

CronusFit Selection Prep

Military Prep

One more rep.

Cycle 1

CRONUSFIT



CronusFit Selection Prep

Introduction to Military Selection Training

Mission

CronusFit Selection Prep is designed for Athletes ready to assess into the Special Operations community or enroll in Ranger School. The program focuses on bodyweight movement, basic olympic lifting, high-intensity workouts and aerobic capacity. The program offers 12-weeks of programming with six workouts per week.

Aerobic Capacity builds the stamina necessary to complete extended foot marches, runs, and serves as the baseline for physical challenges.

High Intensity Workouts build the Athlete's anaerobic capacity and when paired with functional movements and olympic lifting, the outcome is increased strength and endurance.

Active Recovery is built into CronusFit to keep Athletes ready for the following weeks of training, as well as provide easy movements to take to school.

Selection preparation's 12-week format is broken into three, four-week programs. The programs increase in distances per week. The intent of the program is to build to a peak level of fitness before tapering for the Athlete's school or assessment. The first 4-week period is the baseline for the Athlete's progression. In the first 4-weeks, Athletes will test a number of standard military events and movements specific to combat readiness. The second 4-week period focuses heavily on rucking and increases in aerobic capacity. The second 4-week period will include workouts longer than the previous cycle, but refined to fewer movements and techniques. The final 4-week period will scale towards a taper, final baseline tests, and speed work in preparation for the assessment weeks, which generally serve as the introduction at Special Operations schools.

Diet and Supplementation

Programming relies heavily on the Athlete and the willingness to adhere to strict nutritional management and focus. Several simple nutritional topics to be aware of are: caloric intake, macronutrition tracking, meal timing and hydration.

Athletes will experience greater success and recovery by eating early and often in the day. Key to success is ingesting healthy, non-processed foods, which will aid in macronutrient tracking and digestion.

Philosophy

Be a "spearheader", inject where you see yourself aiding the group, focus on how you personally fit into the team; and how that team fits into the mission at hand. Decisions are binary, yes or no, register the impacts; be confident and precise in your application of the choice.

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Goals

300m Shuttle Sprint -

2 Mile -

5 Mile -

5k -

10k -

1 Mile Ruck -

12 Mile Ruck -

Max Pull Up -

Max Push Up -

Max Ring Dips -

RPAT -

1RM BS -

1RM DL -

1RM Clean and Jerk -

BW BS Rep Max -

BW DL Rep Max -

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Week 1

Monday

Hero Workout: his workout is dedicated to MOH recipients Randy Shughart and Gary Gordon of 1SFOD-D. These two men paid the ultimate sacrifice in Mogadishu on 3OCT1993, supporting Task Force Ranger at the second downed Blackhawk crash site in the middle of city. Fighting from position-to-position they gallantly faced overwhelming hostile forces, while outnumbered by thousands of fighters. Gary Gordon and Randy Shughart neutralized wave after wave of Somali militia until both were depleted of ammunition and fatally wounded. Their bravery and dedication to brothers in need should serve as a reminder that today's pain in the gym can one day save your Ranger Buddies in the fight.

In their honor we present the Hero WOD
Shughart/Gordon:

10 RFT: 400m Run (fast enough to get to the fight) /
50 Burpees (quick enough to get up to the next position)

Tuesday

Warm Up: 50 Box Jumps, 75 Box Step Ups (per leg)
24"/20"

30 AMRAP

Run 300m
Lunge 100m

Lift

4x 8 Bent-over Row
10x10 Strict Pull-Up
5x10 Banded Lateral Pull-down

Wednesday

Warm Up: 10min Slow Run

Run: 400m, 800m, 1200m, 800m, 400m Run (2:1
Work/Rest)

Lift

4x8 KB Shrugs (Hvy)
5x100ft Farmer Walk (#72/#44)
4x8 Banded Upright Row (Slow)

Thursday

Ruck

4x 1-mile Repeats – Pace should be
between 8:45-9:15, scale weight accordingly (min
#45)

5min Rest

Lift

4x8 Back Squat
4x5 Jump Squat (30% of BS)
4x5 Weighted Lunges (50% of BS)

Friday

Long, Slow Run 60min.

Max TTB

Saturday

Warm Up: 21-15-9 Burpee/CAL Row

150 Wall Ball for Time (#20/#14)

The "Zhang"

3RFT

3x Rope Climb (15ft)
6x OHS (135/95)
9x HSP

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Week 2

Monday

Warm Up: Banded Lateral Walk 50ft / 25 Burpee
Broad Jump

Run: 12x 400m Repeat – Aim for sub :90 with :60 rest

Lift

5x Hang Clean Complex (135/95)
10x 1+1+1 Jerk+Power Jerk+Pause Split Jerk
4x 1min Pushup Max

Tuesday

Warm Up: 10min Slow Run (HR below 140)

Run: 20min Tempo (85% of 5k)

--then--

400m OH Walking Lunge For Time (#45/#25)

Wednesday

Warm Up: Tabata Sit Up / MTN Climbers / Leg Lifts

Run: 30min Recovery

Lift

5x5 Front Squat
4x8 Push Press
10x3 KB Shrug

Thursday

Ruck: 10 Miles (#55) sub 2:30:00

Friday

PT Test in OCPs/ACUs w/boots

Lift

5x5 Overhead Squat

METCON

5RFT

20x DB Snatch (alt) (#55/#35)

10x Dips

250m Row

50ft OH DB Walking Lunge (#55/#35)

Saturday

"14.4"

60 CAL Row

50x TTB

40x WB (#20/#14)

30x Clean (#135/#95)

20x MU

Sunday

Rest

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Week 3

Monday

Warm Up: Split Lunge / Broad Jump (5min)

Run: 10k for time

Lift

20 EMOM – 1+1+1 Clean / FS / Jerk
(Bodyweight)

Tuesday

Warm Up: 15 AAB

METCON

40 AMRAP

500m Row

8x PC (135)

25 CAL AAB

8x TTB

10 CAL Ski ERG

8x HSPU

Wednesday

Warm Up: 150x Air SQT, 150x Push Up

Run: 4x800m + 10 Pistols (Alt)

METCON

3x 4min AMRAP

1, 2, 3... PC/MU (#185/115)

Thursday

Ruck: 2hrs – Every 5min 10xBurpees

Lift

4x 8 Bench

4x 8 DB Fly

Friday

Warm Up: 4x8 Good Mornings

Run: 3x 300m Shuttle Sprints (:60 Rest)

Lift

Max BW DL in :60 Sec

Saturday

Chipper

100x WB (#25/#20)

10x Rope Climb (15ft)

50x WB (#25/#20)

5x Rope Climb (15ft)

100x DU

25 CAL AAB

--then--

3 Mile Recovery Run

Sunday

Rest

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Week 4

Monday

Warm Up: 100 Perfect Push-Up

Run: 6x 800m (2:00 Rest)

METCON

20 EMOM

3x PC+5 Burpee Over Bar

(#155/#115)

Accessory

Handstand Hold – 3min Total

Tuesday

Warm Up: 10min Trueform or 10min Hills

Lift

3x 5+1 Push Press+Power Jerk

5x5 SLDL w/KB (#105/#72)

“Death by Burpees”

Wednesday

Warm Up: 5x50m Strider

Run: 4mile Tempo (90% of 5K)

Thursday

Ruck: 3x 2-mile Repeats (#60) w/15min Rest

Friday

RPAT

Lift

3x5 Pause Squat

4x5 Deficit Clean Pull

5x5 Deficit RDL

Saturday

RAW Events

Sunday

Rest

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Week 5

Monday

Run: 30min Run (:10 Fast / :50 Slow)
--then--
400m OH Weighted Walking Lunge – use Ruck
(#60/#45)

Lift

3x3 High Hang Clean
4x3 Clean Pull
3x5+1 Snatch Push Press+OHS

Tuesday

Warm Up: 3mile Ruck to Hill (#45) – do not need to ruck back from Hill

Run: 8x Hill Repeats (min 250m) in OCPs w/LBE

Lift

5x3 Front Squat
75 WTD Box Step Up

Wednesday

Run: Long, Slow 45min

METCON

21-18-15-12-9-6-3 GHD SU / Push Up / WB
(#30/#20)

Thursday

Ruck: 8 miles (:120 Shuffle / :60 Walk)

Friday

Warm Up: 30 min Bike

Lift

4x4 Bent Over Row
50x Pull Up
50x TTB

Saturday

APFT

--then--
1RM BS
1RM Clean and Jerk
1RM DL

Sunday

Rest

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Week 6

Monday

Ruck: 5x 1-mile RPT (#65) 5:00 Rest

METCON

30 EMOM "Cyndie"

Tuesday

Warm Up: 15min Run

Lift

5x3 Back Squat

3x5 Jumping Half Squat

5x50ft Walking Lunge (no weight)

Wednesday

Rest

Thursday

Ruck: 15 Miles

Lift

5x5 Bench Press

5x20 Ring Dip

3x15 Banded Push Up

Accessory

100ft Hand Stand Walk

Friday

Warm Up: 10min Bike

METCON

6RFT

10x P. Snatch (#75/#55)

15x CTB PU

50x DU

Saturday

Warm Up: 2x 30ft Rope Climb (Full Kit)

Lift

25x FS (#185/#145)

METCON

10 AMRAP

4x Pistols

8x Slam Ball (#50/#30)

200m Run

Sunday

Ruck: 3 Miles (#45)

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Week 7

Keys to Success

This Week will increase the load on the Ruck and start increasing the tax on your body – HYDRATE and eat accordingly. It's key during these long weeks to roll-out after workouts and take care of your body.

Monday

Rest

Tuesday

Ruck: 20 Miles (#70)

Wednesday

Warm Up: 2 Mile Run

METCON

30 EMOM "LOIC"

3x PC (AHAP)

10x Box Jump Over

:50 AAB

:50 Row

:50 Ski Erg or 10 Slam Ball (#50)

5x MU

Thursday

Warm Up: 2k Row

Lift

5x2 Back Squat

3x5 Jumping Half Squat (30% of BS)

3x8 Lateral Box Step up w/KB (#45/#25)

METCON

6x 500m Row w/3min Rest – Score is total time for 3k Row

Friday

Warm Up: 10min Push Up Hold

Run: 2x 1-Mile RPT (Faster than 2mile Pace)

Lift

5x2 Power Jerk

6, 6, 4, 4, 2x FS

4x8 Deficit DL

Saturday

"Man Maker" 5RFT

10x BS (#225/#165)

10x DL (#225/#165)

10x Bench (#225/#165)

10x Pull Up

10x TTB

-then--

4 Mile Tempo Run (10k Pace)

Sunday

Rest

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Week 8

Monday

Ruck: 2 Mile (#65)

Lift

3RM Low-Hang Clean
5x1+1 Clean Pull + Power Clean
3x3 Clean Long Pull

METCON "17.1"

10-20-30-40-50 + 15 DB Snatch (#55/#35) /
Burpee Box Jump Over

Tuesday

Ruck: 1 Mile AFAP (#65)

Lift

5x5 Power Snatch
5x5+1 Snatch Push Press + Snatch Balance
3x5 Snatch Long Pull

Run: 1.5mile Tempo

Wednesday

Ruck: 2 Mile w/#35 KB (#65)

Run: 45min

Lift

3x3 Front Squat
3x5 Dip Squat
4x 2+1 Push Press + Split Jerk

Thursday

Ruck: 1 Mile

Lift

5x6 Land Mine Press
5x8 Lateral Raise
3x8 DL

Friday

RPFT

--then--

Ruck: 2 Miles (#65)

Saturday

Ruck: 1 Mile AFAP (#45)

Sunday

Rest

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Week 9

Monday

Warm Up: 2min Max – Pull Up, Ring Dip, TTB

Run: 10x Hill Repeats (Rest on Jog Down)

Lift

10x1 Back SQT
5x5 Weighted BB Step Up (24"/20")
5x3 Behind the neck Split Jerk

METCON

21-15-9 Burpee/WB (#30/#20)

Tuesday

Warm Up: 4x400m (200m Easy / 200m Hard) 2:00
Rest

Lift

3x3 RDL
3x2+1 PC+Clean
5RM Strict Press

METCON

50-40-30-20-10 AAB CAL / WB (#20/#14)

Wednesday

Run: 10 Miles

Thursday

Warm Up: Shoulder Mobility

Lift

1RM 3+1 Snatch Push Press+Snatch Balance

3x5 Klokov Press
3x10 SA KB Snatch

METCON

30 EMOM

Every :30 1x DL@65% 1RM

Friday

Warm Up: 3RFT 100m Lunge / 10 Burpees / 500m Row

Max 2K Row

Lift

1RM 3+1 Push Press+Split Jerk
4x 50ft SA KB Farmer's Walk (AHAP)
4x8 TGU (#45/#35)

Saturday

Warm Up: Max Pull Up

Run: 10k

Lift

5x3 Pause Squat
5x3 Lunge
5x3 Jumping Quarter Squat

Sunday

Rest

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Week 10

Monday

Warm Up: 100 CAL AAB for time

Run: 10x200m Sprint (2:00 Rest)

METCON

Hero WOD "DT"

5RFT – 12 DL / 9 HPC / 6 PP (#155/#115)

Tuesday

Run: 30min Kit Run in terrain

Lift

10RM Back Squat

4x8 Pistols

3x 50 Wall Balls (Each set is straight, find a managel weight)

Wednesday

Warm Up: 200ft Sled Push (BW)

Lift

4x8 RDL

5x3 Weighted Pull Up (min weight is KIT)

4x10 Bent Over DB Row

METCON

100x KBS for Time (#72/#55)

Accessory

Push Ups to "Bring Sally Up"

Thursday

Ruck: 5 Miles (#45)

Run: 4x Reverse Hill Run

Friday

Warm Up: 200ft Broad Jump

Lift

5x5 Push Press

4x8 HPC

3x5 SA KB OHS

METCON "LOIC"

60 Thrusters (#115/#85) + EMOM 20 DU

Saturday

Run: 2 Mile Tempo w/5x100ft Striders

Lift

10RM DL

METCON

30 EMOM

10 GHD SU

50FT Sled Push (#100)

Sunday

Rest

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Week 11

Monday

Rest

4x2 Dip Squat
4x3 Power Jerk

Tuesday

Run: 6-Mile Easy in OCP

Metcon
6RFT
400m Run / 5x Squat Clean (#185/#135)

Lift

4x8 Front Squat
3RM OHS
5x10 Russian KBS (HVY)

Saturday

10x 400m Run + 25 Burpees

Accessory

300 Push Up

Lift

1RM DL

Wednesday

Run: 4x400m Run, 3x800m Run, 2x 1200m Run

Sunday

Rest

Lift

5x5+1 H-Hang Clean+Clean
5RM Deficit Clean DL
4x10 Front Rack Walking Lunge

Thursday

Warm Up: 21-15-9 Thruster (#95/#65) / Burpee

METCON

5RFT 20x G20 (#115/#95), 20x KBS (#72/#55), 5
Rope Climb

Friday

Row 5K

Lift

5x8 Back Squat

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Week 12

Monday

Easy 20min Run
50 Push Ups + 200 Sit Ups

Tuesday

Ruck 1 Mile (#75)

Wednesday

Run: 5x 400m (4:00 Rest)

Lift

5x5 Back SQT (40% 1RM)
5x5 PP (40% 1RM)
5x5 Jumping Half Squat

Thursday

Run: 2 Mile w/OCPs

2x1K Row (Conversational Pace)

100 Perfect Push Ups

Friday

4 Rounds NOT for Time
500m Row
8x Power Clean (#135/#95)
50 CAL AAB
8x DL (#135/#95)
50 Sit Ups
8x Push Press (#135/#95)

Saturday/Sunday

Eat. Sleep. Enjoy the last few hours. Good Luck!

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Notes

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