

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Four Day Tactical Fitness Program

The 4-Day Tactical Split

Weekly Schedule Recommendation:

- **Monday:** Day 1 (Heavy Armor & Chassis Integrity)
- **Tuesday:** Day 2 (Bodyweight Mastery)
- **Wednesday:** Active Recovery / Parasympathetic Focus
- **Thursday:** Day 3 (Kinetic Power & Asymmetry)
- **Friday:** Day 4 (Sustained Operations & Load Carriage)

Day 1: Heavy Armor & Chassis Integrity (Intensive Lower/Core)

Primary Goal: Absolute strength and axial stability.

Clinical Focus: Tactical durability relies on a spine that can withstand compressive forces. This session prioritizes the heavy hinge and anterior core stability. Rest periods must be respected to clear systemic fatigue before the next set.

Exercise	Sets	Reps	Rest	Execution Notes
Trap Bar Deadlift	4	3-5	3 min	Prioritize the high handles if mobility is restricted. Drive the floor away; maintain neutral cervical alignment.
Barbell Front Squat	3	5-7	2-3 min	Forces thoracic extension and anterior core recruitment. Keep elbows high.
Heavy Farmer's Carries	4	40 yds	2 min	Total-body tension. Keep the ribcage pulled down to prevent lumbar hyperextension.
Pallof Press	3	10/side	60 sec	Anti-rotation core stability. Pause for 2 seconds at full extension.

Day 2: Bodyweight Mastery (Extensive Upper)

Primary Goal: Local muscular endurance and relative strength.

Clinical Focus: High-volume calisthenics—essential for events like the Murph—can easily lead to tendinopathy if volume isn't managed. This day builds the specific tissue resilience for high-rep pulling and pushing without overloading the central nervous system.

Exercise	Sets	Reps	Rest	Execution Notes
Strict Pull-Ups	4	AMRAP (-2)	2 min	Leave 2 reps in the tank on every set. Full scapular depression at the top.

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Exercise	Sets	Reps	Rest	Execution Notes
Weighted Vest Push-Ups	4	10-15	90 sec	Maintain a hollow-body position. Lock the elbows to a 45-degree angle to protect the shoulders.
Inverted TRX / Ring Rows	3	12-15	90 sec	Squeeze the shoulder blades hard at peak contraction to counter the internal rotation of push-ups.
Dumbbell Z-Press	3	8-10	90 sec	Seated on the floor with legs straight. Demands pure shoulder strength and immense core stability.
Dead Bugs	3	12/side	60 sec	Press the lower back hard into the floor. Controlled, deliberate tempo.

Day 3: Kinetic Power & Asymmetry (Intensive Total Body)

Primary Goal: Multi-planar power production and correcting unilateral deficits.

Clinical Focus: Tactical environments are unpredictable. Bilateral lifts (like squats) are great for baseline strength, but unilateral work ensures joint health and addresses the structural imbalances that lead to injury under fatigue.

Exercise	Sets	Reps	Rest	Execution Notes
Barbell Push Press	4	4-6	3 min	Transfer kinetic energy from the floor to lockout. Sharp, aggressive dip and drive.
Sandbag Cleans	4	5-7	2 min	Grip the bag deep, hinge aggressively, and catch it high on the chest.
Bulgarian Split Squats	3	8-10/leg	90 sec	Load with dumbbells. Keep the torso slightly pitched forward to bias the glutes and protect the knee.
Heavy Single-Arm DB Row	3	8-10/side	90 sec	Brace off a bench. Stretch the lat fully at the bottom of the movement.
Heavy Kettlebell Swings	4	15-20	90 sec	Pure hip hinge. Snap the hips at the top, bracing the core like a plank.

Day 4: Sustained Operations (Energy Systems & Load Carriage)

Primary Goal: Aerobic threshold and functional endurance.

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Clinical Focus: This is the MED for cardiovascular conditioning. Rucking builds foot strength, ankle stability, and zone 2 aerobic capacity with a fraction of the joint impact of long-distance running.

Exercise	Sets	Reps	Rest	Execution Notes
Ruck March	1	45-60 min	None	Load a pack with 35-45 lbs. Maintain a 15-minute per mile pace over varied terrain.
Sled Pushes / Drags	4	40 yds	90 sec	Push the sled 40 yards, immediately drag it backward 40 yards. Keep hips low on the push.
Walking Lunges	3	20 steps	60 sec	Unweighted. Focus on a smooth stride and a light touch of the trailing knee to flush blood into the legs.
Hanging Knee Raises	3	15-20	60 sec	Decompress the spine on the bar after the ruck while stimulating the lower core.