

# **WEEKLY SCHEDULING PLANS**

## **HEAVY DROP TRAINING**

**Monday:** Workout #1 in the AM & Workout #1 Supplemental Barbell Work in the PM

**Tuesday:** Care Package

**Wednesday:** Workout #2 in the AM & Workout #2 Supplemental Barbell Work in the PM

**Thursday:** Rest or Make-Up Day

**Friday:** Workout #3 in the AM & Workout #3 Supplemental Barbell Work in the PM

**Saturday/Sunday:** QMOD/Run or Ruck

## **HEAVY DROP TRAINING W/ YOGA**

**Monday:** Workout #1 in the AM & Workout #1 Supplemental Barbell Work in the PM

**Tuesday:** Care Package & Yoga Flow

**Wednesday:** Workout #2 in the AM & Workout #2 Supplemental Barbell Work in the PM

**Thursday:** Yoga Flow & Rest or Make-Up Day for HDT

**Friday:** Workout #3 in the AM & Workout #3 Supplemental Barbell Work in the PM

**Saturday/Sunday:** QMOD/Run or Ruck & Yoga Flow

## **HEAVY DROP TRAINING W/ YOGA & SAQ**

**Monday:** Workout #1 in the AM & Workout #1 Supplemental Barbell Work in the PM

**Tuesday:** SAQ Workout #1, Care Package & Yoga Flow

**Wednesday:** Workout #2 in the AM & Workout #2 Supplemental Barbell Work in the PM

**Thursday:** SAQ Workout #2, Yoga Flow, & Rest or Make-Up Day for HDT

**Friday:** Workout #3 in the AM & Workout #3 Supplemental Barbell Work in the PM

**Saturday/Sunday:** QMOD/Run or Ruck & Yoga Flow

# **WEEKLY SCHEDULING PLANS**

## **PROPRIOCEPTIVE TRAINING**

**Monday:** Workout #1 in the AM & Workout #1 Supplemental Barbell Work in the PM

**Tuesday:** Sit-Ups/Slick Run

**Wednesday:** Workout #2 in the AM & Workout #2 Supplemental Barbell Work in the PM

**Thursday:** Push-Ups/Prisoner Squats

**Friday:** Workout #3 in the AM & Workout #3 Supplemental Barbell Work in the PM

**Saturday/Sunday:** Burpees/Strict Ruck/3-mile Ruck

## **PROPRIOCEPTIVE TRAINING W/ SAQ**

**Monday:** Workout #1 in the AM & Workout #1 Supplemental Barbell Work in the PM

**Tuesday:** SAQ Workout #1 & Sit-Ups/Slick Run

**Wednesday:** Workout #2 in the AM & Workout #2 Supplemental Barbell Work in the PM

**Thursday:** SAQ Workout #2 & Push-Ups/Prisoner Squats

**Friday:** Workout #3 in the AM & Workout #3 Supplemental Barbell Work in the PM

**Saturday/Sunday:** Burpees/Strict Ruck/3-mile Ruck