

## McCain's Phase II Workout

This workout was put together with flexibility in mind. I built it so an individual could alter it to their own needs, be it the workouts themselves or the time frame in which they accomplish the workouts. What inspired me to do this? If you are trying to train, work, and have some semblance of a social/family life it is very hard. I was totally burned out after months of spending 20-30 hour weeks spent conditioning for STO Phases I and II. While this workout isn't going to reduce the number of hours it takes to effectively condition yourself, it makes it easier to accomplish what you need to in training, while giving you ultimate flexibility around a hectic (active duty) schedule. Many workouts give you a plan for each day and it is up to you to get it done, but what if you have a bad day at work and just cannot fit it in? You wasted a day of training and where do you pick up the next day? Do you skip the workout or push all daily workouts back a day? I have taken a different approach. Instead of assigning specific workouts to a given day, I assign workouts to a week. It is up to you when during the week you perform that workout. I broke it down into six sections; watercon, running, swimming, finning, muscular endurance, and rucking. One day you may knock out a workout from the swimming, running and muscular endurance blocks. The next day you may choose to take off. It is up to you when you do the workouts as long as you mark them all off by the end of the week. My goal was to balance work demands against fitness, there may be more intense workouts available, but after this workout you will be ready to rock at ph2.

I built the workout on a fourteen week schedule. I tapered the workouts up from week one and down at the end in preparation for Phase II. When you start the workouts you should already be able to meet PAST requirements since I made it a Phase II prep workout, and you'd be starting shortly after Phase I was held. If you're using this workout, for another purpose, just ensure you can meet the week one standards (Caution: You should have been running at the week one level for at least two months prior to running the intervals. If not, replace the intervals with a hill workout, Indian runs, etc.). I also included an easy week in the middle. It's important to use that week to rest to let your body recover a bit and prepare yourself mentally to really push through the remaining weeks. This week is about the mental rest as much as the physical recovery, use it.

To follow this program I just printed out the workout by week. I then hung the appropriate week up and would mark through each workout when I had completed it. By the end of the week I would have the entire page marked out.

### Legend:

LSD	Long Slow Distance
EDT	Escalating Density Training

**NEVER QUIT!**

KB            Kettlebells

**KB= Kettleballs Workout (Primary)**

Two Hand Swing  
Windmill  
Jerk, Clean & Jerk

**KB= Kettleballs Workout (Secondary)**

Snatch  
Side press  
Clean

Reps, sets, and weights will vary. Follow all applicable KB advice given in books and videos. My purpose here is to add strength and endurance, particularly in the lower half.

**EDT=Escalating Density Training**

Pull up  
Pushup  
Sit-up

Start with on the pull-ups, go to pushups, and then to sit-ups. The only rest is transition time between those exercises. Very low reps, very high number of sets. Ex. 3 reps of pull-ups for 40 sets. I will also, will add flutter kicks, bodybuilders, and weight (to pull-ups, etc.) at various times. I do not vary the number of times done weekly. For variety I alter the number of sets, reps, and weight (when used) to add variety.

**WaterCon**

Perform each event listed two/three times weekly. I do not provide much of a guide here. It is up to you to fill in the blanks on Watercon, and to work each event more or less until you are comfortable with it. For Ex. On Drownproofing I list it just as that. If you need to do it two hours a day or twenty minutes it is up to you. You know yourself better than anyone else so put yourself a small plan together on that event and get it done. This is just what I thought I needed to reach a minimum operating level to meet Phase II requirements. Alter it however you choose to get ready. You can change underwater intervals, number of underwaters, etc. On the Eggbeater Sets follow these rules: Move away from the wall in the deep end. Go “hands out” for the required time. After time is complete rest off the wall with hands in water for 1 min. Once this gets easy add weight or alter sets or time intervals. Find proper techniques at [Specialtactics.com](http://Specialtactics.com)

**“Bricks”**

To reduce time away from the office I plan on doing almost all of the workouts in the “brick” fashion. Take the run, swim, fin, and muscular endurance for the week and

**NEVER QUIT!**

assign it to a “brick” workout. The “brick” is something normally done by tri-athletes. They take several different workouts put them all together and are left with one long grueling workout. Since I have approximately four events (run, swim, muscular endurance, and finning) a week this will leave me with four grueling workouts per week. Ex. Week 1, workout one, will be 250M fin, 1500M swim, 30 min run, and an EDT session. I will fit in other workouts when appropriate. Each “brick” will be different than the last or next, I will vary the intensity of the bricks from workout to workout.

## **Motivation**

I am not a motivational speaker so if you need help, read a book. For me it all comes down to this... I want to live life to its fullest. Here’s my motto: Life is like skiing. If you don’t wipe out every now and then, you are not trying hard enough.

## **Results**

My approximate results using this workout for Fall 2003 Phase II (which I never attended, moving to Spring 2004 Phase II)

Pull-ups: 20	Pushups: 85	Sit-ups: 85
Run: 21 min	Swim: 28 min (a technique issue, not conditioning)	

These numbers are really meaningless given the individual flexibility of the program. You should understand your numbers could vary greatly.

## **Giving Credit**

“Bricks” and the Ruck workouts--I learned from Capt Jack Dougherty, USMC

EDT—came from [Specialtactics.com](http://Specialtactics.com), unsure the exact person. (Thanks for the site TE)

Running:

Galloway, Jeff. “Galloway’s Book on Running”. 2<sup>nd</sup> Edition, 2002

I adapted the principles from this book to the swim workouts.

Of course: Sgt Nathaniel Morrison (a.k.a. Comrade, RKC). [Military Fitness Solutions](http://MilitaryFitnessSolutions.com)  
Thanks for your help to all up and comers.

To follow the links hold CTRL and then click with mouse. If I left you out I am sorry.

**NEVER QUIT!**

**Week 1 (Dec. 14-20)** Dates are for my use only

WATER CON:

(done two/three times weekly)

Underwaters: 1

Practice Eggbeater

Mask & Snorkel Recovery 10M

FINNING:

250M

250M

250M

SWIM:

1500M Timed

2000M LSD

1000M Sprints

1500M Self Pace

RUNNING:

25 min

Intervals (6x 400M @ 1:30 pace)

3 mi

4 mi

MUSCULAR ENDURANCE:

EDT

EDT

EDT

EDT

KB

KB

**NEVER QUIT!**

**Week 2 (Dec 21-27)** Dates are for my use only

Water Con:

(done two/three times weekly):

Underwaters 1

Practice Eggbeater

Mask & Snorkel Recovery 10M

FINNING:

500M

500M

500M

SWIM: (1500M minimum)

1500M Timed

2000M LSD

1000M Sprints

1500M Self Pace

RUNNING:

30 min

Intervals (8x 400M @ 1:30 pace)

3 mi

4.5 mi

MUSCULAR ENDURANCE:

EDT

EDT

EDT

EDT

KB

KB

**NEVER QUIT!**

**Week 3 (Dec 28-Jan 3)** Dates are for my use only

Water Con:

(done two/three times weekly):

Underwaters 2 on the 3 min

Practice Eggbeater

Mask & Snorkel Recovery 15M

FINNING:

500M

500M

500M

SWIM: (1750M minimum)

1500M Timed

2250M LSD

1000M Sprints

1500M Self Pace

RUNNING:

30 min

Intervals (9x 400M @ 1:30 pace)

3 mi

5.5 mi

MUSCULAR ENDURANCE:

EDT

EDT

EDT

EDT

KB

KB

KB

**NEVER QUIT!**

**Week 4 (Jan 4-10)** Dates are for my use only

Water Con:

(done two/three times weekly):

Underwaters 2 on the 3 min

Eggbeater 5 sets of :15

Mask & Snorkel Recovery 15M

FINNING:

750M

750M

750M

SWIM: (1750M minimum)

1500M Timed

2500M LSD

1200M Sprints

1500M Self Pace

RUNNING:

31 min

Intervals (10x 400M @ 1:30 pace)

3 mi

6 mi

MUSCULAR ENDURANCE:

EDT

EDT

EDT

EDT

KB

KB

KB

RUCK MARCH:

30lbs for 3 miles

**NEVER QUIT!**

**Week 5 (Jan 11-17)** Dates are for my use only

Water Con:

(done two/three times weekly):

Underwaters 3 on the 3 min

Eggbeater 5 sets of :30

Mask & Snorkel Recovery 15M

Drownproofing

Miscellaneous

FINNING:

750M

750M

750M

SWIM: (2000M minimum)

1500M Timed

2500M LSD

1200M Sprints

1500M Self Pace

RUNNING:

33 min

Intervals (11x 400M @ 1:30 pace)

3 mi

6.5 mi

MUSCULAR ENDURANCE:

EDT

EDT

EDT

EDT

KB

KB

KB

RUCK MARCH:

30lbs for 3 miles

**NEVER QUIT!**



**Week 6 (Jan 18-24)** Dates are for my use only

Water Con:

(done two/three times weekly):

Underwaters 3 on the 3 min

Eggbeater 5 sets of: 45

Mask & Snorkel Recovery 20M

Drownproofing

Miscellaneous

FINNING:

1000M

1000M

1000M

SWIM: (2000M minimum)

1500M Timed

2750M LSD

1300M Sprints

1500M Self Pace

RUNNING:

35 min

Intervals (12x 400M @ 1:30 pace)

3 mi

7.5 mi

MUSCULAR ENDURANCE:

EDT

EDT

EDT

EDT

KB

KB

KB

RUCK MARCH:

40lbs for 4 miles

**NEVER QUIT!**

**Week 7 (Jan 25-31)** Dates are for my use only

**EASY WEEK**

Water Con:

(done two/three times weekly):

Underwaters 4 on the 3 min

Eggbeater 5 sets of 1:00

Mask & Snorkel Recovery 20M

SWIM:

750M

750M

FINNING:

500M

500M

RUNNING:

36 min

8 mi

MUSCULAR ENDURANCE:

Easy EDT

Easy EDT

**NEVER QUIT!**

**Week 8 (Feb 1-7)** Dates are for my use only

Water Con:

(done two/three times weekly):

Underwaters 4 on the 3 min

Eggbeater 5 sets of 1:15

Mask & Snorkel Recovery 20M

FINNING:

1000M

1000M

1000M

SWIM: (2250M minimum)

1500M Timed

2750M LSD

1300M Sprints

1500M Self Pace

RUNNING:

35 min

Intervals (13x 400M @ 1:30 pace)

3 mi

8.5 mi

MUSCULAR ENDURANCE:

EDT

EDT

EDT

EDT

KB

KB

KB

KB

RUCK MARCH:

40lbs for 4 miles

**NEVER QUIT!**

**Week 9 (Feb 8-14)** Dates are for my use only

Water Con:

(done two/three times weekly):

Underwaters 5 on the 3 min

Eggbeater 5 sets of 1:30

Mask & Snorkel Recovery 25M

FINNING:

1250M

1250M

1250M

SWIM: (2500M minimum)

1500M Timed

3000M LSD

1400M Sprints

1500M Self Pace

RUNNING:

38 min

Intervals (14x 400M @ 1:30 pace)

3 mi

9 mi

MUSCULAR ENDURANCE:

EDT

EDT

EDT

EDT

KB

KB

KB

KB

RUCK MARCH:

50lbs for 5 miles

**NEVER QUIT!**

**Week 10 (Feb 15-21)** Dates are for my use only

Water Con:

(done two/three times weekly):

Underwaters 5 on the 2.5 min

Eggbeater 5 sets of 1:45

Mask & Snorkel Recovery 25M

FINNING:

1250M

1250M

1250M

SWIM: (2500M minimum)

1500M Timed

3250M LSD

1400M Sprints

1500M Self Pace

RUNNING:

38 min

Intervals (16x 400M @ 1:30 pace)

3 mi

5K Race

MUSCULAR ENDURANCE:

EDT

EDT

EDT

EDT

KB

KB

KB

KB

RUCK MARCH:

60lbs for 6 miles

**NEVER QUIT!**

**Week 11 (Feb 22-28)** Dates are for my use only

Water Con:

(done two/three times weekly):

Underwaters 5 on the 2 min

Eggbeater 5 sets of 2:00

Mask & Snorkel Recovery 25M

Drownproofing

Miscellaneous

FINNING:

1500M

1500M

1500M

SWIM: (3000M minimum)

1500M Timed

3500M LSD

1500M Sprints

1500M Self Pace

RUNNING:

40 min

Intervals (17x 400M @ 1:30 pace)

3 mi

10 mi

MUSCULAR ENDURANCE:

EDT

EDT

EDT

EDT

KB

KB

KB

KB

RUCK MARCH:

70lbs for 7 miles

**NEVER QUIT!**

**Week 12 (Feb 29-Mar 6)** Dates are for my use only

Water Con:

(done two/three times weekly):

Underwaters-Push yourself

Eggbeater 5 sets of 2:00

Mask & Snorkel Recovery 25M

Drownproofing

Miscellaneous

FINNING:

1500M

1500M

1500M

SWIM: (2500M minimum)

1500M Timed

3500M LSD

1500 Sprints

1500M Self Pace

RUNNING:

40 min

Intervals (18x 400M @ 1:30 pace)

3 mi

10 mi

MUSCULAR ENDURANCE:

EDT

EDT

EDT

EDT

KB

KB

KB

KB

RUCK MARCH:

80lbs for 8 miles

**NEVER QUIT!**

**Week 13 (Mar 7-13)** Dates are for my use only

Water Con:

(done two/three times weekly):

Underwaters-Push yourself

Eggbeater 5 sets of 2:00

Mask & Snorkel Recovery 25M

Drownproofing

Miscellaneous

FINNING:

1500M

1500M

1500M

SWIM: (2500M minimum)

1500M Timed

2000M Self Pace

1500M Self Pace

RUNNING:

20 min

Intervals (8x 400M @ 1:30 pace)

3 mi

10K Race

MUSCULAR ENDURANCE:

EDT

EDT

EDT

KB

KB

KB

**NEVER QUIT!**



**Week 14 (Mar 14-19)** Dates are for my use only

Rest, Relax, Recovery, and Travel to FL for Phase II. NEVER QUIT!

**NEVER QUIT!**

**NEVER QUIT!**