

## Full Mission Profile

Capture. Death. Destruction. A radical new training philosophy uses the threat of (fictitious) dire consequences to motivate the "Warrior Athlete" to push the workout envelope

Rob Ord



It's not hard to grasp the importance of mental and physical preparation for individuals in areas where physical abilities make all the difference. Occupations such as military, law enforcement, fire, or emergency rescue fields all require a great deal of physical and mental toughness.

However, as a trainer, I have sometimes found it difficult to find the words necessary to inspire those in such physically demanding professions to reach deep enough, breaking down all personal barriers, to find that part I call the "Warrior Athlete." Sometimes, mere words are not enough. Sometimes, what is required to push someone beyond their perceived limits is to introduce an element of harsh reality.

1 of 5

***“Great men rejoice in adversity, just as brave soldiers triumph in war.” ~Seneca***

It has been my experience that adversity is required before triumph can be realized. As a mentor and coach to potential SOF warriors, I utilize a number of “tools of adversity” to prepare candidates for the physical and mental demands of their training pipelines. Many of these methods can be seen in the CrossFit Journal series of articles on Pre-SOF Training. In this article, however, I want to introduce a powerful element of reality: **the Full Mission Profile.**

The Full Mission Profile (FMP) is a real-world test of mental and physical toughness. First, I introduce a real-world, life-and-death scenario. Then I provide a plan and a hard timeline. Lastly, I give you a workout to complete. The prescribed workout attempts to mimic the physical skills necessary to complete such a mission in real life and real time. It’s important to note that the plan is not based on the “best case,” but the “worst case” scenario, because we all know “hope for the best, but prepare for the worst.”

This is not just another beat-you-down workout. This is a real-world scenario with real, and sometimes dangerous, consequences. When doing your favorite CrossFit workout, you can try to beat your best time, your buddy’s time, or your gym’s highest score, but if you fail, there is little lost. If you attempt a Full Mission Profile and fail, you will know that your (admittedly fictional) team is compromised. The diplomat you were to rescue was killed in the failed evac attempt. The boat exploded with you still onboard. The hikers died on the mountain. When I run an FMP and someone quits or is unable to finish, we all take a moment, during the debrief, to reflect on our fallen brother, because in a mission he would have died.

The CrossFit community is full of warrior athletes, some of whom have been tested on real battlefields at home and abroad. These are men and women that love the challenge of pushing themselves to new limits, the experience of intensity that goes well beyond what many consider “exercise.” Ask them why they do CrossFit, and they’ll often explain that they just love the pain. Do a Full Mission Profile and you’ll have the real answer.

.....

**FULL MISSION PROFILE - PSD AMBUSH**  
*PRESENT DAY - BAGHDAD, IRAQ*

**SITUATION :**

WHILE IN THE PROCESS OF TRAVELLING FROM THE AIRPORT TO A MEETING WITH IRAQI GOVERNMENT OFFICIALS, AN AMERICAN DIPLOMAT AND HIS PERSONAL SECURITY DETACHMENT (PSD) WERE AMBUSHED IN A BAGHDAD SUBURB BY A GROUP OF HEAVILY ARMED INSURGENTS. ALL VEHICLES WERE BADLY DAMAGED BY RPG AND SMALL ARMS FIRE, AND ARE NO LONGER VIABLE. HELO SUPPORT IS AVAILABLE BUT WILL TAKE APROXIMATELY 45 MINUTES TO ARRIVE ON THE SCENE. THE INSURGENTS, BOLSTERED BY THEIR SUCCESS AT STOPPING THE CONVOY, ARE BECOMING MORE AGGRESSIVE AND ARE INCREASING IN NUMBER.

**OBJECTIVE :**

BREAK CONTACT WITH THE AMBUSH, SAFELY ESCORT THE PRINCIPAL TO A SECURE LOCATION NEARBY AND CALL FOR HELO. PROVIDE DEFENSIVE PROTECTION UNTIL HELO RADIOS THAT THEY ARE INBOUND. MOVE TO THE PICKUP LOCATION, RENDEVOUS WITH HELO AND EXTRACT TO BASE.

## MISSION

### PHASE I - BREAK CONTACT:

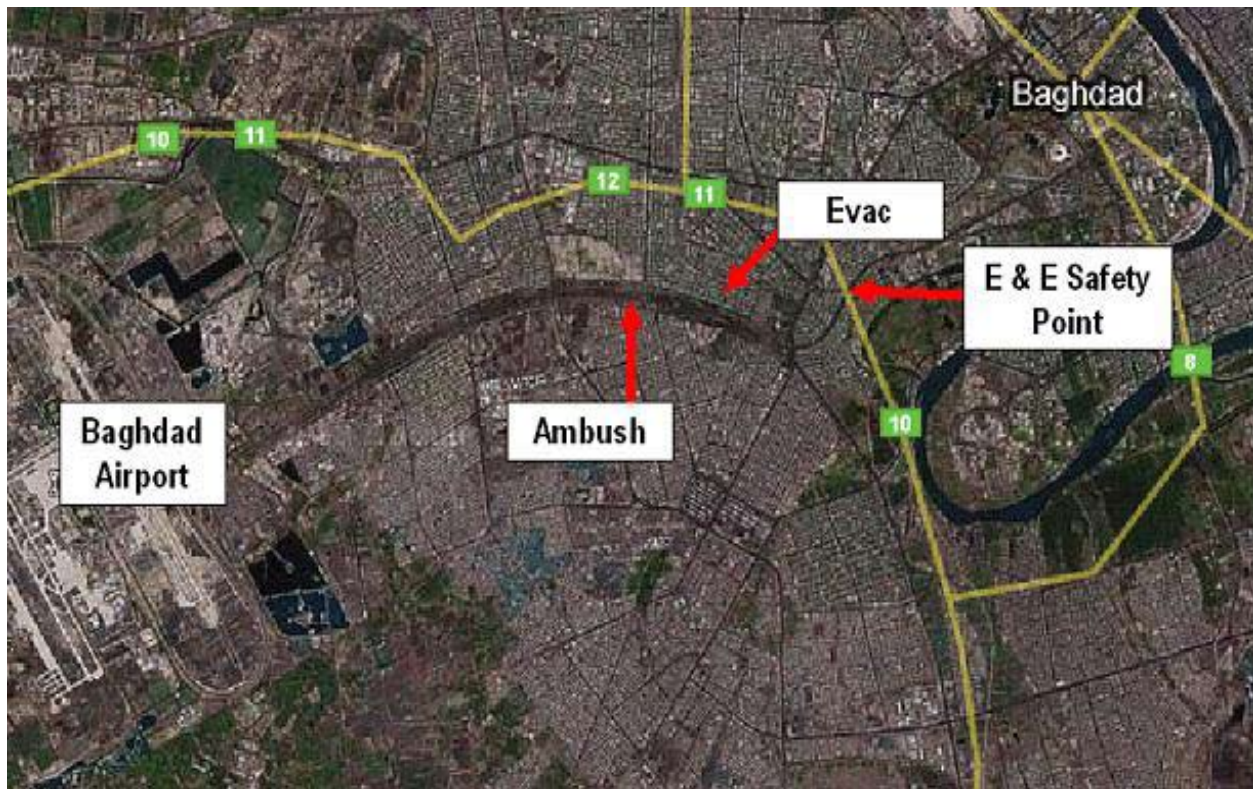
PROVIDE DEFENSIVE FIRE AND TACTICALLY MOVE TO A STRUCTURALLY SOLID BUILDING NEARBY THAT PROVIDES THE BEST PROTECTION FROM FIRE.

### PHASE II - DEFEND PRINCIPAL:

ONCE IN THE BUILDING, ESTABLISH DEFENSIVE FIGHTING POSITION AND CALL FOR HELO. ENEMY INSURGENTS ARE EXPECTED TO BE EXTREMELY AGGRESSIVE AND WILLING TO RISK THEIR LIVES TO GET TO THE PRINCIPAL. DEFEND PRINCIPAL AT ALL COSTS. MAINTAIN POSITION UNTIL ENEMY WITHDRAWS OR HELO IS INBOUND.

### PHASE III - MOVE TO PICK-UP POINT:

HELO WILL NOTIFY WHEN THEY ARE 10 MINUTES OUT, AND WILL RADIO EVERY TWO MINUTES OF STATUS. THE EXTRACTION POINT IS ON THE ROOF OF A BUILDING APPROX 500 METERS TO THE NORTH EAST. IT IS IMPERATIVE THAT ONCE THE HELO MAKES CONTACT, THE TEAM PREPARES TO MOVE OUT QUICKLY TO MINIMIZE THE TIME THE HELO IS IN DANGER OF SMALL ARMS AND RPG FIRE.



**THE WORKOUT**

**PHASE I - BREAK CONTACT:**

4 ROUNDS OF:

- RUN 400 METERS
- 10 MOUNTAIN CLIMBERS (4 COUNT EXERCISE)
- 20 PUSH UPS
- 30 SQUATS

**PHASE II - DEFEND PRINCIPAL:** - 45-MINUTE TIMELINE BEGINS  
DECK OF CARDS (WITH JOKERS)

- |          |   |  |
|----------|---|--|
| HEARTS   | — | BURPEE                                       |
| DIAMONDS | — | DUMBBELL SNATCH - 35LBS(M)/20LBS(F) EACH ARM |
| CLUBS    | — | DB CLEAN - 35LBS(M)/20LBS(F)                 |
| SPADES   | — | PULL UP (KIPPING)                            |
| JOKERS   | — | RUN 400 METERS AND DOUBLE THE NEXT CARD      |

NUMBERED CARDS ARE WORTH THEIR FACE VALUE.

- |        |   |    |
|--------|---|----|
| JACKS  | — | 11 |
| QUEENS | — | 12 |
| KINGS  | — | 13 |
| ACES   | — | 14 |

EXAMPLE:

- 4 OF CLUBS = DO FOUR KIPPING PULL-UPS
- JACK OF HEARTS = DO 11 BURPEES
- 8 OF SPADES = DO 8 DUMBBELL CLEANS
- ACE OF DIAMONDS = DO 14 DUMBBELL SNATCHES



\*MUST COMPLETE ALL CARDS PRIOR TO MOVING TO PHASE III.

**PHASE III - MOVE TO SECURE LOCATION:**

3 ROUNDS OF:

- RUN 400 METERS
- 30 SQUATS
- 20 PUSH UPS
- 10 MOUNTAIN CLIMBERS (4 COUNT EXERCISE)

**TIMELINE:**

45 MINUTE TIMELINE BEGINS WITH 'PHASE II - DEFEND PRINCIPAL' AND ENDS UPON SUCCESSFUL COMPLETION OF 'PHASE III - MOVE TO SECURE LOCATION'.

**FAILURE TO MEET THE TIMELINE WILL RESULT IN TEAM HAVING TO CONTINUE STREET BATTLE AND MOVE TO NEW SAFE LOCATION FOR PICK UP.**

**E & E - ESCAPE & EVASION:**

IN THE EVENT THE TEAM FAILED TO MEET THE DEADLINE, COMPLETE THE FOLLOWING:

4 ROUNDS OF:

- RUN 400 METERS
- 25 BURPEES

### Rules of Engagement

1. **Do it right!** Accuracy matters more now than ever. In a real-world scenario, you would not disregard the way you have been trained to clear a room or shoot with your eyes closed. So it is with the elements of the workout. Do it right or go home.
2. **Fire teams move together.** It is OK to get ahead of the rest of the team while in a phase of the operation, but one member cannot move on to the next phase until all members are finished and can move together. This means that if you're the last to finish a phase, you are putting your teammates and the mission in jeopardy. It also means if you are the first to finish, then you should be motivating your teammates.
3. **Mentally get into it.** Work from the perspective that it's a mission, not just another workout. Your enemy is waiting for you to stop to catch your breath in order to take advantage of you and your team. With my trainees there is a saying: "Train harder than your enemy thinks you can."
4. **The timeline cannot be modified.** Maintain awareness of where you are and how much time you have. If you need to pick up the pace, do it!
5. Laggards die. If you fall behind in the workout, you fall behind in the mission. What would you like written on your headstone?

**FAILURE IN ANY OF THESE ELEMENTS CONSTITUTES  
FAILURE OF THE MISSION.**



Rob Ord has trained hundreds of individuals seeking entrance into the Navy's elite special operations communities. On his website [www.brassringfitness.com](http://www.brassringfitness.com), he also provides balanced, highly effective training regimens for those seeking to achieve the disciplined mind and body of the Warrior Athlete.

This Full Mission Profile was conducted alongside CrossFit H.E.L [[www.crossfithel.com](http://www.crossfithel.com)] Head Coach, Kevin Aillaud in his world class training facility in Portland, OR.