

PLAN	EMPHASIS	STRENGTH	WORK CAP	ENDURANCE	WEEKLY SCHEDULE
Hector	Balanced. 5x days/week	TLU Methodology	Sandbag Getups, Multi- Modal	Running - Easy and Moderate Pace up to 7 Miles Ruck Rucking - 45#, Moderate Pace up to 5 Miles	<p><u>WEEK A</u></p> <p>Monday: Strength, TAC SEPA Tuesday: Work Capacity, Chassis Integrity Wednesday: Strength, Endurance (Run) Thursday: TAC SEPA, Work Capacity Friday: Endurance (Run)</p> <p><u>WEEK B</u></p> <p>Monday: Strength, Work Capacity Tuesday: TAC SEPA, Chassis Integrity Wednesday: Work Capacity, Endurance Thursday: Strength, TAC SEPA Friday: Endurance (Ruck)</p>
Apollo	Slight Emphasis on Work Capacity and Endurance 5x Days/week	Emphasis on heavy Total Body Barbell Exercises and Eccentric Pull ups (loaded)	Sprint Focused on 100m Sprint Repeats in Density Format	Loaded Running in IBA or 25# Weight Vest at 30 Mintutes Unloaded Running, Easy Pace, out to 10 miles	<p>Monday: Total Body Strength, TAC SEPA Tuesday: Work Capacity Sprints, unloaded run Wednesday: Total Body Strength, Chassis Integrity Thursday: Work Capacity Sprints, loaded run (25# vest or IBA) Friday: Long, Easy Run, 8, 10 or 12 miles</p>
Achilles	Slight Strength Emphasis 5x Days/week	Focus on 3 Exercises - Back Squat, Bench Press and Power Clean. "Super Squat" progression used for Back Squat and Bench Press	Short, intense and bodyweight. Think burpees and box jumps.	Easy unloaded running out to 10 Miles	<p>Monday - Strength (Back Squat, Bench Press, Power Clean) Tuesday - TAC SEPA, Work Capacity Wednesday - Strength (Back Squat, Bench Press, Power Clean) Thursday - TAC SEPA or Work Capacity and Chassis Integrity Friday - Endurance - long, easy run</p>