

Marine Corps

Female Upper Body Strength Development

8 Week

This program has been designed to increase the upper body strength of female candidates. The program will take 8 weeks; lifting 3 days/week. Lift every other day to allow for muscle recovery (Ex. Mon/Wed/Fri). The objective of this program is to develop upper body strength not to tone. As the number of repetitions decrease, you must add more weight. If you have less than 8 weeks to prepare, start the program at Week 3 and complete as many weeks as you can.

Test Yourself in Pull Ups - to assess your current level of ability.

1st Test - WEEK 1/DAY 1

2nd Test - WEEK 4/ DAY 1

3rd Test - WEEK 6/DAY 3

4th Test - WEEK 8/ DAY 1

*Test your Pull-ups in the prescribed manner, then complete the given upper body workout for the day. **THESE NEED TO BE COMPLETED TO FAILURE!!!***

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN
1	<p>2.0 Mile Run (SLOW STEADY)</p> <p>Bench Press 2 sets of 12</p> <p>Pull Ups TEST</p> <p>Lat Pulldown 2 sets of 12</p> <p>Back Ext. 3 sets of 12</p> <p>Biceps Exercise 30 reps</p> <p>Triceps Exercise 30 reps</p> <p>Crunches 3 sets of 20</p> <p>MILEAGE 6</p>	<p>1.0 MILE INTERVAL</p>	<p>Push ups 1 sets of 20</p> <p>Reverse Grip Lat Pull 2 sets of 12</p> <p>Military Press 2 sets of 12</p> <p>Machine Pullovers 2 sets of 12</p> <p>Back Ext. 3 sets of 12</p> <p>Triceps Exercise 30 reps</p> <p>Crunches 3 sets of 20</p>	<p>REST</p>	<p>60 minutes of Cross Training</p> <p>Pull Ups 1 sets of 15</p> <p>Close Grip Bench Press 2 sets of 12</p> <p>Seated Row 2 sets of 12</p> <p>Upright Row 2 sets of 12</p> <p>Back Ext. 3 sets of 12</p> <p>Biceps Exercise 30 reps</p> <p>Crunches (MAX OR 100)</p>	<p>3 Mile Run TIMED</p>	<p>REST</p>
2	<p>2.5 Mile Run STEADY</p> <p>Bench Press 3 sets of 10</p> <p>Pull Ups 1 sets of 20</p> <p>Lat Pulldown 3 sets of 10</p> <p>Back Ext. 3 sets of 12</p> <p>Biceps Exercise 30 reps</p> <p>Triceps Exercise 30 reps</p> <p>Crunches 3 sets of 25</p> <p>MILEAGE 10</p>	<p>2.5 Mile Run TEMPO/CHANGE PACE</p>	<p>REST</p>	<p>1.0 Mile interval sprints</p>	<p>60 minutes of Cross Training</p> <p>Pull Ups 1 sets of 20</p> <p>Close Grip Bench Press 3 sets of 10</p> <p>Seated Row 3 sets of 10</p> <p>Upright Row 3 sets of 10</p> <p>Back Ext. 3 sets of 12</p> <p>Biceps Exercise 30 reps</p> <p>Crunches (MAX OR 100)</p>	<p>4 Mile Run MATCH 3MILE PACE, EASE DOWN LAST MILE</p>	<p>REST</p>

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN
3	4 Mile Run (SLOW STEADY) Bench Press 4 sets of 8 Pull Ups 1 sets of 20 Lat Pulldown 4 sets of 8 Back Ext. 3 sets of 15 Biceps Exercise 30 reps Triceps Exercise 30 reps Crunches 3 sets of 25	1.5 Mile Run in Boots (STEADY STATE)	Push ups 1 sets of 25 Reverse Grip Lat Pull 3 sets of 10 Military Press 3 sets of 10 Machine Pullovers 3 sets of 10 Back Ext. 3 sets of 15 Triceps Exercise 30 reps Crunches 3 sets of 25	1.5 Mile interval sprints	60 minutes of Cross Training Pull Ups 1 sets of 20 Close Grip Bench Press 4 sets of 8 Seated Row 4 sets of 8 Upright Row 4 sets of 8 Back Ext. 3 sets of 15 Biceps Exercise 30 reps Crunches (MAX OR 100)	3 mile run TIMED	REST
4	5 Mile Run (STEADY) Bench Press 4 sets of 6 Pull Ups 1 sets of 25 Lat Pulldown 4 sets of 6 Back Ext. 3 sets of 15 Biceps Exercise 40 reps Triceps Exercise 40 reps Crunches 3 sets of 30	2.0 Mile Run in Boots	Push ups 1 sets of 30 Reverse Grip Lat Pull 4 sets of 8 Military Press 4 sets of 8 Machine Pullovers 4 sets of 8 Back Ext. 3 sets of 15 Triceps Exercise 40 reps Crunches 3 sets of 30	2.0 Mile interval sprints	60 minutes of Cross Training Pull Ups 1 sets of 25 Close Grip Bench Press 4 sets of 6 Seated Row 4 sets of 6 Upright Row 4 sets of 6 Back Ext. 3 sets of 15 Biceps Exercise 40 reps Crunches (MAX OR 100)	4MILE RUN 1ST MILE STEADY NEXT 3 TEMPO	REST
	MILEAGE 10						
	MILEAGE 13						

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN
5		6 Mile Run SLOW STEADY Bench Press 4 sets of 6 Pull Ups 1 sets of 25 Lat Pulldown 4 sets of 6 Back Ext. 3 sets of 15 Biceps Exercise 40 reps Triceps Exercise 40 reps Crunches 3 sets of 40	Push ups 1 sets of 35 Reverse Grip Lat Pull 4 sets of 6 Military Press 4 sets of 6 Machine Pullovers 4 sets of 6 Back Ext. 3 sets of 15 Triceps Exercise 40 reps Crunches 3 sets of 40		60 minutes of Cross Training Pull Ups 1 sets of 25 Close Grip Bench Press 4 sets of 6 Seated Row 4 sets of 6 Upright Row 4 sets of 6 Back Ext. 3 sets of 15 Biceps Exercise 40 reps Crunches (1 set to MAX or 100 in 2MINS)		
MILEAGE 15	2.0 Mile Run In Boots			3.0 Mile Run for PFT time		4 mile STRONG / TEMPO	REST
6	5 Mile Run TEMPO Bench Press 4 sets of 5 Pull Ups 1 sets of 30 Lat Pulldown 4 sets of 5 Back Ext. 3 sets of 20 Biceps Exercise 40 reps Triceps Exercise 40 reps Crunches 3 sets to fatigue		Push ups 1 sets of 40 Reverse Grip Lat Pull 4 sets of 5 Military Press 4 sets of 5 Machine Pullovers 4 sets of 5 Back Ext. 3 sets of 20 Triceps Exercise 40 reps Crunches 3 sets to fatigue		60 minutes of Cross Training Pull Ups TEST Close Grip Bench Press 4 sets of 5 Seated Row 4 sets of 5 Upright Row 4 sets of 5 Back Ext. 3 sets of 20 Biceps Exercise 40 reps Crunches 3 sets to fatigue		
MILEAGE 17		2.0 Mile Run In Boots		3.0 Mile Run STEADY		7 mile SLOW STEADY	REST

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN
7	3 Mile Run FOR TIME Bench Press 4 sets of 4 Pull Ups 1 sets of 30 Lat Pulldown 4 sets of 4 Back Ext. 3 sets of 20 Biceps Exercise 50 reps Triceps Exercise 50 reps Crunches 3 sets to fatigue	3.0 Mile Run In Boots	REST	4.0 Mile Run STEADY	60 minutes of Cross Training Pull Ups 1 sets of 30 Close Grip Bench Press 4 sets of 4 Seated Row 4 sets of 4 Upright Row 4 sets of 4 Back Ext. 3 sets of 20 Biceps Exercise 50 reps Crunches (MAX IN 2 MIN)	6 Mile Run TEMPO/ CHANGE	REST
MILEAGE 16							
8	3 Mile Run STRONG / TEMPO Bench Press 4 sets of 4 Pull Ups 1 sets of 35 Lat Pulldown 4 sets of 4 Back Ext. 3 sets of 20 Biceps Exercise 50 reps Triceps Exercise 50 reps Crunches 3 sets to fatigue	2.0 Mile Run in Boots	Push ups 1 sets of 50 Reverse Grip Lat Pull 4 sets of 4 Military Press 4 sets of 4 Machine Pullovers 4 sets of 4 Back Ext. 3 sets of 20 Triceps Exercise 50 reps Crunches 3 sets to fatigue	4.0 Mile Run TEMPO	60 minutes of Cross Training Pull Ups 1 sets of 30 Close Grip Bench Press 4 sets of 4 Seated Row 4 sets of 4 Upright Row 4 sets of 4 Back Ext. 3 sets of 20 Biceps Exercise 50 reps Crunches 1 max set	REST	REST
MILEAGE 9							

LEGEND/DESCRIPTOR

1. **SLOW STEADY**- maintenance of a pace which would still allow the ability to converse with a training partner
2. **STEADY**- selection of a pace that is quicker than slow steady and which can still be maintained over a said
3. **TEMPO**- variation of pace throughout the run, selection of periods of sustained open pace running
4. **STRONG TEMPO**- As above with longer more sustained periods or legs of open running higher intensity effort
5. **TIMED**- strong best effort run , to provide periodic individual objective markers to monitor progress and use