

FIRE TEAM WHISKEY® .50 CALIBER FITNESS PROTOCOL

WOD CALENDAR

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WOD EXERCISES	1-20	21-40	REST OR LIGHT DAY	41-60	61-80	REST OR LIGHT DAY	POWER CORE AND STRETCH
WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WOD EXERCISES	1-5, 21-27, 76-80, 54-56	REST OR LIGHT DAY	71-75, 11-17, 6-10, 43, 44	61-65, 36-42, 28-32, 66-68	REST OR LIGHT DAY	POWER CORE AND STRETCH	46-53, 69-70, 33-35, 57-60, 18-20
WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WOD EXERCISES	REST OR LIGHT DAY	DAY 1 WOD	DAY 2 WOD	REST OR LIGHT DAY	DAY 4 WOD	DAY 5 WOD	REST OR LIGHT DAY
WEEK 4	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WOD EXERCISES	POWER CORE AND STRETCH	6-10, 76-80, 56-60, 26-30	REST OR LIGHT DAY	11-20, 51-55, 36-40	1-5, 71-75, 21-25, 61-65	REST OR LIGHT DAY	R&R
WEEK 5	DAY 29	DAY 30					
WOD EXERCISES	POWER CORE AND STRETCH	CARDIO BLAST1, 4, 6, 9, 14, 16, 19, 21, 24, 26, 29, 31, 34, 36, 39, 41, 44, 46, 49, 51					

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MILITARY FITNESS PROTOCOL

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