

Ironcenturion Fitness Plan



Ironcenturion Operations are designed to challenge you physically, mentally, and spiritually. This plan will provide you with some tips for success in the arena of physical adversity. The challenges you will face are primarily team based, but things will go a lot better if you show up physically prepared to support your brothers.

Physical fitness is a concept that reaches back to the culture of the Greek empire. Soldiers and athletes realized the value of discipline and practice in the movements and skills needed to succeed. Paul references these attributes in his first letter to the Corinthians:

"You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a medal that is temporary, but you're after an eternal reward."

The pillars of the Ironcenturion ethos are designed to call out the innate leadership abilities given to each man, and provide him with skills and a renewed confidence in his ability to sense and react to physical and spiritual danger. To do that, you need to prepare.

Preparation takes discipline. And in the moment, discipline "seems painful rather than pleasant." As men, we're often called to do unpleasant things. But training hard will allow you to outrun, outlast, and outmatch the enemy. Jesus walked the earth in a physical body, signifying the value of the physical body you've been given indeed, we are to "present [our] bodies as a living sacrifice, holy and acceptable to God." Your adversary "prowls like a lion, looking for someone to devour," but "the Lord trains my hands for war."

Starting programs like these is easy. Finishing is the hard part. Show up, don't quit, and adapt if necessary. Use a buddy for support do the workouts together, or share your daily progress by email or text message. Think about why you're doing this in the first place- want to succeed at Ironcenturion? Set an example for your kids? Look good naked? Be harder to kill? Find something that gets you moving. Lastly, sleep and eat like you mean it.

The plan outlined below will take six weeks to complete and is based roughly on the physical standards to pass U.S. Army Ranger Assessment and Selection- a crucible of leadership and physical challenge that forges some of the toughest fighting men on today's battlefield.

Now go do some pull-ups.

Legal Notice: You should consult a physician before starting this plan. Ironcenturion Ministries, Inc., their officers, and volunteers are not responsible for injuries (accidental or overtraining) obtained as a result of following this fitness guide.

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How it works: You'll need to commit a minimum of *three hours a week* to this plan. The days in **ORANGE** are required. The days in **GRAY** are suggested. The plan is designed to prepare you for any Ironcenturion event level. If you're just getting back into fitness, do what you can and gradually increase your level of activity. If you're already physically fit, aim to complete 4-6 workouts each week.

Stretching: Stretch the major muscle groups before each workout. Legs: calves, quads, hamstrings Upper body: lat + pec stretch

Required equipment:

- Pull-up bar
- Watch with timer function
- Something heavy to hit/carry

Optional equipment:

- GPS watch or fitness tracking smartphone app (makes tracking distance easier)
- Heart rate monitor (to calculate VO₂ max improvement)
- Cones to mark shuttle runs (can also use water bottles or other items)
- Foam roller (helps with stretching and recovery)

Definitions:

- **RPE:** rate of perceived exertion from 1-10. 1 is a leisurely walk on the beach, 10 is a full sprint at max heart rate. RPE 7-8 is a brisk run, but you're able to speak in short sentences. RPE 8-9 is a fast run where you can't speak more than 1-2 words at a time.
- **Upper body pyramid:** 1x pull-up, 2x pushups, 3x sit-ups = 1 set. Do 1 set, short rest, then 2 sets, short rest, then 3 sets, etc to reach your pull-up max, then work back down to 1 set. If 3 pull-ups is your max, you'll do a total of 9 pull-ups. If you work all the way up to 10 pull-ups and back down, you've completed 100 pull-ups, 200 pushups, and 300 sit-ups, because math.
- **Squat/lunge/calf:** bodyweight or loaded, but do all the reps. Lunges count both sides (i.e. 40 lunges = 20R, 20L). Calf raises are most effective if done off a raised edge- 2x4, door jam, sidewalk, etc.
- **Ruck:** brisk walk with a minimum of 35 lbs. in your backpack
- **Cross-train:** ride a bike, ultimate Frisbee, racquetball, etc. We're talking cumulative ACTIVE movement here - golfing and Pokemon GO are out (unless you run I guess).
- **Violent Nomad:** derivative of the Run-Fight-Run training philosophy to simulate fighting conditions. Punch an upright/hanging bag for prescribed time, run for prescribed distance, hit bag on ground, run, pick up the bag and carry it, run. Run should be as close to sprint as you can for that distance.

Ironcenturion Fitness Plan



Week 1

DAY 1

Ranger Physical Fitness Test (R-PFT) Day 1*:

- Max pushups in 2 min
- Max sit-ups in 2 min
- Max number of pull-ups in one set (hang rest)
- 2 mile run for time

Keep notes in the margins!

DAY 2

R-PFT Day 2*:

- 3 mile run for time

DAY 3

- 45 minute run or ruck @ RPE 6-7 **OR**
- Cross-train with 45 minutes of active movement

DAY 4

- Upper body pyramid to max pull-ups and back down
- 10/20/30 squat/lunge/calf
- 2x ½ mile run, rest 3 minutes between
- Upper body pyramid to max pull-ups and back down
- 10/20/30 squat/lunge/calf

DAY 5

Violent Nomad:

- 1 minute upright punches
- 1/2 mile run
- 1 minute ground punches
- 1/2 mile run

DAY 6

R-PFT Day 3*:

- 6 mile ruck for time
- Foam roll/stretch
- Rest

***Ranger Physical Fitness Test Standards (pass/fail):**

- | | |
|---------------------|-----------------------|
| - 49+ pushups | - 3 mile run <23:30 |
| - 59+ sit-ups | - 5 mile run <40:00 |
| - 6+ pull-ups | - 12 mile ruck <3 hrs |
| - 2 mile run <15:12 | |

Ironcenturion Fitness Plan



Week 2

DAY 1

- Upper body pyramid to max pull-ups
- 10/20/30 squat/lunge/calf
- 1/2 mile run for time

DAY 2

- 45 minute run or ruck @ RPE 6-7 **OR**
- Cross-train with 45 minutes of active movement

DAY 3

- Upper body pyramid to max pull-ups
- 15/30/45 squat/lunge/calf
- 15x 20 yds sprints every 30 seconds (the faster you go, the longer your break)

DAY 4

- 45 minute run or ruck @ RPE 6-7 **OR**
- Cross-train with 45 minutes of active movement

DAY 5

- Violent Nomad:**
- 1 minute upright punches
 - 1/2 mile run
 - 1 minute ground punches
 - 1/2 mile run
 - 1 min carry
 - 1/2 mile run

DAY 6

- Cross-train with 1 hour of active movement
- Foam roll/stretch
- Rest

King Leonidas was 60 when he fought at the battle of Thermopylae

Ironcenturion Fitness Plan



Week 3

DAY 1

- Upper body pyramid to max pull-ups
- 15/30/45 squat/lunge/calf
- 1/2 mile run for time

DAY 2

- 45 minute run or ruck @ RPE 6-7 **OR**
- Cross-train with 45 minutes of active movement

DAY 3

- Upper body pyramid to max pull-ups
- 20/40/50 squat/lunge/calf
- 20x 20 yds sprints every 30 seconds (the faster you go, the longer your break)

DAY 4

- 45 minute run or ruck @ RPE 6-7 **OR**
- Cross-train with 45 minutes of active movement

DAY 5

- Violent Nomad:**
- 1 minute upright punches
- 1/2 mile run
- 1 minute ground punches
- 1/2 mile run
- 1 min carry
- 1/2 mile run

DAY 6

- 75 minute run or ruck @ RPE 6-7 **OR**
- Cross-train with 75 minutes of active movement
- Foam roll/stretch
- Rest

Roman legionaries practiced with heavier weapons and shields so combat seemed easy

Ironcenturion Fitness Plan



Week 4

DAY 1

Ranger Physical Fitness Test (R-PFT) Day 1*:

- Max pushups in 2 min
- Max sit-ups in 2 min
- Max number of pull-ups in one set (hang rest)
- 2 mile run for time

DAY 2

- 60 minute run or ruck @ RPE 6-7 **OR**
- Cross-train with 60 minutes of active movement

DAY 3

- Upper body pyramid to max pull-ups and back down
- 20/40/50 squat/lunge/calf
- 3x ½ mile run, rest 3 minutes between each

DAY 4

R-PFT Day 2*:

- 3 mile run for time

DAY 5

Violent Nomad:

- 1.5 minute upright punches
- 1/2 mile run
- 1.5 minute ground punches
- 1/2 mile run
- 1.5 min carry
- 1/2 mile run

DAY 6

R-PFT Day 3*:

- 9 mile ruck for time
- Foam roll/stretch
- Rest

At ancient Greek gymnasiums the phrase "*Strip or Retire*" was hung above the doorway- meaning expend everything you've got or go home.
[We don't advocate exercising in the nude anymore.]

Ironcenturion Fitness Plan



Week 5

DAY 1	-Upper body pyramid to max pull-ups and back down - 25/40/50 squat/lunge/calf - 25x 20 yds sprint every 30 seconds
DAY 2	-45 minute run or ruck @ RPE 6-7 OR -cross-train with 45 minutes of active movement
DAY 3	-Upper body pyramid to max pull-ups and back down - 25/40/50 squat/lunge/calf - 3x ½ mile run, rest 3 minutes between
DAY 4	Ranger Physical Fitness Test*: -5-mile run for time
DAY 5	Violent Nomad: -1.5 minute upright punches -1/2 mile run -1.5 minute ground punches -1/2 mile run -1.5 min carry -1/2 mile run
DAY 6	-90 minute run or ruck @ RPE 6-7 OR -Cross-train with 75 minutes of active movement -Foam roll/stretch -Rest

"With the sword, remember, the way to a man's heart is through his stomach"
-Roman Legionary Saying

Ironcenturion Fitness Plan



Week 6

DAY 1

- Upper body pyramid to max pull-ups and back down
- 30/40/50 squat/lunge/calf
- 3x ½ mile run, rest 3 minutes between

DAY 2

- 60 minute run or ruck @ RPE 6-7 **OR**
- cross-train with 60 minutes of active movement

DAY 3

- Violent Nomad:**
- 1.5 minute upright punches, run 1/2 mile
 - 1.5 minute ground punches, run 1/2 mile
 - 1.5 minute carry, run 1/2 mile

DAY 4

- Upper body pyramid to max pull-ups and back down
- 60 minute run or ruck @ RPE 6-7 **OR**
- cross-train with 60 minutes of active movement

DAY 5

Rest and Recover

DAY 6

Your **Ironcenturion Operation** is finally here. *Crush it.*

List of scripture references for further reading and memorization:

- 1 Corinthians 9:24-27
- Hebrews 12:11
- 1 Peter 5:8
- Psalm 144:1
- 1 Corinthians 16:13-14