

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)

¹²**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?”

¹ Sacred Wagon LLC © Founded 2023, Established 2025

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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.

