

THE DISPATCH

OPERATION STEEL RESOLVE

4-WEEK TACTICAL TRAINING MANUAL (WEEKS 5–8)

The standard rises. So do you.



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

Weeks 5 through 8 elevate your discipline, endurance, and tactical resilience. This phase builds upon Operation Iron Resolve and increases the volume of bodyweight, sandbag, and ruck work.



TRAINING DIRECTIVES

Day 1: Strength

Day 2: Run

Day 3: Sandbag + Tactical Ruck

Day 4: Recovery

Day 5: Conditioning

Day 6: Long Tactical Ruck

Day 7: Rest



WEEK 5 FIELD ORDERS

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



WEEK 6 FIELD ORDERS

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



WEEK 7 FIELD ORDERS

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



WEEK 8 FIELD ORDERS

DAY	ASSIGNMENT
1	Push-ups Pull-ups Squats Plank
2	Interval run
3	Sandbag Workout 2 + 6 mile ruck
4	Mobility / Recovery
5	Burpees Lunges Sit-ups Sprint
6	8 mile ruck (35 lbs)
7	Rest



FIELD LOG

Week	Run Time	Wed Ruck	Sat Ruck	Notes
5				
6				
7				
8				



FINAL EVALUATION

3 Mile Run

Max Push-ups (2 min)

Max Sit-ups (2 min)

8 Mile Ruck @ 35 lbs

Stay disciplined. Stay Bulletproof.

