

CronusFit Selection Prep

4 Week Squad PT

One more rep.

CRONUSFIT

Cycle 1



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Introduction to Squad Level PT

Mission

CronusFit Squad PT is designed for maneuver squads preparing for combat operations and interested in lethal effects on target. The program combines bodyweight exercises and functional movements to build the legs that feed the wolf! Squads and Platoons are limited by the knowledge and time it takes to prepare for combat - CronusFit takes away the distraction of planning every day, so you can focus on what's important: Small Unit Tactics, Communication, Medical Training, Marksmanship, and Fitness!

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.

Squad Level PT builds around the 5 Pillars of Fitness: Lower Body, Upper Body, Aerobic Capacity, Power, and embracing the suck. Squads will conduct weekly rucks, runs, and strength programming to increase PT Scores, but more importantly, generate results in austere environments. The equipment available to the standard Infantry Company is all that is needed to finish the fight in our workouts. All over every Army post, Rangers and Soldiers find equipment being left alone - ropes, ladders, bars, and trails. CronusFit uses those items left behind by lazy leaders to get the Squad back to a formation capable of closing with and destroying an enemy. By the end of 4-Weeks the Squads will see improvement in the knowledge necessary for junior leaders to train their Ranger Buddies and strength necessary to put a fist through any obstacle!

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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Squad Average Goals

2 Mile –

5 Mile –

1 Mile Ruck –

12 Mile Ruck -

Max Pull Up –

Max Push Up –

Max Ring Dips -

1RM BS –

1RM DL –

1RM Clean and Jerk – BW BS Rep

Max –

BW DL Rep Max -

Rope Climb -

3 Mile Full Kit Movement -

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Week 1

Monday

Oly/Strength

Back Squat 3x8
Conventional Deadlift 2x5

Metcon 21,18,15,12,9,6,3 For time
Front Squats 95#
Burpees over the bar
(Alternate, so 21 FS, 21 Burpees, 18 FS, 18 Burpees.....)

Accessory

1. Good Morning (Barbell) 4x10 (Light)
2. 50 KBS for time 44-70 #

Notes 3 sets of squats, 2 sets of DL are working sets. Warm up with light triples/doubles until you reach your goal working weight

Tuesday

Oly/Strength

Bench Press 3x8
Weighted Pull ups 3x8

Single Arm DB Bench Press 4x8 each
Single Arm DB Overhead Press 4x8 each
Bent Over Row (Barbell) 3x10
Skull Crusher 4x12

100 butterfly situps for time
(feet together, touch behind your head, touch in front of your feet)

Today's focus is pure upper body strength, give the legs a break so that they can take a day "off" and rest up for other sessions

Wednesday

Warm Up:

800m run (conversational pace)

Workout:

8x400m Sprints (goal 2mile run pace)

Range of Motion work:

In the remaining time of PT, sit in a circle and go through some deliberate stretching to allow your body to recover and prepare for tomorrow. Minimum 2 minute holds!

FOCUS on your guys who need the most work. Your fast Soldiers will take off, just ensure that your slower guys hold their pace and stay motivated.

Thursday

Warm up: 3 Rounds

1. 10 Walking lunges
2. 10 KB Swings 44#

RUCK: 60 Minutes
(:30 out, :30 back)
35# minimum

Focus for today is a Warm Up:
800m run (conversational pace)

Workout:

8x400m Sprints (goal 2mile run pace) cclimation to weight and low intensity cardio. Walk at 15:00/mile pace or slower. I'm serious.

Friday

Oly/Strength

Power Clean 8x2

Metcon

12 min AMRAP Climb the ladder (1, 2, 3...)

Ground to Overhead (135/95)

Box Jump Over (24")

(Alteranate 1 G20, 1 BJ, 2 G20, 2 BJ....)

Accessory

Romanian Deadlift 3x12

Single Leg KB Deadlift 3x8 each leg

We program a ton of hamstring/posterior accessory, and theres a reason. Extremely common to have imbalanced quad/hammy.

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Week 2

Monday

Oly/Strength

Front Squat 3x8

Conventional Deadlift 3x3

(As heavy as possible, warm up with light weight to these 3 working sets for each exercise)

Metcon

50-40-30-20-10

Wall Balls

25-20-15-10-5

Pull ups

(Alternate 50 WBs, 25 pull ups, 40 wbs, 20 pull ups, etc)

Accessory

Walking Lunges (Barbell on back) 4x10 each leg

(As heavy as possible)

You can get plenty of value out of only a few sets of heavy deadlifts. Too much volume can do some serious damage to amateur lifters.

Tuesday

Oly/Strength

Strict Overhead Press 3x8

Bent over Row (Barbell) 3x10

Close Grip Bench Press 4x12

Single Arm DB Overhead Press 4x8 each

Bent Over Row (Barbell) 3x10

Skull Crushers (45# bar) 100 reps

Accessory

Toes to Bar 4x15

When you start to see exercise repeats from previous weeks, try and increase weight. PROGRESSION. This is why we log workouts.

Wednesday

Warm Up:

800m run (conversational pace)

Workout:

10 x 200m Sprints (As hard as you can each interval)

Tempo push ups (as a group) 4x10
(4 count down, 1 count up)

This is not a pacing style workout, sprint your ass off every time. Don't worry about the time of each, worry about the effort expended.

Thursday

Low Intensity Cardio

50 Minute Run

"Conversational Pace"

If you have a heart rate monitor, try and run below 150 bpm. Slow, low, and good for your heart

Friday

Oly/Strength

Power Clean 8x2

Box Jump 5x2

(as high as possible)

Metcon

"Angie's Best Friend" (Angie with Partner)

200 Pull ups

200 Push ups

200 Situps

200 Air Squats

Accessory

Good Morning 3x12

The box jumps as a strength "lift" are to develop coordination and power. Add bumper plates to boxes to make it higher

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Week 3

Monday

Oly/Strength

Back Squat 8x3
Conventional Deadlift 4x2

Metcon

20 Minutes (Every minute on the minute)
10 burpees (odd minutes)
10 Toes to bar (even minutes)

Accessory

70 KB Swings for time 44-70 #

Squat heavy. Use the first 5 sets to warm your body up.
Finish with the last 3 as attempts to get your 3 rep maximum.

Tuesday

Oly/Strength

Wide Grip Bench Press 8x3
Strict Overhead Press 7x2

Incline DB Bench Press 4x10
Pull Ups 3x10
Single Arm DB Row 4x8 each
Skull Crushers 4x12

Accessory

Farmer Carry (Kb/DBs) 4x50m
(As heavy as possible)

Same as this week's squats. First 5 sets warm up, then use last 3 sets of bench to establish 3 rep max

Wednesday

Metcon

40 Minute AMRAP
Total a 400m lap or course with:
300m Run
100m Walking lunges

This will break your mind before your body, don't let it.
We're replicating the 40 minute standard for a 5 mile run, while showing you that you CAN find something worse than running by itself.

m up, then use last 3 sets of bench to establish 3 rep max

Thursday

Warm up: 3 Rounds

1. 10 Walking lunges
2. 10 KB Swings 44#

RUCK: 60 Minutes

(:30 out, :30 back)
35# minimum

We're still focusing on low intensity cardio and weight acclimation, but increase the pace from week 1.

Friday

Oly/Strength

Power Clean and Jerk 8x2
Get that weight overhead using that HIP POWER

Metcon

10 Rounds for Time (AFAP)
50m Walking Lunges
10 Jump Squats
5 Pull Ups

Accessory

Single Leg Barbell Deadlift 3x12
This will take your Soldiers' balance and coordination to the limit - keep it light

Grind the METCON out, make it a competition and see who can survive.

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Week 4

Monday

Oly Strength

Front Squat 8x3
Tempo Deadlift 3x4
(hold tight at the top, 3 count down, 3 count up)

Metcon

Partner Wod
800m Run
200 Back Squats 95#
800m Run
(Switch as necessary, run together)

Accessory

Walking Lunges (Farmer carry KBs) 4x10 each leg

Get after it.

Tuesday

Oly/Strength

Close Grip Bench Press 8x3
Weighted Pull ups 3x10

Tempo DB Bench Press 4x8
(4 down, 4 up)
Single Arm DB Overhead Press 4x10 each
Banded Tricep Extensions 100 reps

Accessory

Toes to Bar 100 for time

Working on weaknesses (close vs. wide grip bench) will assist in your overall strength progression

Wednesday

Warm Up:

800m run (conversational pace)

1 MILE Intervals 4 sets
5 minutes rest in between

Try and keep these all close in pacing. Have each Soldier pace slightly faster than their 2 mile run pace.

Thursday

Low Intensity Cardio

60 minute run 6 sets
"Conversational Pace"

If you have a heart rate monitor, try and run below 150 bpm. Slow, low, and good for your heart

Friday

Oly/Strength

Power Clean 8x2

Metcon

Partner WOD
"Just FINISH ALREADY"
1000 Air Squats for time

One partner works at a time, switch as you see fit. Every 100 reps do a 100m buddy carry (50m and switch)

Accessory

Good Morning 4x10

Just finish. Test your mental toughness and push the pace

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Notes

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