



HALLS OF STRENGTH

[Halls of Strength Your no-nonsense fitness destination](#)

Operation Forge: 6-Week Military Prep Program

Week 1-2: Foundation Phase

Focus on building a base level of strength and endurance while adapting to consistent training.

Day 1: Strength & Endurance

- **Warm-Up:** 10-15 min light cardio + dynamic stretching
- **Push-Ups:** 4 sets of max reps (RPE 7)
- **Pull-Ups:** 4 sets of max reps (RPE 7)
- **Deadlift:** 3 sets of 8 reps (RPE 7)
- **Goblet Squats:** 4 sets of 12 reps (RPE 7)
- **Plank Hold:** 3 sets of 1 min

Day 2: Agility & Speed

- **Warm-Up:** 10 min light jogging + mobility drills
- **Sprints:** 8 x 50m (rest 90 sec)
- **Agility Ladder Drills:** 10 min mixed drills
- **Bear Crawls:** 4 sets of 20 meters
- **Shuttle Runs (20m intervals):** 4 sets of 5 runs

Day 3: Ruck March

- **Ruck March:** 5km with 10-15kg backpack (RPE 6-7)
- **Cooldown:** Stretching and foam rolling for legs and lower back

Day 4: Strength & Functional Fitness

- **Warm-Up:** 10 min light cardio + dynamic stretches
- **Overhead Press:** 3 sets of 8 reps (RPE 7)
- **Weighted Lunges:** 4 sets of 12 reps per leg (RPE 7)
- **Sandbag Carries:** 4 sets of 40m
- **Core Circuit:** 3 rounds of 10 leg raises, 20 Russian twists, 1 min side plank

Day 5: Active Recovery

- **Light Jog or Swim:** 30-40 min at a steady pace (RPE 6)
 - **Mobility Work:** 20-30 min of stretching or yoga
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Week 3-4: Progression Phase

Increase intensity and volume as your body adapts. Focus on heavier loads and longer durations to push endurance and strength to the next level.

Day 1: Strength & Endurance

- **Push-Ups:** 5 sets of max reps (RPE 8)
- **Pull-Ups:** 5 sets of max reps (RPE 8)
- **Deadlift:** 4 sets of 6 reps (RPE 8)
- **Goblet Squats:** 4 sets of 10 reps (RPE 8)
- **Plank Hold:** 4 sets of 90 seconds

Day 2: Agility & Speed

- **Sprints:** 10 x 50m (rest 60 sec)
- **Agility Ladder Drills:** 12 min mixed drills
- **Bear Crawls:** 5 sets of 30 meters
- **Shuttle Runs:** 5 sets of 6 runs

Day 3: Ruck March

- **Ruck March:** 6-7km with 15-20kg backpack (RPE 7-8)
- **Cooldown:** Stretching and mobility work

Day 4: Strength & Functional Fitness

- **Overhead Press:** 4 sets of 6 reps (RPE 8)
- **Weighted Lunges:** 4 sets of 10 reps per leg (RPE 8)
- **Sandbag Carries:** 5 sets of 50m
- **Core Circuit:** 4 rounds of 15 leg raises, 30 Russian twists, 1.5 min side plank

Day 5: Active Recovery

- **Jog or Swim:** 40-45 min at a steady pace (RPE 7)
 - **Mobility Work:** 30 min stretching, foam rolling, or yoga
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Week 5-6: Peak Performance Phase

Push yourself close to your limits to ensure military readiness. This phase is designed to test your endurance, strength, and resilience while allowing enough recovery to peak.

Day 1: Strength & Endurance

- **Push-Ups:** 6 sets of max reps (RPE 9)
- **Pull-Ups:** 6 sets of max reps (RPE 9)
- **Deadlift:** 4 sets of 5 reps (RPE 9)
- **Goblet Squats:** 5 sets of 8 reps (RPE 9)
- **Plank Hold:** 5 sets of 2 minutes

Day 2: Agility & Speed

- **Sprints:** 12 x 50m (rest 45 sec)
- **Agility Ladder Drills:** 15 min mixed drills
- **Bear Crawls:** 6 sets of 40 meters
- **Shuttle Runs:** 6 sets of 8 runs

Day 3: Ruck March

- **Ruck March:** 8-10km with 20-25kg backpack (RPE 8-9)
- **Cooldown:** Deep stretching and foam rolling

Day 4: Strength & Functional Fitness

- **Overhead Press:** 5 sets of 5 reps (RPE 9)
- **Weighted Lunges:** 5 sets of 8 reps per leg (RPE 9)
- **Sandbag Carries:** 6 sets of 60m
- **Core Circuit:** 5 rounds of 20 leg raises, 40 Russian twists, 2 min side plank

Day 5: Active Recovery

- **Jog or Swim:** 45-60 min at a moderate pace (RPE 7-8)
- **Mobility Work:** 30 min focusing on flexibility and recovery

Key Points:

- **Progression:** Gradually increase intensity, reps, weight, and distance each week. RPE will push towards 9 in the final weeks, simulating the demands of military training.
- **Recovery:** Ensure 1-2 active recovery days per week to prevent overtraining.
- **Ruck March:** Gradually increase the distance and load to simulate military demands.
- **Core and Agility Focus:** Building a strong core and improving agility will be vital for functional military tasks like climbing, carrying loads, and obstacle courses.

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