

4

10 burpees

From a standing position, drop to a squat with your hands on the floor in front of you. Kick your feet back, and do a push-up. Return to the squat position, and then jump as high as possible with your arms overhead.

5

10 windmills

Stand with your legs spread wide. Stretch your arms so they extend in a straight line from your shoulders. Bend down and grab your right ankle with your left hand keeping your right arm in the air. Hold for a few seconds then stand up and repeat on the other side.

10

10 cherry pickers

Spread your legs wide. Touch the ground between your legs, pull your arms back beyond your heels. Bring your arms forward again and touch the ground. Stand up.

11

30 more push-ups

12

30 star jumpers

Begin standing. Lower to a crouching position and jump into the air with your arms and legs stretched out. Land back in the starting position.

18

30 hello dollies

Lay on your back with your legs and head about 6 inches from the ground. Spread your legs out. Bring them back to the center. Repeat.

19

10 burpees

20

10 trunk twists

21

3 max sets of dead hang pull-ups

ILLUSTRATIONS
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Week 6

Sunday: Rest, stretch, hydrate and recover.
Monday: Run six miles at max effort. Complete the short card.
Tuesday: Swim 500 meters. Tread water for 15 minutes.
Wednesday: Run 400 meters, 10 times, at a mile pace. Complete the short card.
Thursday: Hike five miles in an hour and 10 minutes.
Friday: Complete the short card two times.
Saturday: Hike 12 miles, with pack, in 4 hours or less.

Week 7

Sunday: Rest, stretch, hydrate and recover.
Monday: Run three miles. Complete the short card.
Tuesday: Swim "hard" for 100 meters, five times. Tread water for 15 minutes.
Wednesday: Run 400 meters, 11 times, at a mile pace. Complete the short card.
Thursday: Hike five miles in an hour and 10 minutes.
Friday: Complete the short card two times.
Saturday: Hike five miles, with pack, in an hour and 10 minutes.

Week 8

Sunday: Rest, stretch, hydrate and recover.
Monday: Run six miles. Complete the short card.
Tuesday: Rest, stretch, hydrate and recover.
Wednesday: Complete a PFT at maximum effort. Swim 300 meters. Tread water for 15 minutes.
Thursday: Rest, stretch, hydrate and recover.
Friday: Complete the short card two times.
Saturday: Hike 12 miles, with pack, in three hours and 30 minutes.

Week 9

Sunday: Rest, stretch, hydrate and recover.
Monday: Run six miles at race pace.
Tuesday: Swim 500 meters. Tread water for 15 minutes.
Wednesday: Run 400 meters, 10 times, at a mile pace. Complete the short card.
Thursday: Hike five miles, with pack, in an hour and 10 minutes.
Friday: Complete the short card two times.
Saturday: Hike 14 miles, with pack, in four hours and 40 minutes or less. Officials recommend setting your own goal.

Week 10

Sunday: Rest, stretch, hydrate and recover.
Monday: Three-mile run to loosen up. Complete the short card.
Tuesday: Swim 300 meters. Tread water for 15 minutes.
Wednesday: Run 400 meters, six times, at a mile pace. Complete the short card.
Thursday: Hike five miles without a pack.
Friday: Complete the short card.
Saturday: Hike five miles without a pack.

Source: Marine Corps Forces Special Operations Command