

# FIRE TEAM WHISKEY® .38 CALIBER FITNESS PROTOCOL

## WOD CALENDAR

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WOD EXERCISES	1-10	11-20	21-30	R&R	31-40	41-50	1-3, 48-50, 10-13
WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WOD EXERCISES	R&R	4-6, 21-23, 27-30	7-9, 24-26, 45-47, 41	14-17, 31-34, 49-50	R&R	37-40, 18-20, 42-44	30, 35, 36, 1-5, 26, 27
WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WOD EXERCISES	44-47, 6-9, 37-38	R&R	27-30, 12-14, 32-34	10, 11, 17-21, 39-41	16, 22, 43, 24, 15, 42, 36, 23, 35, 31	R&R	1-10
WEEK 4	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WOD EXERCISES	41-50	11-20	R&R	31-40	21-30	14-17, 31-34, 49-50	R&R
WEEK 5	DAY 29	DAY 30					
WOD EXERCISES	10, 11, 17-21, 39-41	CARDIO BLAST 1, 4, 6, 7, 16, 19, 21, 24, 27, 41					

MILITARY FITNESS PROTOCOL

