

THE DISPATCH

OPERATION IRON RESOLVE

4-WEEK TACTICAL TRAINING MANUAL

Train for the mission. Build for the unknown.



The information provided in this workout program is intended for informational and educational purposes only. Participation in any exercise program involves inherent risks, and you should consult with a qualified healthcare provider before beginning any new fitness or nutrition program, especially if you have any pre-existing medical conditions or injuries.

By participating in these workouts, you acknowledge and accept full responsibility for your health, safety, and well-being. Perform all exercises at your own risk and within your own physical limits. The creator of this program and Bulletproof Veteran are not liable for any injuries, damages, or losses that may result from the use of this information.

MISSION BRIEF

This manual develops strength, endurance, and resilience using bodyweight, ruck, and sandbag training. Execute all directives with discipline.



TRAINING DIRECTIVES

Day 1: Strength

Day 2: Run

Day 3: Tactical Load

Day 4: Recovery

Day 5: Conditioning

Day 6: Endurance

Day 7: Rest



WEEK 1 FIELD ORDERS

DAY	ASSIGNMENT
1	Push-ups Pull-ups Squats Plank
2	2-3 mile run
3	Sandbag + 2 mile ruck (20 lbs)
4	Mobility / Recovery
5	Burpees Lunges Sit-ups Sprint
6	4 mile ruck (20 lbs)
7	Rest



WEEK 2 FIELD ORDERS

DAY	ASSIGNMENT
1	Push-ups Pull-ups Squats Plank
2	3-4 mile run
3	Sandbag + 3 mile ruck (25 lbs)
4	Mobility / Recovery
5	Burpees Lunges Sit-ups Sprint
6	5 mile ruck (25 lbs)
7	Rest



WEEK 3 FIELD ORDERS

DAY	ASSIGNMENT
1	Push-ups Pull-ups Squats Plank
2	4-5 mile run
3	Sandbag + 4 mile ruck (30 lbs)
4	Mobility / Recovery
5	Burpees Lunges Sit-ups Sprint
6	6 mile ruck (30 lbs)
7	Rest



WEEK 4 FIELD ORDERS

DAY	ASSIGNMENT
1	Push-ups Pull-ups Squats Plank
2	Interval run
3	Sandbag + 5 mile ruck (30 lbs)
4	Mobility / Recovery
5	Burpees Lunges Sit-ups Sprint
6	7 mile ruck (30 lbs)
7	Rest



FIELD LOG

Week	Run Time	Ruck Time	Push-ups	Notes
1				
2				
3				
4				



FINAL EVALUATION

2 Mile Run

Max Push-ups (2 min)

Max Sit-ups (2 min)

4 Mile Ruck @ 30 lbs

Stay disciplined. Stay Bulletproof.

