

18,000 Trained Killers

March Routine 2026

Faith, Fitness, Survival Skills, Tactical Training

Green Boxes Are Daily Routine Red are up to you to add some flavor!

Day	Bible Reading (Theme: Renewal)	Workout (20-30 min)	Bushcraft Practice (15 min)	Dry Fire Pistol Training (10 min)	Tactical Training (15 min)
1	Proverbs 6:6-8 (Ant's preparation) C20A3B5:C25B5:C27B5:C24	Bodyweight circuit: 3x (10 push-ups, 10 squats, 10 burpees)	Knot tying: Bowline for quick loops	Sight alignment drills (no ammo)	Room clearing basics (pie-ing corners)
2	Psalms 23 (The Lord provides)	Brisk 2-mile walk/jog	Fire starting with ferro rod	Trigger control squeezes	Evasion tactics: Low crawl practice
3	Matthew 25:1-13 (Parable of the virgins – be ready)	Core focus: Planks, Russian twists (3 sets)	Shelter: Tarp setup variations	Draw from holster (dry)	Situational awareness walk
4	Isaiah 43:19 (New things spring forth)	Upper body: Pull-ups or resistance bands (if available)	Foraging ID: Edible spring greens (e.g., dandelions)	Reload drills (empty mags)	Ambush response scenarios
5	2 Timothy 4:7 (Fight the good fight)	Full body HIIT: Jump rope intervals	Tool sharpening (knife/axe)	Malfunction clearing (dry)	Cover vs. concealment differentiation
6	Ephesians 6:10-18 (Armor of God)	Yoga or stretching for recovery	Cordage making from natural fibers	One-handed manipulation	Team communication signals
7	Genesis 8:22 (Seasons of seedtime)	Rest or light walk; reflect on week	Basic trapping ethics/review	Accuracy drills (laser if available)	Debrief a recent news event tactically
8	John 15:5 (Abide in the vine for fruit)	Cardio: Hill sprints or stairs	Basket weaving basics	Sight picture refinement	Movement under fire (bounding)
9	Psalms 104:14-15 (God provides food from earth)	Strength: Deadlifts or farmer carries	Natural camouflage techniques	Weak-hand shooting practice	Observation post setup
10	Luke 12:22-31 (Don't worry; God provides)	Endurance: Ruck march with pack	Spring water sourcing	Transition drills (pistol to rifle if sim)	Threat assessment in crowds
11	Deuteronomy 28:12 (Blessings of storehouses)	Plyometrics: Box jumps, lunges	Bark container crafting	Speed reloads	Vehicle evasion maneuvers
12	James 1:12 (Perseverance under trial)	Circuit: Mix cardio and strength	Medicinal plant harvest prep	Failure to stop drills	Buddy system tactics
13	1 Corinthians 9:24-27 (Run to win the prize)	Recovery: Mobility drills	Friction fire methods	Grip and stance tweaks	Urban navigation routes
14	Proverbs 24:27 (Prepare fields before house)	Rest/light activity; weekly reflection	Tool maintenance	Holistic dry fire session	Scenario planning: Power outage
15	Romans 5:3-5 (Suffering produces endurance)	Heavy strength: Squats, presses (weighted if possible)	Wild edible cooking prep	Advanced draw sequences	Force-on-force mindset (airsoft if safe)
16	Hebrews 12:1-2 (Run with perseverance)	Trail run or hike	Improvised fishing gear	Low-light simulations	Cover fire concepts
17	Philippians 4:13 (Strength in Christ)	Functional: Tire flips or log carries	Natural insulation for shelters	Multiple target engagement	Rally point establishment
18	1 Peter 5:8 (Be alert and sober-minded)	HIIT with intervals	Snare setting practice	Retention shooting drills	Intelligence gathering basics
19	Joshua 1:9 (Be strong and courageous)	Endurance ruck with heavier load	Bow drill fire starting	One-hand reloads	Ambush setup countermeasures
20	Psalms 91:1-2 (Dwell in shelter of Most High)	Yoga for balance and recovery	Cordage strength testing	Trigger reset practice	Perimeter security walk
21	2 Corinthians 4:16-18 (Renewed day by day)	Rest/reflect; skill integration	Bushcraft tool kit audit	Full routine review	Tactical debrief of week
22	Acts 2:42-47 (Community in faith)	Group workout: Partner circuits	Communal fire building	Group dry fire safety talk	Team movement formations
23	1 Thessalonians 5:11 (Encourage one another)	Cardio with a buddy	Shared foraging outing	Partner malfunction drills	Coordinated evasion

24	Hebrews 10:24-25 (Spur one another on)	Strength relay games	Group shelter build	Weak-hand with partner feedback	Group threat assessment
25	Ecclesiastes 4:9-12 (Two are better than one)	Endurance team hike	Cordage braiding together	Transition drills in pairs	Buddy bounding practice
26	Matthew 18:20 (Where two or three gather)	Functional group challenges	Medicinal plant sharing	One-handed with assistance	Rally point drills with team
27	Galatians 6:2 (Carry each other's burdens)	Recovery yoga session	Tool sharing maintenance	Grip feedback from peers	Perimeter with partners
28	Proverbs 27:17 (Iron sharpens iron)	Rest/group reflection	Bushcraft skill swap	Holistic session with group	Full team scenario debrief
29	Revelation 21:5 (Making everything new)	Light full-body review	Renewal project: New tool craft	Accuracy refinement	Personal tactical growth plan
30	Psalms 51:10 (Create in me a clean heart)	Endurance walk with prayer	Nature meditation spot build	Trigger discipline focus	Mindset: Alertness in daily life
31	Isaiah 40:31 (Renew strength like eagles)	Celebratory hike or circuit	C & L Report	C & L Report	C & L Report