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Monday	Tuesday	Wednesday	Thursday	Friday
Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) MMD 1&2 (1 rep ea) 300-yd SR (3 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) GD (1 rep) CD 1&2 (10 reps ea) CL 1 (10 reps) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) MMD 1&2 (1 rep ea) 30:60s (10 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) GD (1 rep) CD 182 (10 reps ea) CL 1 (10reps) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) MMD 182 (1 rep ea) 300-yd SR (3 reps) Recovery: RD (30 sec)
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