

ACFT TRAINING PLAN

Weekly PT Schedule

	MON	TUE	WED	THR	FRI	SAT	SUN
TARGET EVENT	2 MILE RUN	PUSH UP + SPRINT DRAG CARRY	DEADLIFT / STAND POWER THROW	2 MILE RUN / SPRINT DRAG CARRY / CORE	LEG TUCK / CORE	YOUR DAY	RECOVER DAY
WORKOUT(S)	AGR (ABILITY GROUP RUN)	HAND RELEASE T PUSH-UP WORKOUT #1	DEADLIFT WORKOUT #1	COMBAT SPRINTS #1	LEG TUCK WORKOUT #1	Weaknesses	LIGHT DAY / STRETCH
		SPRINT DRAG CARRY WORKOUT #1	STAND POWER THROW WORKOUT #1	CORE #2	CORE #1	Run 2-4 Miles	Jog 1-2 Miles