

HENRICO TACTICAL STRENGTH AND CONDITIONING FY 2018-2019 PROGRAMMING

Strength Endurance & Work Capacity Training: Block 3 September 5 – October 1, 2018

Wednesday 9/5/2018
Muscular Density

Durability Warm-Up:

- 3 sets x 5 reps
- Thoracic Bridge
- Cat-Camel
- Updog-to-Squat
- Squat-to-Standing Forward Bend
- Deadbugs each side
- Hinge w/ I, Y, T Raises

Muscular Density Conditioning:

Week 1- TESTING

Complete 1:00 Max Repetitions of the following movements in this order

- Burpees
- Sit-Ups
- Pull-Ups
- Lunges

Hand-Release Push-Ups

Rest 2:00 after each attempt.

After completion of test, perform 4 Rounds x 30% of reps accomplished of each movement in a circuit. *An 8-20# Weight Vest can be worn during these workouts.*

Core Chassis:

10:00 Slow

Elbow Plank Diagonals 5 x :03 Hold each

Kneeling Slashers x 12 each

Prone Back Extensions x 10

Flexibility/Myofascial Release

Full Body

:30-:60 each muscle group

Friday 9/7/2018
Complex Grinders

Functional Bodyweight Warm-Up:

- Cardio W/U 5:00
- 1:00 x Seated Hip Rotations ea
- 1:00 x BW Get-Ups
- 1:00 x Overhead Squat-Bend-Reach
- 1:00 x 3-Way Lunge w/ Rotation
- 15-yd x Crawl FWD & BWD

Complex Grinder Conditioning: **Week 1**

10:00 Shuttle/Crawl/Drag/Carry Grinder

100-yd Shuttle Run

30-yd Bear Crawl

30-yd Sled Drag

30-yd Front Rack Carry

10:00 Sandbag Grinder

6 Get-ups

6 Clean-to-Shoulder & 20" Box Step-Over

10:00 Grip Grinder

2 Wrist Rolls Up & Down 10#

20 Tennis Ball Squeezes

30-Yard Plate Pinch Carry

An 8-20# Weight Vest can be worn during these workouts.

Flexibility/Myofascial Release:

Full Body

:30-:60 each muscle group



HENRICO TACTICAL STRENGTH AND CONDITIONING FY 2018-2019 PROGRAMMING

Strength Endurance & Work Capacity Training: Block 3 September 5 – October 1, 2018

Monday 9/10/2018
Work Capacity

Functional Bodyweight Warm-Up:

Cardio W/U 5:00
3 sets x 5 reps
PVC Lunge with Tilt Rt./Lt. each
PVC Assisted 1-leg Hinge each
PVC Pass Thrus each
PVC OHS + Sots Press

Work Capacity Conditioning: Week 1

5 Rounds x 3:00 AMRAP

KB Swings
Wall Balls
Calorie Row
Rest 3:00 b/t sets.

Round 1- 6 reps each
Round 2- 7 reps each
Round 3- 8 reps each
Round 4- 9 reps each
Round 5- 10 reps each

Cardio Flush:

5:00-10:00 Light to moderate pace

Flexibility/Myofascial Release:

Full Body
:30-:60 each muscle group

Wednesday 9/12/2018
Muscular Density
OSWP

Durability Warm-Up:

3 sets x 5 reps
-Thoracic Bridge
-Cat-Camel
-Updog-to-Squat
-Squat-to-Standing Forward Bend
-Deadbugs each side
-Hinge w/ I, Y, T Raises

Muscular Density Conditioning Week 2- Circuit

Complete 6 Rounds at 40% of reps
accomplished of each movement

Burpees
Sit-Ups
Pull-Ups
Lunges
Hand-Release Push-Ups

An 8-20# Weight Vest can be worn during these workouts.

Core Chassis:

10:00 Slow
Elbow Plank Diagonals 5 x :03 Hold each
Kneeling Slashers x 12 each
Prone Back Extensions x 10

Flexibility/Myofascial Release

Full Body
:30-:60 each muscle group

Friday 9/14/2018
Complex Grinders

Functional Bodyweight Warm-Up:

Cardio W/U 5:00
1:00 x Seated Hip Rotations ea
1:00 x BW Get-Ups
1:00 x Overhead Squat-Bend-Reach
1:00 x 3-Way Lunge w/ Rotation
15-yd x Crawl FWD & BWD

Complex Grinder Conditioning: Week 2

12:00 Shuttle/Crawl/Drag/Carry Grinder
100-yd Shuttle Run
30-yd Bear Crawl
30-yd Sled Drag
30-yd Front Rack Carry

12:00 Sandbag Grinder
8 Get-Ups
8 Clean-to-Shoulder & 20" Box Step-Over

10:00 Grip Grinder
1-arm Farmer's Carry
Switch hands as needed.

An 8-20# Weight Vest can be worn during these workouts.

Flexibility/Myofascial Release:

Full Body
:30-:60 each muscle group

HENRICO TACTICAL STRENGTH AND CONDITIONING FY 2018-2019 PROGRAMMING

Strength Endurance & Work Capacity Training: Block 3 September 5 – October 1, 2018

Monday 9/17/2018

Work Capacity

Functional Bodyweight Warm-Up:

Cardio W/U 5:00

3 sets x 5 reps

PVC Lunge with Tilt Rt./Lt. each

PVC Assisted 1-leg Hinge each

PVC Pass Thrus each

PVC OHS + Sots Press

Work Capacity Conditioning:

Week 2

5 Rounds x 4:00 AMRAP

KB Swings

Wall Balls

Calorie Row

Rest 3:00 b/t sets.

Round 1- 6 reps each

Round 2- 8 reps each

Round 3- 10 reps each

Round 4- 12 reps each

Round 5- 14 reps each

Cardio Flush:

5:00-10:00 Light to moderate pace

Flexibility/Myofascial Release:

Full Body

:30-:60 each muscle group

Wednesday 9/19/2018

Muscular Density

OSWP

Durability Warm-Up:

3 sets x 5 reps

-Thoracic Bridge

-Cat-Camel

-Updog-to-Squat

-Squat-to-Standing Forward Bend

-Deadbugs each side

-Hinge w/ I, Y, T Raises

Muscular Density Conditioning

Week 3- Circuit

Complete 6 Rounds at 50% of reps

accomplished of each movement

Burpees

Sit-Ups

Pull-Ups

Lunges

Hand-Release Push-Ups

An 8-20# Weight Vest can be worn during these workouts.

Core Chassis:

10:00 Slow

Elbow Plank Diagonals 5 x :03 Hold each

Kneeling Slashers x 12 each

Prone Back Extensions x 10

Flexibility/Myofascial Release

Full Body

:30-:60 each muscle group

Friday 9/21/2018

Complex Grinders

OSWP

Functional Bodyweight Warm-Up:

Cardio W/U 5:00

1:00 x Seated Hip Rotations ea

1:00 x BW Get-Ups

1:00 x Overhead Squat-Bend-Reach

1:00 x 3-Way Lunge w/ Rotation

15-yd x Crawl FWD & BWD

Complex Grinder Conditioning:

Week 3

15:00 Shuttle/Crawl/Drag/Carry Grinder

100-yd Shuttle Run

30-yd Bear Crawl

30-yd Sled Drag

30-yd Front Rack Carry

15:00 Sandbag Grinder

10 Get-Ups

10 Clean-to-Shoulder & 20" Box Step-Over

10:00 Grip Grinder

2 Wrist Rolls Up & Down 10#

20 Tennis Ball Squeezes

30-Yard Plate Pinch Carry

An 8-20# Weight Vest can be worn during these workouts.

Flexibility/Myofascial Release:

Full Body

:30-:60 each muscle group

HENRICO TACTICAL STRENGTH AND CONDITIONING FY 2018-2019 PROGRAMMING

Strength Endurance & Work Capacity Training: Block 3 September 5 – October 1, 2018

Monday 9/24/2018

Work Capacity

OSWP

Functional Bodyweight Warm-Up:

Cardio W/U 5:00

3 sets x 5 reps

PVC Lunge with Tilt Rt./Lt. each

PVC Assisted 1-leg Hinge each

PVC Pass Thrus each

PVC OHS + Sots Press

Work Capacity Conditioning:

Week 3

5 Rounds x 5:00 AMRAP

KB Swings

Wall Balls

Calorie Row

Rest 3:00 b/t sets.

Round 1- 6 reps each

Round 2- 9 reps each

Round 3- 12 reps each

Round 4- 15 reps each

Round 5- 18 reps each

Cardio Flush

5:00-10:00 Light to moderate pace

Flexibility/Myofascial Release:

Full Body

:30-:60 each muscle group

Wednesday 9/26/2018

Muscular Density

OSWP

Durability Warm-Up:

3 sets x 5 reps

-Thoracic Bridge

-Cat-Camel

-Updog-to-Squat

-Squat-to-Standing Forward Bend

-Deadbugs each side

-Hinge w/ I, Y, T Raises

Muscular Density Conditioning

Week 4- Circuit

Complete 6 Rounds at 60% of reps
accomplished of each movement

Burpees

Sit-Ups

Pull-Ups

Lunges

Hand-Release Push-Ups

An 8-20# Weight Vest can be worn during these workouts.

Core Chassis:

10:00 Slow

Elbow Plank Diagonals 5 x :03 Hold each

Kneeling Slashers x 12 each

Prone Back Extensions x 10

Flexibility/Myofascial Release

Full Body

:30-:60 each muscle group

Friday 9/28/2018

Complex Grinders

OSWP

Functional Bodyweight Warm-Up:

Cardio W/U 5:00

1:00 x Seated Hip Rotations ea

1:00 x BW Get-Ups

1:00 x Overhead Squat-Bend-Reach

1:00 x 3-Way Lunge w/ Rotation

15-yd x Crawl FWD & BWD

Complex Grinder Conditioning:

Week 4

20:00 Shuttle/Crawl/Drag/Carry Grinder

100-yd Shuttle Run

30-yd Bear Crawl

30-yd Sled Drag

30-yd Front Rack Carry

20:00 Sandbag Grinder

12 Get-Ups

12 Clean-to-Shoulder & 20" Box Step-Over

10:00 Grip Grinder

1-arm Farmer's Carry

Switch hands as needed.

An 8-20# Weight Vest can be worn during these workouts.

Flexibility/Myofascial Release:

Full Body

:30-:60 each muscle group

Strength Endurance & Work Capacity Training: Block 3 September 5 – October 1, 2018

Monday 10/1/2018

Work Capacity

Functional Bodyweight Warm-Up:

Cardio W/U 5:00

3 sets x 5 reps

PVC Lunge with Tilt Rt./Lt. each

PVC Assisted 1-leg Hinge each

PVC Pass Thrus each

PVC OHS + Sots Press

Work Capacity Conditioning:

Week 4

5 Rounds x 6:00 AMRAP

KB Swings

Wall Balls

Calorie Row

Rest 3:00 b/t sets.

Round 1- 6 reps each

Round 2- 10 reps each

Round 3- 14 reps each

Round 4- 18 reps each

Round 5- 22 reps each

Cardio Flush

5:00-10:00 Light to moderate pace

Flexibility/Myofascial Release:

Full Body

:30-:60 each muscle group

