



## GHP DAILY TRAINING PROGRAM - SAMPLE

The **SH//FT General Human Preparedness (GHP) Program** is a training program that develops generally prepared humans. People who are able to respond physically and mentally to a variety of situations. But there's more to it than that.

The GHP program goes beyond training. Beyond physical development. It is an opportunity to learn skills that carry over outside of the gym.

The GHP program provides 6 training sessions per week.

**Monday** - Strength & Conditioning

**Tuesday** - Aerobic Efficiency Short Intervals

**Wednesday** - Strength & Conditioning

**Thursday** - Aerobic Efficiency Long Intervals

**Friday** - Strength & Conditioning

**Saturday** - Aerobic Efficiency Time Trial or Stamina

**Sunday** - Rest, Active Recovery or catch up on a missed session

Most sessions take less than 1-hour. However, some of the Saturday sessions may extend slightly longer.

Daily Coach's Notes are provided and demo videos are available for all movements as well as the Breathwork, Warm Ups and Recovery work.

# MONDAY - STRENGTH & CONDITIONING

PHASE 1	<b>Pre-Training Breathwork</b> A) Perform the CO2 Tolerance Test, then B) Step Up Protocol
PHASE 2	A) 3:00 of Run/Row/Bike while gradually increasing pace using nasal breathing only and taking 1 breath (inhale+exhale) every 5-secs (12 breaths/minute) B) With nasal breathing only, 3 x 10 Good Morning + Squat 10/side Anterior Hip Flossing 5 Down Dog to Up Dog 1/side Hip Opener Complex 1 (Cossack+Kneeling Hip+Pigeon)
PHASE 3	A) 3x5 Back Squat Increase load across sets until you hit a heavy 5 Rest 1:00-2:00 between sets B) 3x10-15 Barbell Hip Thrusts @ 10-20lbs more than Week 4 or RPE 9 Rest 1:00 between sets C) 3x6/side Split Stance Good Morning @ 5-10lbs heavier than last week or RPE 7 No rest between sides. Rest 1:00 between sets
PHASE 4	Pre-Conditioning Pulmonary Warm Up, then 8 rounds of: 5 Squat Thrusts - nasal breathing only 10 Russian Kettlebell Swings @ RPE 8 (nasal inhale on down swing, nasal exhale on up swing) Take 3 nasal breaths, exhale fully and perform as many Step Ups @ 15-20" as possible on the exhale hold Rest and take 10 nasal breaths between rounds
PHASE 5	A) 5-10 cycles/side PNF Couch Stretch (:04 inhale/:04 Hold breath and contract/:08 Exhale and Relax) B) 10 Cat/Camels <b>Post-Training Breathwork</b> A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121)

# TUESDAY - AEROBIC EFFICIENCY SHORT INTERVALS

## PHASE 1

### Pre-Training Breathwork

A) Step Up Protocol

## PHASE 2

A) 3:00-7:00 of your activity while gradually increasing pace using nasal breathing only.

B) 1-3x Shift GHP Aerobic Efficiency Warm Up Sequence

10x Good Morning + Squat

10/side Leg Swings (front/back)

5x Squat to Stand + T-Spine Rotation

20/Side Active Calf

1/side Hip Opener Complex 2 (Spiderman + Hip Drop + Hamstring Stretch)

\*The more intense your workout, the longer your warm up needs to be. For example, for Short Intervals you may do 7:00 of your activity plus 3 sets of the GHP Warm Up. Whereas on Stamina days, you might perform 3:00 of your activity plus 1 set of the GHP Warm Up.

## PHASE 3

8x1:30 Run/Row/Bike\* pushing pace to Gear 5 - mouth inhale and exhale by the last :25.

Immediately switch to nasal breathing at the end of the interval and rest between until you can perform 3 consecutive :07 nasal exhales

\*Choose one

OR

Swim

8x100m, first 50m with mouth inhale, nasal exhale breathing, then pushing the pace for the last 50m

Rest between until you can perform 3 consecutive :05 nasal exhales

## PHASE 4

A) 5-10 cycles/side PNF Pigeon Stretch (:04 inhale/:04 Hold breath and contract/:08 Exhale and Relax)

B) 2:00/side TFL Hip Smash

### Post-Training Breathwork

A) 5 cycles Cadence 1a (1010)

B) 5-10 cycles Apnea 1 (121)

# WEDNESDAY - STRENGTH & CONDITIONING

PHASE 1	<b>Pre-Training Breathwork</b> A) Step Up Protocol
PHASE 2	A) 3:00 of Run/Row/Bike while gradually increasing pace using nasal breathing only.*At the bottom of each minute, hold your breath (inhale hold) for approx :10 while continuing to work B) With nasal breathing only, 3 x Band Tri Set (10x Band Passthroughs + 10 Band Pull Aparts + 5 Band W's w/5-sec hold) Lunge + Passthrough w/Band 5 Hindu Push Ups 5/side Windmills
PHASE 3	A) 3x5 Kettlebell or Dumbbell Floor Press @ 5-10lbs heavier than Week 6 or RPE 8-9 Rest 1:00 between sets B1) 3x8/side Single Arm DB/KB Row @ 5-10lbs heavier than week 6 or RPE Alternate with Hang. Rest 1:00 between B2) 3x Accumulate 1:00 in an Active Hang in less than 1:30
PHASE 4	Pre-Conditioning Pulmonary Warm Up, then 5 rounds with nasal breathing only of: 10x 5m Shuttle Runs (touch the ground at each end) 20 (total) Alternating Lunges 25m/side Bottoms Up Kettlebell Carry* *Use a weight on the Carry that you can manage for 25m/side without stopping
PHASE 5	A) 2:00/side Pec Minor Smash B) 2:00/side Posterior Shoulder Smash <b>Post-Training Breathwork</b> A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121)

# THURSDAY - AEROBIC EFFICIENCY LONG INTERVALS

## PHASE 1

### Pre-Training Breathwork

A) Step Up Protocol

## PHASE 2

A) 3:00-7:00 of your activity while gradually increasing pace using nasal breathing only.

B) 1-3x Shift GHP Aerobic Efficiency Warm Up Sequence

10x Good Morning + Squat

10/side Leg Swings (front/back)

5x Squat to Stand + T-Spine Rotation

20/Side Active Calf

1/side Hip Opener Complex 2 (Spiderman + Hip Drop + Hamstring Stretch)

\*The more intense your workout, the longer your warm up needs to be. For example, for Short Intervals you may do 7:00 of your activity plus 3 sets of the GHP Warm Up. Whereas on Stamina days, you might perform 3:00 of your activity plus 1 set of the GHP Warm Up.

## PHASE 3

5x5:00 Run/Row/Bike\* pushing pace to Gear 4 - nasal inhale, mouth exhale.

Immediately switch to nasal breathing at the end of the interval and rest between until you can perform 3 consecutive :07 nasal exhales

\*Choose one

OR

Swim

5x400m using mouth inhale/nasal exhale breathing.

Rest between until you can perform 3 consecutive :05 nasal exhales

## PHASE 4

A) 5-10 cycles/side PNF Couch Stretch (:04 inhale/:04 Hold breath and contract/:08 Exhale and Relax)

B) 2:00/side Around the World Glute Smash

### Post-Training Breathwork

A) 5 cycles Cadence 1a (1010)

B) 5-10 cycles Apnea 1 (121)

# FRIDAY - STRENGTH & CONDITIONING

## PHASE 1

### Pre-Training Breathwork

A) Step Up Protocol

## PHASE 2

A) 3x :30 easy / :30 fast of Run/Row/Bike while gradually increasing pace using nasal breathing only.

B) With nasal breathing only, 3 x

10 Kang Squats

5 Squat Jumps

5 Controlled Burpees

10/side Dynamic Mountain Climbers

## PHASE 3

A1) 3x50m Farmers Carry w/the heaviest weight you can carry the entire distance without resting and while maintaining position.

Alternate with Split Squats and Sit Ups minimizing rest between exercises.

A2) 3x8/side Goblet Split Squat @ 5-10lbs heavier than Week 4 or RPE 8

A3) 3x8/side Turkish Sit Up @ 5-10lbs heavier than Week 4 or RPE 8

## PHASE 4

Pre-Conditioning Pulmonary Warm Up, then

3 rounds with nasal breathing only of:

8 Double Kettlebell/Dumbbell Push Press @ RPE 7

12 Squats

16 Step Ups @ 15-20"

400m Run/Row/Ski/800m Bike/900m Air Bike

## PHASE 5

A) 2:00/side Anterior Hip and Quad Release

B) 2:00/side Lateral Arm Seam Smash

### Post-Training Breathwork

A) 5 cycles Cadence 1a (1010)

B) 5-10 cycles Apnea 1 (121)

# SATURDAY - AEROBIC EFFICIENCY STAMINA

## PHASE 1

### Pre-Training Breathwork

A) Step Up Protocol

## PHASE 2

A) 3:00-7:00 of your activity while gradually increasing pace using nasal breathing only.

B) 1-3x Shift GHP Aerobic Efficiency Warm Up Sequence

10x Good Morning + Squat

10/side Leg Swings (front/back)

5x Squat to Stand + T-Spine Rotation

20/Side Active Calf

1/side Hip Opener Complex 2 (Spiderman + Hip Drop + Hamstring Stretch)

\*The more intense your workout, the longer your warm up needs to be. For example, for Short Intervals you may do 7:00 of your activity plus 3 sets of the GHP Warm Up. Whereas on Stamina days, you might perform 3:00 of your activity plus 1 set of the GHP Warm Up.

## PHASE 3

25:00 Run/Row/Bike\* using Gear 1 (even nasal inhale/exhale)

Choose one

Or

Swim

25:00 Swim taking 1 breath (mouth inhale/nasal exhale) every 3rd-6th stroke

## PHASE 4

A) 5 Down Dog to Up Dog

B) 10/side Hip Swivels

C) 2:00/side Foot Smash w/Ball or Kettlebell

### Post-Training Breathwork

A) 5 cycles Cadence 1a (1010)

B) 5-10 cycles Apnea 1 (121)