

WARNO

(Warning Order)

Use this program to help build your bodyweight callisthenic strength. If you are a Stud and this is easy add more sets and more reps with less rest in between sets and reps. If you are striving to be a stud, do recommended reps or scale it back and take more rest as needed. These workouts are to be performed in conjunction with your running and swimming workouts.

Running

You should be running at least 3 times a week. I recommend going off how your body feels. That will dictate the pace at which you run.

Monday:

3 to 4 mile run at a 7-to-8-minute pace if your body feels good. If your body doesn't feel good run it at a 10-minute pace.

Wednesday:

2 to 3 miles of sprints broken into 200s, 400s, and 800s on a track. Holding a 1:30 per 400 puts you at a 6-minute mile pace, which puts you at a 9 minute 1.5mile pace, crushing the standard. So, depending on how your body feels push it faster then a 1:30 or slower 1:30. A challenging track workout would look like;

2x800 Work to rest ratio

4x400 Work to rest Ratio

6x200 Work to rest Ratio

Work to rest Ratio means the amount of time it took you to run the 800,400, or 200 is the amount of time you rest. IF It took me 3 min to run an 800, I rest 3 min until the next one. Go off of how your body feels. If that's too easy rest less, if that was way too hard, rest more.

Friday:

Light day; 30-to-45-minute run at whatever pace you want.

Swimming

I cannot stress enough on how much you need to be in the pool. If you are a strong swimmer or not a strong swimmer you need to be in the pool 5 days a week. **SWOE is a water-based selection course.** No one quits on land, everyone quits in the water or because of the water.

Every PAST I go over swim technique whether you suck, or if it's just water events to build confidence for those that can manage a 500. I also give swim workouts for you to do. If you take and retain what is taught to you by T3i field developers at the pool home with you and get in the pool every day, you will be successful.

Train Hard and be disciplined, I can only help you so much. The majority of your success in these programs depends on your self-effort. If you are not willing to dedicate yourself to the process or to training, and are only doing this because it sounds cool or looks cool, do not waste your time or the Air Force's time. **You are trying out to be in Special Operations.** It's about as pro/varsity as it gets. You would not show up to a Varsity/college tryout, or job interview not prepared, so don't think you can do that here. I look forward to working with you!

Questions?

Coach Sloat: 775-338-4686 (whatsapp)

Email: ssloat@t3iservices.com

Calisthenics Workout program

Baseline 1 week x 3 times a week

Squats: 3 sets x 15

Inverted Rows: 3 sets x 15

Push-ups: 3 sets 15

Planks: 3 sets x 30-60 seconds

3 weeks

DAY 1

Squats: 3 sets x 15

Inverted Rows: 3 sets x 15

Lunges: 3x15

Push-ups: 3 sets x 15

Pike Push-ups: 3 sets x 15

In and Out Crunches: 3 sets x 15

DAY 2

Burpees: 3 x 15

Superman's: 3 x 15

Chest dips bar or bench: 3x15

Handstand Holds or Hand stand push-ups: 3 sets 10-15 seconds or 5-10 reps

Planks: 3 sets x 30-60 seconds

DAY 3

Lateral Squats: 3x15

Hand release push-ups: 3x15

Bulgarian squat: 3x10 each leg

Push-back push up: 3x15

Crunches: 3x15

Sit ups: 3x 10 assisted 10 none assisted

3 Weeks

Day 1

Front lunges: 3x10 each leg

4 count Mountain Climbers: 3x30

Glute Bridge Single or double leg: 3x10

Banded hamstring curls or medicine ball curls: 3x30

Heels to the Heavens: 3x30

Sit ups: 3x10 assisted 10 non assisted

Day 2

Chin-ups: 3x15

Push-ups: 3x20

Pike pus ups: 3x15

3x Hand stand holds for 15-30 sec or **Hand stand pus ups** for 5-10

Planks: 3x 30-60sec

Day 3

Burpees: 3x15-20

Squats: 3x10-15

Single leg RDL: 3x15 reps each leg

Bulgarian squat: 3x10-15 each leg

Jumping lunges: 3x10

Planks: 3x 30-60sec

Day 4

Pull ups: 3x10

Elevated single arm push-ups: 3x15 each side

Pike push-ups: 3x15

Close grip push-ups: 3x15

Regular push-ups: 3x15

Superman's: 3x15

Sit ups: 3x50 assisted or unassisted

3 Weeks

Day1

Super Set

Hand Release push-ups: 4x20 with

Assisted on arm push-ups: 4x10 each arm

Super Set

Dips on a bench/box or body weight with dip bar: 4x10

Regular push-ups: 4x15-20

Super Set

Planks: 4x30-60sec

Sit ups: 20 assisted 20 unassisted

Day 2

Super Set

Squats: 4x20

Jumping Squats: 4x20

Super Set

Forward Lunges: 4x15

Jumping Lunges: 4x15

Super Set

Hamstring curls: 3x15

Single-leg glute-bridge: 3x15

Toes to bar or knees to elbows: 4x15

Day 3

Super Set

Inverted row: 4x15

Pull ups: 4x10-20

Super Set

Close grip pull ups: 4x5-10

Chin ups: 4x5-10

Super Sets

Superman's: 4x20-26

Sit ups: 4x30-50

Day 4

Super Set

Handstand push-ups: 4x5-15

Handstand Holds: 4x15-30sec

Super Set

Elevated push back to push-ups: 4x15

Wall slides: 4x10-15

Super Set

Side plank: 3x30sec each side

Planks: 3x30-60 sec

Knees to elbow or toes to bar: 3x15

Day5

Super Set

Pull ups: 3xFailure

Banded pull ups or Jumping pull ups: 3x15

Super Set

Inverted Rows: 3x15-20

Dead Hang from pull up Bar: 3x30-60sec

Super Set

Chin up holds: 3x30sec

Inverted Row Chin up grip: 21's 3x7 in each position. (Half top, Half Bottom, Full Row)

Toes to Bar: 3x10-15

