



Training Program 2025



Let's Start

The **Legacy Canungra Combat Challenge** is a race with a series of events designed to emulate the rigours of modern-day soldiering.

It is a **team and objective based activity**, demanding physical and mental resilience, as well as strong group cohesion. You will need muscular endurance, agility, balance and coordination to successfully complete this challenge and be competitive.

This program is designed to give you the **best possible chance at preparing** for the race and avoiding any injuries.

But rest assured, **you will be assisted on the day of the Challenge** with ADF volunteers guiding you through the course.

In each week of the training program, you will have the opportunity to record your times and Rate of Perceived Exertion (RPE) for each day of training.

Key Terms

DB = Dumbbell

KB = Kettlebell

RPE = Rate of Perceived Exertion (see scale)

RATE OF PERCEIVED EXERTION (RPE) SCALE

MAX EFFORT ACTIVITY

Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.

10

VERY HARD ACTIVITY

Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.

9

VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence.

7-8

MODERATE ACTIVITY

Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.

4-6

LIGHT ACTIVITY

Feels like you can maintain for hours. Easy to breathe and carry a conversation.

2-3

VERY LIGHT ACTIVITY

Hardly any exertion, but more than sleeping, watching TV, etc.

1

Developed with:





Warm Ups



Understanding

Warm Ups can be broken down into 3 stages.

Stage 1 (General Phase) is warm and primes the muscles and joints for movement. This can be conducted by a light jog, brisk walking, skipping, swimming and other low intensity movements, the end state is a slightly elevated heart rate resulting a light sweat.

Stage 2 (ROM Phase) involves moving the joints and limbs being used in exercise and revolves around taking these joints through what is known as 'range of motion'. The idea being, a gradual increase of range whilst conducting slow methodical movements, to prep the body for further movement beyond what is required during a rest state. Examples for stage 2 are shoulder circles (moving the arms in a circular fashion around the body) or a static stretch held for a shorter than usual timeframe being 3 - 5 seconds.

Stage 3 (Specific Phase) involves the use of movements that emulate the type of exercise you will be doing, for example, a body weight squat in preparation for a weighted barbell squat. The idea behind this last warmup segment is to gradually increase movement specific loading to prep muscles and connective tissue for use. Once the type of exercise is identified, a warm up that is complimentary to that session reduces the risk of exercise induced injury, and can be customized based upon the exercises to be conducted and the individual's mobility.

Developed with:





Warm Ups



Example for a running session

GENERAL

- ☐ 3 min Light intensity jog
- ☐ 20 m Half high knees
- ☐ 20 m Side stepping (once per side)
- ☐ 20 m Full high knees Full

ROM

- ☐ Hamstring, quadricep, group & calf - Holding 3 - 5 sec, each side, twice
- ☐ Hip internal/external rotations x 10 of each per side
- ☐ Ankle rotations x 10 per side
- ☐ Leg swings x 10 per side

SPECIFIC

- ☐ Calf pumps - 20 reps
- ☐ Faster paced run (60 - 70%), sprinting speed for 20 metres, 3 times.

Example for a strength session

GENERAL

- ☐ 3 min Rowing machine working at an easy pace

ROM

- ☐ Foam roller thoracic mobilisation for 60 secs
- ☐ Trigger point ball hip release for 60 secs per side
- ☐ Push press* x 10
- ☐ Shoulder press^ x 10
- ☐ Shoulder circles x 20
- ☐ Leg swings x 20
- ☐ Half depth bodyweight squats x 10

SPECIFIC

- ☐ Box squats x 10
- ☐ Lunges x 10 per side
- ☐ 2.5 kg Dumbbell overhead press x 15
- ☐ 10 kg Weighted bag squat x 15

* Pushing the arms out in front of the body, as if you were conducting a pushup whilst standing up.

^ Bringing the arms up overhead, whilst pressing above you).

Developed with:





Cool Downs



Understanding

The purpose of a cool down is to gradually reduce activity and return the body to a state of rest.

Sudden cessation of movement after exercise (for example, sitting down immediately after a heavy leg session and staying seated for a prolonged period) can result in accumulation of pyruvic acid (also known as lactic acid) within the muscle and increase recovery times.

It is best to move around after exercise and then use the opportunity, whilst the muscles are warm, to stretch them back to their original length after the contraction that occurs using exercise.

The inclusion of stretching post exercise can help reduce the likelihood of injury, prevent muscle mobility issues and hyperirritable (tight) muscles.

AFTER A RUNNING SESSION

- ☐ 2 min Walk
- ☐ Hamstring stretch-holding 30 - 60 secs each side, twice
- ☐ Quadricep stretch-holding 30 - 60 secs each side, twice
- ☐ Groin stretch-holding 30 - 60 secs each side, twice
- ☐ Calf stretch-holding 30 - 60 secs, each side, twice

AFTER A STRENGTH SESSION

- ☐ 2 min Rowing machine, easy paced
- ☐ Shoulder stretch-holding 30 - 60 secs each side, twice
- ☐ Triceps stretch-holding 30 - 60 secs each side, twice
- ☐ Trigger point ball shoulder release 30 - 60 secs each side, twice
- ☐ Band assisted hamstring stretch-holding 30 - 60 secs, each side, twice
- ☐ Foam roller thoracic mobilisations 60 secs



Week One



MONDAY - TEST DAY

- ☐ 1.3 km Run (Runners + 8 kg Vest)
Time:
- ☐ 200 m, 20 kg Weighted Bag Walk
Time:
- ☐ 200m, 15 kg DB Walk
Time:

RPE

TUESDAY - WORKOUT 1

- ☐ 4 Rounds
- ☐ 20 Squats
- ☐ 10 Push Ups (go to knees if needed)
- ☐ 20 Crunches
- ☐ 400 m Run
- ☐ 2 min Rest

RPE

WEDNESDAY - WORKOUT 2

- ☐ 40min Brisk Walk or 20min Run

Distance covered:

Try and beat this distance next time. Focus on maintaining a steady pace and getting used to moving on your feet for long periods.

RPE

THURSDAY - WORKOUT 3

- ☐ Monkey Bars - 10x across or point where you are unable to maintain grip.
- ☐ Heave Bars - 3x 50% Max Pullups/ Jump Pull Ups*
- ☐ Low Bar Vault - 10x (regress to sliding over bar)^

RPE

FRIDAY - WORKOUT 4

- ☐ 100 m Survival Breast Stroke
Time:
2 min Break
- ☐ 100 m Survival Side Stroke (50m/side)
Time:
2 min Break
- ☐ 50 m Freestyle
Time:

RPE

SATURDAY - WORKOUT 5

- ☐ 2 km Run with Team Mates
Easy pace

RPE

* Use resistance band to help if you cannot complete heaves.

^ This exercise involves finding a bar at roughly hip height, pushing yourself upwards, and then either snapping your feet around to the front or sliding them over to clear the obstacle.

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Week Two



MONDAY - WORKOUT 1*

- ☐ 3x 15 Shoulder Press
 - ☐ 3x 20 Goblet Squat
 - ☐ 3x 15 Upright Row
 - ☐ 3x 15/side DB Lunge
- Rest 2 min between sets

RPE

TUESDAY - WORKOUT 2

- 8 Rounds
60 secs per exercise
- ☐ Bench Step Up
 - ☐ Ab Plank Hold
 - ☐ Skipping Rope
- Rest 2 min between sets

RPE

WEDNESDAY - WORKOUT 3

- ☐ 20 min Brisk Walk (avg 10-11 km/hr)
or 10 min Jog
+
Wearing 8 kg vest
- Distance covered:

RPE

THURSDAY - WORKOUT 4

- ☐ Monkey Bars - 10x across or point where you are unable to maintain grip.
- ☐ Heave Bars - 3x 50% Max Pullups/Jump Pull Ups^
- ☐ Low Bar Vault - 10x (regress to sliding over bar)^

RPE

FRIDAY - WORKOUT 5

- ☐ 50 m Survival Breast Stroke
Time:
2 min Break
- ☐ 50 m Survival Side Stroke (25m/side)
Time:
2 min Break
- ☐ 25 m Freestyle
Time:

RPE

SATURDAY - WORKOUT 6

- ☐ 2 km Run with Team Mates
Medium pace

RPE

* Find a weight that you can complete the allocated rep range that is not too easy that you could do 5 more, but not so hard that you can't complete the minimum amount)

^ Use resistance band to help if you cannot complete heaves.

Developed with:





Week Three



MONDAY - WORKOUT 1

- ☐ 3x 12 Shoulder Press
 - ☐ 3x 15 Goblet Squat
 - ☐ 3x 12 Upright Row
 - ☐ 3x 12/side DB Lunge
- Rest 2 min between sets

RPE

TUESDAY - WORKOUT 2

- 6 Rounds
- ☐ 20 Squats
 - ☐ 10 Push Ups
(go to knees if needed)
 - ☐ 20 Crunches
 - ☐ 400 m Run
- Rest 2 min between

RPE

WEDNESDAY - WORKOUT 3

- ☐ 25 min Brisk Walk (avg 10-11 km/hr)
or 12 min Jog
+
Wearing 8 kg vest
- Distance covered:

RPE

THURSDAY - WORKOUT 4

- ☐ Monkey Bars - maximum times
across or point where you are unable
to maintain grip in 60 secs, 3 times
- ☐ Heave Bars - 3x 50% Max Pullups/
Jump Pull Ups*
- ☐ Low Bar Vault - 10x (regress to sliding
over bar)

RPE

FRIDAY - WORKOUT 5

- ☐ 100 m Survival Breast Stroke
Time:
2 min Break
- ☐ 100 m Survival Side Stroke (25m/side)
Time:
2 min Break
- ☐ 50 m Freestyle
Time:

RPE

SATURDAY - WORKOUT 6

- ☐ 2 km Run with Team Mates
Easy pace
+
Carry a 20 kg sandbag and share it
every 100 - 150 m

RPE

* Use resistance band to help if you cannot complete heaves.

Developed with:





Week Four



MONDAY - TEST DAY

- ☐ 1.3 km Run (Runners + 8 kg Vest)
Time:
- ☐ 200 m, 20 kg Weighted Bag Walk
Time:
- ☐ 200 m, 15 kg DB Walk
Time:

RPE

TUESDAY - WORKOUT 1

- ☐ 3x 10 Shoulder Press
- ☐ 3x 15 Goblet Squat
- ☐ 3x 10 Upright Row
- ☐ 3x 10/side DB Lunge
Rest 2 min between sets

RPE

WEDNESDAY - WORKOUT 2

- ☐ 30 min Brisk Walk (avg 10-11 km/hr)
or 15 min Jog
+
Wearing 8 kg vest
Distance covered:

RPE

THURSDAY - WORKOUT 3

- ☐ 3x 10 Deadlift*
30 kg Female, 50 kg Male
Rest 2 min between sets
- ☐ 10x KB Farmers Carry 20 m
12 kg Female, 16 kg Male
30 secs rest between sets
- ☐ 3x 15 Lat Pull Down
Rest 2 min between sets

RPE

FRIDAY - WORKOUT 4

- ☐ 150 m Survival Breast Stroke
Time:
2 min Break
- ☐ 150 m Survival Side Stroke (75 m/
side)
Time:
2 min Break
- ☐ 75 m Freestyle
Time:

RPE

SATURDAY - WORKOUT 5

- ☐ 3 km Run with Team Mates
Easy pace

RPE

* Decrease weight if you cannot perform reps with good form.

Developed with:





Week Five



MONDAY - WORKOUT 1

- ☐ 3x 8 Shoulder Press
- ☐ 3x 10 Goblet Squat
- ☐ 3x 8 Upright Row
- ☐ 3x 10/side DB Lunge

Rest 2 min between sets

RPE

TUESDAY - WORKOUT 2

- ☐ 60 min Brisk Walk (avg 10-11 km/hr)
or 30 min Jog

Distance covered:

RPE

WEDNESDAY - WORKOUT 3

- ☐ 3x 12 Deadlift*
30 kg Female, 50 kg Male
Rest 2 min between sets
- ☐ 12x KB Farmers Carry 20 m
12 kg Female, 16 kg Male
30 secs rest between sets
- ☐ 4x 15 Lat Pull Down
Rest 2 min between sets

RPE

THURSDAY - WORKOUT 4

10 Rounds

60 secs per exercise

- ☐ Bench Step Up
- ☐ Ab Plank Hold
- ☐ Skipping Rope

Rest 2 min between sets

RPE

FRIDAY - WORKOUT 5

- ☐ 200 m Survival Breast Stroke
Time:
2 min Break
- ☐ 200 m Survival Side Stroke (100 m/
side)
Time:
2 min Break
- ☐ 100 m Freestyle
Time:

RPE

SATURDAY - WORKOUT 6

- ☐ 3 km Run with Team Mates
Easy pace
+
Carry a 20 kg sandbag and share it
every 100 - 500 m

RPE

* Decrease weight if you cannot perform reps with good form.

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Week Six



MONDAY - TEST DAY

- ☐ 1.3 km Run (Runners + 8 kg Vest)
Time:
- ☐ 200 m, 20 kg Weighted Bag Walk
Time:
- ☐ 200 m, 15 kg DB Walk
Time:

RPE

TUESDAY - WORKOUT 1

- ☐ 3x 10 Shoulder Press
 - ☐ 3x 15 Goblet Squat
 - ☐ 3x 10 Upright Row
 - ☐ 3x 12/side DB Lunge
- Rest 2 min between sets

RPE

WEDNESDAY - WORKOUT 2

- ☐ 20 min Brisk Walk (avg 10-11 km/hr)
or 10 min Jog
+
Wearing 8 kg vest
- Distance covered:

RPE

THURSDAY - WORKOUT 3

- ☐ 3x 10 Deadlift*
30 kg Female, 50 kg Male
Rest 2 min between sets
- ☐ 10x KB Farmers Carry 20 m
12 kg Female, 16 kg Male
30 secs rest between sets
- ☐ 3x 15 Lat Pull Down
Rest 2 min between sets

RPE

FRIDAY - WORKOUT 4

- 4 Rounds
- ☐ 20 Squats
 - ☐ 10 Push Ups
(go to knees if needed)
 - ☐ 20 Crunches
 - ☐ 400 m Run
- Rest 2 min between sets

RPE

SATURDAY - WORKOUT 5

- ☐ 2 km Run with Team Mates
Medium pace

RPE

* Decrease weight if you cannot perform reps with good form.

Developed with:

