



Sample Programming

Welcome to GRIT Tactical! This pdf is a sample week of our daily #FitnessAndFirearm programming. The goal of this programming is helping you improve not only your fitness level through insightful programming but also your firearm manipulation.

But Hold On. I'm not going to just send you programming and ghost you. I'm a firm believer in creating a community. Surrounding yourself with like-minded individuals who are on the same path with similar goals to you. Once you sign up for GRIT Tactical you will immediately be prompted to download an iOS/Android app where **ALL YOUR PROGRAMMING** and also the **COMMUNITY PAGE** will be held. The community page will be used for asking questions, uploading videos of your live fire drills and looking for advice, posting PRs, congratulating each other on successes, reviewing videos, and all around just having a good time.

So while this sample programming is awesome, and it truly is. This is just the tip of the iceberg. This is just one piece in the whole plan centered around giving you the best opportunity to succeed.

If you have any questions feel free to reach out to me!

Before we charge ahead

.... What Can You Expect??



DAILY DRY FIRE: Highly recommend you don't skip these. Set aside 15-20 minutes. Time of day does not matter as long as you are "present."



STRENGTH CYCLES: We will mainly be working through 8 week cycles in an effort to help you improve in certain key, and functional, areas. The cycle presented in this sample programming will be focused on Squat & Pull strength (think back squat and deadlift). Once a week we will focus on the strength side of each movement and the other time we will focus on speed or tempo. A good Ying & Yang if you ask me.



Speaking of Tempo ... **TEMPO:** I personally LOVE doing a lot of lifts on a cadence, or tempo. This allows you as an athlete to hone in on good quality, and usually slow, movements. To often we squat, or deadlift, and do things one speed...fast. There is certainly a time and place for that. But its also healthy for our joints, and will help you improve lifts and make you stronger if you focus on slowing down the concentric or eccentric portions of



ACTIVE RECOVERY: Every Wednesday we are treating as active recovery. Meaning I want you to get out of the gym, go for a run, hike, paddleboard, bike, whatever! Enjoy your fitness. If you aren't capable of doing that or would like some extra work, I did include some extra conditioning. This conditioning I call "MorningMono," where "Mono" stands for Monostructural. Its something I personally do daily, usually in the morning to start my day.



THRESHOLD: You will learn to love and hate these. Around twice a week we will be getting some threshold training in. These will be sprints, short time domains, but will deliver maximal results. You should be on your back at the end of these cursing my name.



METCON (METabolic CONditioning): This will be our "workout." These will be tailored around movements and concepts that will apply to the Tactical Games, meaning they will be functional movements that can be applied to real world applications.



RANGE DAY: I have set aside Saturday as our "range day" that doesn't mean you can't move it around! If Thursday is your range day then by all means shuffle the week around to ensure it makes sense! Range Days will entail Live Fire Drills and 1-2 Mock Competition Workouts. I want you to apply that fitness and Daily Dry Fire we've worked on throughout the week to these range

Without Further Ado Lets Roll!

Monday

Monday

Daily Dry Fire

Note: Ensure there are no live rounds chambered or in the same room that you are performing dry fire drills. Clear your firearms even though it's "clear." Habitually check again and again.

Spend 20 minutes performing this dry fire drill. Standing, with a pistol on the desk/table. Pick it up each repetition, get a good grip, and present your pistol. Once arriving at the apex of your presentation, see how the sight alignment is.

Purpose: We want your presentation to be as close your natural point of aim as possible.

Goal: Have little to no wrist adjustment to your sight alignment and achieve good sight alignment and sight picture at each full presentation.

"Flat presentation" - slide does not come under-over or over-under

Fitness

Focus: Back Squat Strength

Back Squat 5x5 @ 60%

This is Day 1 of a squat cycle that we will be going through. Today we are sticking to 60%, don't worry this WILL get heavier and harder. The focus is to make sure you are squatting efficiently and safely. Meaning focus on keeping the knees out, using your glutes, and keeping the bouncing to a minimum. If you cannot do this with the above percent then drop the weight, there is absolutely nothing wrong with this, and I'd rather you be safe and learn proper technique then go heavy and hurt yourself.

Metcon:

4 Rounds For Time of:

15/12 Calorie Bike

5x Sandbag Over Shoulder 150/100#

This is a barn burner. Start hard and Finish Strong. Goal is to keep a steady pace on that bike!

Threshold:

4 Rounds of:

1:00 Heavy Farmer Carry Hold*

20x American KBS @ 70/53#

2:00 Rest BTW Rounds

"Threshold" pieces will be retested, so keep track of weights/reps for these. If you fail during the 1:00 Farmer Carry then proceed right to KBS and keep note of when you failed. Then on the next round drop weight.

Also Reminder! "Heavy" is relative to each person! Overall though I want the weight to be challenging Round 1 & 2. By Round 3 & 4 I want you to be near or at failure.



Tuesday

Tuesday

Daily Dry Fire

Note: Ensure there are no live rounds chambered or in the same room that you are performing dry fire drills. Clear your firearms even though it's "clear." Habitually check again and again.

Spend 20 minutes today working on Dry Fire. Today is going to build on yesterday's drill and add to it! Similar steps to yesterday's dry fire but this time we are taking the slack out as you execute the flat presentation. Once you get to apex of your presentation, hold the trigger as close as possible without dropping the hammer/firing.

Purpose: Achieve sight alignment and sight picture as soon as possible during presentation.

Goal: Not to dip or blade the pistol as you reach the apex.

Fitness

Focus: Speed Deadlift

Tempo Deadlift 5x4 with a tempo of 30x0*

Today we are focusing on eccentric deadlifts. Meaning slowing the eccentric portion of the movement down (eccentric in this case is the barbell headed down). This will pay dividends later for sure! I've always loved tempo work on major lifts. The goal here is slowing down and focusing on good quality movement prep throughout the entirety of the lift. Remember to not forget the explosion up part though! So start light and slowly work up for 5 sets. No reason to go heavy. Focus on keeping the bar path close, this will help later for deadlifts, cleans, etc etc.

*Tempo Instructions: 3 second Descent, no pause at bottom, explode up, no pause at top.

Accessory:

5 Sets of:
3x Vertical Jumps
Into,
3x Power Cleans (not TnG)

Priming Explosive Power. Fast & Light! Start around 40-50% and work up. These ARE NOT Touch & Go reps. Keep this as fast singles. Also DON'T starfish! Keep those feet tight and learn to get under the bar and receive it in a solid position, above parallel of course.

Metcon:

For Time:
15-12-9 of Power Cleans @ 115/75#
Light Sled Push 50 feet between PC sets

Quick workout. Focus on elbows through on the power cleans. For the sled weight I want it quick, like a fast walk, this shouldn't be a grinding weight. Also bear in mind transitions. Don't waste time between sled and barbell, pick it up!

Wednesday



Wednesday

Active Recovery

#MorningMono

Focus: Running

5 Rounds of:
600 meter Run
Rest 90s BTW rounds

I heard A LOT of you hate running. Well you aren't going to get away from it here. I will be including some #MorningMono that stands for Morning Monostructural. The purpose of this is engine development. We will be spending some good quality time running, rowing, skiing, biking on Wednesdays. You will hate it at first but once you realize the benefits you will thank me for it later.

My goal for you here is to maintain consistent pacing. I don't need you to smash round 1 and then by round 5 you are +1:00 slower. Be consistent. Goal here is +/- :15 between all efforts.

Note: If you are interested in more #MorningMono than once a week. Hit me up. I have a separate program dedicated just to this that is 3 workouts a week. Its gnarly.

Thursday



Thursday

Daily Dry Fire

Note: Ensure there are no live rounds chambered or in the same room that you are performing dry fire drills. Clear your firearms even though it's "clear." Habitually check again and again.

Spend 20 minutes today working on Dry Fire. Today is going to build on Monday & Tuesdays drills! If you need to jump back to refresh on those drills do that now! Now I want you to actually dry fire at full presentation. Afterwards release the trigger back out as close to trigger rest distance as possible. DO NOT hold the trigger back all the way. Make neurological connection now with dry firing with immediate trigger resetting prior to front sight returning coming down from the recoil.

Purpose: Trigger is reset before the front sight comes down, and be ready to fire again, so when top of the sights are flushed, you don't have to repeat the entire process of trigger manipulation.

Goal: Focus on trigger manipulation and return to reset distance. Don't slap it.

Fitness

Focus: Speed Squat

Tempo Goblet Squats 5x8 @ 3131*

Don't underestimate these. Goblet Squats are HUGE for maintaining good form and improving core stability and squatting efficiency. Really Really give this a priority today and focus on keeping a strong midline and core engagement. You don't have to go heavy. Goal is using a single KB, if you've got a heavy enough one, or Double KB if you don't.

*Tempo Instructions: 3s descent, 1s pause at bottom, 3s ascent, 1s pause at top

Threshold:

5 Rounds of:

1:00 Max Effort Bike Calories

Immediately into,

1:00 Wallsit w/ DBL KBs @ 35/24#s

Don't you love "Threshold" already? Its a love/hate thing. We will be doing a lot of "1:00 Max _____" on bikes, rowers, etc. So get used to this and knowing what you are capable. I want you to test that redline and realize that you are more capable than you think, that way in a competition you know how hard you can push to finish.

Wallsit: Ensure 90 degree leg bend and back flat against the wall. The goal is to not get off the wall for that 1:00, if you can't do it with weight then drop it! There is absolutely no shame in it! Static holds like the wallsit are fantastic, and often overlooked.

Accessory:

5x10 Good Mornings

Send the butt back like you are touching a wall behind you with it. Also keep weight evenly distributed between front and rear of feet. Slight knee bend.

Friday



Friday

Daily Dry Fire

Note: Ensure there are no live rounds chambered or in the same room that you are performing dry fire drills. Clear your firearms even though it's "clear." Habitually check again and again.

Spend 20 minutes today working on Dry Fire. Today grab your carbine! Get used to gripping your rifle with your support hand, as far forward to the tip of the barrel as possible without actually touching the barrel/muzzle so you don't burn your hand in the future. Thumb on top the the rail, with elbow flared out to manage recoil. Tuck down the shooting/strong side elbow, don't have a chicken wing.

Goal: Support elbow high and out. Drive the gun back into your shoulder.

Fitness

Focus: Strength Deadlift

Deadlift 5x5 @ 60%

Similar to the Back Squat cycle we are starting, we are also starting a Deadlift cycle. This of course is Day 1 of the cycle that we will be going through. Today we are sticking to 60%, don't worry this WILL get heavier and harder. Please ensure you are being safe. DO NOT round the back. Make sure to BRACE THE CORE. If at some point you feel like you are rounding or not bracing correctly just stop. Drop the weight, take a video of yourself from the side and post it on the community page so we can assess what you may or may not be doing right.

Metcon:

10:00 AMRAP of:
25' Walking Lunge w/ Sandbag
100/75#
10x Sandbag Over Shoulder
10x Burpee Over Sandbag

This is the first AMRAP we've done. Now I want you to be aware of pacing here. Even though you feel fantastic the first 30 seconds doesn't mean to redline for 30 seconds. This is a moderate time domain workout therefore if you can start a bit slower but keep a consistent pace on sandbag over shoulders and burpees then you will most likely get a better score than redlining early. Focus on pacing and "staying in your lane."

Accessory:

5 Rounds of:
1:00 ON // 1:00 OFF
Front Rack Brace*

Front rack brace can be done with the Yoke in a front rack, double KBs, double DBs, just a barbell, Sandbag, whatever you've got. The goal here is to learn to stand upright and not lean back while bracing. Imagine hussafel stone for competing. This is training to become better and moving that quickly and efficiently. Breath into your lower abdomen. We will work on bracing weekly. A strong core makes all your movements safer and stronger. Having a 6 pack doesn't mean you have a strong core. And doing situps doesn't give you a strong core. Bracing Effectively Does.

Saturday



Saturday

Range Day

Live Fire Drill

Pistol Only Drill

Load: 4 magazines of 5 rounds each

Distance: 5 meters

Target: Put 4x1" pasty or draw 4x1" square with a black sharpie

Drill: One round engagement/single shot

Put into practice what we've worked on throughout this week. Don't "forget" all the dry firing and mental reps you've done this week just because its Live today. I've always found I will shoot better in workouts if I'm completely focused on the Live Fire Drills beforehand. Don't think past these and only give the Mock Competition Workouts your focus for the day.

Mock Competition Workout #1

3 Rounds For Time of:

100 Yard Light Wheelbarrow (50y Out & Back)*

Firing Sequence

Rest 8:00

Start Mock Competition Workout #2 (listed below)

Firing Sequence for this engagement is 8x Pistol @ 20y on 1/4 sheet of paper, and 8x Rifle @ 50y on 1/4 sheet of paper
Total Loadout is 3x8 Pistol & 3x8 Rifle.

Make sure in your rest to pin up new paper for workout #2.

*Athlete shouldn't have to drop wheelbarrow for the 50y increments and should be able to move at a brisk pace. By round 3 this will be much harder due to grip fatigue, and dropping is okay. I just don't want it too heavy that you can't do the first round 50y increments unbroken.

Mock Competition Workout #2

After 8:00 of Rest from Workout #1

3 Rounds For Time of:

Firing Sequence

100 Yard Light Wheelbarrow (50y Out & Back)

Get used to trying workouts and then redoing them the same day. I'm a big fan of this. You can see how different the workout is, and you can also try different things. In this case the order is rotated so you should probably have a faster score since you aren't fatigued for the first F.S. and also you can sprint the last 100y wheelbarrow knowing you don't have a final F.S. at the end.

.... And that's just one week

Imagine your progress if you did this weekly.

See you on

