

1st Warrant Officer Company



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How to Physically Prepare for Warrant Officer Candidate School (WOCS)



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The Warrant Officer Candidate School (WOCS) is designed to challenge and test you mentally and physically. This work out program is only a guide to assist you as you prepare to attend WOCS. The program is set up in stages as follows:

1. Determine your needs

The goal percentages can be adjusted based on what you need to improve and goals to attain.

2. Conduct an assessment to determine your baseline

3. Use the two cycles as guides

Microcycle

- The first five days
- Can be used exclusively or in conjunction with a Mesocycle

Mesocycle

- The first 4 weeks
- Used to increase and build on to the Microcycle

Macrocycle

- The macrocycle is the longest of the three cycles and includes all four stages of a periodized training program (e.g., endurance, intensity, competition and recovery)
- Used if you start training specifically 8 weeks out.



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Legend

PD: Preparation drill

RD: Recovery Drill

PSD:PU/SU drill

STC: Strength Training Circuit

4C: Four for the Core

CD: Conditioning Drill

SR: Shuttle Run

HSD: Hip Stability Drill

SSD: Shoulder Stability Drill

MMD: Military Movement Drill

GU: Guerilla Drill

CLD: Climbing Drill

BP: Bench Press

DP: Dumbbell Press

UB: Upper Body

LB: Lower Body

SQ: Squat

LP: Leg Press

DB: Dumbbell

SMR: Self Myofascial Release

RPE: Rate of Perceived Exertion



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REALATIONSHIP OF RPE, HEART RATE (HR) ZONE AND TRAINING OBJECTIVES¹

HR ZONE ²	RPE	TRAINING ACTIVITY	PURPOSE
1	1 – 2	Active Recovery	Actively recover from hard training
2	3 – 4	Aerobic Threshold (AT)	Build Aerobic Endurance (AE)
3	5	Tempo	Challenge AE
4	6 – 7	Sub-lactate Threshold	Improve tolerance for high effort endurance
5a	8	Lactate Threshold (LT)	Build LT performance
5b	9	Aerobic Capacity	Max. Challenge Aerobic System
5c	10	Anaerobic Capacity	Max. Challenge Anaerobic System

¹ Total Heart Rate Training. Joe Friel. 2006. Ulysses Press. Berkeley CA.

² Precise HR Zones are calculated from Heart Rate, Blood Lactate Levels, and Respiratory Gases collected under controlled conditions for each individual.

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Needs Analysis

Prepare for Warrant Officer Candidate(WOC) School

Endurance Goal: Speed/Power 25%/Speed Maintenance 25%/Aerobic Capacity 50%

Resistance Goal: Strength 5%/Hypertrophy 45%/Muscular Endurance 50%

Fiber Type: Slow Twitch Type 1 and Fast Twitch Type 2a/ Type 2b

Athletic Demands: Carrying a ruck sack at 48lbs or 30% body weight if SM weight is under 160lbs, stop and go exercises during long runs, PRT 6 days per week, navigate and endure land navigation course

Physical Skills: Muscular Strength and Endurance, Aerobic Endurance, Anaerobic Endurance, Speed, Agility

Current Fitness: Insufficient Strength, Mobility, and Endurance at start of class

Assessment

Conducted prior to program and at end of Mesocycle

Bench, Deadlift, and Squat 8RM: Strength Total body (pushing, lifting)

1 mile Run Assessment: Aerobic Endurance

1 minute sit ups max reps: Strength upper body (core)

Pull-ups max reps: Strength upper body (pulling)

Group Classifications

Test	A Group	B Group	C Group
Bench/Deadlift/Squat	1.5 x BW	1 x BW	< 1 x BW
10k foot march Assessment	< 79 min	130-80 min	>130 min
1 mile Run Assessment	<8:00	>8:01-9:00	>9:00
1 min pushup Assessment	>50 reps	49-30r	29-10r
1 min sit-up Assessment	> 50 reps	49-30r	29-10r
Pull-up Assessment	> 9 reps	5-9r	< 5 reps



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Monday:	Exercise	Sets	Reps	Intensity	Zone	W:R	RPE
Resistance Goal: Aerobic Endurance	Preparation Drill	1	5				
	Conditioning drills 1	1	5				
General Warm Up: stationary bike(10 min) Dynamic Warm Up: PD, CD1 Recovery: RD	Pull Ups	1	3				7
	4c	1	10				
	COOL DOWN: RD, Mobility: SMR on Glutes, Hamstrings, Quadriceps, and Calves (2 min each)			30-60sec			
Tuesday:	Exercise	Sets	Reps	Intensity	Zone	W:R	RPE
Resistance Goal: UB Hypertrophy	Preparation Drill	1	5				
	SSD/ Elliptical machine warm up	1	10min				
General Warm Up: Elliptical Dynamic Warm Up: PD,SSD, 4C Ex: Bench Press, Dumbbell Fly, Dumbbell Press, Dips/Pushup superset	Bench Press	3	10	60% of 1RM		90 sec	7
	Dumbbell Press	3	10			1min	7
Recovery: RD	Dips/Push-ups(superset)	3	10			1min	7
	COOL DOWN: RD, Mobility: SMR Chest, tri's, shoulders' (2 min each)			30-60 sec			
Wednesday:	Exercise	Sets	Reps	Intensity	Zone	W:R	RPE
Resistance Goal: Hypertrophy	Preparation Drill, HSD	1	5				
General Warm Up: Jog in place(2 min) Dynamic Warm Up: PD, HSD, 4C Ex: Squats, Leg Press, Stiff Leg Dumbbell raise/calf raise(superset)	Squats	3	10	60% of 1RM		90 sec	8
Recovery:RD	Leg Press	3	10			1 min	7
	Stiff Leg Dumbbell raise/calf raise	3	10			1 min	7
	4C	1	60 sec				
Recovery:RD		1	30-60 sec				
Thursday:	Exercise	Sets	Reps	Intensity	Zone	W:R	RPE
Resistance Goal: Muscular Endurance	Preparation Drill	1	5				
General Warm Up: Jog in place(2 min) Dynamic Warm Up: PD, MMD1, MMD2 Ex: 30:60, Hill Sprints	HSD	1	5				
Recovery:RD	MMD1, MMD2	1	3				
	30:60 3 reps, 1 mile individual run				1.4		9
	COOL DOWN: RD, Total body SMR on Glutes, Hamstrings, Quadriceps, and Calves (2 min each)			30-60sec			
Friday:	Exercise	Sets	Reps	Intensity	Zone	W:R	RPE
Active Rest Day	Preparation Drill	1	5				
General Warm Up: Jog in place(2 min) Dynamic Warm Up: PD, Guerilla Drill, Climbing Drill 1	Guerilla Drill	1					
	Climbing Drill 1	1					
Ex: 5K Foot March with 48lbs or 30% of body weight; whichever is lower	5K Foot March				1.2	60 min pace	6
Recovery: RD	COOL DOWN: RD, Total body SMR on Glutes, Hamstrings, Quadriceps, and Calves (2 min each)			30-60sec			



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WK 1	Aerobic Capacity	Hypertrophy UB	Hypertrophy LB	Active Recovery	Muscular Endurance
	PD	PD	PD, HSD,4C	PD	PD
	CD1/4C	SSD/4C	Squats	GUD, CLD	HSD/ MMD1/2
	Release Run	BP, DP 3x10 @60% Dips/PU(superset)3x10	SQ, LP 3x10 @ 60% Stiff leg DB raise/CR(superset)	5K Foot March@60min pace	30/60's x 3 reps 1 mile individual run
	HR Zone: 3 RPE: 8	RPE: 7	RPE: 7	RPE: 1_2	HR Zone: 4 RPE: 8
	RD, Lower Body Stretch and SMR	RD, Upper Body Stretch and SMR	RD, Lower Body Stretch and SMR	RD, Lower Body Stretch and SMR	RD, Lower Body Stretch and SMR
WK 2	Muscular Endurance	Aerobic Capacity	Muscular Endurance	Aerobic Capacity	Active Recovery
	PD	PD	PD	PD	PD
	4C/ SSD	HSD/MMD1	CD2/MM2	4C/ SSD	HSD/Inch Worm, butt kicks
	STC 2 rounds/ Rest 3 mins	Release Run	Total Body weight SQ @ 50% 3x12, Push Press PU/SU/Pull ups drills3x12 @1min	Pool PT 300yd x 3	Run @ 5X 800m @ 4:30 min pace
	RPE: 7	HR Zone: 3 RPE: 8	HR Zone: 2 RPE:6	RPE: 7	Heart Rate Zone: 3 RPE: 7
	RD and Total Body SMR	RD, Lower Body Stretch and SMR	Total Body Stretch and SMR	Pool static stretch	RD, Lower Body Stretch and SMR
WK 3	Hypertrophy	Speed/Power	Strength	Active Recovery	Speed Maintenance
	PD	PD	PD	PD	PD
	HSD/Inch Worm, butt kicks	HSD/ MMD1	HSD/ SSD	HSD	HSD/ MMD1
	Deadlift 3x8 @ 65%	JPH-Sprints x 7 Reps	BP @80% of 1RM 5x5,DP/DL 3x6	5K Foot March	60/120's x 3 reps, 1 mile individual run
	RPE: 8	Heart Rate Zone: 4 RPE: 9	W:R 1-4 RPE: 8	RPE: 1-2	Heart Rate Zone: 4 RPE: 9
	Lower Body Stretch and SMR	Lower Body Stretch and SMR	RD, Upper Body Stretch and SMR	Lower Body Stretch and SMR	Lower Body Stretch and SMR
WK 4	Muscular Endurance	Aerobic Capacity	Muscular Endurance	Active Recovery	Speed/Power
	PD	PD	PD	PD	PD
	4C/ SSD	HSD/MMD 1/ MMD 2	HSD/ MMD1	4C/ SSD	HSD/ MMD2
	STC 2 rounds/ Rest 2 minutes	Release Run for 2.5 miles	Total Body SQ @ 55%, PU/SU/Pull ups drills3x12 @ 1min	Pool PT	UPH-Sprints x 7 Reps
	RPE: 8	HR Zone: 4 RPE: 8	RPE:7	RPE: 1-2	Heart Rate Zone: 4 RPE: 9
	RD and Total Body SMR	Lower Body Stretch and SMR	Total Body Stretch and SMR	RD and Total Body SMR	Lower Body Stretch and SMR



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WK 5	MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday
	Hypertrophy	Aerobic Capacity	Aerobic Capacity	Active Recovery	Speed Maintenance
	PD	PD	PD	PD	PD
	HSD/MMD2	HSD/MMD 1/ MMD 2	HSD/ MMD1	4C/ SSD	HSD/ MMD2
	Deadlift 3x8 @ 70%, Lunges/BW SQ 3x10(superset)	Release Run for 3 miles	Beep Test x 2	Pool PT (low impact aerobics)	30/60's x 5, 1mile run
	RPE: 7	HR Zone: 3 RPE: 7	HR Zone: 5 RPE: 9	RPE: 1-2	Heart Rate Zone: 5 RPE: 9
Lower Body Stretch and SMR	Lower Body Stretch and SMR	Lower Body Stretch and SMR	RD and Total Body SMR	Lower Body Stretch and SMR	
WK 6	MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday
	Muscular Endurance	Aerobic Capacity	Active Recovery	Muscular Endurance	Hypertrophy LB/ UB
	PD	PD	PD	PD	PD
	4C/ SSD	HSD/MMD 1/ MMD 2	HSD/ MMD1	4C/ SSD	HSD/Inch Worm, butt kicks
	STC 4 rounds/ Rest 3 mins	Release Run for 3miles	Pool PT(300yd sprint)	ATC 3 rounds/2 mins	Back Squat and Bench 3x12 @ 50%
	RPE: 7	HR Zone: 4 RPE: 8	RPE: 1-2 W:R 1:5	RPE: 8	RPE: 7
RD and Total Body SMR	Lower Body Stretch and SMR	RD and Total Body SMR	RD and Total Body SMR	UB/LB Body Stretch	
WK 7	MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday
	Muscular Endurance UB	Aerobic Capacity	Strength	Aerobic Capacity	Muscular Endurance
	PD	PD	PD	PD	PD
	4C/ SSD/CLD1/CLD2	HSD/MMD 1/ MMD 2	HSD/ SSD	4C	HSD
	Pull ups/Push ups 3x10(superset)	Release Run for 3.5 miles	BP @85% of 1RM 5x5,DP/DL 3x5	SU circuit BW/machines 5 exercises 4 x 10	10K Foot March with 48 lbs or 30 % body weight
	RPE: 8 W:R 1:30 sec	HR Zone: 4 RPE: 8	RPE: 9	RPE: 9 W:R 1:1	RPE: 1-2
RD and Total Body SMR	Lower Body Stretch and SMR	Total Body Stretch and SMR	RD	Lower Body Stretch and SMR	
WK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Active Recovery	Muscular Endurance	Speed Maintenance	Hypertrophy UB	Active Recovery
	PD	PD	PD	PD	PD
	MMD1/MMD1	4C/ SSD/ HSD	HSD/ MMD1	SSD	4C
	Terrain Walk/Jog at own pace	CD1/CD2MMD1/MMD2	60/120's x 5reps, 1 mile company run	Kettle Bell Circuit DP/DBpull@ 70% 3 x 10	Elliptical 30 mins, Flexibility Improvement
	RPE: 4 HR: 2	RPE:6	RPE: 7 HR 4	RPE: 6 W:R 1:90 sec	RPE: 5
RD	RD	RD	RD	RD	

