

PREPARATION



THE ROAD TO OCS:

**30&60 DAY
CONDITIONING
PROGRAM**

TABLE OF CONTENTS

RULES	03
INSTRUCTIONS	04
60 DAY CALENDAR PT. 1	06
60 DAY CALENDAR PT. 2	08
30 DAY CALENDAR	10
WARM UP, STRETCH, AND HIKE	12
CIRCUIT 1 & 2	13
FUNCTIONAL MOVEMENT	14
PULL-PLANK-PULL (PPP)	15
RUNS	16

PROGRAM RULES

1. You must record your max pull-ups and 3 mile run time to use this program.
2. Only kit required - pull-up bar.
3. Only wear military boots for walks and hikes.
4. The sequencing of PT sessions has been designed to enhance performance and recovery [Do it in order].
5. Conduct a 15 minute warm up prior and stretch post all workouts.



INSTRUCTIONS

Follow each workout as directed by the provided 60 and 30 day calendars. The colors are used to guide the intensity of a given workout.

Scan the QR codes to explore videos that demonstrate proper execution of each planned workout.

TRAINING ZONES

ZONE	INTENSITY	%MHR
ZONE 1	VERY LIGHT	50-60%
ZONE 2	LIGHT	60-70%
ZONE 3	MODERATE	70-80%
ZONE 4	HARD	80-90%
ZONE 5	MAXIMUM	90-100%



60 DAY PROGRAM

MONTH ONE

TRAINING ZONES

ZONE 1

ZONE 2

ZONE 3

ZONE 4

ZONE 5

1	2	3
PFT - MAX PULL-UPS - MAX PLANK - 3 MILE BEST EFFORT	RECOVERY WALK - 30 MIN WALK STEADY STATE (MILITARY BOOTS)	THRESHOLD RUN + PPP - 2X10 MIN @ 30 SEC PER MILE SLOWER THAN 1 MILE PACE
8	9	10
PPP + RUN INTERVALS - 4X800M @ 10 SEC FASTER THAN 1 MILE PACE - 2 MIN RECOVERY BETWEEN	CIRCUIT 1 - AM: 4 ROUNDS - PM: 40 MIN WALK STEADY STATE (MILITARY BOOTS)	BLUE ZONE RUN + PPP - 35 MIN @ 2-3 MIN SLOWER THAN YOUR 1 MILE PACE
15	16	17
PPP + RUN INTERVALS - 5X800M @ 10 SEC FASTER THAN 1 MILE PACE - 2 MIN RECOVERY BETWEEN	CIRCUIT 1 - AM: 4 ROUNDS - PM: 50 MIN WALK STEADY STATE (MILITARY BOOTS)	BLUE ZONE RUN + PPP - 40 MIN @ 2-3 MIN PER MILE SLOWER THAN 1 MILE PACE
22	23	24
PPP + RUN INTERVALS - 6X800M @ 10'S FASTER THAN 1 MILE PACE - 2 MIN RECOVERY BETWEEN	CIRCUIT 1 - AM: 5 ROUNDS - PM: 60 MIN WALK STEADY STATE (MILITARY BOOTS)	BLUE ZONE RUN + PPP - 50 MIN @ 2-3 MIN PER MILE SLOWER THAN 1 MILE PACE
29	30	31
PPP + RUN INTERVALS - 7X800M @ 10'S FASTER THAN 1 MILE PACE - 2 MIN RECOVERY BETWEEN	CIRCUIT 1 - AM: 5 ROUNDS - PM: 70 MIN WALK STEADY STATE (MILITARY BOOTS)	BLUE ZONE RUN + PPP - 60 MIN @ 2-3 MIN PER MILE SLOWER THAN 1 MILE PACE

PERSONAL PERFORMANCE LOG

1 MILE TIME	3 MILE TIME	MAX PULL-UPS	PFT SCORE

4	5	6	7
REST/STRETCH	FUNCTIONAL MOVEMENT - 4 SETS PER EXERCISE, 90 SEC RECOVERY BETWEEN	BLUE ZONE RUN - 30 MIN @ 2-3 MIN PER MILE SLOWER THAN 1 MILE PACE	REST/STRETCH
11	12	13	14
HIKE - 30 MIN WALK WITH 10 LBS (MILITARY BOOTS)	THRESHOLD RUN + PPP - 2X10 MIN @ 30 SEC PER MILE SLOWER THAN 1 MILE PACE - 5 MINUTE WALK RECOVERY BETWEEN	CIRCUIT 2 - 30 REPS - 200M RUNS	REST/STRETCH
18	19	20	21
FUNCTIONAL MOVEMENT - 4 SETS PER EXERCISE - 90 SEC RECOVERY BETWEEN	THRESHOLD RUN + PPP - 3X10 MIN @ 30 SEC PER MILE SLOWER THAN 1 MILE PACE - 5 MIN WALK RECOVERY BETWEEN	CIRCUIT 2 - 35 REPS - 200M RUNS	REST/STRETCH
25	26	27	28
HIKE - 40 MIN WALK WITH 20 LBS (MILITARY BOOTS)	THRESHOLD RUN + PPP - 4X10 MIN @30 SEC PER MILE SLOWER THAN 1 MILE PACE - 5 MIN WALK RECOVERY BETWEEN	CIRCUIT 2 - 40 REPS - 200M RUNS	REST/STRETCH
32	33	34	35
FUNCTIONAL MOVEMENT - 4 SETS PER EXERCISE - 90 SEC RECOVERY BETWEEN	THRESHOLD RUN + PPP - 5X10 MIN @ 30 SEC PER MILE SLOWER THAN 1 MILE PACE - 5 MIN WALK RECOVERY BETWEEN	CIRCUIT 2 - 45 REPS - 200M RUNS	REST/STRETCH

60 DAY PROGRAM

MONTH TWO

TRAINING ZONES

ZONE 1

ZONE 2

ZONE 3

ZONE 4

ZONE 5

36	37	38
<p>PPP + RUN INTERVALS</p> <ul style="list-style-type: none"> - 8X800M @ 10 SEC FASTER THAN 1 MILE PACE - 2 MIN RECOVERY BETWEEN 	<p>CIRCUIT 1</p> <ul style="list-style-type: none"> - AM: 6 ROUNDS - PM: 75 MIN WALK STEADY STATE (MILITARY BOOTS) 	<p>BLUE ZONE RUN + PPP</p> <ul style="list-style-type: none"> - 70 MIN @ 2-3 MIN SLOWER THAN 1 MILE PACE
43	44	45
<p>PPP + RUN INTERVALS</p> <ul style="list-style-type: none"> - 8X800M @ 10 SEC FASTER THAN 1 MILE PACE - 2 MIN RECOVERY BETWEEN 	<p>CIRCUIT 1</p> <ul style="list-style-type: none"> - AM: 6 ROUNDS - PM: 80 MIN WALK STEADY STATE (MILITARY BOOTS) 	<p>BLUE ZONE RUN + PPP</p> <ul style="list-style-type: none"> - 80 MIN @ 2-3 MIN SLOWER THAN 1 MILE PACE
50	51	52
<p>PPP + RUN INTERVALS</p> <ul style="list-style-type: none"> - 6X800M @ 10 SEC FASTER THAN 1 MILE PACE 	<p>CIRCUIT 1</p> <ul style="list-style-type: none"> - AM: 4 ROUNDS - PM: 90 MIN WALK STEADY STATE (MILITARY BOOTS) 	<p>BLUE ZONE RUN + PPP</p> <ul style="list-style-type: none"> - 90 MIN @ 2-3 MIN PER MILE SLOWER THAN 1 MILE PACE
57	58	59
<p>PRIMER</p> <ul style="list-style-type: none"> - PULL-UPS 70% OF MAX REPS - PLANK 2 MIN - 2X800M @ 10 SEC PER MILE FASTER THAN 1 MILE PACE 	<p>REST/STRETCH</p>	<p>PFT</p> <ul style="list-style-type: none"> - MAX PULL-UPS - MAX PLANK - 3 MILE BEST EFFORT

PERSONAL PERFORMANCE LOG

1 MILE TIME	3 MILE TIME	MAX PULL-UPS	PFT SCORE

39	40	41	42
<p style="text-align: center;">HIKE</p> <p>- 50 MIN WALK WITH 30 LBS</p> <p style="text-align: center;">(MILITARY BOOTS)</p>	<p style="text-align: center;">THRESHOLD RUN + PPP</p> <p>- 2X15 MIN @ 30 SEC PER MILE SLOWER THAN 1 MILE PACE - 5 MINUTE WALK RECOVERY BETWEEN</p>	<p style="text-align: center;">CIRCUIT 2</p> <p>- 50 REPS - 200M RUNS</p>	REST/STRETCH
46	47	48	49
<p style="text-align: center;">FUNCTIONAL MOVEMENT</p> <p>- 4 SETS PER EXERCISE - 90 SEC RECOVERY BETWEEN</p>	<p style="text-align: center;">THRESHOLD RUN + PPP</p> <p>- 2X20 MIN @ 30 SEC PER MILE SLOWER THAN 1 MILE PACE - 5 MINUTE WALK RECOVERY BETWEEN</p>	<p style="text-align: center;">CIRCUIT 2</p> <p>- 50 REPS - 200M RUNS</p>	REST/STRETCH
53	54	55	56
<p style="text-align: center;">HIKE</p> <p>- 60 MIN WALK WITH 35 LBS</p> <p style="text-align: center;">(MILITARY BOOTS)</p>	<p style="text-align: center;">THRESHOLD RUN + PPP</p> <p>- 2X10 MIN @ 30 SEC PER MILE SLOWER THAN 1 MILE PACE - 5 MIN WALK RECOVERY BETWEEN</p>	<p style="text-align: center;">CIRCUIT 2</p> <p>- 30 REPS - 200M RUNS</p>	REST/STRETCH
60	61	62	63
<p style="text-align: center;">FUNCTIONAL MOVEMENT</p> <p>- 4 SETS PER EXERCISE - 90 SEC RECOVERY BETWEEN</p>	<p style="text-align: center;">BLUE ZONE RUN + PPP</p> <p>- 40 MIN @ 2-3 MIN PER MILE SLOWER THAN 1 MILE PACE</p>	REST/STRETCH	REST/STRETCH

30 DAY PROGRAM

TRAINING ZONES

ZONE 1

ZONE 2

ZONE 3

ZONE 4

ZONE 5

1	2	3
PFT - MAX PULL-UPS - MAX PLANK - 3 MILE BEST EFFORT	RECOVERY WALK - 40 MIN WALK STEADY STATE (MILITARY BOOTS)	PPP + RUN INTERVALS - 4X800 M @10 SEC FASTER THAN 1 MILE PACE
8	9	10
PPP + RUN INTERVALS - 5X800M @ 10 SEC FASTER THAN 1 MILE PACE - 2 MIN RECOVERY BETWEEN	CIRCUIT 1 - AM: 4 ROUNDS - PM: 50 MIN WALK STEADY STATE (MILITARY BOOTS)	BLUE ZONE RUN + PPP - 40 MIN @ 2-3 MIN SLOWER THAN 1 MILE PACE
15	16	17
PPP + RUN INTERVALS - 6X800M @10 SEC FASTER THAN 1 MILE PACE	CIRCUIT 1 - AM: 6 ROUNDS - PM: 60 MIN WALK STEADY STATE (MILITARY BOOTS)	BLUE ZONE RUN + PPP - 50 MIN @ 2-3 MIN PER MILE SLOWER THAN 1 MILE PACE
22	23	24
PPP+RUN INTERVAL - 7X800M @ 10'S FASTER THAN 1 MILE PACE - 2 MIN RECOVERY BETWEEN	CIRCUIT 1 - AM: 6 ROUNDS - PM: 70 MIN WALK STEADY STATE (MILITARY BOOTS)	BLUE ZONE RUN + PPP - 60 MIN @ 2-3 MIN PER MILE SLOWER THAN 1 MILE PACE
29	30	31
PRIMER - PULL-UPS 70% OF MAX REPS - PLANK 2 MIN - 2X800M @ 10 SEC PER MILE FASTER THAN 1 MILE PACE	REST/STRETCH	PFT - MAX PULL-UPS - MAX PLANK - 3 MILE BEST EFFORT

PERSONAL PERFORMANCE LOG

1 MILE TIME	3 MILE TIME	MAX PULL-UPS	PFT SCORE

4	5	6	7
<p style="text-align: center;">FUNCTIONAL MOVEMENT</p> <p>- 4 SETS PER EXERCISE - 90 SEC RECOVERY BETWEEN</p>	<p style="text-align: center;">CIRCUIT 1</p> <p>- 4 ROUNDS</p>	<p style="text-align: center;">BLUE ZONE RUN</p> <p>- 30 MIN @ 2-3 MIN PER MILE SLOWER THAN YOUR 1 MILE PACE</p>	<p style="text-align: center;">REST/STRETCH</p>
11	12	13	14
<p style="text-align: center;">HIKE</p> <p>- 40 MIN WALK WITH 25 LBS (MILITARY BOOTS)</p>	<p style="text-align: center;">THRESHOLD RUN + PPP</p> <p>- 2X10 MIN @ 30 SEC PER MILE SLOWER THAN 1 MILE PACE - 5 MINUTE WALK BETWEEN</p>	<p style="text-align: center;">CIRCUIT 2</p> <p>- 30 REPS - 200M RUNS</p>	<p style="text-align: center;">REST/STRETCH</p>
18	19	20	21
<p style="text-align: center;">FUNCTIONAL MOVEMENT</p> <p>- 4 SETS PER EXERCISE - 90 SEC RECOVERY BETWEEN SETS</p>	<p style="text-align: center;">THRESHOLD RUN + PPP</p> <p>- 3X10 MIN @ 30 SEC PER MILE SLOWER THAN 1 MILE PACE - 5 MIN WALK BETWEEN</p>	<p style="text-align: center;">CIRCUIT 2</p> <p>- 40 REPS - 200M RUNS</p>	<p style="text-align: center;">REST/STRETCH</p>
25	26	27	28
<p style="text-align: center;">HIKE</p> <p>- 55 MIN WITH 35 LBS (MILITARY BOOTS)</p>	<p style="text-align: center;">THRESHOLD RUN + PPP</p> <p>- 4X10 MIN @ 30 SEC PER MILE SLOWER THAN 1 MILE PACE - 5 MIN WALK BETWEEN</p>	<p style="text-align: center;">CIRCUIT 2</p> <p>- 50 REPS - 200M RUNS</p>	<p style="text-align: center;">REST/STRETCH</p>
32	33		
<p style="text-align: center;">RECOVERY WALK</p> <p>- 70 MIN STEADY STATE (MILITARY BOOTS)</p>	<p style="text-align: center;">BLUE ZONE RUN + PPP</p> <p>- 60 MIN @ 2-3 MIN PER MILE SLOWER THAN 1 MILE PACE</p>		

WORKOUT

WARM UP

15 minute RAMP warm up prior to every period.



STRETCH

15 minute stretch (minimum) post every period.



HIKES

Hike at a natural pace. Key is to condition the weight and boots.



WORKOUT

CIRCUIT 1

Only full repetitions count!
4-6 rounds (program day dictated)



REPS	EXERCISE	REGRESSION
5x	Toes to Bar	Knees to Chest
10x	Plyometric Lunges	N/A
15x	Press-ups	N/A
6x	10m sprints	N/A
15x	Sit-ups	N/A
10x	Burpee with tuck jump	N/A
5x	Pull-up	N/A

CIRCUIT 2

Only full repetitions count!
200m after every exercise.

*Build up to 50 repetitions as detailed across the program calendar.



REPS	EXERCISE	RUN
50x	Squats	200m
50x	Butterfly Sit ups	200m
50x	Push-Ups	200m
50x	Lunges (per leg)	200m
50x	Mountain Climbers	200m
50x	Burpees	200m
50x	Dips (close grip push up alt)	200m
50x	Abdominal Crunch	200m
50x	Tuck Jump	200m
50x	Squat Thrust	200m

WORKOUT

FUNCTIONAL MOVEMENT

Body-weight Resistance Training

Tempo/time under tension - ensure you follow the correct timings for each repetition.

Example Squat: 3,1,1 = 3 seconds lower, hold for 1 second, 1 second up.

60-90's recovery between sets.

Quality of repetitions is key!

EXERCISE	SETS	REPS	RECOVERY	TEMPO (Seconds)
Squat	4	8-12	60-90's	3,1,1
Single leg romanian deadlift	4	8-12	60-90's	3,1,1
Static Lunge	4	8-12	60-90's	3,1,1
Push-ups	4	8-12	60-90's	3,1,1
Pull-ups	4	70% of 1RM	60-90's	1,1,3
Inverted Row	4	8-12	60-90's	1,1,3
Side Plank	4 (2 per side)	45 seconds	60-90's	N/A
Russian Twists	4	8-12	60-90's	1,1



WORKOUT

PULL-PLANK-PULL

(PPP)

No Rest Between sets

1. 1st set of pull-ups
2. 1 x plank
3. 2nd set of pull-ups



Tips:

Less than 10 = (Males)
Less than 5 = (Females)
Consider "Armstrong"
pull-up program

WEEK	PULL UPS (SET 1)	PLANK	PULL UPS (SET 2)
1	Max Pull ups -2	2:00	Failure
2	Max Pull ups -1	2:30	Failure
3	Max Pull ups	3:00	Failure
4	Max pull ups +1	3:30	Failure
5+	Max pull ups +2	4:00	Failure



PFT STANDARD



O-COURSE



WORKOUT

Calculate your 1 mile pace to individualize the runs to your ability.

Calculation: 3 mile run time \div 3 = 1 mile pace

A heart rate strap and watch will provide more accuracy.

ZONE 2 - RUN

Designed to work at 60-70% max heart rate.

Take your 1 mile pace and add 2-3 minutes to establish zone 2 running pace.

Run for the denoted time on the program day

ZONE 4 - THRESHOLD RUN

Designed to work at 80-90% of your max heart rate.

Take your 1 mile pace and add 30 seconds to it. Hold this pace for the interval duration.

Walk for 5 minutes between intervals.

Conduct the number of intervals prescribed by the program day.

ZONE 5 - INTERVAL RUN

Designed to work at 90-100% of your max heart rate.

Take your 1 mile pace and subtract 10 seconds from it. Hold this pace for your 800m intervals.

2 minute recovery walk between intervals.