as you can before the time runs out.

**Special Notes**

You must complete all exercises in the order they appear.



# NSW/NSO/AIRR Training Week 8

Workout #1	Workout #2	Workout #3	Workout #4	Workout #5
<b>Hurry Up!</b>	<b>Faster...FASTER!</b>	<b>Long and Strong</b>	<b>Maximus</b>	<b>Full Mission Profile</b>
<b>Equipment</b>				
Pool  Pull Up Bar	Medium Dumbbells  Pull Up Bar	Known 15K (9.3 Mile) Distance	35lbs Kettlebell	Pool 30lbs Dumbbells 35lbs Kettlebell Pull Up Bar
<b>Personal Notes</b>				
<b>Scores</b>				
Phase I: _____  Phase II: _____	Time: _____	Time: _____	Time: _____	Time: _____

## Hurry Up!

1	<p>Swim 500 Yards or Meters / 50 Push Ups / 50 Flutter Kicks</p> <p>Swim 400 Yards or Meters / 40 Push Ups / 40 Flutter Kicks</p> <p>Swim 300 Yards or Meters / 30 Push Ups / 30 Flutter Kicks</p> <p>Swim 200 Yards or Meters / 20 Push Ups / 20 Flutter Kicks</p> <p>Swim 100 Yards or Meters / 10 Push Ups / 10 Flutter Kicks</p>
2	<p>50 Dead Hang Pull Ups 100 Squats</p> <p># of sets for Pull Ups _____ # of Sets for Squats _____</p>

### Coaches Comments

<b>Training Objectives</b>	<p>Develop competency in swimming and anaerobic exercise.</p>
<b>Special Notes</b>	<p>Move through Phase 1 without breaks.</p> <p>In Phase 2 try for as few sets as possible.</p>

## Faster...FASTER!

1

### 4 Rounds for time of:

10 Overhead Press

10 Dead Hang Pull Ups

Run 400 Meters

Rest 10 Minutes

2

### 4 Rounds for time of:

15 Push Press

15 Kipping Pull Ups

Run 400 Meters

### Coaches Comments

Training Objectives

High Metabolic Conditioning workout. The first 4 rounds focus more on strength. The second 4 rounds focus on energy sustainment.

Special Notes

Take a break between phases to recover. Even though there are more reps in phase 2, the rapid movements will allow you to compete with the time from the phase 1. Time both phases separately.

**Long and Strong**

**Run 15 K (9.3 miles)**

**Coaches Comments**

**Training Objectives**

Develop greater aerobic capacity and running technique.

**Special Notes**

Focus on your running technique.

## Maximus

1	10 - 8 - 6 - 4 - 2 Overhead Kettlebell Windmills (Left Arm) Overhead Kettlebell Windmills (Right Arm) Kettlebell Swings
2	3 Rounds 50 Push Ups 50 Sit Ups 50 Squats
3	Run 3 Miles
4	50 Pull Ups

### Coaches Comments

<b>Training Objectives</b>	This is a full body workout that should start out relatively easy and get more difficult as you progress.
<b>Special Notes</b>	Take as few breaks as absolutely necessary, remembering that mental strength comes from pushing past perceived physical limitations.  Conduct web search on Turkish Get Ups if necessary.

## OPERATION: UP IN SMOKE

<b>Insert</b>	Swim 500 Yards or Meters Run 1 Mile
<b>Contact</b>	<b>3 Rounds of:</b> 10 Burpees 10 Pull Ups
<b>Actions at the Objective</b>	<b>21 - 15 - 9 of:</b> Thrusters Pull Ups Kettlebell Swings
<b>Extract</b>	Run 2 Miles

### Coaches Comments

<b>Mission Window</b>	<b>1 Hour</b>	Mission completion from insert to extract.
	<b>Escape and Evasion Plan</b> (if you go over 1 hour)	<b>50 Burpees / 50 Squats / 50 Push Ups / 50 Sit Ups / 50 Pull Ups</b>
<b>Special Notes</b>	Push the body and mind to overcome challenges and meet tough deadlines. If you go over, you're on E&E.	





# NSW/NSO/AIRR Training Week 9

Workout #1	Workout #2	Workout #3	Workout #4	Workout #5
R-T-R	Easy Day	No Rest	Out to Sea	It's All About You
Equipment				
Track or Known 2mi Distance  Barbell	Pool  Pull Up Bar	Track or Known 400 Meter Distance	Pool	Barbell and Weights
Personal Notes				
Scores				
Time: _____	500 CSS Time: _____	Rounds: _____	Time: _____	Time: _____

## Run - Thrust - Run

Run 2 Miles

100 Barbell Thrusters (45lbs)  
- or 25lbs dumbbells -

Run 2 Miles

### Coaches Comments

**Training Objectives**

Aerobic development in the run at the beginning and end.

**Special Notes**

Run like you mean it. This is not supposed to be a jog. You will need to be in a primarily aerobic state though, so get good at knowing where the line is between aerobic and anaerobic..

## Easy Day

5 Sets

50 Yard Swim Sprints

On -

1:30

10 Sets

25 Yard Swim Sprints

On -

0:45

500 Yard CSS for Time

50 Dead Hang Pull Ups

100 Push Ups

150 Sit Ups

200 Flutter Kicks

### Coaches Comments

Training Objectives

Develop speed in swimming - through intervals.

Special Notes

Swim as hard as you can on the intervals. The more time you have to rest, the faster you can go on the next one.

**No Rest**

**Max Rounds in 30 Minutes:**

Run 400 Meters

10 Burpees

**Coaches Comments**

**Training Objectives**

High metabolic demand. Push past the physical barrier of pain to tap into the warrior within.

**Special Notes**

Keep track of how long it's taking you to do each round. After the bar is set in the first few rounds, don't fall off the pace.

## Out to Sea

Swim 3000 Yards or Meters with Fins

### Coaches Comments

Training Objectives

Become more efficient at swimming with fins by focusing on technique and pushing the pace.

Special Notes

Start at a moderate pace and then try to increase it as you swim. Breaks are not authorized.

## It's All About You

Ladder to 10 (in increments of 1) of:

Deadlift (Your Bodyweight)

Back Squat (.75 of Your Bodyweight)

Overhead Press (.5 of Your Bodyweight)

### Coaches Comments

Training Objectives

This workout is a full body strength builder. Don't rush through it at the expense of good movement.

Special Notes

It is best to have 3 separate bars to work with, but if you don't, then do all of your deadlifts, then all of your backsquats, then all of your overhead presses.  
This is not ideal.



# NSW/NSO/AIRR Training Week 10

Workout #1	Workout #2	Workout #3	Workout #4	Workout #5
<b>"Stoned"</b>	<b>Lost at Sea w/ Fins</b>	<b>R - S - R</b>	<b>Jenni</b>	<b>Speed</b>

Equipment				
Dumbbells	Pool	Pool	Dumbbells	Track
Pull Up Bar		1 mile known distance	Pull Up Bar	
Barbell			Barbell	
			Rowing Machine	

Personal Notes				

Scores				
Time: _____	Time: _____	Time: _____	Time: _____	1st 400: _____ 2nd 400: _____ 3rd 400: _____ 4th 400: _____

## Stoned

### Ladder to 10 (counting by 1)

Dumbbell Complex

Pull Up

Run 6 miles or 40 minutes - whichever comes first

### Deadlift

5 x 5 @ 135

5 x 5 @ 185

5 x 5 @ 225

### Coaches Comments

#### Training Objectives

Multimodal workloads and energy requirements result in capacity across a broad range.

#### Special Notes

Use 35lbs for the Dumbbell Complex

Run fast and hard. See how close you can get to making the 6 miles in the time.

Stretch out and recover after the run before starting the Deadlifts.

Scale down the deadlifts as necessary to be Heavy / Heavier / Heaviest, but do not go over the prescribed weights.



## Lost at Sea with Fins

10 x Swim 25 Y/M as fast as possible + 10 Muscle Ups on Side of Pool  
(this should take less than 10 minutes)

Fin Swim 2000 Yards or Meters

### Coaches Comments

**Training Objectives**

Push the envelope of your aerobic capacity.

**Special Notes**

Swim continuously using combat swimmer sidestroke. Alternate sides each time.

## Run - Swim - Run (x 2)

Do this **TWO TIMES**. Time each separately.

1

Run 1 Mile

2

Swim 500 Yards or Meters

3

Run 1 Mile

REDLINE THE WHOLE WAY

### Coaches Comments

Training Objectives

Develop competence in running and swimming

Special Notes

Go all out on the first effort. Really swing for the fence.  
Rest afterward for 15 to 20 minutes and do it again. Imagine on the second effort that you are competing with the first time. Do not fail.

## Jenni

### 5 Rounds of 5 Reps of each

Dumbbell Complex (5 push up, 5 DL, 5 FS, 5 OHP)  
5 Pull Up

### 50 Thruster with 45lb Barbell

### Overhead Press

20 @ 95lbs

15 @ 115lbs

10 @ 135lbs

### 4 Rounds of

Row 250 Meters  
50 Squats

### Coaches Comments

#### Training Objectives

This is a physically and mentally tough workout.

#### Special Notes

Time the entire workout.

Go all out on all elements except the Overhead Presses, where you will recover between sets.

## Speed

Run

2 Miles

Easy Intensity (you can talk but not in full sentences)

1 Mile

Moderate Intensity (you're down to single words only)

4 x 400  
meters

High intensity intervals. Rest for 1 minute after each.

### Coaches Comments

Training Objective

Develop better technique and speed in your running.

Special Notes

Work on technique in the first two efforts (2 mile and 1 mile).  
The 400 Meter sprints are all about speed. Go as fast as you can on each of them. Rest for at least 1 minute between efforts.  
Start out fast on the first effort and try to maintain the speed on the next three.



# NSW/NSO/AIRR Training Week 11

Workout #1	Workout #2	Workout #3	Workout #4	Workout #5
Running with Angie	Lost at Sea	The Long Way Home	Huh?	Murph
<b>Equipment</b>				
Pull Up Bar	Pool	Pool	Pool	Mile Distance
		Road or Trail	Barbell	Pull Up Bar
			Pull Up Bar	20lbs Vest or Pack
<b>Personal Notes</b>				
<b>Scores</b>				
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____

## Running With Angie

100 Pull Ups

Run 1 Mile

100 Push Ups

Run 1 Mile

100 Sit Ups

Run 1 Mile

100 Squats

Run 1 Mile

### Coaches Comments

#### Training Objectives

Work through anaerobic and aerobic activities at high intensity.

#### Special Notes

Do all 100 reps of each exercise before moving on to the run

Push the pace in all exercises, including the runs.

Time the entire workout.

Note the time on each of your runs, if you can.

## Lost at Sea

**Tread Water for 10 Minutes**

**Swim 2000 Yards (No Fins)**

### Coaches Comments

**Training Objectives**

Become comfortable in the water while pushing the envelope of your aerobic capacity.

**Special Notes**

Swim continuously using Combat Swimmer Sidestroke and/or Freestyle.

Alternate sides each time on CSS.

## The Long Way Home

Time the whole workout

1

Swim 4000 Yards or Meters with Fins

2

Run 6 Miles

### Coaches Comments

Training Objectives

Develop Endurance.

Special Notes

This is a long one. Use the time in the pool to work on technique with fins.



## Huh?

Swim 1500 Yards or Meters with Fins

Run 1.5 miles

**5 Rounds of:**

20 Thrusters with 45lbs

10 Dead Hang Pull Ups

Run 400 Meters

### Coaches Comments

Training Objectives

Multi Modal training - develop endurance and stamina at various energy levels.

Special Notes

Time the entire workout. Transition quickly from one thing to another. If possible, break out times of each event.

## Murph

1

Run 1 Mile

2

**With a 20lb Vest or Pack**

100 Pull Ups  
200 Push Ups  
300 Squats

3

Run 1 Mile

### Coaches Comments

**Training Objective**

Time the entire Workout to push yourself mentally throughout. Make transitions smooth so you go from aerobic to anaerobic quickly.

**Special Notes**

You can mix up the pull ups, push ups, and squats by doing 10 sets of 10 pull ups, 20 push ups, and 30 squats.



# NSW/NSO/AIRR Training Week 12

Workout #1	Workout #2	Workout #3	Workout #4	Workout #5
<b>Thirty-Something</b>	<b>Quickie</b>	<b>Wet Behind the Ears</b>	<b>The Basics</b>	<b>Tribute to Murph</b>
<b>Equipment</b>				
Pull Up Bar Track or Trail 15lbs Dumbbells	45lbs Dumbbells 53lbs Kettlebell	Pool	Pull Up Bar	Pull Up Bar
<b>Personal Notes</b>				
<b>Scores</b>				
<b>Time:</b> _____	<b>Time:</b> _____	<b>Time:</b> _____	<b>Time:</b> _____	<b>Time:</b> _____

## Thirty-Something

Run 1 Mile

Thirty x Three

Run 1200 Meters

Thirty x Two

Run 800 Meters

Thirty x 1

Run 400 Meters

30 Dead Hang Pull Ups

### Coaches Comments

#### Training Objectives

Stamina / Endurance / Strength

#### Special Notes

"Thirty" consists of overhead pressing dumbbells continuously for 30 seconds, and then holding them overhead with arms locked out for 30 seconds.

"Thirty x 3" means that it will go on for 3 minutes. "Thirty x 2" means 2 minutes. Thirty x 1 means 1 minute, or one cycle.

All Pull Ups must be done with strict dead hang form. No kipping, and go all the way up and down.

Time the entire workout.

## Quickie

20 Dumbbell Thrusters / 5 Kettlebell Swings

15 Dumbbell Thrusters / 10 Kettlebell Swings

10 Dumbbell Thrusters / 15 Kettlebell Swings

5 Dumbbell Thrusters / 20 Kettlebell Swings

Run 3 Miles

### Coaches Comments

Training Objectives

Power / Stamina / Endurance

Special Notes

Swim continuously using combat swimmer sidestroke. Alternate sides each time.

**Wet Behind the Ears**

**Time the whole workout**

1	Swim 2000 Yards or Meters (No Fins)
2	Swim 2000 Yards or Meters with Fins

**Coaches Comments**

<b>Training Objectives</b>	Endurance.
<b>Special Notes</b>	This is a long one. Use the time in the pool to work on CSS technique. With and without Fins.

## The Basics

Run 1.5 Miles

5 Rounds of:

10 Pull Ups

20 Push Ups

30 Sit Ups

40 Squats

Run 1.5 Miles

### Coaches Comments

Training Objectives

Multi Modal training - develop endurance and stamina at various energy levels.

Special Notes

Time the entire workout. Push yourself through the areas where your body wants to slow down or stop for a break.

## Tribute to Murph

Run 1 Mile

50 Pull Ups  
100 Push Ups  
150 Sit Ups  
200 Squats

Run 1 Mile

50 Pull Ups  
100 Push Ups  
150 Sit Ups  
200 Squats

Run 1 Mile

### Coaches Comments

**Training Objective**

This workout is a mental and physical beat down that should develop greater levels of stamina, endurance, and strength.

**Special Notes**

You can mix up the pull ups, push ups, and squats. I suggest doing 5 sets of 10 pull ups, 20 push ups, 30 sit ups, and 40 squats. Time the entire workout.