GREEN BERET FITNESS



COMPETITOR TRAINING PLAN

COMMANDO GAMES 2027

22 WEEKS · NOVEMBER 16 TO APRIL 16

ARRIVE READY. EARN IT.

For registered Commando Games 2027 competitors. General training guidance only. Read the safety notes on page 2 before you start.

BEFORE YOU START

HOW TO USE THIS PLAN

Commando Games is one weekend of military tasks: ruck marches under load, runs, heavy lifts, rope climbs, carries and beach work, with little sleep between them. 2027 will not repeat 2026, so this plan builds the qualities every test draws on rather than rehearsing specific events.

The plan runs **22 weeks** in five phases. Each week has **five training days** and two recovery days. Start on **Monday 16-Nov-26**. If you start later, join at the current week and do not try to catch up missed volume.

THE FIVE PHASES

PHASE	WEEKS	DATES	FOCUS
1. Base	1–6	16-Nov to 27-Dec	Aerobic base, lighter ruck, movement quality, rope technique
2. Build	7–12	28-Dec to 7-Feb	Heavier ruck, longer runs, strength volume, carries
3. Specific	13–18	8-Feb to 21-Mar	Event loads, back-to-back days, night and wet sessions
4. Peak	19–20	22-Mar to 4-Apr	Simulation weekend, then sharpen
5. Taper	21–22	5-Apr to 16-Apr	Cut volume, keep intensity, arrive fresh

THE WEEKLY PATTERN

DAY	SESSION	DETAILS
Monday	**Strength A**	Deadlift, bench press, pull-ups, core. Page 4.
Tuesday	**Run**	Intervals or tempo. Page 8.
Wednesday	**Strength B**	Back squat, overhead press, rows, rope. Page 4.
Thursday	Recovery	Walk, mobility, easy swim or bike. Page 11.
Friday	**Conditioning**	Carries, burpees, sandbag, crawl. Page 9.
Saturday	**Long ruck**	The key session of the week. Page 8.
Sunday	Easy run or rest	See the phase tables.

Can only train four days? Drop Friday conditioning in phases 1 and 2, and drop Strength B in phase 3. Never drop the Saturday ruck.

Safety. This is a general plan for healthy adults. It is not medical advice and it is not tailored to you. See a doctor before starting if you have an injury, a medical condition, or have not trained regularly in the last six months. Stop and get assessed if you feel sharp pain, chest pain or dizziness. Hot spots on the feet are a warning: deal with them the same day. You train at your own risk.

THE LANGUAGE OF THE PLAN

READING THE TABLES

SETS AND REPS

5 × 5 means five sets of five repetitions. Rest 2 to 3 minutes between heavy sets and 60 to 90 seconds between accessory sets.

CHOOSING THE WEIGHT

The plan uses **reps in reserve (RIR)** instead of percentages, so it works whatever your starting strength.

TERM	MEANING	USED IN
RIR 3	You could have done 3 more good reps	Phase 1
RIR 2	You could have done 2 more good reps	Phase 2
RIR 1	One more good rep was possible, no more	Phase 3 and peak

If every set feels easier than the target, add 5 to 10 lb next session. If form breaks down, take 10% off and finish the sets clean. Never train to failure on deadlifts or squats.

RUN PACES

PACE	HOW IT FEELS
Easy	You can hold a full conversation. Most of your running.
Tempo	Comfortably hard. A few words at a time. Roughly the pace you could hold for an hour.
Hard (intervals)	Strong and controlled. Your 5K race pace or slightly faster. Every rep the same speed.
Strides	20 to 30 seconds building to fast, walk back to recover. Smooth, never a sprint.

RUCK PACE

Ruck distances are walked unless the session says otherwise. Target **15 minutes per mile or faster** by the end of phase 2, on flat ground. Shuffle-running is allowed and useful, but never let it wreck your form or your feet.

EASY WEEKS

Weeks **4, 9 and 15** are planned lighter weeks. They are where the fitness from the previous weeks lands. Take them, even if you feel great.

MONDAY AND WEDNESDAY

STRENGTH SESSIONS

Warm up for 10 minutes first: 5 minutes easy cardio, then 10 air squats, 10 push-ups, 10 hip hinges, 10 band pull-aparts, then two light ramp-up sets of your first lift.

STRENGTH A · MONDAY

EXERCISE	PHASE 1	PHASE 2	PHASE 3	PEAK
Deadlift (conventional or trap bar)	3 × 8, RIR 3	5 × 5, RIR 2	4 × 3, RIR 1	3 × 2
Bench press	3 × 8, RIR 3	5 × 5, RIR 2	4 × 3, RIR 1	3 × 2
Pull-ups (strict)	4 × 50% of max	5 × 60% of max	5 × 70%, or weighted	3 × 50%
Walking lunges	3 × 10 each leg	3 × 10 with dumbbells	3 × 12 with ruck	–
Plank, hanging knee raise	3 × 40 sec, 3 × 10	3 × 60 sec, 3 × 12	3 × 60 sec, 3 × 15	2 × 45 sec

STRENGTH B · WEDNESDAY

EXERCISE	PHASE 1	PHASE 2	PHASE 3	PEAK
Back squat (or front squat)	3 × 8, RIR 3	5 × 5, RIR 2	4 × 3, RIR 1	3 × 2
Overhead press (standing)	3 × 8, RIR 3	4 × 6, RIR 2	4 × 5, RIR 1	3 × 3
Bent-over barbell row	3 × 10	4 × 8	4 × 6, heavy	3 × 6
Rope work	3–5 technique climbs	5 × 1 climb + 2 lowers	2 climbs when tired	2 climbs
Farmer hold (grip)	3 × 30 sec, heavy	3 × 45 sec	3 × 60 sec	2 × 45 sec

> **Why these lifts?** Deadlift, squat and bench press are the strength tests competitors met in 2026. The rows, pull-ups, carries and grip work keep your back and hands working when you are tired, on the rope and under the ruck.

No barbell? Use dumbbells or kettlebells for every lift and add reps to make up for lighter weight. No rope? Do towel pull-ups and heavy hangs instead, and find a rope at least twice before the event.

PHASE 1

BASE · WEEKS 1–6

The goal is to get your feet, back and lungs used to regular loaded work without getting hurt. Every session should feel like you could have done more.

WK	MON · STRENGTH A	TUE · RUN	WED · STRENGTH B	FRI · CONDITIONING	SAT · RUCK	SUN
1	DL, bench 3 × 8	3 mi easy	Squat, press 3 × 8	Circuit A, 3 rounds	4 mi · 25 lb	Rest
2	DL, bench 3 × 8	3 mi easy	Squat, press 3 × 8	Circuit A, 4 rounds	5 mi · 25 lb	Rest
3	DL, bench 4 × 6	4 mi easy	Squat, press 4 × 6	Circuit A, 4 rounds	6 mi · 30 lb	Rest
4	DL, bench 3 × 6 light	3 mi easy	Squat, press 3 × 6 light	Mobility only	4 mi · 30 lb	Rest
5	DL, bench 4 × 6	4 mi + 6 strides	Squat, press 4 × 6	Circuit A, 5 rounds	7 mi · 30 lb	2 mi easy
6	DL, bench 4 × 5	5 mi easy	Squat, press 4 × 5	Circuit B, 3 rounds	8 mi · 35 lb	3 mi easy

DL = deadlift. Squat = back squat. Press = standing overhead press. The accessory work on page 4 goes with every strength session. Circuits are on page 9.

PHASE 1 PRIORITIES

- **Learn the rope.** Get the J-hook foot lock solid now, while you are fresh. Technique saves grip, and grip runs out fast later in the weekend.
- **Pull-ups every day.** One set at 50% of your max each time you pass the bar. Aim for 30 to 50 reps a day spread across the day.
- **Break in your kit.** Choose the ruck and footwear you will compete in and use them from week 1.
- **Test in week 1.** Record your benchmarks on page 11 before the first Saturday ruck.

> **Holidays.** Thanksgiving falls in week 2 and Christmas in week 6. If you miss sessions, keep the Saturday ruck and one strength session and let the rest go.

PHASE 2

BUILD · WEEKS 7–12

Load goes up, the strength work gets heavier and the runs get faster. This is the phase that builds the engine you will rely on in April.

WK	MON · STRENGTH A	TUE · RUN	WED · STRENGTH B	FRI · CONDITIONING	SAT · RUCK	SUN
7	DL, bench 5 × 5	6 × 400 m hard	Squat 5 × 5, press 4 × 6	Circuit B, 4 rounds	8 mi · 40 lb	3 mi easy
8	DL, bench 5 × 5	5 mi, 2 at tempo	Squat 5 × 5, press 4 × 6	Circuit B, 4 rounds	9 mi · 40 lb	3 mi easy
9	DL, bench 3 × 5 light	4 mi easy	Squat 3 × 5, press 3 × 6 light	Mobility only	6 mi · 40 lb	Rest
10	DL, bench 5 × 4	8 × 400 m hard	Squat 5 × 4, press 4 × 6	Benchmarks	10 mi · 45 lb	4 mi easy
11	DL, bench 5 × 4	6 mi, 3 at tempo	Squat 5 × 4, press 4 × 5	Circuit C, 4 rounds	10 mi · 45 lb, under 15 min/mi	4 mi easy
12	DL, bench 5 × 3	5 × 800 m hard	Squat 5 × 3, press 4 × 5	Circuit C, 5 rounds	12 mi · 45 lb	4 mi easy

PHASE 2 PRIORITIES

- **Ruck pace.** Week 11 is your first timed ruck. Hold 15 minutes per mile or faster for the whole 10 miles. If you miss it, repeat the session in week 12 before going to 12 miles.
- **Rope.** 5 × 1 climb with legs, then 2 slow controlled lowers from the top. Lowering builds the grip and arm strength that gets you up the second and third time.
- **Benchmark week 10.** Retest on Friday in place of conditioning. Compare with week 1.
- **Food on the move.** Start eating and drinking during every ruck over 8 miles. Find out now what your stomach handles.

> **Falling behind?** Strength numbers stalling is normal at this point. Ruck pace and distance are what matter most. If you have to choose, protect Saturday and Tuesday.

PHASE 3

SPECIFIC · WEEKS 13–18

Loads reach competition weight, sessions stack on top of each other, and some training moves to the dark and the wet. Expect to be tired. That is the point of this phase.

WK	MON · STRENGTH A	TUE · RUN	WED · STRENGTH B	FRI · CONDITIONING	SAT · RUCK	SUN
13	DL, bench 4 × 3	6 × 800 m hard	Squat 4 × 3, press 4 × 5	Circuit D	12 mi · 50 lb	4 mi easy
14	DL, bench 4 × 3	7 mi, 4 at tempo	Squat 4 × 3, press 4 × 5	Circuit D	8 mi · 50 lb at night	6 mi run
15	DL, bench 3 × 3 light	4 mi easy	Squat 3 × 3 light	Mobility only	6 mi · 45 lb	Rest
16	DL, bench 4 × 3	8 × 400 m hard	Squat 4 × 3, press 4 × 5	Circuit E (wet)	13 mi · 50 lb	3 mi ruck + 3 mi run
17	DL, bench 4 × 2 heavy	3 × 1 mile hard	Squat 4 × 2, press 3 × 5	Circuit D	10 mi · 50 lb, pre-dawn	8 mi run
18	DL, bench 3 × 3	6 mi easy	Squat 3 × 3, press 3 × 5	Circuit D	14 mi · 50 lb	5 mi easy

PHASE 3 PRIORITIES

- **Back-to-back days.** Saturday and Sunday together are the closest thing to the event weekend. Run or ruck on Sunday even though your legs are heavy, at an easy pace.
- **Night work.** Week 14's ruck is in the dark with a headlamp. Week 17 starts before dawn. Practice packing, eating and moving when you would rather be asleep.
- **Climb tired.** Do two rope climbs at the end of every ruck or conditioning session, in long pants and without gloves.
- **Kit lock.** Whatever you wear in week 18 is what you wear in April. Nothing new after this.



TUESDAY AND SATURDAY

RUNNING AND RUCKING

INTERVAL SESSIONS

SESSION	HOW TO DO IT
400 m repeats	1 mile easy warm-up. Each 400 m at hard pace, 90 seconds walking or standing rest. 1 mile easy cool-down.
800 m repeats	Same warm-up. Each 800 m slightly slower than your 400s, 2 minutes rest. Keep every rep within 5 seconds of the first.
1 mile repeats	Same warm-up. Each mile at tempo pace or a little faster, 3 minutes rest.
Tempo run	The total distance includes the tempo section. For "5 mi, 2 at tempo", run 1.5 easy, 2 at tempo, 1.5 easy.

SETTING UP THE RUCK

- Pack the weight **high and tight against your back**, between your shoulder blades. A weight plate or sandbag that cannot shift is ideal.
- Tighten the shoulder straps so the ruck does not bounce. Use the hip belt if your ruck has one, but do not rely on it for heavy loads.
- Weigh the ruck before every session. Water counts toward the load only if you are carrying it all the way.

RUCKING TECHNIQUE

- Short, quick steps. Lean slightly forward from the ankles, not the waist.
- On hills, shorten the stride further and keep the pace steady rather than the speed.
- Stop at the first hot spot. Fix it with tape or a sock change. It takes two minutes now and saves the weekend later.
- Stand up straight every mile, roll the shoulders and reset the straps.

PACING THE LONG RUCK

PHASE	TARGET PACE (FLAT GROUND)	WHAT TO PRACTICE
Base	16–17 min/mi	Posture, foot care, fitting the kit
Build	15 min/mi or faster	Eating and drinking while moving
Specific	14–15 min/mi at 50 lb	Night moves, early starts, even splits

FRIDAY

CONDITIONING CIRCUITS

Move steadily through each round. Rest 2 minutes between rounds. Quality over speed: a slow clean round beats a fast sloppy one.

CIRCUIT	ONE ROUND	USED IN
A · Foundations	10 push-ups · 15 air squats · 10 sit-ups · 20 m bear crawl · 200 m jog	Phase 1
B · Carry	100 m farmer carry (heavy dumbbells or kettlebells) · 10 burpees · 20 m bear crawl · 10 kettlebell swings	Weeks 6–8
C · Sandbag	100 m sandbag carry (60 lb) · 10 sandbag-to-shoulder · 15 burpees · 30 m low crawl	Weeks 11–12
D · Heavy	200 m carry at 80 lb (sandbag, ruck or partner) · 100 m fireman's carry · 20 burpees · 30 m low crawl on sand or grass. 4 rounds.	Phase 3
E · Wet	Circuit D, but start soaked: jump in the sea, a lake or a cold shower first, then keep going for 30 minutes in wet kit.	Week 16

FIREMAN'S CARRY

Train with a partner close to your own body weight. Practice the lift from the ground on both sides: drop to one knee, pull your partner across your shoulders, drive up through the legs. Start with 4 × 25 m in phase 2 and build to 4 × 100 m in phase 3. Swap roles each rep.

PULL-UP PROGRESSION

IF YOUR MAX IS…	DO THIS
0–3	Band-assisted sets, plus slow 5-second lowers from the top. 5 sets every strength day.
4–9	The daily sets on page 5, plus 3 × max on Monday.
10+	Add weight in phase 3: 5 × 3 with 10–25 lb.

ROPE CLIMB PROGRESSION

STAGE	DRILL
1	Seated rope pulls from the floor to standing, 5 reps
2	J-hook foot lock practice: stand up on the rope, 10 reps low down
3	Half climbs with the foot lock, controlled descent
4	Full climbs, then full climbs after a ruck

PHASES 4 AND 5

PEAK AND TAPER

WEEK 19 SIMULATION WEEKEND · 26 TO 28 MARCH

Run a short version of the event weekend to find out what breaks while there is still time to fix it.

WHEN	SESSION
Friday 7:00 PM	Deadlift, bench press and back squat, 3 × 2 each at your best good-form weight · max pull-ups · 2 rope climbs
Saturday 5:30 AM	9 mi ruck at 50 lb against the clock
Saturday afternoon	Circuit D, 45 minutes
Saturday night	3 mi ruck, then 3 mi run, on one running clock
Sunday morning	8 mi ruck at 45 lb, then 2 × 100 m fireman's carry

Write down what failed: feet, food, kit, sleep, pacing. Fix one thing at a time in week 20.

WEEK 20 SHARPEN

DAY	SESSION
Monday	Deadlift and bench press 3 × 2 · pull-ups 3 × 50%
Tuesday	6 × 400 m hard
Wednesday	Back squat 3 × 2 · overhead press 3 × 3 · 2 rope climbs
Friday	Circuit B, 3 rounds, smooth
Saturday	8 mi ruck at 50 lb
Sunday	Rest

WEEKS 21–22 TAPER · 5 TO 16 APRIL

WEEK	WHAT CHANGES
21	Volume down about 40%. Monday: deadlift and bench press 2 × 2. Tuesday: 4 × 400 m. Wednesday: back squat 2 × 2. Saturday: 6 mi ruck at 45 lb.
22	Volume down about 60%. Two easy 3 mi runs, one 3 mi ruck at 35 lb, mobility every day. Nothing hard after Tuesday. Travel, eat well and sleep.

TRACK AND RECOVER

BENCHMARKS AND RECOVERY

Test in **week 1**, **week 10** and **week 19**. Write your numbers down. If a number is not moving by week 10, give that area an extra session a week in phase 3.

TEST	STANDARD	WEEK 1	WEEK 10	WEEK 19
3 mi ruck	50 lb, timed			
1 mi run	Timed			
Pull-ups	Max, dead hang, chin over bar			
Deadlift	Best set of 3			
Rope climbs	Max in 5 min			
Burpees	Max in 5 min			

THURSDAY MOBILITY · 20 MIN

- Couch stretch, 1 min each side
- Pigeon stretch, 1 min each side
- Thoracic spine rotations, 10 each side
- Calf stretch on a step, 1 min each side
- Dead hang from a bar, 3 × 30 sec
- Foam roll calves, quads and upper back

FEET

- Keep nails short and filed.
- Test socks and lubricant on long rucks.
- Tape known hot spots before you start.
- Carry a spare pair of socks on every ruck over 8 miles.

SLEEP AND FUEL

- **Sleep** seven hours or more. It is the biggest single factor in how well you absorb this plan.
- **Protein** at every meal. A simple target is a palm-sized portion three or four times a day.
- **On the move:** eat something small every 45 to 60 minutes on long rucks, and drink to thirst.
- **After long sessions** eat a proper meal within two hours.

INJURED OR BEHIND?

Drop back a week rather than forcing the plan. If an injury stops you training for more than a week, get it assessed by a physiotherapist or doctor before you return to loaded work.

FINAL CHECKS

EVENT WEEK

WHEN	DO THIS
7 days out	Pack and weigh your ruck. Check every item against the Commando Games kit list on the event page.
3 days out	Last short session. Book travel and lodging if you have not. Check the Convoy Board for room and ride shares.
2 days out	Eat normally, drink well, sleep early. Trim nails.
Friday	Arrive in daylight. Eat a solid meal by 4:00 PM. Be at the brief before 7:00 PM with your kit packed.

QUESTIONS

Email **info@GreenBeretFitness.com**. Full details, the kit list and the Convoy Board are on the Commando Games 2027 event page.

THE STANDARDS DO NOT CHANGE.
THE CAP DOES NOT CHANGE.

APRIL 16–18, 2027 · VIRGINIA BEACH, VA