



NAFA 2-WEEK SAMPLE WORKOUTS

Visit: @TrainFTW on YouTube for complete video demonstrations.

*Wednesday's off.



MONDAY WEEK 1 DAY 1

Squat Prep

- 5/5 Duck Walk
- 5/5 Knee to Chest Walks
- 5/5 Quad Stretch / Reach Walks
- 5/5 Over the Hurdle Walks
- 5/5 Toy Soldiers
- 3/3 Seated Hip Rotations
- 3/3 +Half Lunge
- 3/3 +Full Lunge
- 3/3 +Squat

10 Squat therapy
@ 2202 tempo
*0:02 down, 0:02 bottom, fast up,
0:02 top.

Warm-Up Sets

- Every 2:30 for 7:30 (3 sets):
- 3 Back squats (light)
 - 3 Back squats (medium)
 - 3 Back squats (set 1 weight)

Be sure that all squad members can rack and unrack the bar easily.

Working Sets

- Every 3:00 for 12:00 (4 sets):
- 7 Back squats
 - 7 Back squats
 - 7 Back squats
 - 7 Back squats

Day X of your squat strength program. The weight is set off your most recent training max NOT your all-time personal best.

Station 1

- 3 Rounds NOT for time:
- 15 Deadlift (95lbs/65lbs)
 - 10 Pendlay row (95lbs/65lbs)

Station 2

- 3 Rounds not for time:
- 15-20 Stationary lunge + forward lean, right leg
 - 15-20 Stationary lunge + forward lean, left leg
 - No rest between legs

Station 3

- 8 Rounds:
- 0:20 Wall squat
 - 0:10 Rest

TUESDAY WEEK 1 DAY 2

Chan Warm-Up

- 25 Jumping jacks
- 25 Front jumping jacks
- 10/10 Spiderman lunges
- 10/10 Lateral lunges
- Inchworm + push-ups (5, 4, 3, 2, 1 push-ups).
- 10/10 Speedskaters
- 10/10 Arm circles, forward/backward.
- 10 Arm pretzels
- 10/10 Shoulder rolls, forward/backward.
- 0:30/0:30 Lateral neck stretch
- 0:30/0:30 Posterior neck stretch
- 10/10 Wrist circles

Bench Press Warm-Up (A)

- 10/10 Pec smash
- 10/10 Halos (light)
- 10 Pass throughs (PVC)
- 50 Tricep extensions (mini band)
- 10/10 Uneven bench press (20kg/15kg)
- 10 Even bench press (20kg/15kg)

Warm-Up Sets

- Every 2:30 for 7:30 (3 sets):
- 3 Bench press (light)
 - 3 Bench press (medium)
 - 3 Bench press (set 1 weight)

Working Sets

- Every 3:00 for 12:00 (4 sets):
- 7 Bench press
 - 7 Bench press
 - 7 Bench press
 - 7 Bench press

Day X of your bench strength program. The weight is set off your most recent training max NOT your all-time personal best.

Push Press Progression

- With a PVC pipe
- 5 Dip and hold
 - 5 Dip and drive slow
 - 5 Dip and drive fast
 - 5 Push press

Station 1

- 21-15-9 Reps for time:
- Dumbbell push press (40lbs/25lbs, each hand)
 - Burpee over dumbbell

Station 2

- 3 Rounds NOT for time:
- 10/10 Landmine half kneeling single arm press
 - 20 Band triceps push-downs



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THURSDAY WEEK 1 DAY 4

Aerobic Workout 2

Targeting individual lactate threshold. Group based on Cooper test results. There are five groups of runners:
3000m+
2999m-2750m
2749m-2500m
2499m-2250m
2249m-2000m

Hinshaw Warm-Up

10yds Over the hurdle
10yds Knee to chest
10yds Figure 4
10yds Walking Samson stretch
10yds Toy soldiers
0:30 Sitting arm swings
0:30 Standing arm swings
10yds Toes out walk
10yds Toes in walk
10yds Walk on heels
10yds Walk on toes
10yds Walk on outside of feet
10yds Walk on inside of feet

10yds = 9.1m

Warm-Up Sets

E2MOM for 4:00 (2 sets):
100m Run building from EZ pace to fast pace.

Working Sets

12 Rounds:
1:30 Run
1:00 Walk = 100m all

Run targets for each group:
3000+ = 320m run
2999-2750 = 300m run
2749-2500 = 260m run
2499-2250 = 240m run
2249-2000 = 220m run
*Run at target NOT over.

Power Clean Progression

With sandbag
5 Hang deadlift shrug
5 Hang muscle clean
5 Land in the receiving position
5 From the floor, power clean

5 Rounds NOT For Time

Station 1:
100ft/100ft 90° Plate walk (45lbs/25lbs)
Station 2: 5 Power cleans (95lbs/65lbs)
Station 3: 5 Strict pull-ups
Station 4: 10 Poorman's preacher curls (25lbs/15lbs)
Station 5: Rest

*The time at each station is set by the time it takes the recruit at the plate walk station to walk 100ft out and back. At that point, all recruits rotate stations.

FRIDAY WEEK 1 DAY 5

Squat Prep

5/5 Duck Walk
5/5 Knee to Chest Walks
5/5 Quad Stretch / Reach Walks
5/5 Over the Hurdle Walks
5/5 Toy Soldiers
3/3 Seated Hip Rotations
3/3 +Half Lunge
3/3 +Full Lunge
3/3 +Squat

10 Squat therapy
@ 2202 tempo
*0:02 down, 0:02 bottom, fast up, 0:02 top.

Warm-Up Sets

Every 2:30 for 7:30 (3 sets):
3 Back squats (light)
3 Back squats (medium)
3 Back squats (set 1 weight)

When the clock starts, recruit #1 begins first warm-up set. At 0:30, weights will be adjusted and recruit #2 begins first warm-up set... continuing throughout the 2:30 until each recruit has completed a "light" set of 3. At 2:30, weight will be adjusted to "medium" and the process will be completed again for set 2. At 5:00, weight will be adjusted to "set 1 weight" and the process will be completed again for set 3.

Working Sets

Every 3:00 for 12:00 (4 sets):
8 Back squats
7 Back squats
6 Back squats
6 Back squats

Day X of your squat strength program. The weight is set off your most recent training max NOT your all-time personal best.

Wall Ball Progression (A)

With a medicine ball:
5 Wall ball front squat
5 Wall ball push press
5 Wall ball shots (20lbs/14lbs, 10ft/9ft)

5 Rounds NOT For Time

Station 1:
15 Wall ball shots (20lbs/14lbs, 10ft/9ft)
Station 2: Rest
Station 3: Handstand hold against wall
Station 4: Plank hold
Station 5: Band pull-aparts

*This is to be completed conga-line style. Rotating when the wall balls are complete.



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MONDAY WEEK 2 DAY 1

Chan Warm-Up

25 Jumping jacks
 25 Front jumping jacks
 10/10 Spiderman lunges
 10/10 Lateral lunges
 Inchworm + push-ups (5, 4, 3, 2, 1 push-ups).
 10/10 Speedskaters
 10/10 Arm circles, forward/backward.
 10 Arm pretzels
 10/10 Shoulder rolls, forward/backward.
 0:30/0:30 Lateral neck stretch
 0:30/0:30 Posterior neck stretch
 10/10 Wrist circles

Bench Press Warm-Up (A)

10/10 Pec smash
 10/10 Halos (light)
 10 Pass throughs (PVC)
 50 Tricep extensions (mini band)
 10/10 Uneven bench press (20kg/15kg)
 10 Even bench press (20kg/15kg)

Warm-Up Sets

Every 2:30 for 7:30 (3 sets):
 3 Bench press (light)
 3 Bench press (medium)
 3 Bench press (set 1 weight)

Working Sets

Every 3:00 for 12:00 (4 sets):
 8 Bench press
 7 Bench press
 6 Bench press
 6 Bench press

Day X of your bench strength program.
 The weight is set off your most recent training max NOT your all-time personal best.

Push Press Progression

With a PVC:
 5 Dip and hold
 5 Dip and drive slow
 5 Dip and drive fast
 5 Push press
 +
 2 Shoulder press + 3 push press (PVC)

In Squads Of Five

Every 0:30 for 12:30 (5 sets):
 Station 1: 3 Shoulder press + 5 push press (75lbs/55lbs)
 Station 2: 10 Seated French press, dumbbell (light-medium)
 Station 3: 10 Bench dips
 Station 4: 10 Banded triceps push-downs
 Station 5: Rest

*Rotate every 0:30.

TUESDAY WEEK 2 DAY 2

Aerobic Workout 3

Targeting individual VO2 max.
 Group based on Cooper test results. There are five groups of runners:
 3000m+
 2999m-2750m
 2749m-2500m
 2499m-2250m
 2249m-2000m

Hinshaw Warm-Up

10yds Over the hurdle
 10yds Knee to chest
 10yds Figure 4
 10yds Walking Samson stretch
 10yds Toy soldiers
 0:30 Sitting arm swings
 0:30 Standing arm swings
 10yds Toes out walk
 10yds Toes in walk
 10yds Walk on heels
 10yds Walk on toes
 10yds Walk on outside of feet
 10yds Walk on inside of feet

10yds = 9.1m

Warm-Up Sets

E2MOM for 4:00 (2 sets):
 100m Run building from EZ pace to fast pace.

Working Sets

8 Rounds:
 0:48 Run
 0:24 Walk/jog

Targets for each group are:
 3000+ = 220m run
 2999-2750 = 200m run
 2749-2500 = 180m run
 2499-2250 = 160m run
 2249-2000 = 140m run
 2249-2000 = 220m run
 *Run at target NOT over.

Hang PC Progression (A)

With a PVC
 5 Dip and drive
 5 Dip and drive to elbows high
 5 Muscle clean
 5 Lands
 5 Hang power clean
 +
 3 Hang power cleans (75lbs/55lbs)

In Squads Of Five

3 Rounds of each exercise:
 Station 1:
 50ft/50ft Hand-over-hand sled pull (90lbs)
 Station 2: 10/10 Russian twists (20lbs/14lbs)
 Station 3: 10 Hang power clean (75lbs/55lbs)
 Station 4: Tuck crunch
 Station 5: Rest

*The rotation is set by the sled pull. When the sled pull is completed, the cascade of rotations begin.



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THURSDAY WEEK 2 DAY 4

Squat Prep

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- 5/5 Over the Hurdle Walks
- 5/5 Toy Soldiers
- 3/3 Seated Hip Rotations
- 3/3 +Half Lunge
- 3/3 +Full Lunge
- 3/3 +Squat

10 Squat therapy
@ 2202 tempo
*0:02 down, 0:02 bottom, fast up,
0:02 top.

Warm-Up Sets

- Every 2:30 for 7:30 (3 sets):
- 3 Back squats (light)
- 3 Back squats (medium)
- 3 Back squats (set 1 weight)

Be sure that all squad members can rack and unrack the bar easily.

Working Sets

- Every 3:00 for 12:00 (4 sets):
- 7 Back squats
- 6 Back squats
- 6 Back squats
- 6 Back squats

Day X of your squat strength program. The weight is set off your most recent training max NOT your all-time personal best.

Station 1

- In teams of 2, complete 3 rounds (each) for time:
- 12 Deadlifts (135lbs/95lbs)
- 200m Run

*This is performed "I go, you go." Use 100m down and 100m back for the run.

Station 2

- Complete as many reps as possible in 6:00 of:
- Box step ups (20in)

Station 1 is intended to be high intensity compound movements with a focus on grip and the posterior chain muscle groups. Station 2 will be moderate intensity and focused on lower body anterior chain muscle groups.

FRIDAY WEEK 2 DAY 5

Chan Warm-Up

- 25 Jumping jacks
- 25 Front jumping jacks
- 10/10 Spiderman lunges
- 10/10 Lateral lunges
- Inchworm + push-ups (5, 4, 3, 2, 1 push-ups).
- 10/10 Speedskaters
- 10/10 Arm circles, forward/backward.
- 10 Arm pretzels
- 10/10 Shoulder rolls, forward/backward.
- 0:30/0:30 Lateral neck stretch
- 0:30/0:30 Posterior neck stretch
- 10/10 Wrist circles

Bench Press Warm-Up (A)

- 10/10 Pec smash
- 10/10 Halos (light)
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- 50 Tricep extensions (mini band)
- 10/10 Uneven bench press (20kg/15kg)
- 10 Even bench press (20kg/15kg)

Warm-Up Sets

- Every 2:30 for 7:30 (3 sets):
- 3 Bench press (light)
- 3 Bench press (medium)
- 3 Bench press (set 1 weight)

Working Sets

- Every 3:00 for 12:00 (4 sets):
- 7 Bench press
- 6 Bench press
- 6 Bench press
- 6 Bench press

Day X of your bench strength program. The weight is set off your most recent training max NOT your all-time personal best.

Station 1

- 3 Rounds NOT for time:
- 15-20 Hand release push-ups
- Max triceps bench dips
- 1:00 Rest

Station 2

- 3 Rounds NOT for time:
- 20 Reverse grip shoulder press (light)
- 0:03 Rest
- 20 Dumbbell lateral delt raise (light)
- 0:03 Rest
- 20 Dumbbell rear delt raises (light)
- 0:03 Rest
- 20/20 Bus drivers (light)
- 1:00 Rest