

United States Marshals Service Academy

Physical Preparation Program



United States Marshals Service

Training Division, National Training Academy

Authors:

Jonathan Cushner MS, CSCS, TSAC-F

Ryan Jernstrom CSCS, TSAC-F

Stuart Kimball LAT, ATC

Purpose

The United States Marshals Service Preparation Program prepares future candidates for the physical demands of both the academy and life as a future deputy. This program presumes that you have been medically cleared for participation and have the ability to pass the [Physical Efficiency Battery](#).

Within this package you will find a strength and conditioning program that adheres to science backed progression and methodologies intended to enhance physical performance while also reducing the likelihood of musculoskeletal injuries.

Medical Disclaimer:

Prior to starting this packet, you should receive clearance from a medical provider.

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Program Overview

The responsibilities of a strength and conditioning coach are broken down into two key components.

1.) Reduce the likelihood of musculoskeletal injuries.

2.) Increase physical performance and overall readiness.

As you await your start date at the USMS National Training Academy, it is a vital time to start training like a tactical athlete. A **tactical athlete** is an individual who needs to be exceptionally well rounded, for their playing field can be life or death. This resource is designed to better prepare you for the rigors of the USMS National Training Academy and a career with the USMS. By following this resource, you should not have to question your body's abilities when the Training Cadre place you in training situations.

To accomplish this, the program within this package is broken down into 5 basic movement patterns.

1.) Knee Flexion

2.) Hip Hinge

3.) Push (vertical and horizontal)

4.) Pull (vertical and horizontal)

5.) Core stability

In addition to these movement patterns, proper conditioning protocols will also be strategically placed within the training program. The conditioning protocols are designed to maximize your performance utilizing the body's energy systems.

The training program will be broken down into 3 block phases spanning 12 weeks.

1.) Phase 1: Hypertrophy

- a. Muscle growth and movement familiarization

2.) Phase 2: Strength

- a. Ability to exert force

3.) Phase 3: Power/Peaking

- a. Time rate of doing work or exerting force

It is important for you to use the **warmup, load, volume, and intensity** prescription as well as rest day protocols for proper progression

1.) Warmup

- a. Identify movement deficiencies
- b. Prepare the body for movement

2.) Load

- a. Amount of weight assigned to an exercise set (Haff, 2016).

3.) Volume

- a. Total amount of weight lifted in a training session (Haff, 2016).
- b. Set x Rep x Weight

4.) Intensity

- a. Effort expended during a training session (Haff, 2016).

Reminder

Candidates are expected to perform like tactical athletes. Neglecting the suggested training protocols in any capacity may hinder successful progression at the USMS National Training Academy.

Training Program

Warmup:

USMS Warmup/ Prep

Created By: Jonathan Cushner, MS, CSCS, TSAC-F

Monday	Wednesday	Friday								
<p>Warm-Up</p> <ul style="list-style-type: none"> BW Squat Lunge w/ Twist Reverse Lunge w/ Reach Quad Toe Touch Toy Soldier Cross Body Soldier Glute To Side Lunge 45* Lunge YTA 10x10x10 <p>Fast Temp</p> <ul style="list-style-type: none"> Shuffle Build Up x 3 Backward Run x2 	<p>Warm-Up</p> <ul style="list-style-type: none"> BW Squat Knee Hug Rev Lunge Quad Toe Touch Alt Side Lunge Toy Solder Cross Toy Soldier 45* Lunge YTA 10x10x10 <p>Fast Temp</p> <ul style="list-style-type: none"> Build Up x 3 Backward Run x 2 Pushup-Start x2 Shuffle x2 	<p>Warm-Up</p> <ul style="list-style-type: none"> BW Squat Lunge w/ Twist Rev Lunge Quad Toe Touch Toy Soldier Cross Body Soldier Glute To Side Lunge 45* Lunge YTA 10x10x10 <p>Fast Temp</p> <ul style="list-style-type: none"> Shuffle Build Up x 3 Backward Run x2 								
<p>Plyo</p> <ul style="list-style-type: none"> Vertical Jump 3x5 Broad Jump 2x 10M 	<p>Neuro</p> <ul style="list-style-type: none"> Wall Jumps x 15sec Forward /Back Hops x15sec Side to Side Hops x 15sec 180deg Jumps x 15sec 	<p>Plyo</p> <ul style="list-style-type: none"> Vertical Jump 3x5 Broad Jump 2x 10M Power Lateral 2x5each <p>Post Workout Finisher</p> <table border="0"> <tr> <td>Burpees x10</td> <td>x4</td> </tr> <tr> <td>Lunges x10each</td> <td>x4</td> </tr> <tr> <td>High Knees x10ea</td> <td>x4</td> </tr> <tr> <td>Jumping Jacks x25</td> <td>X1</td> </tr> </table>	Burpees x10	x4	Lunges x10each	x4	High Knees x10ea	x4	Jumping Jacks x25	X1
Burpees x10	x4									
Lunges x10each	x4									
High Knees x10ea	x4									
Jumping Jacks x25	X1									

Training Program

Phase 1:

USMS Physical Preparation Program									
Phase 1									
Author: Jonathan Cushner MS, CSCS, TSAC-F, Ryan Jernstrom CSCS, TSAC-F									
Name:									
Week 1									
Monday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Goblet Squat	pause	10	pause	10	pause	10		10	60 seconds
2A.) Pushups		10		10		10		10	
2B.) Invert Row	pause	10	pause	10	pause	10	pause	10	120 seconds
3A.) Kettlebell Reverse Lunge		6ea		6ea		6ea			
3B.) Med Ball Slam	10		10		10				60-120 seconds
4A.) Plank	30 seconds		30 seconds		30 seconds				
4B.) 400m Run		Lap		Lap		Lap			Lap Time = Rest Time
Wednesday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Banded Pushups		10		10		10			
1B.) Single Arm Dumbbell Row		10ea		10ea		10ea			
1C.) Forward Lunge		6ea		6ea		6ea			90 seconds
2A.) Pull Ups		5		5		5			
2B.) Plate Crunches		20		20		20			60-120 seconds
3A.) Planks	30 seconds		30 seconds		30 seconds				
3B.) Farmers WALK		50m		50m		50m			Lap Time = Rest Time
Friday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Deadlift		5		5		5		5	120 seconds
2A.) Split Squat		6ea		6ea		6ea			
2B.) Barbell Overhead Press		10		10		10			60-120 seconds
3A.) Hang Rev Crunch		15		15		15			
3B.) Glute Ham Raise		10		10		10			60-120 seconds
4A.) Arm Complex	10x10		10x10		10x10				
4B.) Med Ball Side Slams	5x5		5x5		5x5				60 seconds

USMS Physical Preparation Program

Phase 1

Author: Jonathan Cushner MS, CSCS, TSAC-F, Ryan Jernstrom CSCS, TSAC-F

Name:

Week 2

Monday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Goblet Squat	pause	10	pause	10	pause	10		10	60-120 seconds
2A.) Pushups		10		10		10		10	
2B.) Invert Row	pause	10	pause	10	pause	10	pause	10	60-120 seconds
3A.) Kettlebell Reverse Lunge		6ea		6ea		6ea		6ea	
3B.) Med Ball Slam	10		10		10		10		60-120 seconds
4A.) Plank	30 seconds		30 seconds		30 seconds		30 seconds		
4B.) 400m Run		Lap		Lap		Lap		Lap	Lap Time = Rest Time
Wednesday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Banded Pushups		10		10		10		10	
1B.) Single Arm Dumbbell Row		10ea		10ea		10ea		10ea	
1C.) Forward Lunge		6ea		6ea		6ea		6ea	90 seconds
2A.) Pull Ups		5		5		5		5	
2B.) Plate Crunches		20		20		20		20	45 seconds
3A.) Planks	30 seconds		30 seconds		30 seconds		30 seconds		
3B.) Farmers WALK		50m		50m		50m		50m	Lap Time = Rest Time
Friday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Deadlift		5		5		5		5	120 seconds
2A.) Split Squat		6ea		6ea		6ea		6ea	
2B.) Barbell Overhead Press		10		10		10		10	60-120 seconds
3A.) Hang Rev Crunch		15		15		15		15	
3B.) Glute Ham Raise		10		10		10		10	60-120 seconds
4A.) Arm Complex	10x10		10x10		10x10		10x10		
4B.) Med Ball Side Slams	5x5		5x5		5x5		5x5		60 seconds

USMS Physical Preparation Program

Phase 1

Author: Jonathan Cushner MS, CSCS, TSAC-F, Ryan Jernstrom CSCS, TSAC-F

Name:

Week 3

Monday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Goblet Squat	pause	10	pause	10	pause	10		10	60-120 seconds
2A.) Pushups		10		10		10		10	
2B.) Invert Row	pause	10	pause	10	pause	10	pause	10	60-120 seconds
3A.) Kettlebell Reverse Lunge		6ea		6ea		6ea		6ea	
3B.) Med Ball Slam		10		10		10		10	60 seconds
4A.) Plank		30 seconds		30 seconds		30 seconds		30 seconds	
4B.) 400m Run		Lap		Lap		Lap		Lap	Lap Time = Rest Time
Wednesday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Banded Pushups		10		10		10		10	
1B.) Single Arm Dumbbell Row		10ea		10ea		10ea		10ea	
1C.) Forward Lunge		6ea		6ea		6ea		6ea	90 seconds
2A.) Pull Ups		5		5		5		5	
2B.) Plate Crunches		20		20		20		20	60 seconds
3A.) Planks		30 seconds		30 seconds		30 seconds		30 seconds	
3B.) Farmers WALK		50m		50m		50m		50m	Lap Time = Rest Time
Friday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Deadlift		5		5		5		5	120 seconds
2A.) Split Squat		6ea		6ea		6ea		6ea	
2B.) Barbell Overhead Press		10		10		10		10	60-120 seconds
3A.) Hang Rev Crunch		15		15		15		15	
3B.) Glute Ham Raise		10		10		10		10	60 seconds
4A.) Arm Complex		10x10		10x10		10x10		10x10	
4B.) Med Ball Side Slams		5x5		5x5		5x5		5x5	60-120 seconds

USMS Physical Preparation Program

Phase 1

Author: Jonathan Cushner MS, CSCS, TSAC-F, Ryan Jernstrom CSCS, TSAC-F

Name:

Week 4

Monday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Back Squat	pause	10	pause	10	pause	10		10	120 seconds
2A.) Pushups		10		10		10		10	
2B.) Invert Row	pause	10	pause	10	pause	10	pause	10	60-120 seconds
3A.) Kettlebell Reverse Lunge		6ea		6ea		6ea		6ea	
3B.) Med Ball Slam		10		10		10		10	60 seconds
4A.) Plank		30 seconds		30 seconds		30 seconds		30 seconds	
4B.) 400m Run		Lap		Lap		Lap		Lap	Lap Time = Rest Time
Wednesday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Banded Pushups		10		10		10		10	
1B.) Single Arm Dumbbell Row		10ea		10ea		10ea		10ea	
1C.) Forward Lunge		6ea		6ea		6ea		6ea	90 seconds
2A.) Pull Ups		5		5		5		5	
2B.) Plate Crunches		20		20		20		20	60 seconds
3A.) Planks		30 seconds		30 seconds		30 seconds		30 seconds	
3B.) Farmers WALK		50m		50m		50m		50m	Lap Time = Rest Time
Friday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Deadlift		5		5		5		5	120 seconds
2A.) Split Squat		6ea		6ea		6ea		6ea	
2B.) Barbell Overhead Press		10		10		10		10	60-120 seconds
3A.) Hang Rev Crunch		15		15		15		15	
3B.) Glute Ham Raise		10		10		10		10	60 seconds
4A.) Arm Complex		10x10		10x10		10x10		10x10	
4B.) Med Ball Side Slams		5x5		5x5		5x5		5x5	45 seconds

Training Program

Phase 2:

USMS Physical Preparation Program									
Phase 2									
Author: Jonathan Cushner MS, CSCS, TSAC-F, Ryan Jernstrom CSCS, TSAC-F									
Name:									
Week 5									
Monday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Back Squat	pause	5	pause	5	pause	5		5	120 seconds
2A.) Barbell Flat Bench		5		5		5		5	
2B.) Dumbbell Single Arm Row	pause	6ea	pause	6ea	pause	6ea	pause	6ea	120 seconds
3A.) Front Foot Elevated Reverse Lunge		6ea		6ea		6ea		6ea	
3B.) Pushups	20		20		20				60 seconds
4A.) Plank	60 seconds		60 seconds		60 seconds				
4B.) 500 Meter Row		Row		Row		Row			Lap Time = Rest Time
Wednesday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Overhead Press		5		5		5		5	120 seconds
2A.) Chest Supported Row	pause	10	pause	10		10		10	
2B.) Kettlebell Step Up		6ea		6ea		6ea		6ea	120 seconds
3A.) Pull Ups		6+		6+		6+		6+	
3B.) Plate Crunches		30		30		30		30	60-120 seconds
4A.) Shoulder Taps	30 seconds		30 seconds		30 seconds		30 seconds		
4B.) Farmers WALK		100m		100m		100m		100m	Lap Time = Rest Time
Friday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Deadlift		5		5		5		5	120 seconds
2A.) Sandbag Lunge		10ea		10ea		10ea		10ea	
2B.) Pushups		20		20		20		20	60-120 seconds
3A.) Kettlebell Swings		15		15		15		15	
3B.) Med Ball Slams		15		15		15		15	60-120 seconds
4A.) Arm Complex	10x10		10x10		10x10				
4B.) Med Ball Side Slams	5x5		5x5		5x5				60 seconds

USMS Physical Preparation Program

Phase 2

Author: Jonathan Cushner MS, CSCS, TSAC-F, Ryan Jernstrom CSCS, TSAC-F

Name:

Week 6

Monday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Back Squat	pause	5	pause	5		5		5	120 seconds
2A.) Barbell Flat Bench		5		5		5		5	
2B.) Dumbbell Single Arm Row	pause	6ea	pause	6ea	pause	6ea	pause	6ea	120 seconds
3A.) Front Foot Elevated Reverse Lunge		6ea		6ea		6ea		6ea	
3B.) Pushup	20		20		20		20		60 seconds
4A.) Plank	60 seconds		60 seconds		60 seconds		60 seconds		
4B.) 500 Meter Row		Lap		Lap		Lap		Lap	Lap Time = Rest Time
Wednesday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Overhead Press		5		5		5		5	120 seconds
2A.) Chest Supported Row	pause	10	pause	10		10		10	
2B.) Kettlebell Step Up		6ea		6ea		6ea		6ea	120 seconds
3A.) Pull Ups		6+		6+		6+		6+	
3B.) Plate Crunches		30		30		30		30	60-120 seconds
4A.) Shoulder Taps	30 seconds		30 seconds		30 seconds		30 seconds		
4B.) Farmers WALK		100m		100m		100m		100m	Lap Time = Rest Time
Friday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Deadlift		5		5		5		5	120 seconds
2A.) Sandbag Lunge		10ea		10ea		10ea		10ea	
2B.) Pushups		20		20		20		20	60-120 seconds
3A.) Kettlebell Swing		15		15		15		15	
3B.) Med Ball Slams		15		15		15		15	60-120 seconds
4A.) Arm Complex	10x10		10x10		10x10		10x10		
4B.) Med Ball Side Slams		5x5		5x5		5x5		5x5	45 seconds

USMS Physical Preparation Program

Phase 2

Author: Jonathan Cushner MS, CSCS, TSAC-F, Ryan Jernstrom CSCS, TSAC-F

Name:

Week 7

Monday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Back Squat		5		5		5		5	120 seconds
2A.) Barbell Flat Bench		5		5		5		5	
2B.) Dumbbell Single Arm Row	pause	6ea	pause	6ea	pause	6ea	pause	6ea	120 seconds
3A.) Front Foot Elevated Reverse Lunge		6ea		6ea		6ea		6ea	
3B.) Pushups	20		20		20				60 seconds
4A.) Plank	60sec		60sec		60sec				
4B.) 250 Meter Row		Row		Row		Row			Lap Time = Rest Time
Wednesday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Overhead Press		5		5		5		5	120 seconds
2A.) Chest Supported Row	pause	10	pause	10		10		10	
2B.) Kettlebell Step Up		6ea		6ea		6ea		6ea	120 seconds
3A.) Pull Ups		6+		6+		6+		6+	
3B.) Plate Crunches		30		30		30		30	60-120 seconds
4A.) Shoulder Taps	30sec		30sec		30sec		30sec		
4B.) Farmers WALK		100m		100m		100m		100m	Lap Time = Rest Time
Friday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Deadlift		5		5		5		5	120 seconds
2A.) Sandbag Lunge		10ea		10ea		10ea		10ea	
2B.) Pushups		20		20		20		20	60-120 seconds
3A.) Kettlebell Swings		15		15		15		15	
3B.) Med Ball Slams		15		15		15		15	60-120 seconds
4A.) Arm Complex	10x10		10x10		10x10				
4B.) Med Ball Side Slams		5x5		5x5		5x5			60 seconds

USMS Physical Preparation Program

Phase 2

Author: Jonathan Cushner MS, CSCS, TSAC-F, Ryan Jernstrom CSCS, TSAC-F

Name:

Week 8

Monday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Back Squat		5		5		5		5	120 seconds
2A.) Barbell Flat Bench		5		5		5		5	
2B.) Dumbbell Single Arm Row	pause	6ea	pause	6ea	pause	6ea	pause	6ea	120 seconds
3A.) Front Foot Elevated Reverse Lunge		6ea		6ea		6ea		6ea	
3B.) Pushups	20		20		20				60 seconds
4A.) Plank		60sec		60sec		60sec			
4B.) 250 Meter Row		Row		Row		Row			Lap Time = Rest Time
Wednesday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Overhead Press		5		5		5		5	120 seconds
2A.) Chest Supported Row	pause	10	pause	10		10		10	
2B.) Kettlebell Step Up		6ea		6ea		6ea		6ea	120 seconds
3A.) Pull Ups		6+		6+		6+		6+	
3B.) Plate Crunches		30		30		30		30	60-120 seconds
4A.) Shoulder Taps		30sec		30sec		30sec		30sec	
4B.) Farmers WALK		100M		100M		100M		100M	Lap Time = Rest Time
Friday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Deadlift		5		5		5		5	120 seconds
2A.) Sandbag Lunge		10ea		10ea		10ea		10ea	
2B.) Pushups		20		20		20		20	60-120 seconds
3A.) Kettlebell Swings		15		15		15		15	
3B.) Med Ball Slams		15		15		15		15	60-120 seconds
4A.) Arm Complex		10x10		10x10		10x10			
4B.) Med Ball Side Slams		5x5		5x5		5x5			60 seconds

Training Program

Phase 3:

USMS Physical Preparation Program									
Phase 3									
Author: Jonathan Cushner MS, CSCS, TSAC-F, Ryan Jernstrom CSCS, TSAC-F									
Name:									
Week 9									
Monday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Back Squat		2		2		2		2	120 seconds
2A.) Pushups	60 sec		60 sec		60 sec				
2B.) Broad Jumps		20m		20m		20m			60-90 seconds
3A.) Walking Lunges		50m		50m		50m			
3B.) Sit Ups	60 sec		60 sec		60 sec				60-90 seconds
4A.) Plank	60sec		60sec		60sec				
4B.) 250 Meter Row		Row		Row		Row			Lap Time = Rest Time
Wednesday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Deadlift		2		2		2			120 seconds
2A.) Barbell Flat Bench		2		2		2			
2B.) Barbell Bent Over Row		10		10		10			120 seconds
3A.) Pull Ups		6+		6+		6+			
3B.) Sled Push		50m		50m		50m			
3C.) Farmer Walk		50m		50m		50m			60 seconds
Friday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Pushups	60 sec		60 sec		60 sec				
1B.) Sandbag Lunge		50m		50m		50m			
1C.) KB Swing		20		20		20			60 seconds
800m							Total Distance (2.0 Miles) Work to rest Ratio 1:1		
800m									
800m									
800m									

USMS Physical Preparation Program

Phase 3

Author: Jonathan Cushner MS, CSCS, TSAC-F, Ryan Jernstrom CSCS, TSAC-F

Name:

Week 10										
Monday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME	REST TIME
1A.) Barbell Back Squat		2		2		2		2	120 seconds	
2A.) Pushups	60 sec		60 sec		60 sec		60 sec			
2B.) Broad Jumps		20m		20m		20m		20m	60-90 seconds	
3A.) Walking Lunges		50m		50m		50m		50m		
3B.) Sit Ups	60 sec		60 sec		60 sec		60 sec		60-90 seconds	
4A.) Plank	60sec		60sec		60sec		60sec			
4B.) 250 Meter Row		Row		Row		Row			Lap Time = Rest Time	
Wednesday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME	
1A.) Barbell Deadlift		2		2		2		2	120 seconds	
2A.) Barbell Flat Bench		2		2		2		2		
2B.) Barbell Bent Over Row		10		10		10		10	120 seconds	
3A.) Pull Ups		6+		6+		6+		6+		
3B.) Sled Push		50m		50m		50m		50m		
3C.) Farmer Walk		50m		50m		50m		50m	60 seconds	
Friday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME	
1A.) Pushups	60 sec		60 sec		60 sec		60 sec			
1B.) Sandbag Lunge		50m		50m		50m		50m		
1C.) KB Swing		20		20		20		20	60 seconds	
800m									Total Distance (2.0 Miles) Work to rest Ratio 1:1	
800m										
800m										
800m										

USMS Physical Preparation Program

Phase 3

Author: Jonathan Cushner MS, CSCS, TSAC-F, Ryan Jernstrom CSCS, TSAC-F

Name:

Week 11									
Monday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Back Squat		2		2		2		2	120 seconds
2A.) Pushups	60 sec		60 sec		60 sec		60 sec		
2B.) Broad Jumps		20m		20m		20m		20m	60-90 seconds
3A.) Walking Lunges		50m		50m		50m		50m	
3B.) Sit Ups	60 sec		60 sec		60 sec		60 sec		60-90 seconds
4A.) Plank	60sec		60sec		60sec		60sec		
4B.) 500 Meter Row		Row		Row		Row			Lap Time = Rest Time
Wednesday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Deadlift		2		2		2		2	120 seconds
2A.) Barbell Flat Bench		2		2		2		2	
2B.) Barbell Bent Over Row		10		10		10		10	120 seconds
3A.) Pull Ups		6+		6+		6+		6+	
3B.) Sled Push		50m		50m		50m		50m	
3C.) Farmer Walk		50m		50m		50m		50m	60 seconds
Friday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Pushups	60 sec		60 sec		60 sec		60 sec		
1B.) Sandbag Lunge		50m		50m		50m		50m	
1C.) KB Swing		20		20		20		20	60 seconds
800m									Total Distance (2.0 Miles) Work to rest Ratio 1:1
800m									
800m									
800m									

USMS Physical Preparation Program

Phase 3

Author: Jonathan Cushner MS, CSCS, TSAC-F, Ryan Jernstrom CSCS, TSAC-F

Name:

Week 12									
Monday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Back Squat		2		2		2		2	120 seconds
2A.) Pushups	60 sec		60 sec		60 sec		60 sec		
2B.) Broad Jumps		20m		20m		20m		20m	60-90 seconds
3A.) Walking Lunges		50m		50m		50m		50m	
3B.) Sit Ups	60 sec		60 sec		60 sec		60 sec		60-90 seconds
4A.) Plank	60sec		60sec		60sec		60sec		
4B.) 500 Meter Row		Row		Row		Row			Lap Time = Rest Time
Wednesday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Barbell Deadlift		2		2		2		2	120 seconds
2A.) Barbell Flat Bench		2		2		2		2	
2B.) Barbell Bent Over Row		10		10		10		10	120 seconds
3A.) Pull Ups		6+		6+		6+		6+	
3B.) Sled Push		50m		50m		50m		50m	
3C.) Farmer Walk		50m		50m		50m		50m	60 seconds
Friday	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	REST TIME
1A.) Pushups	60 sec		60 sec		60 sec		60 sec		
1B.) Sandbag Lunge		50m		50m		50m		50m	
1C.) KB Swing		20		20		20		20	60 seconds
800m									Total Distance (2.0 Miles) Work to rest Ratio 1:1
800m									
800m									
800m									

Conditioning Phase 1

USMS Training Conditioning Option

Created: Jonathan Cushner MS, CSCS, TSAC-F

Week 1

Week 3

Day 1	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
400m			1	Total Distance: (1.5M) Total Time: (xx: xx)			
400m			1				
800m			1				
800m			1				
1:1 Work/Rest							
Day 2	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
400m			1	Total Distance: (1.5M) Total Time: (xx: xx)			
400m			1				
800m			1				
800m			1				
1:1 Work/Rest							

Day 1	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
400m			1	Total Distance: (1.5M) Total Time: (xx:xx)			
400m			1				
800m			1				
800m			1				
1:1 Work/Rest							
Day 2	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
400m			1	Total Distance: (1.5M) Total Time: (xx:xx)			
400m			1				
800m			1				
800m			1				
1:1 Work/Rest							

Week 2

Week 4

Day 1	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
400m			1	Total Distance: (1.5M) Total Time: (xx:xx)			
400m			1				
800m			1				
800m			1				
1:1 Work/Rest							
Day 2	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
400m			1	Total Distance: (1.5M) Total Time: (xx: xx)			
400m			1				
800m			1				
800m			1				
1:1 Work/Rest							

Day 1	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
400m			1	Total Distance: (1.5M) Total Time: (xx:xx)			
400m			1				
800m			1				
800m			1				
1:1 Work/Rest							
Day 2	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
400m			1	Total Distance: (1.5M) Total Time: (xx:xx)			
400m			1				
800m			1				
800m			1				
1:1 Work/Rest							

Conditioning Phase 2

USMS Training Conditioning Option

Created: Jonathan Cushner MS, CSCS, TSAC-F

Week 5

Week 7

Day 1	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
400m			1	Total Distance: (1.5M) Total Time: (xx:xx)			
400m			1				
800m			1				
800m			1				
1:1 Work/Rest							
Day 2	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
400m			1	Total Distance: (1.5M) Total Time: (xx:xx)			
400m			1				
800m			1				
800m			1				
1:1 Work/Rest							

Day 1	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
800m			1	Total Distance: (2.0M) Total Time: (xx:xx)			
800m			1				
800m			1				
800m			1				
1:1 Work/Rest							
Day 2	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
800m			1	Total Distance: (2.0M) Total Time: (xx:xx)			
800m			1				
800m			1				
800m			1				
1:1 Work/Rest							

Week 6

Week 8

Day 1	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
400m			1	Total Distance: (1.5M) Total Time: (xx:xx)			
400m			1				
800m			1				
800m			1				
1:1 Work/Rest							
Day 2	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
400m			1	Total Distance: (1.5M) Total Time: (xx:xx)			
400m			1				
800m			1				
800m			1				
1:1 Work/Rest							

Day 1	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
800m			1	Total Distance: (2.0M) Total Time: (xx:xx)			
800m			1				
800m			1				
800m			1				
1:1 Work/Rest							
Day 2	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
800m			1	Total Distance: (2.0M) Total Time: (xx:xx)			
800m			1				
800m			1				
800m			1				
1:1 Work/Rest							

Conditioning Phase 3

USMS Training Conditioning Option

Created: Jonathan Cushner MS, CSCS, TSAC-F

Week 9

Week 11

Day 1	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
1200m			1	Total Distance: (1.5M) Total Time: (xx:xx)			
1200m			1				
1:1 Work/Rest							

Day 1	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
2400m			1	Total Distance: (1.5M) Total Time: (xx:xx)			
1:1 Work/Rest							

Week 10

Week 12

Day 1	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
1200m			1	Total Distance: (1.5M) Total Time: (xx:xx)			
1200m			1				
1:1 Work/Rest							

Day 1	Time	Wt.	Reps	Wt.	Reps	Wt.	Reps
2400m			1	Total Distance: (1.5M) Total Time: (xx:xx)			
1:1 Work/Rest							

Recovery Overview

Adaptation is the increase in resistance to a stressor. Training adaptation is the process of increasing the body's resistance to a stressor through the form of exercise.

As a result of the stress applied to the body following exercise, cellular waste accumulates within the body and can result in inflammation (swelling, redness, pain, warm tissue) or from micro-tears within tissue. (Prentice, 2016)

In an effort to continually progress and adapt while reducing the likelihood of musculoskeletal injuries, recovery techniques should be utilized.

Such techniques include performing a cool-down, stretching, foam rolling, proper nutrition and hydration, and appropriate sleep habits. (Prentice, 2016)

Cool-Down

A cool-down period allows the body to cool and return to a resting state. The type of cool-down performed is dependent upon the preceding activity. For example, you may reduce the RPMs on an assault bike every minute on the minute in efforts slowly and safely slow the heart rate.

Stretching & Mobility

Stretching can increase one's range of motion or flexibility. Range of motion is defined as the movement that occurs at a joint. Flexibility is defined as a measure of range of motion and has a static and dynamic component. Static flexibility is the

range of possible movement about a joint and its surrounding muscles during a passive movement. Dynamic flexibility refers to the available range of motion during active movements and therefore requires voluntary muscular actions. Note that dynamic stretching is sometimes referred to as mobility drills. (Haff, 2016).

Current sport medicine professionals recommend that static stretches should be held for 15 to 30 seconds for two to four repetitions at a time. (Houglum, 2016, 145) Both acute onset muscle soreness and delayed onset muscle soreness following exercise may be treated/reduced by stretching. (Prentice, 2016, 251)

Foam Rolling

Foam rolling is designed to improve body awareness, joint-position sense, enhance balance and proprioception, aid in muscle reduction, and promote flexibility and strength, and myofascial release (Houglum, 2016, 470).

Summary

All three of the previously stated methodologies decrease soreness associated with activity and increase blood flow. Ultimately aiding in removing the body's energy systems byproduct waste that limits recovery and performance (Prentice, 2016). Below is a head-to-toe program that can be utilized following activity as a recovery cooldown.

Recovery Options

Conduct no less than 10 of the following exercises. Hold each stretch position for 20 to 30 seconds. Perform entire routine 2-3 times.

- Pigeon Stretch
- Sleeper Stretch
- Cat/Camel
- Kneeling Lat Stretch
- Pec Opener
- Neck Flexion
- Neck Extension
- Straight Arm Behind Back
- Seated Lean-Back
- Triceps Behind the Neck Stretch

- Spinal Twist
(Pretzel)Supine
Knee Flex
- Half Kneel Hip
Flexor
- Side Quadriceps
Stretch
- Straddle
- Butterfly
- Calf Wall Stretch
- Forward Lunge with
Elbow to Instep
- Cross Arm in Front

Citations:

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3. Haff, G., & Triplett, N. T. (2016). Essentials of strength training and conditioning. Fourth edition. Champaign, IL: Human Kinetics.
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United States Marshals Service

Training Division, National Training Academy

Authors:

Jonathan Cushner MS, CSCS, TSAC-F
Ryan Jernstrom CSCS, TSAC-F
Stuart Kimball LAT, ATC