



Workouts

On September 9, 2019 our first book, “The Program,” will be available in bookstores (It is available for pre-order now [here](#)). “The Program” encapsulates many of our teammates’ previous military experiences as well as those we attain working with more than 150 collegiate and professional athletic teams and major corporations annually. Using those experiences as a backdrop, the book will cover topics such as these:

- Creating and Sustaining a Championship Culture
- Developing Better Teammates and Team Leaders
- Building Physical and Mental toughness
- Effective Communication
- Much more

As anyone who has worked with us can attest, developing physical and mental toughness is a huge part of who we are and what we do. However, The Program is not a strength and conditioning company. It is not our mission to make people bigger, faster, or stronger. Pushing ourselves outside of our physical comfort zones and battling adversity is central to who we are. At almost every event, people will ask our instructors what workouts we do in our personal lives, to improve our mental and physical toughness.

[This link](#) to a page on our website has a few of our favorite workouts.... We will also include one here.



When our Instructors are on the road together, we make it a habit to share some adversity. All of us have different goals, different strengths, and different weakness that we need to continuously **attack**. With that in mind, we may workout out separately. Some of us may lift, run the stadium steps, or go for a swim. However, we always try to regroup at the end, to suffer together and share some adversity. We call these shorter workout “**Finishers**.” Here is one of our favorites.

Gear and Training Space required:

1. Heavy Sandbag or Medicine Ball (We shoot for about 50 lbs but adjust accordingly).
2. Full athletic Field (Football, Soccer, Field Hockey, etc)

Start at the goal line. Pick up the sandbag and throw it as far as you can. Sprint to the sandbag and pick it up. Throw it again as far as you can. Sprint back to the goal line, touch the line, sprint back to the sand bag, throw it as far as you can. Repeat. As you move down the field your sprints will become longer and longer. When you reach the opposite goal line, turn around and come back. **Do this as fast as possible.**

Tips:

1. The fewer amount of throws you make with the Sandbag, the fewer sprints you will have to complete. Stay focused and throw the sandbag as far and hard as you possibly can, every time.
2. Be efficient. When you hit the goal line, explode out of your cut.
3. You will be tempted to slow your pace as the runs get longer. Don't!

Here are some ways to scale and/or modify the workout.

1. To make it more challenging, add exercises (Burpees, Squats, etc) at the goal line, each time after you run.
2. Use a heavier or lighter sandbag.
3. Dictate the throwing style used, i.e. from the front on the way down, rear facing over the head on the way back.
4. Make it a partner/team workout: one partner runs and throws, while the other does exercises at the goal line. Or, partners alternate throwing but run together.

Enjoy this finisher! There are more than a few strength and conditioning coaches out there who spend a year deviously planning a workout to put The Program team through when we are on campus. We always welcome the challenge!

Attack!

Jake MacDonald



Leadership Instructor

"Letters on Leadership" are published periodically by The Program, a leadership development and team building company that works with the nation's leading corporations as well as professional and collegiate athletic teams.

For information on developing better leaders and more cohesive teams at your organization, visit <http://www.theprogram.org/corporate>.