

This manual outlines the three-phase Sacred Wagon LLC Operative Training System. The philosophy is simple: build an operative who can out-run strength athletes, out-lift endurance athletes, endure discomfort, and perform under stress.

## **PHASE 1: FOUNDATION PHASE (Weeks 1–4)**

**Objective:** Build durability, aerobic base, movement quality, and consistency.

### **PHYSICAL PRIORITIES:**

- Aerobic Base: Easy runs (2–5 miles), long slow distance weekly.
- Calisthenics: Push-ups, pull-ups, squats, core stability.
- Intro to Strength: Light/moderate squats, deadlifts, presses.
- Rucking: 15–35 lbs., 2–4 miles, posture + foot care emphasis.

### **MENTAL RESILIENCE:**

- 5-minute daily breathing practice.
- Weekly reflection: “Why am I doing this?”
- Mild discomfort exposure: planks, holds, simple finishers.

## **PHASE 2: INTENSIFICATION PHASE (Weeks 5–8)**

**Objective:** Add load, speed, volume, and stress tolerance.

### **PHYSICAL PRIORITIES:**

- **Running:** Intervals (400–800m), tempo runs, long runs.
- **Strength:** Heavier lifts, work capacity circuits, carries.

- **Calisthenics:** Higher weekly repetition targets.
- **Rucking:** 35–55 lbs., 4–8 miles, ruck intervals.

### **MENTAL RESILIENCE:**

Stress drills under fatigue.

Visualization of hardship and success.

Memory/cognitive drills during easy runs.

Identity-based mindset reinforcement.

## **PHASE 3: PEAK PHASE (Weeks 9–12 or 9–24)**

<sup>12</sup>**Objective:** Reach selection-level conditioning and mental toughness.

### **PHYSICAL PRIORITIES:**

- **Running:** Speed + tempo + long run progression.
- **Rucking:** 45–65 lbs., 8–12 miles, hills, time standards.
- **Strength:** 80–90% heavy work, strength endurance circuits.
- **Calisthenics:** Selection volume (100–500 reps).

### **MENTAL RESILIENCE:**

- **High stress conditioning:** timed circuits, finishers.
- **Controlled panic training:** difficult breathing, cold exposure.
- **Weekly reflection:** “What did I overcome this week?”

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<sup>1</sup> Sacred Wagon LLC © Founded 2023, Established 2025 | Precision, Discretion, & Results.

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- Discomfort mastery holds, long rucks, adverse weather training.

#### **OPTIONAL PHASE 4: TAPER PHASE (Final 1–2 Weeks)**

**Objective:** Reduce fatigue and peak performance.

- Cut volume by 40–60%.
- Maintain brief high-intensity efforts.
- Prioritize sleep, hydration, electrolytes, and recovery.

#### **HOW THE SYSTEM BUILDS AN NAVIGATOR**

**PHASE 1** → Builds the foundation and protects from injury.

**PHASE 2** → Generates speed, volume, strength, and tolerance.

**PHASE 3** → Turns a trainee into an operationally capable asset.