

90 Day Pipeline Prep

Failure to Train 90 Day Pipeline Prep (I know the days only go up to 71, however if you factor in weekends and whatnot it comes out to 94) Workouts are 5 days a week and if you follow the schedule from day 1 starting on a Monday and only work out Monday thru-Friday (of course if you miss a day you can make it up) the program will work out to finish on a Monday with the final eval. Enjoy!

Day 1:

Practice AFSOC

1500m fin

3 mile run

2 minutes Pullups, situps, pushups

Day 2:

5 mile run @ 8min pace (perform exercises every 5 minutes)

-35 burpees

-100 pushups

-75 air squats

-20 inverted shoulder pres

-100 flutter kicks (4count)

-40 burpees

-50 8 counts

10 min break then... 40 minutes of G&G's

Day 3:

200m freestyle

5x50m fin (1:15 interval)

300m fin

500m freestlye

-Core abs (First round : 40sec work :05 sec transition. Second round: 30 sec work, :05 sec transition.

Third round : 20 sec work, :05 sec transition: crunch, situp, x-knee crunch, flutterkicks, K2E, v-ups, windshield wipers. Rounds are to be completed one after another. Total time is 12:10 I think).

-150 burpees (doesn't need to be unbroken but as quickly as possible)

-4 rounds:

55 situps

20 hyper extension

1:30 rest between rounds (or if you have a partner use the time they are going as your rest)

Day 4:

5 mile run @ 8 min pace

10 min rest

10-1 (pushupsx2/pullupsx1)
5 min rest
1-10 (inverted shoulder press/chin-ups)

Day 5:

200m freestyle
1000m fin
500m freestyle
Week 5 kettlebell routine (Kettle bell routine will be attached in another document: do both the kettlebells and the pushups for the applicable week)
5 min break
100 8 counts
100 flutterkicks
50 burpees

Day 6:

5 mile run 8 min pace (every 10 min do a set of 50 cal of your choice)
10 min break
5 min pullup pyramid (the way this works is you do one rep take very little rest, move on to two, etc... go until you are about one rep from failure so if you are at step 6 and you don't think you can hit 7 start going back down until you reach one then go back up again until the time is finished.)
3 min break
5 min chinup pyramid (works same way as the pushup pyramid)
5 min max hang on the bar (time stops if you dismount)
10 min break
Cal circuit 3 rounds (:30 sec work/:20 sec trans.)
*Monkey dance, Windshield wipers, Chinese pushups, iron mikes, dips, seated flutter kicks, 20# wallball, inverted shoulder press, K2E, ski jump, 8 counts, v-ups, Med ball pushups, thruster w/ 20# med ball, hello darlings, Toyota, mad russians, diamond pushup, burpee, leg lift, squat thrust, bicycle, Man makers. 1:30 break between rounds

Day 7:

500m freestlye
1000m fin
45 min stationary bike
5min break
2x core abs (2 min rest after first round)

Day 8:

4.5 mile run @ 7:50 pace

10 min break

KB training:

2x10 two arm swing

2x10 windmill (each side)

1x10 TGU each arm

1x20 hang clean (each arm)

1x20 PP (each arm)

1x20 snatch (each side)

5 min break

3 rounds: 10 diamond pushup, 10 pushups, 10 wide pushups, 20 4 count arm haulers (1 min rest between rounds or rest while your partner is going)

Day 9:

200m freestyle

6x50m fin

8x50m freestyle

3x100m fin

12 min break

2 rounds: (:30sec work/:20sec trans.)

Squat thruster, ski jump, Toyota, invisible chair w/KB, burpees, iron mike, thruster w/ med ball, monkey dance, jump rope, box jump, lunge w/ weight, frog hop, jump rope, squats, frog hop (1 min rest round)

5 min break

3 rounds (:30sec work/:30sec trans.):

Pullups, flutterkicks, diamond pushups, burpees, K2E, thrusters w/20# ball, inverted shoulder press, iron mike, wide chinup, arm haulers, box jumps, Chinese pushups (1 min rest between rounds)

Day 10:

5 mile ruck @50# (14-15 min per mile pace; calcs listed below every 10 min)

35 pushups, 50 airsquats, 35 pushups, 50 lunges (1/2 each leg) 50 sit down/stand ups, 50m bear crawl, 50m im up, he sees me, I'm down, 50 airquat, 35 pushups

(For the "I'm up, he sees me, I'm down literally just repeat that in your head while doing it. When you say I'm up, get up. You then say he sees me, I'm down and you hit the dirt. Do it at a normal cadence.)

Day 11:

1x3's pullups (1x3's for those who don't know you take 1/3 of your max and do that on the top of the minute for 3 minutes, thus equaling your max (I find it more beneficial to go slightly over your max, this is the only way I've been able to increase pushups in particular)

1x3's pushups

4 1/2 mile run @ 7:45 pace

10 min break

5 min pullup pyramid

3 min break

5 min chinup pyramid

3 min break

3 rounds: (:30sec work/:20sec trans)

Iron mike, Chinese pushup, box jump, pushups, burpees, inverted shoulder press, 50# goblet squats, pullups, thruster w/ 20#, dip, frog hops, chin-ups (:50sec rest between rounds)

5 min break

4x10 pullups (no kipping! Use a spotter if necessary)

Day 12:

200m freestyle

1000m fin

300m freestyle

45 min stationary bike

5 min break

4 rounds:

60 situps

30 hyper extension (rest is either 2 min or while partner goes)

After... 5 min front leaning rest

Day 13:

1x3's pullups

1x3's pushups

3 break

4.5 mile run @ 7:45 pace

10 min break

KB routine:

2x20 two arm swing

2x10 windmill (each side)

1x10 TGU each arm

1x20 hang clean (each arm)

1x20 PP (each arm)

1x20 snatch (each side)

5 min break

3 rounds: (:30sec work/:10sec rest) BULGARIAN BAG circuit

Swing right, snatch squat, pp, tricep extension, lunge right, pushup, swing left, lunge left, curl, frog hop

Day 14:

4x50m freestyle

4x50m fin

4x50m freestyle

4x50m fin

4 rounds:

1 minute pushups

20 arm haulers (rest same as you worked or while partner goes)

3 min break

Core abs

3 min break

3 rounds: (:20 sec work/:15sec trans)

Squat thruster, ski jump, Toyota, invisible chair w/ weight, burpee, iron mike, thruster w/ weight, monkey dance, jump rope, box jump, lunge w/ weight, frog hop, jump rope (heavy), squats w/ weight, frog hop

Day 15:

5 mile fartlek (8 min pace, sprint 1 min every 2 min after the first mile)

12 min break

10-1 pushups-pullup (pushupsx4 pullupsx1)

5 min break

100 8 counts

200 flutterkicks

100 burpees

Day 16:

1x3's pullups

1x3's pushups

2 min break

5 mile run @ 7:45 pace

10 min break

3 rounds:

20 x 7' wallball, 20 bulgarian swings (each side), 10x10' wallball, 10x Bulgarian frog hop, 5x13' wallball, 10x Bulgarian snatch, 20x 7' wallball, 10x Bulgarian thruster, 10x10' wallball, 10x Bulgarian curl + PP, 5x13' wallball: 1 min rest between rounds

(*7' refers to throwing the ball 7 feet up the wall, 10' is 10 feet, etc.. If you don't have a Bulgarian bag a kettlebell works fine for the swings and a barbell works fine for the snatches, cleans, etc.)

5 min break

5 min pullup pyramid 3 min break

5 min chinup pyramid

5 min deadhang on bar

Day 17:

1500m fin

500m freestyle

4 rounds:

60 situps

25 hyper extensions (rest same as you worked or while partner goes)

5 min break

1000 reps (2 min of each exercise until 1000 reps total is reached. Any deviation from authorized rest position and the rep count for that exercise during that 2 min goes back to zero)

Pushups (FLR)

Burpee (Attention)

Frog Hop (full squat) (25m = 10 reps)

Arm hauler (4 count) each rep = 2, (hands off ground)

HSPU (up position) (1 rep = 5 reps)

Arm rotations (4 count) (arms extended)

Pullups (dead hang) (after 5 each additional rep = 10)

Air squat (down position)

Iron mike (start position)

Day 18:

1x3's pullups

1x3's Pushups

3 min break

4 1/2 mile run @7:45 pace

10 min break

KB work:

2x20 two arm swing

2x10 windmill (each side)

1x10 TGU each arm

1x20 hang clean (each arm)

1x20 PP (each arm)

1x20 snatch (each side)

5 min break

4 rounds: 10 pushups, 10 diamond pushups, 10 wide pushups, 20 arm haulers (rest same as work or partner)

Day 19:

6x50m freestyle

6x50m fin

6x50m freestyle

6x50m fin

4 rounds:

25 decline situps

35 unassisted situps (1 min rest between rounds)

3 min rest

4 rounds (:30sec work/:20sec trans):

Pushup, iron mike, K2E, arm haulers, air squats, situps, pullups, diamond pushup, burpee, chinup (1 min rest between rounds)

Day 20:

1 mile ruck @ 50#

15 min AMRAP w/ BULG BAG (not wearing ruck)

10 curl, 10 PP, 10 tricep ext., 10 pushup, 10 clean

1 mile ruck...

15 min AMRAP w/ BULG BAG (not wearing ruck)

10 snatch, 10 upright row, 10 swing left, 10 curl, 10 swing right

1 mile ruck...

15 min AMRAP w/ BULG BAG (not wearing ruck)

10 lunge left, 10 squat, 10 lunge right, 10 clean squats, 10 frog hops

1 mile ruck...

15 min AMRAP w/ BULG BAG (not wearing ruck)

10 curl, 10 PP, 10 tricep ext., 10 pushup, 10 clean

Day 21:

1500m fin for time

3 mile run for time

2 min max pullup, situp,, pushup

Day 22:

Rest day (light calcs/yoga/whatever)

Day 23:

AFSOC EVAL:

1500m fin for time

3 mile run for time

2 min max pullups, situps, pushups

Day 24:

Active recovery

Day 25:

2x1.5 mile repeats (1:1 W/R ratio)

10 min break

3 rounds Bulgarian/kettlebell (heavy kettlebell/fast BB) (*L/R means do 10 with both arms)

10 KB snatch (L/R), 10 BB snatch, 10 KB clean (L/R), 10 BB clean, 10 KB swing, 10 BB swing (L/R), 10 KB

thruster (dual KB), 10 BB thruster, 10 KB goblet squat, 10 BB front squat, 10 KB PP (L/R), 10 BB PP (1 min rest between rounds)

Day 26:

5 mile run & :30 pace

10 min break

Bulgarian 1000: (10-40-30-20)

Swing (1/2L, 1/2R), snatch, good morning, frog hops, clean, PP, tricep ext., curl, upright row, pushups

1 min rest between rounds: 10 burpee penalty if bag touches ground (if you have to use a KB and a barbell like me it doesn't count if you set the KB down to pick up the barbell and vis versa. Also setting barbell down to do pushups does not count toward burpees)

Day 27:

1000m fin

1000m freestyle

4 rounds:

60 situp

30 hyper extension (rest same as work)

3 min break

5 min pullup pyramid

3 min break

5 min chinup pyramid

5 min break

Core abs

Day 28:

Interval workout 1 (refer to spreadsheet provided)

Week 5 KB routine (without pushup portion)

3 min break

4 rounds:

:30 sec max pushups, 20 (4count) arm haulers (rest same as worked)

5 min break

10 min med ball circuit: (5 burpees EMOM) Do with a partner

10x chest level 2 hand toss, 10x medball pushup, 8x 2 hand toss 7', 5x medball pushup left arm, 5x 2 hand toss 10', 5x right arm pushup, 10x left hand toss, 10x 2 hand med ball pushup, 10x right hand toss

Day 29:

7x50m fin

6x50m free

5x100m fin

5x100m free

4 rounds: (1min w/1min r)

Row 250m, BB swing right @35#, pushup, rope climb, BB swing left 35#, squat 50#, dips, tire flip, barbell clean, burpee, snatch with 35# bulg bag or 45# barbell, pushup

7 min break then...

100 8 counts

Day 30:

3 mile 50# ruck run

5 min break

4 mile 50# ruck

5 min break

6 min of each:

Pushup, situp, pullup, HSPU

Day 31:

4 mile fartlek

10 min break

Pushup workout 2 (4 rounds of 10 bench @ 135, 5 clap pushups, 1:00 FLR, there is no FLR on round 4, instead after the 5 clapping pushups you get a 2 min rest then perform 2 min max effort pushups. This is the beginner level. Intermediate level is 90% BW for bench 1:30 FLR and advanced is BW bench and 2:00 FLR)

5 min break

5x12 back squat (no break after)

Box jump pyramid:

15,14,13,12,11,10 (low box to high)

10,11,12,13,14,15 (high to low)

Day 32:

2000m fin

3 rounds: 5 sets per round *10 burpee penalty for each set of row that does not meet row distance of first set. Do all 5 sets of round one then move on to round two and so forth.

Round 1:

5 DL @225#

:30 sec row

:40 sec rest

Round 2:

5 DL @275#
:45 second row
1 min rest
Round 3:
5 DL @ 315#
1:00 row
1:10 rest
4 rounds:
10 pullups/2 min rest between rounds

Day 33:

Interval workout 2
KB 500: Cannot set KB down
50 swings, 100 DL, 50 Cleans (each arm), 50 PP (Each arm), 50 snatch (each arm), 50 swings
7 min break
4 rounds:
25 decline situp
30 situps
2min rest

Day 34:

8x50m fin
6x50m free
7x100m fin
5x100m free
45 min bike
5 min pullup pyramid
3min break
5 min chinup pyramid

Day 35:

3 mile run @ 7:30 pace
10 min break
60 minutes continuous:
Sled push 100#, sled pull 120#, tire flip, bag toss 100#, farmers carry 70# DB, sled drag 100#, med ball toss 30#, bag carry 100#, tire flip, sled drag 200#, bag toss 100#, med ball toss 30#, tire flip farmers carry 100# DB, overhead barbell carry.
*Obviously this requires a ton of equipment, the way I did it was to use one sled with 165# for all of the sled drills, I also just picked a distance to go for each exercise and then moved to the next one so I didn't have to constantly be setting a watch or phone and wasting time.

Day 36:

3 mile run @ 7:30 pace

10 min break

G&G's:

20 hit its, 2x50m sprint, 50 pushups, 50 KB clean (1/2 per side), 50m bear crawl, 50m sprint, 50 burpee, 2min rest, 50 KB snatch (1/2 per side), 50m forward roll, 100 situps, 2x50m sprint, 50 KB PP (1/2 per side), 50m frog hop, 100 KB swing, 25 hit it

Day 37:

1500m fin

500m freestyle

5x5 DL/Back squat (Alternate between each/ 1 min rest after superset)

3 min break

4 rounds:

8 single leg squat (I cant do these so I modified it to Bulgarian split squats w/ weight 8 per leg)

8 single leg straight leg DL

5 min break

4 rounds:

10pullup, 5 chin up

Day 38:

Interval workout 3

Week 6 KB routine (without pushups)

4 rounds:

10 diamond, 10 reg, 10 wide pushup 25 (4count) arm haulers: rest same as worked

Day 39:

8x50m free

10x50m fin

7x100m fin

5x100m free

3 rounds:

10 hang clean @ 65% max/2 min row/2 min rest

3 rounds:

20 DL @ 195#/400m sprint/2 min rest

3 rounds:

10 KB thruster/2 min stair sprint/2 min rest
*(3 min rest between the different supersets)

Day 40:

7 mile ruck @ 60# 15 min mile pace

15 min break

6 min max : pushup, situp, air squat, pullup (2 min rest in between exercises)

Day 41:

1x3's pullups

1x3's pushups

3 min break

4 mile run @ 7:30 pace

10 min break

3 rounds:

20 x 7' wallball, 20 Bulgarian swings (each side), 10x10' wallball, 10x Bulgarian frog hop, 5x13' wallball, 10x Bulgarian snatch, 20x 7' wallball, 10x Bulgarian thruster, 10x10' wallball, 10x Bulgarian curl + PP, 5x13' wallball: 1 min rest between rounds while holding BB. 20 burpee penalty for dropping bag or stopping more than 5 sec. on bag exercises

4 rounds:

60 situps

30 hyper extension (rest as worked)

(*7' refers to throwing the ball 7 feet up the wall, 10' is 10 feet, etc.. If you don't have a Bulgarian bag a kettlebell works fine for the swings and a barbell works fine for the snatches, cleans, etc.)

Day 42:

1500m fin

500m free

5 min pullup pyramid

3 min break

5 min chinup pyramid

4 rounds:

10 single arm row

Max rope hang

Then... 7 min break

30 min max effort row

Day 43:

Interval workout 4

10 min break

KB week 7 routine (without pushups)

3 min break

3 rounds:

:30 sec pushups

25 arm haulers (work as rest)

Day 44:

1500m fin

3 mile run

2 min pullup, situp, pushup

Day 45:

Active recovery

Day 46:

AFSOC EVAL

1500m fin for time

3 mile run for time

2 min pullups, situps, pushups for reps

Day 47:

10 min treadmill running:

2 min @ 8:30 pace max incline

2 min @ 8 min pace slightly lower incline

2 min @7:30 pace slightly lower incline

2 min @ 7 min pace almost level

2 min @ 6 min pace level

5 min break

“Circuit zero”

25m tire flip, 50m sled push (180# min), 15 KB bench press (35# KB), 25 DL @135#, 25 bicep curl @ 95#, 10x70#PP, 10x60# PP, 10x50# PP, 10x40# PP, 10x30# PP, 2x stair run w/ 45# KB, 25 dips, 25 35# KB PP, 500m row, 50 wallball @20@, 50 heavy jump rope, 50 burpee, 25 K2E, 50 Bulb Bag snatch, 25 53# KB upright row, 25 iron mike, 50 box jump, 3 rope climbs, 50 bulg bag swing (1/2 each side), 50 hammer swings (1/2 each side)

Day 48:

2000m fin

500m free

1 hour bike

7 min break

5 min pullup pyramid
3 min break
5 min chinup pyramid

Day 49:

3 mile run @ 7:15 pace
15 min break
Complete 5 min of each movement for reps:
Man Maker @ 20#, DL @ 135#, row (calories burned), Bench press @ 135#

Day 50:

Active recovery

Day 51:

3 mile run @ 7:10 pace
30 reps of each:
DL @135#, wallball @ 20#, KB clean L, KB clean R, iron mike, situp, diamond pushup, box jump, KB thruster, Front Squat @ 95#, KB snatch L, KB snatch R, back squat @135#, arm haulers, dual KB PP, bag swing L, bag swing R, ski jump, burpee, K2E, Leg raises, pullup, pushup, bench press @ 135#, bent row @ 95#, KB goblet squat, dip, ball slam @ 20#, Frog hop, HSPU
*Each KB movement will be done with either a 35 or 44# KB

Day 52:

2500m fin
6 rounds: (done with a partner, one person is rowing while other is doing max pullups, only after the rower has completed 250m may the pullup guy dismount. 20 man maker penalty every time partner falls off bar. This goes for the pullup round and chinup round)
250m row
Max pullups
2 min rest (between rounds)*you need this for you grip
6 rounds:
3x25m 80# rope pull (didn't have one so I did farmers walks w/ 71# KB's)
Max chin-ups
2 min rest (between rounds)*you need this for you grip
3 rounds:
75 situps
30 hyperextensions
2 min rest between

Day 53:

Interval workout 5

12 min break

Week 9 KB routine (including pushups)

5 min

Pushup workout 2 (included in another sheet)

Day 54:

10x50m free

10x50m fin

8x100m fin

5x100m free

3 rounds:

10 hang clean @ 65% max/2 min row/2 min rest

3 rounds:

20 DL @ 195#/400m sprint/2 min rest

3 rounds:

10 KB thruster/2 min stair sprint/2 min rest

*(3 min rest between the different supersets)

Day 55:

8 mile ruck @ 65# @ 14 min pace

15 min break

100 back squat @ 135#

Day 56:

3 mile run @ 7:05 pace

10 min break

5 min pullup pyramid

3 min break

5 min chinup pyramid

10-1 of each:

Hang clean @ 65% max, Bent row @ 95-115#, Deadlift @ 65% max, box jump @ 24", PP @ 65% max

Day 57:

1500m fin

500m freestyle

Core abs

5 min break

30 min carrying uneven loads: (choose from sloop pipe, overhead single arm barbell carry, single arm rucksack carry, uneven weight (KB or DB) carry or whatever you want

Day 58:

Interval 6 workout

12 min break

Week 10 of KB routine

5 min break

Pushup workout 2

Day 59:

10x100 free

10x50m fin

8x100m fin

3 rounds:

10 hang clean @ 65% max/2 min row/2 min rest

3 rounds:

20 DL @ 195#/400m sprint/2 min rest

3 rounds:

10 KB thruster/2 min stair sprint/2 min rest

*(3 min rest between the different supersets)

Day 60:

3 rounds Barbell complex (6 DL, 6 bent row, 6 HC, 6 front squat, 6 PP, 6 back squat) 1:30 rest

10 min break

“Bulgarian tire”

10 tire flip/jump (flip the tire jump in then jump out repeat), 25 snatch squat, 25m swing walk L, 25 m swing walk R, 10 tire flip/jump, 25 curl/press/toss, 25 lunge clean, 25 snatch toss, 10 tire flip/jumps, 25 atomic situps, 25 tricep ext., 100 situps w/bag

Later...

5 mile run @ 7:45 pace

Day 61:

3 mile run for time

10 min break

5 min pullup pyramid 3 min break

5 min chinup pyramid

5 min break

10-1 of each: Hang clean @ 65% max, Bent row @ 95-115#, Deadlift @ 65% max, box jump @ 24", PP

@ 65% max
7 min break
3x10 pullups

Day 62:

3000m fin
4 rounds:
75 situps
25 hyper extension (2 min rest)

Day 63:

Interval workout 7
12 min break
Week 11 KB routine
5 min break
Pushup workout 2

Day 64:

45 min bike
12 min break
Bulgarian 1000: (10-40-30-20)
Swing (1/2L, 1/2R), snatch, good morning, frog hops, clean, PP, tricep ext., curl, upright row, pushups
1 min rest between rounds: 10 burpee penalty if bag touches ground (if you have to use a KB and a barbell like me it doesn't count if you set the KB down to pick up the barbell and vis versa. Also setting barbell down to do pushups does not count toward burpees)

Day 65:

5 mile fartlek
12 min break
1000 reps (2 min of each exercise until 1000 reps total is reached. Any deviation from authorized rest position and the rep count for that exercise during that 2 min goes back to zero)
Puhups (FLR)
Burpee (Attention)
Frog Hop (full squat) (25m = 10 reps)
Arm hauler (4 count) each rep = 2, (hands off ground)
HSPU (up position) (1 rep = 5 reps)
Arm rotations (4 count) (arms extended)
Pullups (dead hang) (after 5 each additional rep = 10)

Air squat (down position)
Iron mike (start position)

Day 66:

1 mile run
500m fin
1 mile run
500m fin
1 mile run
500m fin
4 rounds:
 75 situp
 30 hyper extension (2 min rest)

Day 67:

Week 11 KB routine
7 min break
3 rounds:
 10 pullup
 10 single arm bent over row
5 min break
3 rounds:
 7 chinup
 10 bent over row

Day 68:

6 rounds: 15 diamond, 15 regular, 15 wide pushups 30 arm haulers
5 min break
4 mile run @ 7:15 pace
10 min break
1-20-1 pushup pyramid

Day 69:

Bulgarian bag circuit: (3 rounds :30sec work/:10 sec trans)
Swing R, snatch squat, PP, tricep ext., lunge R, pushup (bag on back), swing L, lunge L, curl, frog hop
7 min break
3 rounds (:20 sec work/:10 sec trans)
Squat thrust, ski jump, Toyota, invisible chairw/ weight, burpees, iron mike, thruster w/ weight, monkey dance, jump rope, box jump, lunge w/ bag, frog hop w/ bag, jump rope heavy, squats w/ bag, frog hop 2 min rest between rounds

Day 70:

Rest

Day 71:

Final Eval

1500m fin

3 mile run

2 min pullups, situps, pushups