

Union of Knights Academy – 12-Week Progressive Training Program

Purpose: To systematically enhance endurance, strength, agility, mental resilience, and holistic wellness for the modern Union of Knights, blending military-inspired training with action sports and personal care.

Progression Principles

- **Endurance:** Increase running distance and ruck load gradually.
- **Strength:** Add weight, reps, or sets progressively every 2–3 weeks.
- **Action Sports:** Increase technical complexity and duration.
- **Recovery:** Maintain daily mobility and weekly massage/active recovery.
- **Intensity Scale:** RPE (Rate of Perceived Exertion) from 1–10; aim for 6–8 for main workouts, lower on recovery days.

Weekly Structure Overview

Day	Focus	Example Activities
Monday	Running & Endurance	Long-distance run (start 3 mi, progress to 6 mi) + core circuit
Tuesday	Strength & Functional Training	Bodyweight + weighted circuits; increase weight over weeks
Wednesday	Active Recovery & Body Care	Yoga, foam rolling, light swimming or paddleboarding

Thursday	Speed & Agility	Interval sprints + agility ladder OR parkour drills
Friday	Strength & Combat Readiness	Circuit: battle ropes, sandbags, martial arts or sword drills
Saturday	Endurance & Skills	Ruck march, trail run, mountain biking, or rock climbing
Sunday	Personal Care & Reflection	Meditation, journaling, stretching, massage, self-care

Weekly Progression Breakdown

Weeks 1–4: Foundation

- Running: 3–4 miles; introduce interval sprints 1x/week
- Strength: Bodyweight circuits; learn form
- Action Sports: Intro to climbing, martial arts basics, light parkour
- Recovery: 1–2 yoga sessions; 10 min foam rolling daily

Weeks 5–8: Building Strength & Endurance

- Running: 4–5 miles; 2 interval sessions/week
- Strength: Add weights (dumbbells, kettlebells) to circuits
- Action Sports: Intermediate climbing routes, boxing/kickboxing drills, 20–30 min parkour
- Recovery: Massage every 2 weeks, longer yoga sessions, foam rolling 10–15 min

Weeks 9–12: Peak Performance

- Running: 5–6 miles; longer interval sessions, add hill sprints
- Strength: Heavier weights, supersets, and functional lifts
- Action Sports: Advanced climbing/bouldering, martial arts sparring, longer parkour sequences, water sports endurance sessions
- Recovery: Weekly massage, active recovery day with light cardio and yoga, nightly stretching 15–20 min

Daily Components (All Weeks)

Warm-up (10–15 min)

- Dynamic stretches, jogging or jump rope, mobility drills

Main Training Block

- Endurance, strength, agility, or action sports depending on the day

Cool-down (10 min)

- Static stretches, deep breathing, mindfulness

Action Sports Integration

- Rotate climbing, mountain biking, martial arts, parkour, and water sports throughout the week
- Example: Thursday agility + parkour, Saturday endurance + climbing, Wednesday recovery + paddleboarding

Personal Care & Recovery

- Massage: Weekly or bi-weekly
- Foam Rolling: Daily 5–15 minutes
- Yoga/Stretching: 15–20 minutes on recovery days
- Hydration & Nutrition: Lean proteins, complex carbs, healthy fats, 8+ cups water daily

- Sleep & Mental Health: 7–9 hours nightly; journaling or meditation

Optional Enhancements

- Personal Training Sessions: Weekly guidance on form, intensity, and progression
- Skill Development: Sword, staff, or combat training for reflexes and coordination
- Progress Tracking: Record distances, weights, repetitions, and mental focus notes