

THE WARRIOR'S TRAINING PLAN

12-WEEK HYBRID STRENGTH, CONDITIONING & RESILIENCE GUIDE

60 TRAINING DAYS • 3 PHASES • START ANYTIME

DEPRESSION HATES A MOVING TARGET

AWARENESS WARRIORS FOUNDATION

REVISED GUIDE EDITION / REVIEW COPY / 27 OCTOBER 2026

BEFORE YOU BEGIN

THE MISSION IS BIGGER THAN THE WORKOUT.

The Warrior's Training Plan is a training guide developed by AWF's founder, drawing on his education in fitness and exercise science and the way he personally trains. It offers a framework for movement, challenge, connection, and purpose.

A GUIDE, NOT A COMPLETION REQUIREMENT

The listed workouts describe the intended training sessions. You do not have to complete every exercise, repetition, prescribed load, session, or all 60 days. You may shorten, adapt, substitute, pause, skip, or stop work to reflect your abilities, health, experience, recovery, and available equipment. Completing this guide is never a condition of belonging to AWF.

KNOW THE DEMANDS

The guide includes barbell lifts, running, jumping, loaded carries, weighted-vest work, rope climbs, gymnastics, and long sessions. Some movements require established technical skills and suitable facilities. "Foundation" means the first phase of this guide; it does not mean beginner instruction. Read the entire session before deciding what is appropriate for you.

START WITH YOUR OWN ABILITIES

Consult your doctor or other qualified healthcare professional before beginning or substantially changing exercise, especially if you have health concerns, symptoms, injuries, pregnancy-related considerations, or are returning after inactivity. Follow their advice and restrictions. Ask a qualified fitness professional for movement instruction and appropriate adaptations when needed.

TRAINING AND RECOVERY BOTH COUNT

The 12-week structure organizes five listed training sessions per week. It does not require five consecutive training days or a fixed completion date. Plan recovery days, add rest when needed, and spread sessions over a longer period if appropriate. Do not double sessions to make up missed work or treat a clock, score, or workout name as a reason to ignore your limits.

A walk, a shared activity, a conversation, or reaching out can also be a meaningful step. You have a place in this movement.

EXERCISE RISK NOTICE

READ BEFORE USING ANY WORKOUT IN THIS GUIDE.

VOLUNTARY PARTICIPATION - AT YOUR OWN RISK

Participation is voluntary and at your own risk. Exercise can cause injury, serious illness, permanent disability, or death. Risks may arise from exertion, lifting, running, jumping, climbing, falls, equipment, environmental conditions, or other people. Risks cannot be eliminated entirely, even when care is taken.

GENERAL EDUCATIONAL GUIDANCE

This guide provides general fitness information. It is not an individualized exercise prescription, personal assessment, supervised session, medical advice, diagnosis, therapy, or mental-health treatment. Making this guide available does not establish personal coaching, clinical care, or monitoring by AWF or its author. No fitness or mental-health outcome is guaranteed.

MEDICAL AND PROFESSIONAL GUIDANCE

Consult your doctor or other qualified healthcare professional before starting this guide or making substantial training changes, and whenever you are uncertain whether activity is appropriate. Follow medical restrictions and seek qualified instruction for unfamiliar or technically demanding movements. This guide does not replace professional healthcare or individualized fitness guidance.

CHOOSE, ADAPT, AND STOP WITH JUDGMENT

Choose activities, loads, distances, repetitions, intensity, and duration appropriate to your circumstances. You may rest or stop at any time. Do not attempt movements or loads you cannot control, exercise through injury or concerning symptoms, or treat motivational language as an instruction to exceed your limits. If serious or concerning symptoms occur, stop and seek appropriate medical help; urgent symptoms require urgent care.

YOUR RESPONSIBILITIES

Use suitable equipment, facilities, footwear, and conditions. Consider hydration, heat, fueling, recovery, and the need for supervision or assistance. Do not assume that one person's experience, performance, or ability establishes what is appropriate for you.

COMMUNITY SUPPORT AND CLINICAL CARE

Movement and connection can be part of a broader support system. AWF and this guide do not replace professional medical or mental-health care. If you need professional or crisis support, seek appropriate services rather than relying on a workout or AWF's contact form.

THE WARRIOR'S TRAINING PLAN

A TRAINING GUIDE INSPIRED BY THE AWF MISSION

The Warrior's Training Plan is organized as a 12-week, 60-training-day hybrid guide built around the way the founder of Awareness Warriors Foundation trains: developing strength, speed, endurance, power, grip, and movement capacity.

It was not created for one event, race, mission, or moment. It can be started when appropriate to the individual. Its purpose is broader: to offer a framework for building physical capability and moving with purpose.

The workouts reflect the author's training style. They are not a requirement to do everything written. Adjust the work and timing to your circumstances, and use medical and qualified fitness guidance when appropriate. Read the Before You Begin and Exercise Risk Notice pages first.

This particular training path will not fit everyone. AWF's mission is bigger than any workout. For those who choose to use this guide, it is one way to participate in the movement.

DEPRESSION HATES A MOVING TARGET.

The philosophy is why the work exists. The training is one way we choose to live it.

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THE AWF MISSION BEHIND THE MOVEMENT

Awareness Warriors Foundation exists because too many people struggle in isolation. Veterans, first responders, healthcare professionals, families, youth, and community members can face depression, anxiety, trauma, grief, stress, and thoughts of suicide while feeling disconnected from support, purpose, relationships, and hope.

AWF believes that isolation is the enemy—and that the work cannot begin only after a crisis occurs. The mission is to disrupt isolation before crisis begins through movement, connection, shared experiences, and community.

That is where The Warrior’s Training Plan belongs.

This program is not therapy, and it is not a replacement for professional mental-health care. It is a structured physical challenge built around a belief that movement can create opportunities for connection, progress, engagement, resilience, and hope.

The program was designed around the founder’s own fitness and the way he chooses to train. It does not define what movement must look like for everyone. AWF’s mission is larger than any workout plan. But for those who choose this path—for those who want to train, struggle, improve, and keep moving alongside us—this program is an open invitation.

NO ONE SHOULD EVER FIGHT ALONE.

You can begin this program at any time. You do not need to be preparing for a specific race, event, deployment, competition, or challenge. The challenge may already be in front of you. It may arrive six months from now. You may never know exactly what form it will take.

The objective is not to predict what life will throw at you. The objective is to keep building the capacity to meet it.

OFFICIAL AWF ORGANIZATIONAL PHILOSOPHY

Presented here exactly as established by Awareness Warriors Foundation.

At the Awareness Warriors Foundation (AWF), we believe that no one should ever fight alone.

Every day, veterans, first responders, healthcare professionals, families, youth, and community members silently struggle with depression, anxiety, trauma, grief, stress, and thoughts of suicide. While resources and services may exist, many individuals never access them. Some face financial barriers. Others face logistical barriers. Many simply do not know where to begin.

Yet one barrier exists across all populations:

Isolation.

At AWF, we believe that isolation is the enemy.

Isolation separates people from support systems, relationships, purpose, and hope. It often grows quietly and unnoticed until a crisis occurs. That is why our mission is not simply to respond to crisis. Our mission is to disrupt isolation before crisis begins.

We do this through movement, connection, shared experiences, and community.

We believe that movement creates opportunities for connection.

We believe that shared struggle creates stronger bonds.

We believe that genuine relationships can become lifelines.

We believe that meaningful conversations can change lives.

Through initiatives such as Laredo Mud Fiesta: Down and Dirty for Health, Laredo Mud Fiesta 2.0: Down and Dirtier for Health, the Trail of Hope 5K Challenge: Remembering 17; Supporting the Many, and The Signal Run: You Are Not Alone, we have witnessed strangers become friends, participants become supporters, and communities unite around a common purpose.

These experiences continue to reinforce a simple truth:

Depression Hates A Moving Target.

Movement is more than physical activity.

Movement is progress.

Movement is engagement.

Movement is healing.

Movement is hope.

As Awareness Warriors Foundation continues to grow, we envision the creation of the AWF FOB Resilience Center—a permanent home dedicated to connection, resilience, and community.

The FOB Resilience Center will not be a clinic.

It will not be a treatment facility.

It will not be a gym.

It will not be a coffee shop.

It will be a community.

A place where veterans, first responders, healthcare professionals, families, youth, and community members can gather without judgment, without stigma, and without pressure.

A place where people can participate in activities, build relationships, strengthen resilience, access resources, and simply know they belong.

A place where there is no pressure to talk, but the opportunity is always there.

A place where someone can reconnect with purpose, find support, honor the memory of those they have lost, reflect, recharge, and continue moving forward.

The culture of the FOB Resilience Center will be built upon five core principles:

Family. Purpose. Connection. Resilience. Hope.

Family reminds us that no one walks alone.

Purpose gives meaning to our journey and direction to our lives.

Connection disrupts isolation and creates belonging.

Resilience strengthens our ability to face adversity and continue forward.

Hope reminds us that tomorrow can be different than today.

These principles guide how we serve one another, how we engage our community, and how we create environments where people feel welcomed, supported, and understood.

We believe that healing begins with connection.

We believe that support should be accessible before crisis occurs.

We believe that every person deserves a place where they are seen, valued, and respected.

Most importantly, we believe that no one should ever have to fight alone.

This is the philosophy of the Awareness Warriors Foundation.

This is the movement we are building.

And this is the future we envision for our community.

WHY THIS GUIDE EXISTS

PERSONAL TRAINING. SHARED PURPOSE.

The Warrior's Training Plan grew from a personal way of training and a larger reason for continuing to train.

The listed sessions explore broad physical capability: strength to move weight, speed to move yourself, endurance to keep going, grip to hold on, power to respond, and movement capacity to adapt when the demand changes.

The deeper connection to AWF is the decision to move. For one person, movement may be a walk. For another, it may be a 5K, a conversation, showing up to an event, reconnecting with people, or taking a first step toward support.

For those who choose this training guide, movement can take the form of structured physical training. Following that path does not require completing every written task or matching the author's performance.

The guide is not tied to a season, event, race, or mission. Its twelve-week organization is a framework, not a deadline. You may adapt the calendar and the sessions to your circumstances.

The goal is not perfection. The goal is not to prove that you never struggle. It is to keep developing your capacity to move forward - and to remember that movement does not have to happen alone.

YOU MAY NOT KNOW WHAT IS COMING. YOU CAN STILL TAKE A STEP TODAY.

GUIDE OVERVIEW

THREE PHASES. SIXTY LISTED TRAINING DAYS. ROOM TO ADAPT.

The guide is organized into three phases. Each phase has its own emphasis. The phases offer a suggested progression, while your abilities, readiness, health, and recovery guide how you use the material.

PHASE I - THE FOUNDATION

Weeks 1-4 / Days 1-20. Establish strength, conditioning, movement quality, work capacity, and consistency. This phase still contains technically demanding exercises and is not a substitute for learning those skills.

PHASE II - EXPANSION & ADAPTATION

Weeks 5-8 / Days 21-40. Explore unilateral and rotational work, unconventional loading, weighted movement, odd objects, and more complex transitions. Use only the variations and loads appropriate to you.

PHASE III - PREPARE, SHARPEN & PROVE

Weeks 9-12 / Days 41-60. Bring together speed, strength, endurance, grip, and movement skills through demanding sessions and benchmarks. Reaching a date in the calendar does not establish readiness for a particular movement or workload.

A FRAMEWORK, NOT A DEADLINE

The structure contains five training sessions per week. Recovery days belong in your schedule. You may use fewer sessions per week, extend the timeline, reduce or omit work, and seek individualized guidance. Do not rush into a later phase to stay on schedule.

The guide draws on several training styles; it is not a dedicated race, tactical selection, powerlifting, or marathon plan. No particular performance result is promised.

DAY 60 IS A POSSIBLE END TO THIS CYCLE - NOT THE END OF MOVEMENT.

HOW TO USE THIS GUIDE

CHOOSE THE WORK THAT FITS YOUR CURRENT CAPACITY.

Use the sequence as an organizing framework. Later sessions include more demanding skills and workloads. Review each session before starting; adjust, substitute, shorten, omit, or stop work when appropriate. Seek qualified help when you are unsure how to adapt a session.

READ THE SESSION

Cash-In: preparation and movement rehearsal.
Strength / Power / Skill: focused technical or physical development.
Main Workout: the day's primary training task.
Cash-Out: additional work; consider whether it fits your recovery and capacity.
Missions / Benchmarks: longer or more complex challenges.
Final Standards: the author's motivational themes and intended challenge.

ADAPT THE DEMAND

You may use a lighter load, omit added vest weight, reduce distance or repetitions, shorten a time interval, increase rest, or leave out a block. Use only movements you can perform with control. A qualified fitness professional can help select alternatives when a movement or setup is unfamiliar. Adaptations are valid participation.

PLAN RECOVERY AND MISSED DAYS

Arrange the listed sessions around adequate recovery rather than treating them as five mandatory consecutive days. Add rest or spread training over more weeks when needed. After missed sessions, reassess your readiness; do not cram the missed work into the next day.

INTERPRET THE LANGUAGE WITH JUDGMENT

"For time," fixed loads, "keep moving," "do not put it down," and similar instructions describe the author's intended workout. They never override your choice to rest, change the work, or stop. Workout titles and military metaphors are motivational language, not commands to disregard symptoms, injury, recovery, or professional advice.

START WHERE YOU ARE. ADAPT WITH PURPOSE. KEEP CONNECTION AT THE CENTER.

Review the Exercise Risk Notice on page 3. This guide does not replace professional medical, mental-health, or individualized fitness guidance.



THE WARRIOR'S TRAINING PLAN

PHASE I • THE FOUNDATION

20-DAY HYBRID STRENGTH, CONDITIONING & RESILIENCE PROGRAM

DEPRESSION HATES A MOVING TARGET

AWARENESS WARRIORS FOUNDATION

PHASE I • THE FOUNDATION

Phase I establishes the physical and mental foundation of The Warrior’s Training Plan. Across four progressive weeks, the athlete develops strength, work capacity, aerobic endurance, power, movement proficiency, and the ability to continue producing under fatigue.

The progression moves from building the base, to answering the call, to forging the warrior, and finally to embracing the fight.

WEEK	THEME	DAYS
Week 1	BUILD THE BASE	1–5
Week 2	ANSWER THE CALL	6–10
Week 3	FORGE THE WARRIOR	11–15
Week 4	EMBRACE THE FIGHT	16–20

PROGRAM STANDARD

Quality movement comes before load and speed. Strength work is strength work. Conditioning is conditioning. When the program calls for controlled work, preserve control. When it calls for intensity, earn that intensity through sound movement.

WEEK 1
BUILD THE BASE

Establish foundational strength, movement quality, aerobic conditioning, and work capacity while introducing the core identity of the AWF training system.

DAY 1 — MOVE OUT

FOCUS: Lower-body strength + loaded movement

CASH-IN — 3 ROUNDS

- 10 Air Squats
- 10 Alternating Reverse Lunges
- 10 Push-Ups
- 20 Mountain Climbers

STRENGTH — BACK SQUAT

- 5 sets × 5 reps

Build to a challenging but technically strong working weight.

MAIN WORKOUT — “MOVE OUT”

- 4 Rounds for Time
- 400-meter Run
- 15 Goblet Squats
- 20 Kettlebell Swings
- 10 Burpees

CASH-OUT

- Farmer’s Carry — 4 × 50 yards

DAY 2 — UPPER BODY UNDER FIRE

FOCUS: Push, pull, trunk strength + conditioning

CASH-IN — 3 ROUNDS

- 10 Push-Ups
- 10 Body Rows
- 15 Sit-Ups
- 30-second Plank

STRENGTH

- 5 Rounds — controlled, not for time
- 5 Push Press
- 5–8 Pull-Ups
- 10 Single-Arm Rows — 5 each side

MAIN WORKOUT — “UNDER FIRE”

- 15-Minute AMRAP
- 5 Pull-Ups
- 10 Push-Ups
- 15 Air Squats
- 200-meter Run

CASH-OUT — TABATA

Alternate:

- Plank
- Hollow-Body Hold
- 20 seconds work / 10 seconds rest × 8 rounds

DAY 3 — THE MOVING TARGET

FOCUS: Aerobic conditioning + bodyweight endurance

This becomes the first workout in the program that directly connects to the AWF philosophy: Depression Hates a Moving Target.

CASH-IN

- 5-minute easy jog
- Dynamic movement preparation

MAIN WORKOUT — “THE MOVING TARGET”

For Time

- 800-meter Run
- 50 Walking Lunges
- 40 Sit-Ups
- 30 Push-Ups
- 20 Box Jumps
- 10 Burpees
- 800-meter Run

CASH-OUT — 3 ROUNDS

- 30-second Wall Sit
- 30-second Plank
- 30-second rest

DAY 4 — WEAPONS AT THE READY

FOCUS: Full-body strength endurance

CASH-IN — 2 ROUNDS

- 20 Jumping Jacks
- 10 Goblet Squats
- 10 Hand-Release Push-Ups
- 10 Kettlebell Deadlifts

STRENGTH / SKILL

- Every 2 minutes × 5 rounds
- 5 Power Cleans
- 5 Front Squats

Use a manageable load and maintain clean movement.

MAIN WORKOUT — “WEAPONS AT THE READY”

- 20-Minute AMRAP
- 5 Hang Cleans
- 10 Kettlebell Swings
- 10 Box Jumps
- 200-meter Run

CASH-OUT

- 100 Jump-Rope Singles
- 50 Sit-Ups
- 100 Jump-Rope Singles

DAY 5 — NEVER FIGHT ALONE

FOCUS: Partner/team training + Week 1 finish

This is where the AWF identity becomes unmistakable.

PARTNER WORKOUT — FOR TIME

Together:

- 800-meter Run

Split the work between partners:

- 100 Air Squats
- 80 Kettlebell Swings
- 60 Push-Ups
- 40 Burpees
- 20 Pull-Ups

Together:

- 800-meter Run

FINAL HOLD

- One partner holds a wall sit while the other holds a plank.
- Stay in position until both partners have accumulated 2 total minutes in their assigned hold.

RULE

- Nobody finishes alone.

WEEK 2
ANSWER THE CALL

Build work capacity, reinforce strength, introduce controlled intensity, and develop the ability to keep moving under fatigue.

DAY 6 — FIRST FORMATION

FOCUS: Lower-body strength + explosive conditioning

CASH-IN — 3 ROUNDS

- 10 Air Squats
- 10 Walking Lunges
- 10 Glute Bridges
- 5 Burpees
- 20 Jumping Jacks

STRENGTH — FRONT SQUAT

- 5 sets × 5 reps

Build across the sets to a challenging working weight while maintaining strong positioning.

MAIN WORKOUT — “FIRST FORMATION”

- 5 Rounds for Time
- 200-meter Run
- 10 Front Squats
- 10 Box Jumps
- 5 Burpees

CASH-OUT — 3 ROUNDS

- 30-second Wall Sit
- 10 Jump Squats
- 30-second Rest

DAY 7 — HOLD THE LINE

FOCUS: Upper-body strength + muscular endurance

The standard: When fatigue arrives, position matters. Hold the line.

CASH-IN — 3 ROUNDS

- 10 Hand-Release Push-Ups
- 10 Body Rows
- 10 Shoulder Taps — each side
- 15 Sit-Ups

STRENGTH — PUSH / PULL

- 5 Rounds — controlled, not for time
- 5 Push Press
- 5–8 Pull-Ups
- 10 Bent-Over Rows

MAIN WORKOUT — “HOLD THE LINE”

- 18-Minute AMRAP
- 5 Pull-Ups
- 10 Push Press
- 15 Push-Ups
- 20 Sit-Ups

CASH-OUT — THE HOLD

3 Rounds

- 30-second Pull-Up Bar Hang
- 30-second Plank
- 30-second Rest

DAY 8 — NO GROUND GIVEN

FOCUS: Running + bodyweight work capacity

Rest only as needed between holds.

CASH-IN

- 400-meter easy run
- 20 Walking Lunges
- 20 Mountain Climbers
- 10 Air Squats
- 10 Push-Ups

MAIN WORKOUT — “NO GROUND GIVEN”

For Time

- 400-meter Run
- 50 Air Squats
- 400-meter Run
- 40 Sit-Ups
- 400-meter Run
- 30 Walking Lunges
- 400-meter Run
- 20 Push-Ups
- 400-meter Run
- 10 Burpees

CASH-OUT — FINAL POSITION

- 1-minute Plank
- 1-minute Wall Sit
- 1-minute Plank

DAY 9 — SEND THE SIGNAL

FOCUS: Power + full-body hybrid conditioning

This name directly connects the training program to the AWF identity: when someone is struggling, send the signal. Movement can be the first action. Connection is what follows.

CASH-IN — 3 ROUNDS

- 10 Kettlebell Deadlifts
- 10 Goblet Squats
- 10 Push-Ups
- 30 Jump-Rope Singles

STRENGTH / POWER — HANG POWER CLEAN

- Every 2 minutes × 6 rounds
- 3 Hang Power Cleans

Build gradually while keeping every rep technically strong.

MAIN WORKOUT — “SEND THE SIGNAL”

- 20-Minute AMRAP
- 5 Hang Power Cleans
- 10 Kettlebell Swings
- 15 Goblet Squats
- 200-meter Run

CASH-OUT — SIGNAL FIRE

3 Rounds

- 10 Burpees
- 20 Mountain Climbers
- 30 Jump-Rope Singles

DAY 10 — LEAVE NO ONE BEHIND

FOCUS: Partner endurance + shared workload

> Week 1 ended with Never Fight Alone. Week 2 advances that idea. This time, the partners are responsible not only for completing the work, but for managing the workload together.

PARTNER WORKOUT — “LEAVE NO ONE BEHIND”

For Time

Together

- 800-meter Run

Split the Work

- 100 Walking Lunges
- 80 Wall Balls
- 60 Kettlebell Swings
- 40 Box Jumps
- 30 Burpees
- 20 Pull-Ups

Together

- 800-meter Run

FINAL MISSION — 4 MINUTES TOTAL

One partner works while the other holds:

- Partner A Farmer’s Carry
- Partner B Wall Sit
- Switch as needed until the team accumulates 4 total minutes of work.

MISSION RULE

- Partners begin together.
- Partners finish together.

WEEK 3
FORGE THE WARRIOR

Increase training density, introduce heavier strength work, challenge power under fatigue, extend aerobic work, and test the ability to transition between different physical demands.

DAY 11 — HEAVY IS THE BURDEN

FOCUS: Posterior-chain strength + loaded conditioning

CASH-IN — 3 ROUNDS

- 10 Kettlebell Swings
- 10 Goblet Squats
- 8 Hand-Release Push-Ups
- 10 Walking Lunges — each leg
- 200-meter Run

STRENGTH — DEADLIFT

- 5–5–3–3–2–2

Build progressively to heavy, technically sound doubles. This is strength work—not conditioning. Take enough rest to produce quality sets.

MAIN WORKOUT — “HEAVY IS THE BURDEN”

- 5 Rounds for Time
- 5 Deadlifts — heavy but repeatable
- 10 Burpees Over the Bar
- 15 Wall Balls
- 200-meter Run

The deadlift load should require respect but should not turn the workout into five rounds of singles from the beginning.

CASH-OUT — CARRY THE WEIGHT

4 Rounds

- 50-yard Farmer’s Carry — heavy
- 10 Sandbag Bear-Hug Squats
- 50-yard Sandbag Carry

Rest as needed between rounds.

DAY 12 — FIRE SUPERIORITY

FOCUS: Upper-body strength + pulling capacity + high-output intervals

CASH-IN — 3 ROUNDS

- 10 Push-Ups
- 5 Pull-Ups
- 10 Ring Rows or Body Rows
- 10 Pike Push-Ups
- 30 Double-Unders

STRENGTH — PUSH PRESS

- 6 sets × 3 reps

Build to heavy triples.

STRENGTH SUPERSET — 4 ROUNDS

- 6–8 Weighted Pull-Ups
- 8 Single-Arm Dumbbell Rows — each side

Rest as needed to preserve strength output.

MAIN WORKOUT — “FIRE SUPERIORITY”

- Every 4 Minutes × 5 Rounds

Complete:

- 10 Push Press
- 12 Pull-Ups
- 15 Burpees
- 200-meter Run
- Rest for the remainder of the 4-minute window.

The objective is repeatable aggression. The first round should not destroy the fifth.

CASH-OUT

100 total reps

- 50 Toes-to-Bar
- 50 Push-Ups
- Partition as needed.

DAY 13 — THE LONG PATROL

FOCUS: Aerobic endurance + durability

This is the first deliberate longer-duration endurance day of the program.

This is not intended to be a sprint from the start. The challenge is maintaining useful movement across the entire mission.

MISSION — “THE LONG PATROL”

For Time

- 1-mile Run
- 50 Walking Lunges
- 40 Box Jumps
- 30 Pull-Ups
- 20 Burpees
- 10 Sandbag Ground-to-Shoulder

Then:

- 1-mile Run
- 10 Sandbag Ground-to-Shoulder
- 20 Burpees
- 30 Pull-Ups
- 40 Box Jumps
- 50 Walking Lunges

Finish:

- 1-mile Run
- Total running: 3 miles

CASH-OUT

- Walk until breathing returns under control
- Mobility work
- No additional conditioning.

DAY 14 — VIOLENCE OF ACTION

FOCUS: Olympic lifting + explosive power + anaerobic capacity

The name comes from the concept of committing decisively once action is required. In the training context, it means controlled aggression—not reckless movement.

CASH-IN — 3 ROUNDS

- 5 Broad Jumps
- 10 Kettlebell Swings
- 5 Burpee Box Jumps
- 10 Toes-to-Bar
- 100-meter Run

POWER — CLEAN COMPLEX

- Every 3 Minutes × 6 Rounds
- 1 Power Clean
- 1 Hang Clean
- 1 Front Squat
- 1 Push Jerk

Build across the rounds.

MAIN WORKOUT — “VIOLENCE OF ACTION”

- 21–15–9
- Power Cleans
- Box Jumps
- Toes-to-Bar
- After each round: 400-meter Run

That means:

- 21 / 21 / 21 → 400-meter Run
- 15 / 15 / 15 → 400-meter Run
- 9 / 9 / 9 → 400-meter Run

CASH-OUT — FINAL CONTACT

3 Rounds

- 10 Kettlebell Snatches — 5 each arm
- 10 Burpees
- 30 Double-Unders

DAY 15 — SHOULDER TO SHOULDER

FOCUS: Team/partner performance + strength endurance + shared suffering

The Friday partner concept continues, but this week the structure becomes more demanding.

PARTNER MISSION — “SHOULDER TO SHOULDER”

PHASE 1 — MOVE TOGETHER

- 1-mile Run
- Partners remain together.

PHASE 2 — COMPLETE THE MISSION

Split the following work as desired:

- 100 Deadlifts
- 80 Push-Ups
- 60 Front Squats
- 40 Pull-Ups
- 20 Thrusters
- One partner works at a time.

PHASE 3 — COVER YOUR PARTNER

5 Rounds Each

While Partner A completes:

- 10 Burpees
- 100-meter Sprint

Partner B holds:

- Sandbag Bear-Hug Hold
- Switch. Continue until both partners have completed five rounds.

PHASE 4 — BRING EVERYONE HOME

- 800-meter Sandbag Carry
- One sandbag per team. Partners may switch whenever needed.
- The sandbag does not touch the ground.

MISSION RULE

- The mission is complete only when both athletes and the weight cross the finish together.

WEEK 4
EMBRACE THE FIGHT

Develop strength under pressure, speed, bodyweight proficiency, anaerobic repeatability, and the ability to continue producing when fatigue is already present.

DAY 16 — BUILT UNDER PRESSURE

FOCUS: Squat strength + heavy mixed-modal conditioning

CASH-IN — 3 ROUNDS

- 200-meter Run
- 10 Goblet Squats
- 10 Walking Lunges
- 10 Push-Ups
- 5 Box Jumps

STRENGTH — BACK SQUAT

- 5–3–3–2–2–1

Build toward a heavy single for the day. Not necessarily a PR. The goal is to handle heavy weight while maintaining control and technical quality.

MAIN WORKOUT — “BUILT UNDER PRESSURE”

- 5 Rounds for Time
- 5 Back Squats — from the rack
- 10 Box Jump-Overs
- 15 Kettlebell Swings
- 200-meter Run

Choose a squat load that is heavy but repeatable.

CASH-OUT — THE WEIGHT REMAINS

3 Rounds

- 50-yard Heavy Farmer’s Carry
- 20 Walking Lunges
- 30-second Wall Sit

DAY 17 — BREAK CONTACT

FOCUS: Speed + sprint repeatability + upper-body power

Today is about producing speed while repeatedly recovering enough to do it again.

CASH-IN — 3 ROUNDS

- 100-meter easy Run
- 10 Push-Ups
- 10 Air Squats
- 5 Pull-Ups
- 20 High Knees

POWER — PUSH JERK

- 7 sets × 2 reps

Build to heavy, technically strong doubles. Full recovery between working sets.

MAIN WORKOUT — “BREAK CONTACT”

- 6 Rounds
- 200-meter Sprint
- 10 Push Jerks
- 10 Burpees Over the Bar
- Rest 90 seconds after each round.

The goal is not survival. The goal is to attack each round and maintain output. Record the time for each individual round. The challenge is how small you can keep the gap between your fastest and slowest rounds.

CASH-OUT — EXTRACTION

For Time

- 50 Pull-Ups
- 100 Push-Ups
- Partition however you want.

DAY 18 — THE BODY IS THE WEAPON

FOCUS: Gymnastics + bodyweight control + muscular endurance

No barbell. No excuse that the weight was too heavy. Today, you are the equipment.

SKILL / STRENGTH — 20 MINUTES

Move through quality sets of:

- Handstand Push-Ups
- Strict Pull-Ups
- Toes-to-Bar
- Dips

This is not for time. Accumulate technically strong reps.

MAIN WORKOUT — “THE BODY IS THE WEAPON”

- 5 Rounds for Time
- 10 Handstand Push-Ups
- 15 Pull-Ups
- 20 Box Jumps
- 25 Push-Ups
- 30 Air Squats

CASH-OUT — GROUND FIGHT

3 Rounds

- 1-minute Plank
- 20 Butterfly Sit-Ups
- 30 Mountain Climbers
- 1-minute Rest

DAY 19 — NO SAFE POSITION

FOCUS: Full-body work capacity + constant transitions

There is no movement here that should stop you individually. The difficulty comes from never getting comfortable.

CASH-IN — 2 ROUNDS

- 20 Jumping Jacks
- 15 Kettlebell Swings
- 10 Burpees
- 5 Pull-Ups

MAIN WORKOUT — “NO SAFE POSITION”

- 30-Minute AMRAP
- 400-meter Run
- 10 Deadlifts
- 15 Wall Balls
- 20 Kettlebell Swings
- 15 Burpees
- 10 Pull-Ups
- Every 5 minutes, including the start: 5 Burpees

The clock does not stop. When the 5-minute mark hits, interrupt wherever you are, complete the burpees, then return to the workout.

CASH-OUT

- None. Thirty minutes means thirty minutes.

DAY 20 — THE ENEMY WITHIN

FOCUS: Individual benchmark + mental endurance

The first three Fridays taught shared effort: Never Fight Alone. Leave No One Behind. Shoulder to Shoulder. This Friday changes the mission.

You go alone. Not because connection matters less—but because there are moments when the fight requires you to decide for yourself that you will keep moving.

“THE ENEMY WITHIN” — FOR TIME

PHASE 1 — THE APPROACH

- 1-mile Run

PHASE 2 — THE FIGHT

10 Rounds

- 5 Pull-Ups
- 10 Push-Ups
- 15 Air Squats

PHASE 3 — CARRY THE WEIGHT

- 800-meter Sandbag Carry

PHASE 4 — THE GRIND

5 Rounds

- 10 Burpees
- 15 Kettlebell Swings
- 20 Walking Lunges

PHASE 5 — FINISH MOVING

- 1-mile Run

FINAL STANDARD

- The clock stops when you cross the finish.
- No partner. No relay. No one completing your reps.
- But you are still not alone.
- That distinction matters to the AWF mission.

PHASE I COMPLETE

20 DAYS • 4 WEEKS • ONE FOUNDATION

Phase I begins with the base and ends with the individual benchmark of The Enemy Within. The work progresses through strength, conditioning, endurance, power, partner responsibility, shared suffering, and the decision to keep moving when the work becomes personal.

DEPRESSION HATES A MOVING TARGET

AWARENESS WARRIORS FOUNDATION



THE WARRIOR'S TRAINING PLAN

PHASE II • EXPANSION & ADAPTATION

DAYS 21–40 • WEEKS 5–8

DEPRESSION HATES A MOVING TARGET

AWARENESS WARRIORS FOUNDATION

PHASE II • EXPANSION & ADAPTATION

Phase II expands the physical arsenal built during the first twenty training days. Across Weeks 5–8, the program introduces new movement patterns, unconventional loading, unilateral strength and power, rotational work, weighted bodyweight training, odd objects, multidirectional athleticism, and increasingly complex transitions.

The progression moves from expanding the arsenal, to adapting and overcoming, to staying dangerous, and finally to controlling the chaos.

WEEK	THEME	DAYS
Week 5	EXPAND THE ARSENAL	21–25
Week 6	ADAPT AND OVERCOME	26–30
Week 7	STAY DANGEROUS	31–35
Week 8	CONTROL THE CHAOS	36–40

PROGRAM STANDARD

Phase II does not abandon the foundation. It expands it. New tools and movement patterns are introduced without sacrificing movement quality, technical control, repeatable effort, or the AWF standard of continuing to move with purpose.

WEEK 5
EXPAND THE ARSENAL

Introduce new movement patterns, unilateral power, posterior-chain strength, ground movement, longer loaded work, and more complex transitions while continuing to develop strength and engine.

DAY 21 — STRENGTH FROM THE GROUND

FOCUS: Posterior-chain strength + horizontal movement

CASH-IN — 3 ROUNDS

- 10 Good Mornings
- 10 Reverse Lunges — 5 each leg
- 10 Kettlebell Deadlifts
- 20-yard Bear Crawl
- 200-meter Run

STRENGTH — ROMANIAN DEADLIFT

- 5 sets × 6 reps

Tempo:

- 3-second controlled descent
- Brief pause below the knee
- Drive to full extension

Build to a heavy working weight. The purpose is not simply moving the bar. Own the eccentric and load the posterior chain.

MAIN WORKOUT — “GROUND WAR”

- 5 Rounds for Time
- 10 Romanian Deadlifts
- 20-yard Bear Crawl
- 10 Burpee Broad Jumps
- 200-meter Run

Burpee broad jumps move forward continuously.

CASH-OUT — DRAG IT HOME

- 5 × 50-yard Heavy Sled Pull

Rest as needed between efforts.

DAY 22 — ONE SHOT, ONE REP

FOCUS: Unilateral power + grip + conditioning

CASH-IN — 3 ROUNDS

- 10 Alternating Kettlebell Swings
- 10 Goblet Squats
- 10 Push-Ups
- 30 Double-Unders
- 5 Pull-Ups

SKILL / POWER — KETTLEBELL SNATCH

- Every 2 Minutes × 6 Rounds
- 5 Right Arm
- 5 Left Arm

Increase load when technically appropriate. The priority is efficient turnover and a clean lockout—not smashing the kettlebell into the forearm.

MAIN WORKOUT — “ONE SHOT, ONE REP”

- 20-Minute AMRAP
- 10 Alternating Kettlebell Snatches
- 10 Box Jumps
- 10 Toes-to-Bar
- 200-meter Run

CASH-OUT — GRIP CHECK

3 Rounds

- 50-yard Farmer’s Carry — heavy
- 30-second Pull-Up Bar Hang
- 15 Kettlebell Swings

Rest 60 seconds.

DAY 23 — CLOSE THE DISTANCE

FOCUS: Explosive conditioning + athletic movement + ground movement

CASH-IN — 3 ROUNDS

- 20 High Knees
- 10 Walking Lunges
- 5 Broad Jumps
- 10 Hand-Release Push-Ups
- 20-yard Bear Crawl

MAIN WORKOUT — "CLOSE THE DISTANCE"

For Time

5 Rounds

- 10 Burpee Box Jumps
- 20 Walking Lunges
- 30 Double-Unders

Then:

5 Rounds

- 10 Burpee Broad Jumps
- 20 Mountain Climbers — each side
- 30 Air Squats

Then:

- Finish 800-meter Run

This is a movement-efficiency test. The transitions matter as much as the individual exercises.

CASH-OUT — LOW CRAWL

- 4 × 25-yard Bear Crawl
- 25 yards forward
- Walk back for recovery

DAY 24 — SHIFTING FIRE

FOCUS: Barbell power + changing movement demands

CASH-IN — 3 ROUNDS

- 5 Hang Power Cleans
- 5 Front Squats
- 5 Push Press
- 10 Box Step-Ups
- 100-meter Run

Use an empty bar or light load.

STRENGTH / POWER — BARBELL COMPLEX

- Every 3 Minutes × 7 Rounds

Without dropping the bar:

- 2 Power Cleans
- 2 Front Squats
- 2 Push Jerks

Build across the rounds.

MAIN WORKOUT — “SHIFTING FIRE”

- 4 Rounds for Time
- 400-meter Run
- 8 Power Cleans
- 12 Burpee Box Jumps
- 16 Wall Balls

After each round:

- 20-yard Bear Crawl

CASH-OUT — LAST MAGAZINE

For Time

- 30 Thrusters
- 30 Pull-Ups

Partition however you choose.

DAY 25 — CARRY WHAT MATTERS

FOCUS: Long individual mission + loaded endurance

Week 5 ends with a different type of challenge. Not maximal weight. Not a sprint. The ability to carry a burden and keep moving.

"CARRY WHAT MATTERS" — FOR TIME

PHASE 1 — STEP OFF

- 1-mile Run

PHASE 2 — THE WORK

4 Rounds

- 15 Kettlebell Snatches — alternating
- 20 Push-Ups
- 25 Goblet Squats
- 30 Butterfly Sit-Ups

PHASE 3 — CARRY THE WEIGHT

- 1,000-meter Sandbag Carry
- Switch carry positions as needed.

The sandbag may be:

- Bear hug
- Shoulder
- Front carry
- Do not intentionally put it down.

PHASE 4 — THE FINAL PUSH

3 Rounds

- 10 Burpee Broad Jumps
- 20 Kettlebell Swings
- 30 Walking Lunges

PHASE 5 — COME HOME

- 1-mile Run
- The clock stops when the final mile is complete.

FINAL STANDARD

- The weight may change position.
- The pace may change.
- You keep moving.

WEEK 6
ADAPT AND OVERCOME

Challenge the body through unconventional loading, unilateral strength, rotational movement, weighted bodyweight work, odd-object conditioning, and changing movement environments.

DAY 26 — STEP INTO THE FIGHT

FOCUS: Unilateral leg strength + vertical drive + loaded conditioning

CASH-IN — 3 ROUNDS

- 10 Reverse Lunges — 5 each leg
- 10 Knee Drives — each side
- 10 Goblet Squats
- 20-yard Bear Crawl
- 200-meter Run

STRENGTH — BARBELL STEP-UPS

- 5 sets × 6 reps each leg
- 20-inch box
- Barbell in back-rack position
- Controlled descent
- Full hip extension at the top

Use a challenging load without turning the movement into a jump off the trailing leg.

ATHLETIC POWER — KNEE DRIVE

- 4 sets × 8 each leg
- Explosive step-up into a powerful opposite-knee drive.
- Reset each rep.

MAIN WORKOUT — “STEP INTO THE FIGHT”

- 5 Rounds for Time
- 10 Barbell Step-Ups — 5 each leg
- 12 Burpee Box Jump-Overs
- 20 Walking Lunges
- 200-meter Run

CASH-OUT — CLIMB UNDER LOAD

- 40-lb Vest

3 Rounds

- 20 Box Step-Ups
- 20 Air Squats
- 100-meter Walk

No running. Keep the vest on for the entire cash-out.

DAY 27 — CHANGE THE ANGLE

FOCUS: Rotational strength + landmine power + upper-body athleticism

A lot of training occurs straight ahead. Athletes do not live only in the sagittal plane. Today we change the angle.

CASH-IN — 3 ROUNDS

- 10 Push-Ups
- 10 Lateral Lunges
- 10 Russian Twists — each side
- 5 Pull-Ups
- 100-meter Shuttle Run

STRENGTH / POWER — LANDMINE COMPLEX

6 Rounds

- 6 Landmine Press — right
- 6 Landmine Press — left
- 8 Landmine Rotations — total
- 6 Landmine Squat-to-Press

Rest 90–120 seconds between rounds. Build load while maintaining explosive movement.

MAIN WORKOUT — “CHANGE THE ANGLE”

- 18-Minute AMRAP
- 10 Landmine Thrusters
- 12 Alternating Landmine Rotations
- 10 Pull-Ups
- 20 Lateral Box Step-Overs
- 200-meter Shuttle Run

CASH-OUT — ANTI-ROTATION

3 Rounds

- 30-second Heavy Suitcase Hold — right
- 30-second Heavy Suitcase Hold — left
- 30-second Side Plank — right
- 30-second Side Plank — left

Rest 60 seconds.

DAY 28 — ARMORED MOVEMENT

FOCUS: Weighted bodyweight training + running under load

The vest changes movements you already know. Nothing complicated. Everything costs more.

EQUIPMENT

- 40-lb Weighted Vest

CASH-IN — WITHOUT VEST

2 Rounds

- 20 Walking Lunges
- 10 Push-Ups
- 10 Air Squats
- 5 Pull-Ups
- 200-meter Easy Run
- Put on the vest.

MAIN WORKOUT — "ARMORED MOVEMENT"

- 5 Rounds for Time — 40-lb Vest
- 400-meter Run
- 10 Pull-Ups
- 20 Push-Ups
- 30 Air Squats
- Vest stays on for the entire workout.

This is 2,000 meters of weighted running plus:

- 50 Pull-Ups
- 100 Push-Ups
- 150 Air Squats

CASH-OUT — UNLOAD

- Remove the vest.

Then:

- 4 × 100-meter Strides
- Smooth and fast—not all-out sprints.

The contrast should make you feel like you were just handed your body back.

DAY 29 — BREAK THROUGH

FOCUS: Odd-object power + explosive conditioning

Today the barbell takes a back seat.

CASH-IN — 3 ROUNDS

- 5 Broad Jumps
- 10 Kettlebell Swings
- 20-yard Bear Crawl
- 5 Burpees
- 100-meter Run

POWER — TIRE FLIPS

- 10 sets × 3 reps
- Explosive effort.
- Reset between sets.

Treat every flip as a power repetition—not conditioning yet.

MAIN WORKOUT — “BREAK THROUGH”

- 6 Rounds for Time
- 5 Tire Flips
- 10 Burpee Broad Jumps
- 15 Kettlebell Swings
- 20-yard Bear Crawl
- 100-meter Sprint
- Rest 60 seconds after each round.

This is a repeated assault on:

- Hip extension
- Ground-to-standing transitions
- Horizontal power
- Locomotion
- Sprint capacity

CASH-OUT — MOVE THE EARTH

- Sled Push
- 6 × 25 yards — heavy
- Walk back recovery.

DAY 30 — THE WEIGHT WE CARRY

FOCUS: Long hybrid mission + vest + odd object + mental endurance

Thirty training days into the program. This deserves a mission.

“THE WEIGHT WE CARRY”

- The weight is physical.
- The meaning is not.

PHASE 1 — CARRY YOURSELF

- 40-lb Vest
- 1-mile Run
- Remove the vest.

PHASE 2 — DO THE WORK

5 Rounds

- 10 Deadlifts
- 10 Burpee Box Jumps
- 20 Kettlebell Snatches — 10 each arm
- 20 Walking Lunges

PHASE 3 — MOVE THE WEIGHT

10 Rounds

- 3 Tire Flips
- 50-yard Sandbag Carry
- The tire and sandbag remain in the working area.
- Complete all ten rounds.

PHASE 4 — CARRY YOURSELF AGAIN

- Put the 40-lb vest back on.
- 1-mile Run

FINAL PHASE — PUT IT DOWN

- Remove the vest.

Immediately complete:

- 50 Push-Ups
- 50 Butterfly Sit-Ups
- 50 Air Squats
- For time.
- The clock stops after the final squat.

FINAL STANDARD

- Some weight is chosen.
- Some weight is given to us.
- Either way—we keep moving.

WEEK 7
STAY DANGEROUS

Develop speed-strength, overhead stability, multidirectional athleticism, rapid changes in intensity, and the ability to produce power while fatigued.

DAY 31 — SPEED KILLS

FOCUS: Acceleration + lower-body power + sprint repeatability

Today is not about jogging through fatigue. Today you run fast.

CASH-IN — 3 ROUNDS

- 20 High Knees
- 20 Butt Kicks
- 10 Walking Lunges
- 5 Broad Jumps
- 100-meter Progressive Run

STRENGTH / POWER — FRONT SQUAT

- 8 sets × 2 reps

Use a challenging but explosive load. Every rep should move with intent.

MAIN WORKOUT — “SPEED KILLS”

8 Rounds

- 100-meter Sprint
- 5 Front Squats
- 5 Burpee Broad Jumps
- Rest 60 seconds after each round.

Record each round. The objective is repeatable speed, not one heroic opening round followed by survival.

CASH-OUT — CHASE THE CLOCK

- 6 × 50-meter Shuttle Sprints
- 25 meters out
- 25 meters back

Rest 45 seconds between efforts.

DAY 32 — OWN THE HIGH GROUND

FOCUS: Overhead strength + stability + gymnastics

CASH-IN — 3 ROUNDS

- 10 Overhead Plate Lunges
- 10 Shoulder Taps — each side
- 5 Strict Pull-Ups
- 10 Pike Push-Ups
- 30 Double-Unders

STRENGTH — OVERHEAD SQUAT

- 5 sets × 5 reps

Build to a technically challenging working weight. Today, position matters more than ego.

STRENGTH / SKILL — HANDSTAND WORK

- 10 Minutes

Choose challenging progressions:

- Handstand Hold
- Handstand Walk
- Strict Handstand Push-Ups
- Accumulate quality work.

MAIN WORKOUT — “OWN THE HIGH GROUND”

- 5 Rounds for Time
- 10 Overhead Squats
- 10 Handstand Push-Ups
- 15 Toes-to-Bar
- 30 Double-Unders

CASH-OUT — OVERHEAD UNDER FIRE

3 Rounds

- 50-yard Overhead Plate Carry
- 20 Walking Lunges with Plate Overhead
- 30-second Overhead Hold

Rest 60 seconds.

DAY 33 — NO STRAIGHT LINES

FOCUS: Agility + lateral movement + multidirectional conditioning

Athleticism is not just forward and backward. Today you move laterally, diagonally, low to the ground, and fast.

CASH-IN — 3 ROUNDS

- 20-yard Lateral Shuffle — right
- 20-yard Lateral Shuffle — left
- 20-yard Bear Crawl
- 10 Speed Skaters — each side
- 5 Burpees

MAIN WORKOUT — “NO STRAIGHT LINES”

6 Rounds

- 20-yard Bear Crawl
- 10 Lateral Box Jump-Overs
- 20 Speed Skaters — 10 each side
- 10 Burpee Box Jump-Overs
- 100-meter Shuttle Run
- Rest 60 seconds after each round.

Then Immediately

- 4 Rounds for Time
- 20 Walking Lunges
- 10 Pull-Ups
- 5 Broad Jumps

CASH-OUT — CRAWL HOME

- 100-yard Bear Crawl

Break only when necessary.

DAY 34 — SWITCH FIRE

FOCUS: Olympic lifting + rapid energy-system changes

Today you will repeatedly move between power, sprinting, gymnastics, and recovery.

CASH-IN — 3 ROUNDS

- 5 Power Snatches
- 10 Kettlebell Swings
- 5 Box Jumps
- 5 Pull-Ups
- 100-meter Run

Use light loads.

POWER — POWER SNATCH

- Every 2 Minutes × 7 Rounds
- 2 Power Snatches

Build to heavy but technically clean doubles.

MAIN WORKOUT — “SWITCH FIRE”

4 Stations

- Station 1 — 4 Minutes AMRAP
- 5 Power Snatches
- 10 Box Jumps
- Rest 1 minute
- Station 2 — 4 Minutes AMRAP
- 10 Kettlebell Snatches — alternating
- 10 Toes-to-Bar
- Rest 1 minute
- Station 3 — 4 Minutes AMRAP
- 5 Burpee Box Jumps
- 100-meter Run
- Rest 1 minute
- Station 4 — 4 Minutes AMRAP
- 10 Wall Balls
- 10 Pull-Ups

CASH-OUT — FINAL BURST

For Time

- 50 Double-Unders
- 25 Burpees
- 50 Double-Unders

DAY 35 — WHEN THE SIGNAL COMES

FOCUS: Multi-domain individual mission + rapid adaptation

The Signal is not only something you send. You must also be prepared to answer it.

“WHEN THE SIGNAL COMES”

PHASE 1 — RESPOND

- 40-lb Weighted Vest
- 800-meter Run
- 40 Push-Ups
- 40 Air Squats
- Remove the vest.

PHASE 2 — MOVE

4 Rounds

- 10 Power Cleans
- 10 Pull-Ups
- 10 Burpee Broad Jumps
- 200-meter Run

PHASE 3 — CARRY

4 Rounds

- 50-yard Heavy Farmer’s Carry
- 50-yard Sandbag Carry
- 20-yard Bear Crawl

PHASE 4 — FIGHT THROUGH

- 21–15–9
- Kettlebell Snatches — alternating
- Box Jumps
- Toes-to-Bar

PHASE 5 — ANSWER

- Put the 40-lb vest back on.
- 800-meter Run
- The clock stops when you cross the finish.

FINAL STANDARD

- When the signal comes, you move.
- When someone calls, you answer.
- When the weight gets heavy, you carry it together.

WEEK 8
CONTROL THE CHAOS

Integrate complex movement patterns, rotational strength, unilateral loading, full-body kettlebell work, mixed-modal endurance, and decision-making under fatigue.

DAY 36 — CENTER OF GRAVITY

FOCUS: Rotational strength + trunk control + kettlebell integration

CASH-IN — 3 ROUNDS

- 10 Kettlebell Halos — 5 each direction
- 10 Goblet Squats
- 10 Kettlebell Pullovers
- 10 Reverse Lunges — 5 each leg
- 100-meter Run

Move deliberately. This is preparation, not filler.

STRENGTH / CONTROL — KETTLEBELL COMPLEX

- 5 Rounds — not for time
- 8 Kettlebell Halos — 4 each direction
- 10 Kettlebell Choppers — 5 each side
- 8 Kettlebell Pullovers
- 10 Goblet Squats
- 10 Reverse Lunges — 5 each leg

Use a challenging kettlebell. Rest 90 seconds between rounds.

MAIN WORKOUT — “CENTER OF GRAVITY”

- 5 Rounds for Time
- 10 Kettlebell Swings
- 10 Kettlebell Choppers — 5 each side
- 10 Goblet Reverse Lunges — 5 each leg
- 10 Toes-to-Bar
- 200-meter Run

CASH-OUT — LOCK IT DOWN

3 Rounds

- 30-second Heavy Suitcase Hold — right
- 30-second Heavy Suitcase Hold — left
- 10 Kettlebell Pullovers
- 1-minute Plank

DAY 37 — CHAIN OF COMMAND

FOCUS: Barbell strength + movement sequencing

Every movement leads into the next. Today, the barbell does not give you many opportunities to hide.

CASH-IN — 3 ROUNDS

- Empty barbell
- 5 Romanian Deadlifts
- 5 Hang Power Cleans
- 5 Front Squats
- 5 Push Press
- 5 Back Squats

STRENGTH — COMPLEX

- Every 4 Minutes × 6 Rounds

Without dropping the bar:

- 3 Romanian Deadlifts
- 3 Hang Power Cleans
- 3 Front Squats
- 3 Push Jerks
- 3 Back Squats

Build load across the rounds.

MAIN WORKOUT — “CHAIN OF COMMAND”

- 5 Rounds for Time
- 8 Deadlifts
- 6 Hang Power Cleans
- 4 Front Squats
- 2 Push Jerks
- 10 Burpees Over the Bar

Use one barbell and one load for the entire workout.

CASH-OUT — FINAL ORDER

For Time

- 50 Wall Balls
- 40 Butterfly Sit-Ups
- 30 Push-Ups
- 20 Pull-Ups
- 10 Burpees

DAY 38 — MOVE WITHOUT PERMISSION

FOCUS: Unilateral athleticism + unconventional kettlebell conditioning

This is one of the more movement-driven sessions of the program.

CASH-IN — 3 ROUNDS

- 10 Kettlebell Halos
- 10 Knee Drives — 5 each side
- 10 Lateral Lunges
- 20-yard Bear Crawl
- 100-meter Shuttle Run

MAIN WORKOUT — “MOVE WITHOUT PERMISSION”

- 6 Rounds for Time
- 10 Kettlebell Swing-to-Reverse-Lunge combinations
- 5 each leg
- 10 Single-Arm Kettlebell Snatches
- 5 each arm
- 10 Burpee Broad Jumps
- 20-yard Bear Crawl
- 200-meter Run

Then Immediately

3 Rounds

- 10 Kettlebell Choppers — 5 each side
- 10 Kettlebell Pullovers
- 20 Walking Lunges
- 30 Double-Unders

CASH-OUT — RESET THE SYSTEM

- 5 minutes continuous movement
- 5 Halos each direction
- 10 Goblet Squats
- 10 Mountain Climbers each side

Move continuously but under control.

DAY 39 — CHAOS IS A LADDER

FOCUS: Ascending workload + power endurance

You know what is coming. It keeps getting bigger anyway.

CASH-IN — 3 ROUNDS

- 5 Box Jumps
- 5 Pull-Ups
- 10 Kettlebell Swings
- 10 Push-Ups
- 100-meter Run

MAIN WORKOUT — “CHAOS IS A LADDER”

- Ascending Ladder

Round 1

- 2 Power Cleans
- 2 Burpee Box Jumps
- 2 Pull-Ups

Round 2

- 4 Power Cleans
- 4 Burpee Box Jumps
- 4 Pull-Ups

Continue:

- 6–8–10–12–14…

After Every Round

- 200-meter Run

Time Cap

- 30 Minutes
- Your score is the last fully completed round plus additional reps.

CASH-OUT — COME BACK DOWN

Immediately after the ladder:

- 10–9–8–7–6–5–4–3–2–1
- Kettlebell Swings
- Sit-Ups
- No additional running.

DAY 40 — INTO THE STORM

FOCUS: Long multi-domain benchmark + controlled chaos

Forty training days. The end of the second major block. This should feel like entering an environment where the demand keeps changing—but the mission remains the same.

“INTO THE STORM”

PHASE 1 — THE APPROACH

- 40-lb Weighted Vest
- 1-mile Run
- Remove the vest.

PHASE 2 — GROUND OPERATIONS

5 Rounds

- 5 Tire Flips
- 20-yard Bear Crawl
- 10 Burpee Broad Jumps
- 100-meter Sprint

PHASE 3 — THE ARSENAL

4 Rounds

- 10 Kettlebell Snatches — 5 each arm
- 10 Kettlebell Choppers — 5 each side
- 10 Kettlebell Swing-to-Reverse-Lunge combinations — 5 each leg
- 10 Kettlebell Pullovers

PHASE 4 — HEAVY WEATHER

3 Rounds

- 10 Deadlifts
- 10 Barbell Step-Ups — 5 each leg
- 10 Push Jerks
- 10 Burpee Box Jumps

PHASE 5 — CARRY THROUGH

- 400-meter Sandbag Carry
- 200-meter Farmer’s Carry
- Break the carries as needed.
- The weight continues moving forward.

PHASE 6 — COME OUT MOVING

- Put the 40-lb vest back on.
- 1-mile Run
- The clock stops when you cross the finish.

FINAL STANDARD

- You cannot control the storm.
- You can control whether you keep moving through it.

PHASE II COMPLETE

40 TRAINING DAYS COMPLETE • THE ARSENAL EXPANDED

Phase II ends with Into the Storm: a long multi-domain benchmark that brings together weighted movement, ground operations, odd objects, kettlebell integration, barbell work, loaded carries, and the ability to continue adapting as the demand changes.

DEPRESSION HATES A MOVING TARGET

AWARENESS WARRIORS FOUNDATION



THE WARRIOR'S TRAINING PLAN

PHASE III • PREPARE, SHARPEN & PROVE

DAYS 41–60 • WEEKS 9–12

DEPRESSION HATES A MOVING TARGET

AWARENESS WARRIORS FOUNDATION

PHASE III • PREPARE, SHARPEN & PROVE

Phase III is the final campaign of The Warrior’s Training Plan. Across Weeks 9–12, the athlete prepares for unknown demands, attacks weak links, sharpens speed and efficiency, and finally proves the physical and mental qualities developed across the full twelve-week progression.

The progression moves from preparing for anything, to eliminating weak links, to sharpening the blade, and finally to becoming unbreakable.

WEEK	THEME	DAYS
Week 9	PREPARE FOR ANYTHING	41–45
Week 10	NO WEAK LINK	46–50
Week 11	SHARPEN THE BLADE	51–55
Week 12	UNBREAKABLE	56–60

PROGRAM STANDARD

Phase III is where preparation becomes proof. Quality remains the standard: speed is trained as speed, strength as strength, endurance as endurance, and complex missions as integrated tests of the complete athlete. Record performance where instructed and preserve technical integrity under fatigue.

WEEK 9
PREPARE FOR ANYTHING

Build the physical qualities that transfer when the challenge is unknown—speed, leg strength, grip, trunk endurance, obstacle capability, and long-duration engine. This week deliberately separates some qualities so they can be trained with quality, not just buried inside fatigue.

DAY 41 — FAST IS A WEAPON

FOCUS: Mile speed + running economy + leg turnover

If you want the capacity to chase a 5:30 mile, we need sessions where running fast is the actual objective—not something done between burpees.

Today is deliberately not a 30-minute metcon. Speed requires speed.

CASH-IN — RUNNING PREPARATION

- 2 Rounds
- 200-meter Easy Run
- 20 High Knees
- 20 Butt Kicks
- 10 Walking Lunges
- 5 Broad Jumps

Then:

- 4 × 100-meter Strides
- Build speed progressively.
- Walk back recovery.

SPEED WORK — 400-METER REPEATS

- 6 × 400 meters

Target

- Fast, controlled, and consistent.
- Rest: 2 minutes between intervals
- The objective is to make the sixth repeat look like the first.
- Record every split.

SECONDARY WORK — HILL POWER

- 6 × 15–20 second Hill Sprints
- Hard acceleration
- Walk back recovery
- Full-quality efforts

If no hill is available:

- 6 × 100-meter Sprints

CASH-OUT — RUNNER’S ARMOR

- 3 Rounds
- 20 Walking Lunges
- 15 Single-Leg Glute Bridges — each leg
- 20 Calf Raises
- 1-minute Plank

DAY 42 — THE LEGS FEED THE WOLF

FOCUS: Maximum lower-body strength + unilateral strength + power

Strong legs give you options. Run. Climb. Carry. Jump. Move weight. Keep going.

CASH-IN — 3 ROUNDS

- 10 Goblet Squats
- 10 Reverse Lunges
- 10 Romanian Deadlifts — light
- 5 Box Jumps
- 100-meter Run

STRENGTH — BACK SQUAT

- 5–3–2–2–1–1
- Build toward two heavy singles for the day.
- Technically sound.
- No missed reps.

STRENGTH — ROMANIAN DEADLIFT

- 4 sets × 6 reps
- Heavy.
- Controlled eccentric.

UNILATERAL STRENGTH — BARBELL STEP-UPS

- 4 sets × 6 each leg
- 20-inch box
- Challenging load
- Full control

POWER — BOX JUMP

- 6 sets × 3 reps
- Increase height only while maintaining clean, confident landings.

MAIN WORKOUT — “THE LEGS FEED THE WOLF”

- 4 Rounds for Time
- 10 Front Squats
- 20 Walking Lunges
- 10 Burpee Box Jumps
- 200-meter Run

CASH-OUT — LEG LOCK

- 40-lb Vest
- 100 Walking Lunges
- For time.

DAY 43 — NEVER LOSE YOUR GRIP

FOCUS: Grip strength + pulling capacity + obstacle readiness

When grip fails, obstacles stop. Carries stop. Climbs stop. Pulling stops. Today we make the hands and back difficult to break.

CASH-IN — 3 ROUNDS

- 5 Pull-Ups
- 10 Kettlebell Swings
- 20-yard Bear Crawl
- 30-second Dead Hang
- 100-meter Run

GRIP STRENGTH CIRCUIT — 5 ROUNDS

- Not for time
- 50-yard Heavy Farmer’s Carry
- 30-second Pull-Up Bar Hang
- 5–8 Towel Pull-Ups or Strict Pull-Ups
- 50-yard Heavy Sandbag Carry
- Rest 2 minutes between rounds.

OBSTACLE SKILL — 15 MINUTES

Quality practice:

- Rope Climbs
- Dead Hangs
- Traverse / Monkey Bars if available
- Wall Climbs or Wall Transitions if available
- Bear Crawls
- This is skill practice—not exhaustion.

MAIN WORKOUT — “NEVER LOSE YOUR GRIP”

- 20-Minute AMRAP
- 2 Rope Climbs
- 10 Pull-Ups
- 20 Kettlebell Swings
- 50-yard Farmer’s Carry
- 200-meter Run

CASH-OUT — HANG ON

Accumulate:

- 5 total minutes hanging from the bar
- Break as needed.
- The clock only counts while you are hanging.

DAY 44 — BUILT TO ENDURE

FOCUS: Aerobic endurance + durability + fueling practice

If you want the body to be capable of someday handling 50 miles, long-duration work cannot always be disguised as a short metcon. Today, the engine gets the attention.

"BUILT TO ENDURE" — 90 MINUTES CONTINUOUS

Move through the following at a sustainable effort:

- 1-mile Run
- 20 Sandbag Squats
- 400-meter Sandbag Carry
- 20 Push-Ups
- 20 Walking Lunges
- 1-mile Run
- Repeat the sequence until 90 minutes expires.

RULES

- The goal is continuous forward movement.
- Do not race the first 30 minutes.

Practice:

- Pacing
- Hydration
- Fueling
- Mental patience
- Efficient transitions

Record:

- Total distance
- Total rounds
- How you felt at 30, 60, and 90 minutes

CASH-OUT

- Walk.
- Eat.
- Hydrate.
- Recover.
- Nothing else.

DAY 45 — READY FOR ANYTHING

FOCUS: Power + obstacles + carries + sprinting + adaptability

Week 9 ends with a test of general physical readiness. You will not settle into one movement pattern.

“READY FOR ANYTHING”

PHASE 1 — POWER

- 5 Rounds
- 3 Tire Flips
- 5 Power Cleans
- 5 Box Jumps

PHASE 2 — OBSTACLE

- 5 Rounds
- 1 Rope Climb
- 20-yard Bear Crawl
- 10 Burpee Broad Jumps

PHASE 3 — CARRY

- 4 Rounds
- 100-yard Farmer’s Carry
- 100-yard Sandbag Carry
- Use challenging loads.

PHASE 4 — ENGINE

- 5 Rounds
- 400-meter Run
- 20 Kettlebell Swings
- 10 Burpees

PHASE 5 — POWER UNDER FATIGUE

- 21–15–9
- Thrusters
- Pull-Ups

FINAL PHASE — MOVE

- 1-mile Run
- The clock stops when you cross the finish.

FINAL STANDARD

- You may not know what is coming.
- You can decide who is waiting when it arrives.

WEEK 10
NO WEAK LINK

Identify and attack the points where performance usually breaks—posterior-chain power, trunk integrity, grip under fatigue, compromised running, and the ability to repeatedly produce high output.

DAY 46 — POWER FROM THE GROUND

FOCUS: Deadlift strength + explosive hip extension + sprint power

CASH-IN — 3 ROUNDS

- 10 Romanian Deadlifts — light
- 10 Kettlebell Swings
- 5 Broad Jumps
- 5 Burpees
- 100-meter Progressive Run

STRENGTH — DEADLIFT

- 5–3–3–2–1–1
- Build toward two heavy singles for the day.
- No grinders.
- The goal is force production—not surviving a bad rep.

POWER CONTRAST — 5 ROUNDS

- 3 Heavy Deadlifts
- Rest 20–30 seconds
- 3 Broad Jumps
- Rest 2 minutes between rounds.
- Heavy force immediately followed by explosive force.

MAIN WORKOUT — “POWER FROM THE GROUND”

- 5 Rounds for Time
- 8 Deadlifts
- 12 Kettlebell Swings
- 8 Burpee Broad Jumps
- 200-meter Sprint

CASH-OUT — POSTERIOR CHAIN LOCK

- 3 Rounds
- 10 Romanian Deadlifts
- 15 Kettlebell Swings
- 20-second Hollow-Body Hold

DAY 47 — THE CORE HOLDS

FOCUS: Trunk strength + rotational power + loaded stability

Your arms and legs transfer force through the trunk. If the middle collapses, everything leaks.

CASH-IN — 3 ROUNDS

- 10 Kettlebell Halos
- 10 Dead Bugs — each side
- 10 Kettlebell Pullovers
- 10 Goblet Squats
- 100-meter Run

STRENGTH — LANDMINE ROTATION & PRESS

- 5 Rounds — not for time
- 8 Landmine Rotations — each side
- 6 Single-Arm Landmine Press — each side
- 8 Landmine Squat-to-Press
- 30-second Heavy Suitcase Hold — each side
- Rest 90 seconds.

MAIN WORKOUT — “THE CORE HOLDS”

- 25-Minute AMRAP
- 10 Toes-to-Bar
- 12 Kettlebell Choppers — 6 each side
- 10 Front-Rack Walking Lunges
- 12 Kettlebell Pullovers
- 20-yard Bear Crawl
- 200-meter Run

CASH-OUT — ARMOR THE MIDDLE

- 3 Rounds
- 1-minute Plank
- 30-second Side Plank — right
- 30-second Side Plank — left
- 20 Russian Twists
- 10 V-Ups
- Rest 1 minute.

DAY 48 — COMPROMISED

FOCUS: Running fast under fatigue

Obstacle races, tactical demands, and life rarely allow you to run on fresh legs. Today you learn to produce speed after work.

CASH-IN — RUNNING PREPARATION

- 800-meter Easy Run
- Dynamic mobility
- 4 × 100-meter Strides

MAIN WORKOUT — “COMPROMISED”

- 5 Rounds

Part A

- 10 Barbell Step-Ups — 5 each leg
- 10 Burpee Box Jumps
- 20 Walking Lunges

Immediately

Part B

- 400-meter Run — hard
- Rest 2 minutes after each round
- Record all five 400-meter splits.
- The goal is not merely to finish the workout. The goal is to run fast when your legs are asking you not to.

THEN — FINAL MILE

- Rest 5 minutes after Round 5.

Then:

- 1-mile Run for Time
- Not fresh.
- Not comfortable.
- Run it anyway.

CASH-OUT

- Walk 10 minutes.
- No additional work.

DAY 49 — HOLD WHAT YOU EARN

FOCUS: Grip endurance + pulling power + loaded movement

Grip strength is one thing. Grip strength while the rest of the body is exhausted is another.

CASH-IN — 3 ROUNDS

- 30-second Dead Hang
- 5 Strict Pull-Ups
- 10 Kettlebell Swings
- 20-yard Bear Crawl
- 100-meter Run

STRENGTH — WEIGHTED PULL-UPS

- 5 sets × 5 reps
- Use a challenging load.
- If needed, adjust the load to maintain five technically strong reps.

GRIP POWER — 5 ROUNDS

- 1 Rope Climb
- 50-yard Heavy Farmer’s Carry
- 10 Heavy Kettlebell Swings
- Rest 90 seconds.

MAIN WORKOUT — “HOLD WHAT YOU EARN”

- 5 Rounds for Time
- 2 Rope Climbs
- 10 Pull-Ups
- 20 Kettlebell Snatches — 10 each arm
- 50-yard Farmer’s Carry
- 200-meter Run

CASH-OUT — DO NOT LET GO

- 40-lb Weighted Vest

Accumulate:

- 3 minutes of Pull-Up Bar Hang
- Vest stays on.
- Break as needed.
- The clock only counts while hanging.

DAY 50 — TEN ROUNDS DEEP

FOCUS: Repeatable power + total-body durability + mental pacing

Fifty training days. This is not a random celebration workout. It tests whether you have learned how to manage effort without losing aggression.

“TEN ROUNDS DEEP” — 10 ROUNDS FOR TIME

EVERY ROUND

- 5 Power Cleans
- 10 Pull-Ups
- 15 Wall Balls
- 10 Burpee Box Jump-Overs
- 200-meter Run

EVERY SECOND ROUND

After Rounds 2, 4, 6, 8, and 10, add:

- 50-yard Heavy Farmer’s Carry

EVERY FIFTH ROUND

After Rounds 5 and 10, add:

- 5 Tire Flips

FINAL PHASE — THE LAST MILE

After Round 10:

- 40-lb Weighted Vest
- 1-mile Run
- The clock stops when the mile is complete.

FINAL STANDARD

- Anyone can be dangerous for one round.
- The question is who you are ten rounds deep.

WEEK 11
SHARPEN THE BLADE

Convert the strength, endurance, grip, power, and work capacity developed over the previous ten weeks into faster, cleaner, more efficient performance.

DAY 51 — HUNT THE CLOCK

FOCUS: Mile speed + VO_2-style intervals + finishing speed

The objective is simple: Run faster.

CASH-IN — RUNNING PREPARATION

- 10-minute easy run

Then:

- 20 High Knees
- 20 Butt Kicks
- 10 Walking Lunges
- 10 Leg Swings — each leg
- 4 × 100-meter Strides
- Build speed with each stride.

MAIN SESSION — “HUNT THE CLOCK”

- Part 1 — 800-Meter Repeats
- 3 × 800 meters
- Run at a hard, controlled pace.
- Rest 3 minutes between efforts.
- Record every split.
- The goal is consistency—not one spectacular first interval followed by collapse.
- Part 2 — 400-Meter Repeats
- Rest 5 minutes after the final 800.

Then:

- 4 × 400 meters

Fast.

- Rest 2 minutes between efforts.
- Part 3 — Closing Speed
- Rest 5 minutes.

Then:

- 4 × 200 meters
- Fast but relaxed.
- Walk 200 meters between efforts.

CASH-OUT — RUNNER’S CHASSIS

- 3 Rounds
- 15 Single-Leg Glute Bridges — each leg
- 20 Calf Raises
- 30-second Side Plank — each side
- 1-minute Plank
- No junk mileage afterward.

DAY 52 — FORCE MULTIPLIER

FOCUS: Total-body power + barbell strength + explosive contrast

Strength matters. Power is how quickly you can use it.

CASH-IN — 3 ROUNDS

- 5 Broad Jumps
- 5 Box Jumps
- 10 Kettlebell Swings
- 5 Push-Ups
- 5 Pull-Ups
- 100-meter Run

STRENGTH / POWER — CLEAN & JERK

- Every 3 Minutes × 7 Rounds
- 1 Power Clean
- 1 Front Squat
- 1 Push Jerk
- Build to a heavy, technically strong complex.

POWER CONTRAST — 5 ROUNDS

- 3 Heavy Front Squats
- Rest 20 seconds
- 3 High Box Jumps
- Rest 2 minutes between rounds.

MAIN WORKOUT — “FORCE MULTIPLIER”

- 5 Rounds for Time
- 5 Power Cleans
- 10 Burpee Box Jump-Overs
- 15 Kettlebell Swings
- 20 Wall Balls
- 200-meter Run

CASH-OUT — ONE MORE GEAR

- 5 Rounds
- 10 Kettlebell Snatches — 5 each arm
- 50-meter Sprint
- Rest 45 seconds.

DAY 53 — CLEAR THE OBSTACLE

FOCUS: Obstacle efficiency + grip + crawling + carries

Today is not just about being strong enough to complete an obstacle. The goal is to move through obstacles efficiently.

CASH-IN — 3 ROUNDS

- 20-yard Bear Crawl
- 5 Pull-Ups
- 10 Kettlebell Halos
- 10 Walking Lunges
- 100-meter Run

OBSTACLE SKILL — 20 MINUTES

Quality practice:

- Rope Climbs
- Wall Transitions
- Monkey Bars / Traverse
- Dead Hangs
- Low Crawls
- Bear Crawls

Focus on:

- Efficient footwork
- Grip conservation
- Breathing
- Fast transitions

MAIN WORKOUT — “CLEAR THE OBSTACLE”

- 6 Rounds
- 1 Rope Climb
- 20-yard Bear Crawl
- 10 Burpee Broad Jumps
- 50-yard Sandbag Carry
- 50-yard Farmer’s Carry
- 400-meter Run
- Rest 60 seconds after each round.

CASH-OUT — GRIP RESERVE

- 3 Rounds
- 30-second Towel Hang
- 10 Pull-Ups
- 30-second Heavy Farmer’s Hold
- Rest 60 seconds.

DAY 54 — THE LONG WAY HOME

FOCUS: Long endurance + loaded movement + fueling + durability

This is the final major long-duration exposure before the last week. It should be long enough to demand patience but controlled enough that you can recover for the final campaign.

“THE LONG WAY HOME” — 2 HOURS CONTINUOUS

Move through:

- 2-mile Run
- 50 Walking Lunges
- 25 Push-Ups
- 400-meter Sandbag Carry
- 25 Goblet Squats
- 25 Butterfly Sit-Ups
- 1-mile Run
- 50 Kettlebell Swings
- 25 Box Step-Ups
- 25 Pull-Ups
- Repeat from the beginning until 2 hours expires.

RULES

- This is not a two-hour AMRAP in the traditional sense.
- The goal is sustained forward progress.

Practice:

- Fueling
- Hydration
- Pacing
- Foot care
- Efficient movement
- Staying mentally engaged

Record:

- Total running distance
- Total rounds
- Nutrition consumed
- Fluid intake
- How you felt every 30 minutes

CASH-OUT

- None.
- Eat.
- Hydrate.
- Walk.
- Recover.

DAY 55 — NO SECOND CHANCE

FOCUS: High-output execution + precision under fatigue

This is the final major high-intensity test before Week 12. You get one attempt.

“NO SECOND CHANCE”

PHASE 1 — FAST ENTRY

- 1-mile Run for Time
- Record your split.

PHASE 2 — HEAVY HANDS

- 5 Rounds
- 5 Deadlifts — heavy
- 5 Power Cleans
- 5 Push Jerks
- 10 Pull-Ups

PHASE 3 — GROUND FIGHT

- 5 Rounds
- 10 Burpee Broad Jumps
- 20-yard Bear Crawl
- 20 Walking Lunges

PHASE 4 — GRIP TEST

- 3 Rounds
- 2 Rope Climbs
- 100-yard Farmer’s Carry
- 100-yard Sandbag Carry

PHASE 5 — POWER FINISH

- 21–15–9
- Thrusters
- Box Jump-Overs
- Toes-to-Bar

FINAL PHASE — FAST EXIT

- 1-mile Run for Time
- Record your split.
- The clock stops at the finish.

THE TEST WITHIN THE TEST

Compare:

- Opening mile vs. closing mile.
- The entire workout lives between those two numbers.

- How much speed can you preserve after strength, power, ground movement, grip, carries, and conditioning?

FINAL STANDARD

- You do not always get perfect conditions.
- You do not always get another attempt.
- Train to be ready when the moment arrives.

WEEK 12
UNBREAKABLE

Prove the speed, strength, power, grip, endurance, movement capacity, and resilience developed across the previous 11 weeks. This is the final campaign.

DAY 56 — CHASE THE STANDARD

FOCUS: Mile performance + speed

You trained speed. You ran under fatigue. You ran intervals. You ran long. Today, you find out what your legs can do when the mission is simple.

“CHASE THE STANDARD”

CASH-IN — RUNNING PREPARATION

- 10-minute Easy Run

Then:

- 2 Rounds
- 20 High Knees
- 20 Butt Kicks
- 10 Walking Lunges
- 5 Broad Jumps

Then:

- 4 × 100-meter Strides
- Build speed progressively.

THE TEST

- 1-MILE RUN FOR TIME
- Target: Chase 5:30.
- Run aggressively.
- Run intelligently.
- Record the time.

RECOVERY

- 10-minute walk / easy jog
- Full recovery before continuing.

SPEED RESERVE

- 4 × 200 meters

Fast.

Smooth.

Relaxed.

- 2 minutes rest between efforts.

CASH-OUT — RUNNER’S ARMOR

- 3 Rounds
- 20 Walking Lunges
- 15 Single-Leg Glute Bridges — each leg
- 20 Calf Raises
- 1-minute Plank

DAY 57 — PROVE YOUR POWER

FOCUS: Strength + explosive output

You have spent 11 weeks lifting heavy, moving fast, jumping, carrying, pulling, and producing force. Today, we test the machine.

CASH-IN — 3 ROUNDS

- 10 Goblet Squats
- 10 Kettlebell Swings
- 5 Box Jumps
- 5 Pull-Ups
- 5 Push-Ups
- 100-meter Run

STRENGTH TEST — THE TOTAL

Establish a heavy technically sound:

- 1. Back Squat

Heavy single

- 2. Deadlift

Heavy single

- 3. Power Clean

Heavy single

- No ugly grinders.
- No reckless misses.
- The goal is to demonstrate strength and power.

POWER TEST

After adequate recovery:

- Standing Broad Jump
- 3 attempts
- Record the best distance.
- Box Jump
- 3–5 attempts
- Establish the highest clean, confident jump for the day.

MAIN WORKOUT — “PROVE YOUR POWER”

- 5 Rounds for Time
- 5 Power Cleans
- 10 Front Squats
- 10 Burpee Box Jump-Overs
- 15 Kettlebell Swings
- 200-meter Run

CASH-OUT — CARRY THE PROOF

- 4 × 100-yard Heavy Farmer’s Carry
- Rest as needed.
- Grip the weight.
- Move with purpose.

DAY 58 — NO EASY WAY THROUGH

FOCUS: Obstacle capability + grip + functional athleticism

There is no single movement that defines athleticism. Today, you climb. Carry. Crawl. Jump. Pull. Move.

“NO EASY WAY THROUGH” — 5 ROUNDS FOR TIME

- 2 Rope Climbs
- 5 Tire Flips
- 20-yard Bear Crawl
- 10 Burpee Box Jump-Overs
- 100-yard Sandbag Carry
- 100-yard Farmer’s Carry
- 10 Pull-Ups
- 400-meter Run

THEN IMMEDIATELY

- 40-lb Weighted Vest
- 3 Rounds
- 20 Box Step-Ups
- 20 Push-Ups
- 20 Walking Lunges
- Remove the vest.

CASH-OUT — FINAL GRIP

Accumulate:

- 5 minutes hanging from the bar
- Break as needed.
- The clock only counts while hanging.

DAY 59 - THE TOUGHEST MILE

FOCUS: THE MISSION

There is no separate Cash-In, strength session, or Cash-Out listed. Decide what preparation and adaptation are appropriate for you. This is a demanding challenge, not a required test of belonging.

THE TOUGHEST MILE CHALLENGE - FOR TIME

SEGMENT 1 - 400 METERS WALKING LUNGES
Every step moves you forward.

SEGMENT 2 - 400 METERS BEAR CRAWL
Hands and feet. Move with control.

SEGMENT 3 - 400 METERS BURPEE BROAD JUMPS
Burpee. Jump forward. Repeat for the listed distance.

SEGMENT 4 - 400-METER RUN
One final segment.

TOTAL LISTED DISTANCE: 1,600 METERS

Approximately one mile. "The Toughest Mile" is the challenge name; the four listed 400-meter segments total 1,600 meters, not an exact statute mile. The prescribed distances are unchanged.

FINAL STANDARD

One challenge. Four ways forward. Use the guide's adaptation and recovery principles; you may change, rest, or stop the work.

RECORD

Total time and each segment split: walking lunges, bear crawl, burpee broad jumps, and the final run. Record any adaptations alongside the result.

DAY 60 — STILL STANDING

FOCUS: The final day

The final day. Not because the work ends. Because you now know what you can carry forward.

This workout represents the entire 12 weeks: Speed. Strength. Power. Grip. Endurance. Loaded movement. Bodyweight capacity. The willingness to keep moving.

“STILL STANDING”

PHASE 1 — THE SIGNAL

- 40-lb Weighted Vest
- 1-mile Run
- Remove the vest.

PHASE 2 — THE STRENGTH

- 5 Rounds
- 5 Deadlifts
- 5 Power Cleans
- 5 Front Squats
- 5 Push Jerks
- Use one barbell.
- The bar may touch the ground between movements.

PHASE 3 — THE BODY

- 5 Rounds
- 10 Pull-Ups
- 20 Push-Ups
- 30 Air Squats

PHASE 4 — THE OBSTACLE

- 5 Rounds
- 1 Rope Climb
- 3 Tire Flips
- 20-yard Bear Crawl
- 5 Burpee Box Jump-Overs

PHASE 5 — THE WEIGHT

For Distance

- 400-meter Sandbag Carry
- 200-meter Farmer’s Carry
- The weight moves forward.

PHASE 6 — THE FIGHT

- 21–15–9
- Kettlebell Snatches — alternating

- Thrusters
- Toes-to-Bar

PHASE 7 — THE MOVING TARGET

- Put the 40-lb weighted vest back on.
- 1-MILE RUN
- The clock stops when you cross the finish.

FINAL STANDARD

- You started moving.
- You got stronger.
- You learned to carry weight.
- You learned to move when tired.
- You learned to keep going when the distance was uncertain.
- You learned that strength is not only what you lift.
- DEPRESSION HATES A MOVING TARGET.
- KEEP MOVING.

THE WARRIOR’S TRAINING PLAN

PHASE III COMPLETE • 60 TRAINING DAYS COMPLETE

Twelve weeks. Sixty training days. The program began by building the base, expanded the arsenal, prepared for unknown demands, attacked weak links, sharpened performance, and ended with the final campaign: UNBREAKABLE.

DEPRESSION HATES A MOVING TARGET.

KEEP MOVING.

AWARENESS WARRIORS FOUNDATION

STILL MOVING

THE WORK DOES NOT END AT DAY 60

Day 60 is the end of this training cycle. It is not the end of movement.

Over twelve weeks, the program asked you to run fast and run long. Lift heavy and move explosively. Carry weight. Hold on. Crawl. Climb. Jump. Work under fatigue. Adapt when the demand changed. Keep moving when the distance was uncertain.

The purpose was never to prepare you for one specific mission. Life does not stay inside a training plan. The next challenge may be physical. It may be personal. It may arrive suddenly, or it may build slowly. No sixty-day program can tell you exactly what is coming.

What it can do is ask you to practice showing up.

It can ask you to build strength before you need it. Develop endurance before the road gets long. Learn to carry weight before life adds more. Practice adapting before the plan changes. And discover that continuing forward does not always mean moving fast—it means refusing to become permanently still.

At Awareness Warriors Foundation, movement has never meant only exercise. Movement is progress. Movement is engagement. Movement is healing. Movement is hope.

For some, movement will never look like this program. That is okay. The mission is bigger than the workout.

But if you chose to move with us through these sixty training days, then you carried this part of the mission in your own way. You started. You continued. You learned more about what you can do, what you can endure, where you need to grow, and what it means to keep moving forward.

Do not confuse finishing with being finished.

Take what you built with you. Keep training. Keep connecting. Keep showing up. Invite someone else to move with you. Remember that shared struggle can create stronger bonds, genuine relationships can become lifelines, and no one should ever have to fight alone.



YOU FINISHED THE PROGRAM.

THE MOVEMENT CONTINUES.

FAMILY. PURPOSE. CONNECTION. RESILIENCE. HOPE.

NO ONE SHOULD EVER FIGHT ALONE.

DEPRESSION HATES A MOVING TARGET.

KEEP MOVING.