



FIRE TEAM WHISKEY
MILITARY FITNESS PROTOCOL

.22 Caliber Fitness Protocol WOD Calendar

WEEK 1	DAY 1	DAY 2	DAY 3	Day 4	Day 5	Day 6	Day 7
WOD Exercises	1-9	10-18	19-27	R&R	10-12, 4-6, 25-27	1-3, 13-15, 16-18	19-21, 22-24, 7-9
WEEK 2	DAY 8	DAY 9	DAY 10	Day 11	Day 12	Day 13	Day 14
WOD Exercises	R&R	1-3, 25-27, 16-18	10-12, 19-21, 4-6	1-9	R&R	19-21, 22-24, 13-15	7-9, 22-24, 16-18
WEEK 3	DAY 15	DAY 16	DAY 17	Day 18	Day 19	Day 20	Day 21
WOD Exercises	10-12, 25-27, 13-15	R&R	19-27	10-18	1-9	R&R	25-27, 16-18, 7-9
WEEK 4	DAY 22	DAY 23	DAY 24	Day 25	Day 26	Day 27	Day 28
WOD Exercises	1-3, 13-15, 22-24	19-21, 10-12, 4-6	R&R	10-18	1-9	19-27	R&R
WEEK 5	DAY 29	DAY 30					
WOD Exercises	10-12, 4-6, 25-27	1-3, 19-21, 16-18					

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