



10 Day MCT Student Preparation Guide "Mission Ready Lifestyle"

Priority
1. Proper nutrition/hydration
2. Maintaining physical readiness
3. Foundational rifleman knowledge

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	References
Leave	Leave	Leave	Leave	Leave	MCT Student Preparation Guide (SPG)
<p>Travel/Rest Day</p> <p>Follow the daily recommendations but be sure to enjoy your well earned leave while protecting what you have earned.</p>	<p>Workout card for the day -Flexibility/Mobility -Est. Time: 60 mins</p> <p>Nutrition Best Practices: - Refer to page 2 of the student preparation guide that can be found at the top link of the reference section.</p>	<p>Workout card for the day -Lower Body -Est. Time: 60 mins</p> <p>Begin Read aheads: #1 Warfighting: Chapter 1 #2 Warrior Ethos: 30 Minutes</p> <p>Nutrition Best Practices: - Refer to page 2 of the student preparation guide that can be found at the top link of the reference section.</p>	<p>Workout card for the day -Upper Body -Est. Time: 60 mins</p> <p>Continue Read aheads: #1 Warfighting: Chapter 2 #2 Warrior Ethos: 30 Minutes</p> <p>Nutrition Best Practices: - Refer to page 2 of the student preparation guide that can be found at the top link of the reference section.</p>	<p>-Workout card for the day -Flexibility/Mobility -Est. Time: 60 mins</p> <p>Continue Read aheads: #1 Warfighting: Chapter 3 #2 Warrior Ethos: 30 Minutes</p> <p>Nutrition Best Practices: - Refer to page 2 of the student preparation guide that can be found at the top link of the reference section.</p>	<p>https://www.trngcmd.marines.mil/Units/West/SOI-W/MCT/</p> <p>-Resources and additional links are found on Twitter and Instagram.</p> <p>Twitter: Name: MCT Virtual Combat Instructor @10_day_spg </p> <p>Instagram: Name; MCT Virtual Combat Instructor. Username; mct_stud_prep_guide </p> <p>Best Practices -Bring all issued gear, to include issued eye glasses and uniforms.</p> <p>-Optional, camel bak bladder, hose and mouth piece set. Carrier not necessary.</p> <p>Force Fitness Exercise Videos: -http://www.fitness.marines.mil/Force-Fitness-Instructor/ -Select FFI exercise videos -Search key stretching exercise or warm up by name -Watch demonstration on how to properly perform exercise</p> <p>Read Ahead:</p> <ul style="list-style-type: none"> - #1 MCDP-1 Warfighting - #2 The Warrior Ethos <p>Example Meal: -See Nutrition/Hydration Recommendations in SPG</p>
THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	
Leave	Leave	Leave	Leave	Leave	
<p>Workout card for the day -Flexibility/Mobility -Est. Time: 60 mins</p> <p>Continue Read aheads: #1 Warfighting: Chapter 4 (final chapter) #2 The Warrior Ethos: 30 Minutes</p> <p>Nutrition Best Practices: - Refer to page 2 of the student preparation guide that can be found at the top link of the reference section.</p>	<p>Workout card for the day -Flexibility/Mobility -Est. Time: 60 mins</p> <p>Continue Read aheads: #2 The Warrior Ethos: 30 Minutes</p> <p>Nutrition Best Practices: - Refer to page 2 of the student preparation guide that can be found at the top link of the reference section.</p> <p>Enjoy your weekend and make good decisions.</p>	<p>-Workout card for the day -Challenge Card -Est. Time: 60 mins</p> <p>Continue Read ahead: #2 The Warrior Ethos: 30 Minutes</p> <p>Nutrition Best Practices: - Refer to page 2 of the student preparation guide that can be found at the top link of the reference section.</p>	<p>Workout card for the day -Flexibility/Mobility -Est. Time: 60 mins</p> <p>Complete reading The Warrior Ethos</p> <p>Nutrition Best Practices: - Refer to page 2 of the student preparation guide that can be found at the top link of the reference section.</p> <p>Ensure you have conducted an inventory of your gear and uniforms. Lack of prescription glasses is the most common reason for being held in L Co for extended periods of time.</p>	Travel/Rest Day	

Nutrition and Hydration Recommendations

(For individual recommendations and meal plans, you should meet with a Registered Dietitian)

Macronutrients.

Carbohydrates – provide 4 calories per gram.

Simple Carbs – fast acting carbs, are also quickly digested and used for energy. Include both added and natural sugar.

-Sources of added sugar: energy drinks, sports drinks, soda, juice, and table sugar.

-Sources of natural sugar: milk, fruit, honey, and 100% juice.

Complex Carbs – slow acting carbs that digest slowly.

-Sources: whole grains, pasta, cereal, bread, rice's, and vegetables.

Carbs check list – choose whole grains often, limit added sugar, and eat a variety of carbs.

Protein – Include both plant and animal products.

-Plant Proteins: beans, peas, nuts, seeds, tofu, and small amounts in grains and vegetables.

-Animal Protein: meat, fish, seafood, poultry, pork, beef, dairy, milk, cheese, and yogurt.

Protein check list – choose grilled, baked, roasted options often, limit the number of legs (less legs the better) eat a variety of plant and animal proteins.

Fat – 1 gram of fat supplies 9 calories of energy. Include saturated, unsaturated, and essential fats.

-Unsaturated Fats (typically liquid at room temperature, are healthier options: olives, avocados, nuts, seeds, and their oils.

-Saturated Fats (typically solid at room temperature, are less healthy if consumed in excess): meat, dairy products (butter, cheese, milk, yogurt, and ice cream), coconut oil, red palm oil, and baked goods.

-Essential Fats (Omega -3 & 6): salmon, walnuts, flax seeds and chia seeds.

Fat check list – Choose fat wisely, limit saturated fat, and eat plant and seafood sources of fat often.

Macronutrient Requirements – Military Dietary Reference Intakes (MDRI) recommendation for men is 3000 calories per day with recommendations up to 4700 calories depending on activity and workload. For women it is 2100 calories per day with recommendations up to 3000 calories depending on activity and workload.

-Aim to fill about ½ of your plate with carbohydrate-rich foods, ¼ with protein-rich foods, and ¼ with fats or fat-containing foods. Keep in mind, these recommendations are general and can be dependent upon body weight, body composition, fitness goals, medical condition, injury, and or illness.

Serving Sizes.

- Fruit: 1 small piece of fruit (apple), 1 cup fresh/frozen fruit, 100% fruit juice, ½ cup of dried fruit.
Comparable object: closed fist or baseball.
- Vegetables: 1 cup of raw or cooked vegetables, 2 cups of leafy greens.
Comparable object: closed fist or baseball.
- Grains/Starchy Vegetables: 1 slice of bread, 1 cup of cereal, ½ cup of cooked rice/pasta/cereal.
Comparable object: ½ cup = cupped palm.
- Protein: 3oz cooked meat/fish, ¼ cup of cooked beans, 1 egg, 2 tablespoons of peanut butter, 1oz nuts/seeds, 1 can of tuna.
Comparable object: 3oz = deck of cards or open palm of hand; 2 tablespoons = golf ball.
- Dairy: 1 cup of milk, yogurt, soymilk, 1.5oz of cheese.
Comparable object: 1 cup = closed fist.
- Oils: 1 tablespoon of oil, 2 tablespoons of salad dressing, ½ medium avocado, 2 large olives.
Comparable object: 2 tablespoons = thumb.

How many servings do I need - The number of serving you need is based on many factors including body size, body composition, fitness and health goals, and activity level. If you are highly active one day, you may need more servings than days when you are less active. You may need to adjust your servings of the different food group to find your optimal fueling pattern. Refer to a Registered Dietitian for assistance.

Pre-Activity Fuel: No consensus statement for optimal content and timing of a pre-exercise meal/snack has been published. Pre-activity meals provide the nutrition needed to fuel the body during light, moderate, or intense activity. Consuming a meal or snack providing 200 to 300 calories three to four hours before heavy training or mission will allow sufficient time for the food to be digested and leave the stomach. Consuming up to 25 grams of protein before exercise may be important for those primarily engaged in strength/power training with regard to maximizing protein synthesis.

Examples of good pre-workout foods are: Bananas, Oats, Greek Yogurt, Avocado, Almonds, and Walnuts.

During Activity: For exercise less than one hour water is generally sufficient. During exercise lasting longer than one hour, ingesting carbs in a fluid such as a sports drink can also help sustain hydration. Ingesting approximately 30–60 g carb/hour or 7–20 g carb every 15–20 minutes can extend endurance performance. When the exercise duration is greater than three hours, carb intakes of up to 110 g per hour may be needed, depending on the intensity of the exercise. For exercise longer than three hours, individuals typically eat both solid and liquid foods to meet carb needs.

Recovery: The recommended time to begin recovery nutrition is no later than 60 minutes after activity when glycogen stores and muscle protein synthesis are lowest; this provides the body with the necessary nutrients and fuels. To enhance muscle glycogen synthesis following prolonged,

strenuous exercise (over 60 minutes), consuming approximately 50 grams of carb within 60 minutes after the activity is recommended, followed by approximately 100-150 g carb (as liquid, gel, or solid food) at two hour intervals for up to six hours.

Hydration.

In general, men should consume 4 QTS (125 OZ) and women should consume 2.9 QTS (91 OZ) to maintain adequate hydration. (Physically active people may require even greater amounts of fluids, which is further discussed below). As a general rule of thumb, try to drink half your body weight in fluid ounces per day. Sources of fluids include water, milk, tea, coffee, and juice, foods high in water (e.g. juicy fruits and vegetables), soups, and sports drinks.

Before Exercise: At least four hours before exercise, consume 14-22 fluid ounces of fluid. You can also use your body weight to estimate your fluid needs (0.07-0.14 OZ per pound).

During Exercise: In general, for exercise lasting up to one hour, water is sufficient for maintaining hydration. Drink 3-8 oz every 15-20 minutes (a “gulp” of fluids is about 1-2 oz). When exercising more than 60 minutes, drink 3-8 oz of a sports drink every 15-20 minutes. Look for a sports drink that contains 10-20 grams of carbohydrates, 50-200 mg of sodium, and 20-100 mg of potassium per 8 oz serving.

After Exercise: After exercise, replace fluid losses by consuming regular foods and beverages. If you know the change in your body weight after exercise, drink 16-24OZ of liquid per 1 pound of weight loss to fully restore fluid balance.

Upper Body

Name: _____

Date: _____

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Knee to Elbow Push-p	10		1	
B	Side Straddle Hops	20		1	
C	Bear Crawl		15yds	1	
D	Inchworm		15yds	1	
E	Side Slide w/ Arm Swin		25yds	2	
F	Carioca		25yds	2	
G	Mountain Climbers	20		1	
H	Burpees	10		1	

WORKOUT

Clap Push-up (8 reps, transition to push-ups, upon failure regular push-ups only)

Toe Touches

Ammo Can Press (Object that weighs 30-35lbs)

Russian Twist

Pull-ups

Side Plank (Left/Right)

5 rounds, 30 sec each exercise, 60 sec rest inbetween rounds

FLEXIBILTY

EXERICSE	SETS	TIME
Chest Roll/Chest Stretch	2	45Sec/30SEC
T-Spine Roll/Shoulder Stretch	2	45Sec/30SEC
Triceps Roll/Tricep Stretch	2	45Sec/30SEC
Trap Roll/Cat/Camel Stretch	2	45Sec/30SEC

Lower Body

Name: _____

Date: _____

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Split Jack Forward	20		1	
B	Stationary Squat	15		1	
C	Walking Lunge		25yds	1	
D	Walking Quad Stretch		25yds	1	
E	Butt-Kickers		25yds	1	
F	Carioca		25yds	2	
G	Moutain Climbers	20		1	
H	Burpees	10		1	

WORKOUT

8 Prisoner Squat Jumps

12 V-ups

16 Ammo Can Single Leg Deadlift (Object that weighs 15-30lbs)

20 Weighted Russian Twist (L/R = 1 rep)

24 Front Lunge

30 sec Plank

As many Rounds as Possible (ARAP) in 20 min

FLEXIBILTY

EXERICSE	SETS	TIME
Roll Calf/Calf Stretch	2	45sec/30sec
Roll Hamstring/Hamstring Stretch	2	45sec/30sec
Roll Quads/Quad Stretch	2	45sec/30sec
Roll Glute/Glute Stretch	2	45sec/30sec

Speed & Agility

Name: _____

Date: _____

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Side Straddle Hops	20		1	
B	Frontal Leg Swing	10		1	each leg
C	Walking Lunge w/Twist		25yds	1	
D	Monster Walk		25yds	1	
E	50% Run		25yds	1	
F	75% Run		25yds	1	
G	100% Run		25yds	1	
H	Mountain Climbers	20		1	
I	Burpees	10		1	

WORKOUT

Cone Box Drill 1 X2 (2 min of work:4 min rest)

Cone Goalie Drill X2 (2 min of work:4 min rest)

40yd Sprints X6 (Every min on the min)

300yd Shuttle X2 (2min rest inbetween) (50yds, down & back 6 times)

FLEXIBILITY

<u>EXERCISE</u>	<u>SETS</u>	<u>TIME</u>
Roll Calf/Calf Stretch	2	45sec/30sec
Roll Hamstring/Hamstring Stretch	2	45sec/30sec
Roll Quads/Quad Stretch	2	45sec/30sec
Roll Glute/Glute Stretch	2	45sec/30sec

CHALLENGE

Name: _____

Date: _____

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Side Straddle Hops	20		1	
B	Split Jack Forward	20		1	
C	Walking Knee Hugs		25yds	1	
D	Walking Lunge		25yds	1	
E	Carioca		25yds	2	
F	Side Slide w/Arm Swing		25yds	2	
G	Mountain Climbers	20		1	
H	Burpees	10		1	

WORKOUT

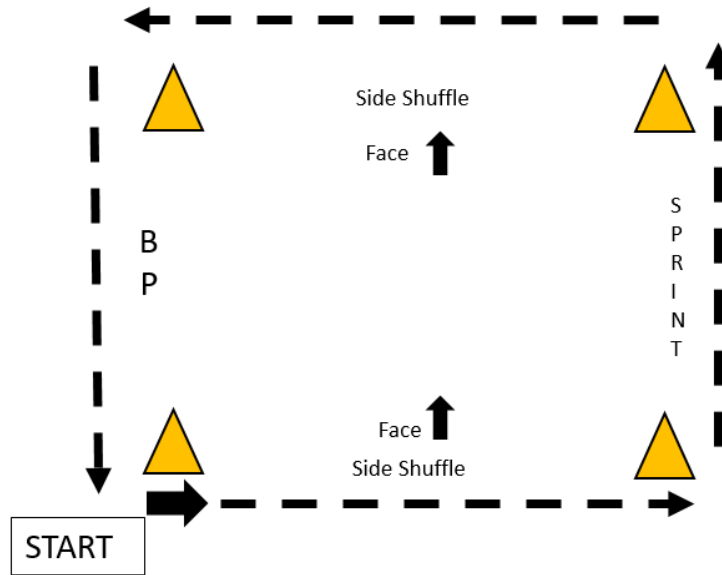
- Push-ups
 - Flutter Kicks
 - 20yd Sprints
 - Ammo Can Press (Object that weighs 30-35lbs)
 - Plank w/hand raise
 - Body Weight Squats
 - Pull-ups
 - Diagonal Lunge
 - Hanging Oblique Knee Raises
 - Prone 5-10-5 Drill
- 3 rounds, 30 sec at each station, 60 sec rest inbetween rounds**

FLEXIBILITY

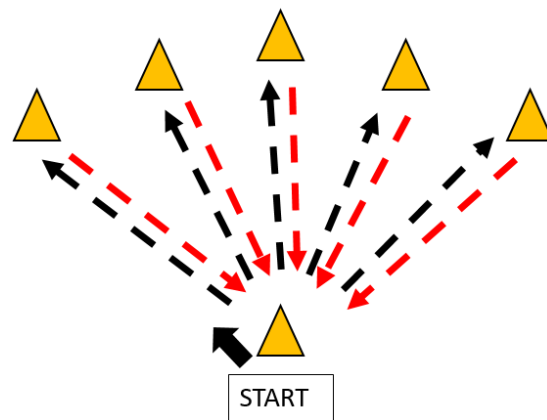
EXERCISE	SETS	HOLD
Chest Roll/Chest Stretch	2	45Sec/30SEC
T-Spine Roll/Shoulder Stretch	2	45Sec/30SEC
Triceps Roll/Tricep Stretch	2	45Sec/30SEC
Trap Roll/Cat/Camel Stretch	2	45Sec/30SEC
Roll Calf/Calf Stretch	2	45sec/30sec
Roll Hamstring/Hamstring Stretch	2	45sec/30sec
Roll Quads/Quad Stretch	2	45sec/30sec
Roll Glute/Glute Stretch	2	45sec/30sec

FLEXIBILITY AND MOBILITY: DYNAMIC WARM-UP					
EXERCISE	REPS	DISTANCE	SETS	NOTES	
A	Stationary Forward Lunge	10		1	
B	Trunk Twist	10		1	
C	Heel/Toe Raises	10		1	
D	Walking Knee Hug		10YDS	1	
E	Walking Leg Cradle		10YDS	1	
F	Walking Lunge-Elbow to Instep		10YDS	1	
G	High Knees		20YDS	1	
H	Lateral Shuffle		20YDS	2	Down & Back
I	Side Slide w/ Arm Swing		20YDS	2	Down & Back
J	Squat Drops	10		1	
K	Speed Skaters	10		1	5 Each Direction
UPPER BODY					
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES	
A	Peanut Lower Back	1	45SEC		
B	Cat/ Camel	1		30sec	15sec Both Positions
C	Roll Triceps	2	45SEC		
D	Triceps on Wall	2		30sec	
E	Lax Ball Pecs	2	45SEC		
F	Long Arm Pull and Rotate	2		30sec	
G	Roll T-Spine	2	45SEC		
H	T-Spine Heel Sit w/ Reach	2	10		5 Each Direction
STABILITY / ACTVATION					
EXERCISE	SETS	REPS/TIME	HOLD	NOTES	
A	Cook Hip Lift	1	10		
B	Push Up Plus	1		30sec	
C	4 Way Bear Crawl	1	30SEC		
D	Bent Over IYT	1	10		
LOWER BODY					
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES	
A	Roll Hamstring	2	45SEC		
B	90/ 90 Active Hamstring	2	30SEC		
C	Roll Quads	2	45SEC		
D	Couch Stretch	2	30SEC		
E	Roll Calf	2	45SEC		
F	Prone Position with Reverse Ankle Hoo	2	30SEC		
G	Roll Glute	2	45SEC		
H	Figure 4	2	30SEC		

Cone Box # 1



Cone Goalie Drill



Sprint forward to each cone and back peddle to start, repeat for each cone