UNBEATABLE MIND

Secrets for developing the Unbeatable Mind and Mental Toughness!

By Mark Divine
Eight Weeks to SEALSFIT “Operator WODs”

The “Operator WODs” are designed to get you “operator ready.” Remember these from the first chapter? The operator…

Must work at near peak output for very long periods of time, with unknown periods of rest.

Must be prepared for the known AND equally prepared for the unknown.

Does not always have access to a gym and the “proper” training tools

Is not competing to win, but to survive and accomplish a mission that can have life, death or strategic consequences well beyond their own pay-grade.

Must be strong, but not so concerned with maximal strength. Needs Strength Stamina to move heavy stuff far and long, most likely he does not care about his or her 1RM

Must have exceptional endurance and be able to sustain, under load

Must have an intense capacity for work in short, medium and long time domains

Must be durable, have powerful core strength, not be prone to injury, and knowledgeable about how to sustain the body at a high level of readiness over the long haul.

Must be mentally tough and trains to be so

Usually works as part of a unit or team, and works out with that team

These workouts are tough, but if you have completed the 90 day On Ramp program, or have a strong foundation in CrossFit or Functional high intensity training, then they will be no problem. Listen to your body and don’t hesitate to take an additional day off here and there – the load is intense with these WODs. Also, feel free to break up the WODs into two training segments. See SEALFIT.com FAQ for more information and to learn from others who are doing the public Operator WODs. How do these differ from the public WODs we post on SEALFIT.com? These are progressive and more diverse than those. Once you are through this sequence, you may continue your training by following the WODs on the web site.

If you do not have access to a pool, then substitute a run or row for wherever you see a pool workout.

As always, train hard, stay safe and have fun!
**Day 1**

**Warm-up:** Light run for 15 minutes before stretching. Focus on hamstrings, adductors, quads and hips. 5 sets of 5 pull-ups, 10 push-ups and 15 squats in before measuring out the 100 meters for the strength workout.

**Work Capacity:** 100 meters of overhead weighted lunges with 45 lbs. Arms locked out and knees to the deck for each movement to count. If you must stop there is a 15 push-up penalty for each infraction that goes up by 5 each time. 15 the first time, 20 the second and 30... The more you stop, the harder it gets.

**Strength:** Rest

**Endurance:** 45 minute ruck march with 35 lbs. If available, get 10 minutes of hill time on a modest slope (5 – 10% at most). Consistently move, set a pace and stick to it.

Coach’s comments: Equipment needed- Ruck, sand bag and 45 lbs

**Day 2:**

**Warm-up:** Start off with a light KB or DB snatch, approximately 20% of body weight- 2 sets of 20 reps. Move onto dive bomber push-ups and pause when you’re all the way back with your arms extended. Really push those hands into the ground and extend as far as possible to stretch those shoulder joints. Start light with the front squats and move up in 5 – 10 lb increments to find that working weight.

**Work Capacity:** How many rounds can you accomplish in 10 minutes of 5 pull-ups, 10 push-ups and 15 sit-ups?

**Strength:** Front Squat 5 sets of 3 reps, go heavy

**Endurance:** Pace run: 7:30 – 8:30 per mile for 30 minutes. Find that pace and hold it as long as possible. Mark down the total time you’re at that pace. We’ll work on increasing that threshold for work capacity at that level.

Coach’s comments: Equipment needed- Olympic bar, weight and somewhere to run. Wait at least 3 + hours after the strength and WOD before starting the endurance. Post workout hydrate, stretch, roll out and ice if necessary.

**Day 3**

**Warm Up:** run 1 mile. ROM Drills

**Work Capacity:** 30 snatches at 135 lbs for time.

Note– if you are new or not competent at the snatch, then perform “ground to overhead” which means Clean & Jerk for most of us (clean and press for the burly guys).

Scale the load if you have an ok snatch and want to work form. Try 95# or 105#.
Day 4

Warm-up: Start off with a light 5 minutes swim or jog and really warm up the shoulders, hamstrings, adductors and groin. The sprint work is going to be a fast and hard interval workout for a set distance. Once you’re ready get on it and push hard. For the WOD and strength, start light with the shoulder presses and move up in 5 – 10 lb increments to find that working weight. Both workouts are shoulder intensive, so take your time and really focus on getting a decent stretch and warm-up.

Work Capacity: 9 – 15 – 21 reps with 95 lb thrusters and pull-ups.

Strength: Shoulder press 3 sets of 3 reps then drop weight by 20% and 1 max set.

Endurance: Swim 800 meters with intervals of 20 seconds on and 10 seconds off. If no pool is available, run 2 miles with the same 20 seconds on and 10 seconds off interval.

Coach’s comments: Equipment needed- Olympic bar and weight. Split the WOD and Strength away and do them 3 + hours later if possible.

Day 5

Rest day - light walk or other restorative activities.

Day 6

Warm-up: Begin with a 15 minute jog and start light by practicing 2 sets of 5 – 10 reps of each exercise before stretching out the lower back and shoulders. Make sure they’re warmed up prior to beginning the WOD.

Work Capacity: 75 of each exercise for time: 20” box jumps, cleans (from the deck) with 90 lbs, 55 lb dumbbell or kettle bell swings, pull-ups and knees to elbows. Kettle bell or Dumbbell swings need to clear at least above the eyes and for each box jump or clean the hips need to open up all the way. No need to complete a single set at a time. Break them into parts.

Endurance: Ruck march with 35 lbs between 30 and 45 minutes. Keep a consistent pace throughout.

Coach’s comments: Equipment needed- Olympic bar and weight. Wait at least 3 + hours after the strength and WOD before starting the endurance. Post workout hydrate, stretch, roll out and ice if necessary.
**Day 7**

**Warm-up:** 400 meter light jog then side plank left – right 20 seconds each followed by 20 seconds of push-ups. Repeat for as many rounds as you can without letting your knees touch the ground. Get a good stretch!

**Work Capacity:** For time:
- 400m walking lunges
- 30 push ups
- 400m broad jumps
- 30 squats
- 400m Overhead carry #45/#35 plate
- 30 burpees
- 400m bear crawl

**Strength:** 3 sets of max push-ups, 3 minute rest between each.

Coach’s comments: Equipment needed- 35# / 45# plate and 400 meters measured off. Get the WOD knocked out first before the strength workout

**Day 8** Rest day - light walk or other restorative activities

**Day 9**

**Warm-up:** Light run for 15 minutes before settling into 5 rounds of 10 pull-ups, 15 push-ups and 20 sit-ups. With either a 25 lb or 35 lb dumbbell perform 10 Turkish get-ups per side before hydrating and stretch the shoulders and back.

**Strength:** 2 sets of 5 dips at max weight followed by max rep bodyweight dips.

**Endurance:** For time: 50 squats and a 250 meter swim kick, 50 push-ups and a 250 meter swim pull and lastly 25 burpees + 500 meter swim. “Kick” means using the legs only (kickboard is permitted and encouraged), “pull” means using the arms only (leg buoy and paddles are permitted) and “swim” means “swim”!

Coach’s comment’s: Equipment needed- Dumbbells, pull-up bar, weight, weight belt and weight. If no pool is available: For time- 50 squats + .75 mile run, 50 push-ups and .75 mile run and lastly 25 burpees and a 1.25 mile run.
**Day 10**

**Warm-up:** Warm up with a light row of 200 meters or jog for 800 meters. Grab two 25 – 45lb dumbbells and practice the dumbbell variation of the clean and jerk before moving onto the Olympic bar. Continue to do the same there. Once you’re warmed up, stretch and get in 5 sets of 10 pull-ups. Hydrate and get ready.

**Work Capacity:** With a continuously running clock for 20 minutes, do one 135 pound Clean and Jerk the first minute, two 135 pound Clean and Jerks the second minute, three 135 pound Clean and Jerks the third minute... continuing as long as you are able. After failure, cut your total number of reps completed in a minute in half and continue for the rest of the 20 minutes.

**Endurance:** 2 mile timed run. Warm up as necessary (calves, groin, hamstrings and quads) before lining up for an all-out push.

Coach’s comments: Equipment needed- Olympic bar, weight and somewhere to run. Today, start with the endurance portion while you’re fresh. For time trials (TT) it is an all-out effort. One study of note regarding stress fractures found something interesting. A fast two mile run typically indicated less of a likelihood of stress fractures. Get on it! Hydrate, stretch, roll out and ice if necessary after both the WOD and the Endurance portion.

**Day 11** Rest day - light walk or other restorative activities.

**Day 12**

**Warm-up:** Start with 5 pull-ups, 10 push-ups and 15 sit-ups for 10 rounds before settling into a solid stretch. Really roll out the shoulders and hips. When you’re ready move to a bar and start with some light overhead squats. Gradually build up to working weight. Make sure your grip is wide enough that you can dump the bar if you need to.

**Work Capacity:** For time do 100 Overhead Squats with 3 burpees at the top of every minute. For example 10 overhead squats within the first minute, 3 burpees, 12 OHS the second, 3 burpees… until all 100 are completed. Weight is 95lb (scale if necessary but not lower than 65lb unless you have a good reason).

**Endurance:** Get a solid warm-up and stretch before running, rowing or swimming a 5 – 4 – 3 – 2 – 1 max effort. For 5 min on 5 min off, 4 min on 4 min off, 3 min on 3 min off, 2 min on 2 min off, 1 min on and then rest. Keep track of your distances.

Coach’s comments: Equipment needed – Olympic bar, weight and endurance equipment of your choice. Separate WC and Endurance by at least an hour.
Day 13

Work Capacity: Tabada - complete 32 intervals of 20 seconds of work followed by ten seconds of rest where the first 8 intervals are pull-ups, the second 8 are push-ups, the third 8 intervals are sit-ups, and finally, the last 8 intervals are squats. There is no rest between exercises, score total reps from all exercises.

Strength: 5 x 3 Dead-lift, warm-up with a lighter weight, adding 5 – 10 lb weight to each set until working weight is achieved. Third rep should be just shy of failure each set.

Coach’s comments: Equipment needed- Olympic bar, weight and a pull-up bar. Complete the Strength portion prior to the WC.

Day 14 Rest day - light walk or other restorative activities. No impact today, just enough to get the blood flowing.

Day 15
Warm up: ROM Drills

Endurance: Run 4 to 6 miles at a moderate pace. Stretch and hydrate

Day 16
Warm-up: ROM Drills, and light grinder PT for 10 minutes

Work Capacity:
5 rounds with a 3:00 minute rest between rounds

20 Pull-ups
30 Push-ups
40 Sit-ups
50 Squats

Stretch and hydrate.
Day 17

**Warm-up:** After a light 200 meter swim (row) to loosen and warm-up the shoulders and legs, stretch and roll out the shoulders. Then another 400M warm up.

**Endurance:** Swim 10 x 100 meters- speed-play with 30 seconds rest between 100s; hold initial 25-meter sprint pace speed throughout the other sets. Each set has a different placement for the 25-meter sprint placement and sometimes there are 2 of them.

1st Sprint the first 25 meters  
2nd Sprint the second 25 meters  
3rd Sprint the third 25 meters  
4th Sprint the fourth 25 meters  
5th Sprint the first and third 25 meters  
6th Sprint the second and fourth 25 meters  
7th Sprint the first and second 25 meters  
8th Sprint the second and third 25 meters  
9th Sprint the third and fourth 25 meters  
10th Sprint 100 meters

***If running each of these is a 400 meter run with 100 meter sprints***

**Strength:** Weighted pull-ups 5 sets of 3 reps. Max weight where you can accomplish all 5 sets without dropping weight.

Coach’s comments: Equipment needed- Pull-up bar, weight and a pool (if swimming). Start with the endurance and progress to the weighted pull-ups immediately after the workout if possible.

Day 18

**Warm-up:** 5 sets of 10 pull-ups and 10 squats. Stretch out the hamstrings and quads then move onto 100 sit-ups prior to the WOD.

**Work Capacity:** 9 – 15 – 21 Thrusters and dips. 135# thruster (scale if necessary, no lighter than 95#)

**Endurance:** 30 – 45 minute ruck march / hike with 25 – 35 lbs. If possible, find a moderate incline (5%) and maintain a solid pace throughout.

Coach’s comments: Equipment needed- Olympic bar, weight and a pull-up bar. Fast for the WOD today. Really make sure you get a solid warm-up before starting the WOD. Hydrate, stretch, roll out and ice if necessary.
**Day 19**

**Warm-up:** 3 rounds of 15 knees to elbows, 2 rounds of 15 toes to bar and 1 round of max pull-ups. Run for 15 minutes, then roll out your shoulders and stretch the lower back and extremities.

**Work Capacity:** Men 135 lbs, women 95 lbs – For time: 5 rounds of 15-Dead-lifts, 12-Hang Cleans, 9-Push-Press, 6-Front Squats.

**Endurance:** 4 mile run at fast pace.

Coach’s comments: Equipment needed- Olympic bar, weight, a pull-up bar and somewhere to run. Delay the endurance, if possible, by 3+ hours after the WOD.

For every minute that you’re slower than 32 minutes for the 4 mile run, you owe 10 push-ups and 10 burpees. Put out.

**Day 20**

**Warm Up:** ROM Drills. Grinder PT for 30 minutes

**Work Capacity:** 5 rounds for time of:

- 15 x Dumbbells split clean (40#), 21 x Pull-ups
- 1 mile warm down run, stretch and hydrate

**Day 21 - Rest Day**

**Day 22**

**Warm Up:** ROM Drills. Grinder PT 10minutes.

**Endurance:** Four mile timed run. Goal is 32:00 minutes
Day 23

Warm-up: 800 meter warm-up run followed by 3 rounds of 10 dips, 10 pull-ups and 50 sit-ups. Really stretch out your lower back, hamstrings and hips today.

Work Capacity: Beginning with 1 deadlift and 1 pushup, add 1 rep to each every minute on the minute for 20 minutes. (135lb men, 75lb women)

Strength: 15 right and 15 left, overhead weighted lunges with roughly 25% bodyweight.

Endurance: Warm-up with a light 800 meters and stretch prior to beginning the sprints.

2 x 400 meter sprint with a 2:00 minute rest between
4x 100 meter sprint with a rest period of 4 x the sprint time (i.e. 10 second sprint x 4 equals a 40 second rest period)
2 x 400 meter sprint with a 2:00 minute rest between

Coach’s comments: Equipment needed – Olympic bar, weight, dip bar or rings and somewhere to run. Spread the endurance workout if possible by 3+ hours from the strength and WOD today.

Day 24

Warm-Up: ROM Drills, then jog for 30 minutes at easy pace

Work Capacity: As many rounds in 15 minutes of 5 pull-ups, 10 push-ups and 15 sit-ups?

Hydrate, stretch, roll out and ice as needed.

Day 25

Warm-up: ROM drills, then run 800. Move onto the endurance workout then your cool down is max push-ups in 1 minute, max sit-ups in 1 minute and max pull-ups in 1 min. 2 minutes of rest between each.

Endurance: 30 ON 30 OFF
For 6 rounds complete 30 seconds on at a 100% all-out effort and 30 seconds rest. Run, row or swim.

Work Capacity: 5 rounds of 15 box jumps, 12 kettle bell swings and 9 push-presses. Go as heavy with the swings as you can while still maintaining good form.

Strength: Weighted pull-ups followed by a max rep set no weight. Work your way up to a decent working weight for 5 reps. Now knock out 5 sets of 3 reps with 1 minute between sets. Keep the sets complete while aiming for 25 – 35% of bodyweight.

Coach’s comments: Get the warm-up and the endurance workouts out of the way first.
Day 26
Warm-up: ROM drills, then 400 meter run before and after 5 rounds of 5 pull-ups, 10 push-ups and 15 sit-ups.

Work Capacity: Four rounds for time:
25 lunges and 25 knees to elbows. Every time you drop off the bar do two burpees prior to mounting the bar again.

Strength: 5 sets of 3 push press with max weight that you can knock out all the reps without dropping weight followed by 1 max set of push presses at 50% body weight.

Endurance: Broken 2000 meter row.
Row 1000-meters, rest 2 minutes, row 1000-meters

Coach's comments: Equipment needed- pull up bar and rower. Strength first, then the WOD and lastly the endurance 3+ hours after. Hydrate, stretch, roll out and ice if necessary.

Day 27
Warm-up: ROM Drills. Light run for 15 minutes then 5 rounds of 5 pull-ups, 15 push-ups and 20 sit-ups. Stretch out those hams, quads and hips before warming up for the strength portion. Start light and move in 5 – 10 lb increments to your working weight for the strength portion. Progress straight from the strength workout to the WOD while you’re warm.

Strength: Weighted dips 5 x 3, working up to the highest weight that you can sustain for all 5 sets
Work Capacity: For time, 5 rounds of 20 wall-ball (20lb men, 16lb women), 30 push-ups and 400 meter run.

Coach’s comments: Equipment needed- dip bar, weight, 20 or 12 lb medicine balls and 400-meters marked off. Hydrate, stretch, roll out and ice if necessary.

Day 28
Warm-up: ROM drills. Run a moderate 400 meter run. Roll straight into two rounds of 15 kettle bell swings with a light weight, 15 kettle bell slashers with halos. End with a light 400 meter jog and move onto the strength workout.

Strength: Heavy 5 front squat. You have 5 attempts to knock out the heaviest set of 5 possible for the front squat. Warm up with the bar and as much weight as you need for good form.

Work Capacity: Kettle Bell Snatch test. In 10 minutes complete as many kettle bell snatch as possible, use a dumbbell if no kettle bells are available. Weights are 32 kg or 55 lbs for men and 16 kg or 35 lbs for women.

Coach’s comments: Equipment needed- Kettle bell or dumbbell (24 kg or 55 lb for men and 16 kg or 35 lbs for women), Olympic bar and weight. Begin with the strength workout and give yourself 10 minutes of rest prior to beginning the WOD. If you have poor form for the KB snatches work on technique as part of the warm-up. Hydrate, stretch, roll out and ice if necessary.

Day 29
Warm-up: ROM drills. 3 rounds of 15 pull-ups and 30 push-ups. Focus on getting a deeper stretch on the hamstrings, quads and IT band before moving onto 3 rounds of 1 minute each of holding plank positions. Move next to the strength segment. Start light and move up in 5 – 10 lb increments until you hit a good working weight.

Strength: Overhead squat 5 sets of 3 reps then cut your weight by 50% and 1 max set. Work up to the max you can hold good form without compromising shoulder stability or form.

Endurance: 10 x 150-meter swims at 3:00 minute pace for each. Begin with 40 seconds rest between 150s; whenever you can hold all sets at your projected pace; reduce the rest periods by 5 seconds.

Day 30
Warm Up: ROM drills. Light restorative activity for 30 minutes.

Work Capacity: 3 rounds of 30 toes to bar, 40 flutter kicks and 50 sit-ups.

Hydrate, stretch, roll out as needed before completing 100 push-ups for time.