



TACLETE
PERFORMANCE

4 WEEK SAMPLE PROGRAM

Tactical Strength & Conditioning

Phase 1: General Conditioning

WEEK 1 & 2

DAY 1: Lower Body

Lower Body Warm Up

NOTES

Barbell Back Squats **4 Sets x 8 Reps | Rest 120s |**

DB Stiff Leg Deadlift **3 Sets x 10 Reps | Rest 60s |**

-Keep a slight bend in the knee

Dumbbell Walking Lunges **3 Sets x 10 Reps Ea. | Rest 60s |**
Superset | **Rest 120s |**

-Focus on control when walking

1) Goblet Squats Elevated Heels **3 Sets x 10 Reps**

-Heels 4 to 6 inches apart

2) Hip Thrusters **3 Sets x 10 Reps**

-Focus on the squeeze in hip

Single Leg Calf Raise **3 Sets x 15 Reps | Rest 60s |**

extension



DAY 2: Upper Body

Upper Body Warm-Up

NOTES

Dumbbell Bench Press **4 Sets x 8 Reps | Rest 120s |**

Push Press **4 Sets x 8 Reps | Rest 120s |**

-Slight knee bend, torso upright

Push-Ups **3 Sets x 60s AMRAP | Rest 60s |**

**As many reps as possible in 60 seconds

Superset 1 | **Rest 120s |**

1) Lat Pull Downs **3 Sets x 10 Reps**

-Focus on using lats only, bar to lower chest

2) DB Lateral Raises **3 Sets x 10 Reps**

Superset 2 | **Rest 120s |**

• EZ Bar Curls **3 Sets x 10 Reps**

• EZ Bar Skull Crushers **3 Sets x 10 Reps**

Cardio: 25 minutes easy pace run (**Zone 2-3**)

Zone 2-3 should allow you to hold a conversation while you run

WEEK 1 & 2

DAY 3: Rest Day

Optional core based on how you are feeling.

Active Recovery: 45-60 minutes of low-intensity cardio. This can be a walk on a treadmill or outside, bike, or swim.

Mobility: Stretch lower and upper body. Use of foam roller and resistance bands for increased stretch where needed.

Core (Minimal rest between sets)

Superset 1

- **Medicine Ball Side Toss 3x10**
- **Cable Crunch 3x10**
- **Leg Lifts 3x20**

Superset 2

- **Russian Twists 3x20/side**
- **Plank 3x60s**
- **Toes To Bar 3x10**



DAY 4: Upper Body

Upper Body Warm-Up

Deadlift **4 Sets x 8 Reps | Rest 120s |**

Incline DB Bench Press **3 Sets x 10 Reps | Rest 90s |**

Pull-Ups **3 Sets x 60s AMRAP | Rest 60s |**

Barbell Row **3 Sets x 10 Reps | Rest 90s |**

T-Y Raises **3 Sets x 10 Reps | Rest 60s |**

Superset **| Rest 120s |**

- **DB Hammer Curls 3 Sets x 10 Reps**
- **DB Incline Bench Curls 3 Sets x 10 Reps**

Cardio: 25 minutes easy pace run (**Zone 2-3**)

NOTES

-Hexbar/DB/BB can be used

-30-45 degree bench angle

**As many reps as possible in 60s

-Pronated grip

-Use bands or light weights, 10 T's then 10 Y's

Zone 2-3 should allow you to hold a conversation while you run

WEEK 1 & 2

DAY 5: Lower Body

Lower Body Warm Up

Barbell Lunge **4 Sets x 8 Reps | Rest 120s |**

Front DB Squat **3 Sets x 10 Reps | Rest 90s |**

Superset | **Rest 90s |**

1) Single Leg Box Jumps **4 Sets x 3 Reps/ea**

2) Stability Ball Hamstring Curls **4 Sets x 10 Reps**

Superset 2 | **Rest 120s |**

1) Back Extensions **3 Sets x 10 Reps**

2) TKE **3 Sets x 10 Reps**

3) Monster Walks **3 Sets x 20m ea.**

Conditioning: Shuttle Run **300m (25m/back 6x) 3 Sets | Rest 180s |**

NOTES

-Reverse lunge

-Lighter weight for more depth

-Work on explosiveness, step down

-Keep hips elevated, drive with hamstring

-Total Knee Extensions w/ bands

-Slow and controlled, stable

-Rest 3 minutes between sets

DAY 6: Functional

Total Body Warm-Up

Interval Weight Training Session

Part 1: 5 rounds, 1 min rest between rounds, rest 5 mins before part 2

- 15 Kettlebell Swings (KB) Ex: 15 kettlebell swings right into 1 min row,
- 1 Min Max Row (Or Bike) rest 1 min and repeat 4 more times

Part 2: 3 rounds, 2 min rest between rounds, rest 5 mins before part 3

- 20 YD Ea. Arm Single Arm KB Over Head Lunge
- 10 KB Goblet Squats
- 1 Minute Max Wall Balls (Or DB Thrusters)

Part 3: 3 rounds for time

- 10 Burpees
- 10 Pushups
- 10 Inverted Rows

****Complete part 1 before moving on to part 2 and so on**

DAY 7: Rest Day

WEEK 3 & 4

DAY 1: Lower Body

Lower Body Warm Up

Barbell Back Squats **4 Sets x 6 Reps | Rest 120s |**

DB Stiff Leg Deadlift **3 Sets x 12 Reps | Rest 60s |**

Dumbbell Walking Lunges **3 Sets x 12 Reps Ea. | Rest 60s |**

Superset | **Rest 120s |**

1) Goblet Squats Elevated Heels **3 Sets x 12 Reps**

2) Hip Thrusters **3 Sets x 12 Reps**

Standing Calf Raise **3 Sets x 15 Reps | Rest 60s |**

NOTES

***see notes from Week 1&2**

***Movements will remain similar, with a difference in reps/sets**

***Exercises will change in 4-week blocks during programming**



DAY 2: Upper Body

Upper Body Warm-Up

Dumbbell Bench Press **4 Sets x 6 Reps | Rest 120s |**

Push Press **4 Sets x 6 Reps | Rest 120s |**

Push-Ups **3 Sets x 60s AMRAP | Rest 60s |**

Superset 1 | **Rest 120s |**

1) Lat Pull Downs **3 Sets x 12 Reps**

2) DB Lateral Raises **3 Sets x 12 Reps**

Superset 2 | **Rest 120s |**

• EZ Bar Curls **3 Sets x 12 Reps**

• EZ Bar Skull Crushers **3 Sets x 12 Reps**

Cardio: 30 minutes easy pace run **(Zone 2-3)**

WEEK 3 & 4

DAY 3: Rest Day

Optional core based on how you are feeling.

Active Recovery: 45-60 minutes of low-intensity cardio. This can be a walk on a treadmill or outside, bike, or swim.

Mobility: Stretch lower and upper body. Use of foam roller and resistance bands for increased stretch where needed.

Core (Minimal rest between sets)

Superset 1

- **Reverse Crunch 3x10**
- **Sit Up To Press 3x10**
- **Supermans 3x10**

Superset 2

- **Core Rollout 3x10**
- **Landmine Bar Toss 3x10**
- **90* Knees To Elbow 3x10**



DAY 4: Upper Body

Upper Body Warm-Up

Deadlift **4 Sets x 6 Reps | Rest 120s |**

Incline DB Bench Press **3 Sets X 12 Reps | Rest 90s |**

Pull-Ups **3 Sets x 60s AMRAP | Rest 60s |**

Barbell Row **3 Sets x 12 Reps | Rest 90s |**

T-Y Raises **3 Sets x 12 Reps | Rest 60s |**

Superset **| Rest 120s |**

- **DB Hammer Curls 3 Sets x 12 Reps**
- **DB Incline Bench Curls 3 Sets x 12 Reps**

Cardio: 30 minutes easy pace run **(Zone 2-3)**

WEEK 3 & 4

DAY 5: Lower Body

Lower Body Warm Up

Barbell Lunge **4 Sets x 6 Reps | Rest 120s |**

Front DB Squat **3 Sets x 12 Reps | Rest 90s |**

Superset | **Rest 90s |**

1) Single Leg Box Jumps **4 Sets x 3 Reps/ea**

2) Stability Ball Hamstring Curls **4 Sets x 12 Reps**

Superset 2 | **Rest 120s |**

1) Back Extensions **3 Sets x 12 Reps**

2) TKE **3 Sets x 12 Reps**

3) Monster Walks **3 Sets x 20m ea.**

Conditioning: Shuttle Run **300m (25m/back 6x) 4 Sets**

| Rest 180s |

DAY 6: Functional

Total Body Warm-Up

Interval Weight Training Session

Part 1: 3 rounds, 2 min rest between rounds, rest 5 mins before part 2

- 20 Alternating DB Snatches
- 2 Min Max Row (Or Bike)

Part 2: 3 rounds, 2 min rest between rounds, rest 5 mins before part 3

- 20 DB Walking Lunges
- 400m Run

Part 3: 3 rounds for time

- 100 Skips
- 10 Med Ball Slams
- 10 V-ups

****Complete part 1 before moving on to part 2 and so on**

DAY 7: Rest Day