



# CIVIL AFFAIRS

ASSESSMENT AND SELECTION

**PREPARATION HANDBOOK**



UNITED STATES ARMY JOHN F. KENNEDY  
SPECIAL WARFARE CENTER AND SCHOOL

*U.S. Army Special Operations Center of Excellence*

PEOPLE | EXCELLENCE | INNOVATION | TEAMWORK



UNITED STATES ARMY

SPECIAL OPERATIONS

CENTER OF EXCELLENCE

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## ARSOF ATTRIBUTES

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In 2010, Major General Thomas R. Csrnko directed the development of the ARSOF Attributes. Then, a panel of past and current ARSOF leaders (from the group to the tactical level) developed and determined the attributes. The ARSOF Attributes are the organizational bedrock that enhance a strong culture at all levels regardless of rank, title, tenure, or level of responsibility. These values are critical in creating an atmosphere of respect, communication, personal responsibility, vulnerability that leads to growth, and ultimately trust among peers, subordinates, and leaders. The erosion of ARSOF Attributes can create an environment of subpar performance and degradation of standards. We ask that you regularly assess yourself against the ARSOF Attributes. Regularly assess yourself against the ARSOF Attributes and use them as a guide to enhance the organizational culture and create the best version of yourself.

**Integrity:** Being trustworthy and honest; acting with honor and unwavering adherence to ethical standards.

**Courage:** Acting on own convictions despite consequences; willing to sacrifice for a larger cause; not being paralyzed by fear of failure.

**Perseverance:** Working toward an end; being committed; maintaining physical or mental resolve; being motivated; giving effort to the cause; not quitting.

**Personal Responsibility:** Being self-motivated and an autonomous self-starter; anticipating tasks and acting accordingly; taking accountability for their actions.

**Professionalism:** Behaving as a standard-bearer for the corps; having a professional image, to include a level of maturity and judgment mixed with confidence and humility; forming sound opinions and making own decisions; standing behind their sensible decisions based on their experiences.

**Adaptability:** Possessing the ability to maintain composure while responding to or adjusting one's own thinking and actions to fit a changing environment; being able to think and solve problems in unconventional ways; being able to proactively shape the environment or circumstances in anticipation of desired outcomes.

**Team Player:** Possessing the ability to work on a team for a greater purpose than oneself; being dependable and loyal; working selflessly with a sense of duty; respecting others.

**Capability:** Maintaining physical fitness, to include strength and agility; having operational knowledge; being able to plan and communicate effectively.

## SOF TRUTH 01



## HUMANS ARE MORE IMPORTANT THAN HARDWARE.

- Our people, not our equipment, are our competitive and comparative advantage.
- When caring becomes intuitive, success will be long lasting.
- People first—"live it, value it, reinforce it, and fight for it."

## SOF TRUTH 02



### QUALITY IS BETTER THAN QUANTITY.

- Emotion leads to action—  
if you want higher performance,  
begin with a higher purpose.
- Character is the fuel that  
drives talent to greatness.
- Organizations with a sustained  
culture have sustained success.

## SOF TRUTH 03



### **COMPETENT SPECIAL OPERATIONS FORCES CANNOT BE CREATED AFTER EMERGENCIES OCCUR.**

- Consistently remove any seeds of complacency.
- Be humble. Be a life-long learner and better today than you were yesterday.
- Be hungry. Push yourself and your team to be great—1% marginal gains, when aggregated, are massive.

## SOF TRUTH 04



### **SPECIAL OPERATIONS FORCES CANNOT BE MASS PRODUCED.**

- Quality over quantity. Don't settle for talent without character.
- Leaders don't get to pick their team; they get to build their team.
- Leaders are developers of character and talent.

## SOF TRUTH 05



### **MOST SPECIAL OPERATIONS REQUIRE NON-SOF SUPPORT.**

- Communication begins the relationship-building process. Relationships are key to winning teams.
- Connection is a continuous process.
- Voids in communication are filled with negativity.



## FOREWARD

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Your commitment to service and your willingness to participate in Civil Affairs Assessment and Selection (CAAS) sets you apart. This handbook is designed to equip you with the knowledge and tools necessary to optimize your physical and non-physical performance in preparation for CAAS. This demanding course will test your limits, and preparation should be prioritized.

The Civil Affairs Proponent has taken the U.S. Army's holistic health and fitness (H2F) best practices and lessons learned and combined them with the best practices of all SOF selection courses to best prepare you for success. Prospective CA Soldiers must be prepared, resilient, and adaptable to face unpredictable challenges in the nation's future conflicts. By combining the H2F principles with the rigors of SOF selection, the Branch aims to enhance physical and non-physical performance, reduce injuries, improve rehabilitation, and boost overall preparation of the Soldier.

**Intellectual Capacity**



**Interpersonal Skills**











**Physical Fitness**

Your physical fitness at CAAS is a testament to your personal responsibility and your professionalism. It is an early and often accurate indicator of your serious commitment to joining our ranks as special operations Civil Affairs professionals. While physical fitness is not the only factor being assessed—it serves as the foundation for the cognitive abilities that will be challenged under the stress and mental exhaustion you are likely to experience during CAAS.





Successful candidates typically...	Unsuccessful candidates typically...
 Perform as if they only get one chance to prove themselves at selection.	 Do not perform as if this is the only chance to prove themselves at selection.
 Approach every day with maximum effort, as if it's their last chance	 Operate below their maximum capacity, leaving potential untapped.
 Foster unwavering optimism and a team-oriented attitude among peers.	 Place their energy on measuring their success against others.
 Show a steady commitment when assisting and collaborating with teammates.	 Prioritize personal visibility rather than elevate the team.

# CIVIL AFFAIRS MAXIMS

Promise nothing and validate every word with deed.

Influence is your greatest talent and weapon—failure to motivate the expenditure of others' time and resources towards your objective is a burden of yours alone.

Treat every verbal encounter like hand-to-hand combat—victory comes from mental, physical, and moral preparation.

Take no personal credit but exploit all information systems to advertise progress in the legitimate government's goals and objectives.

Ensure every action positively and directly affects  
U.S. national and foreign policy objectives.

Plan and take command and responsibility of the plan  
on day one—be prepared to relinquish command  
and transition the plan on day two.

Ours is a target-rich environment—exercise precision in your effects by attacking the part that leads to your objective, not the whole.

Establish the moral high-ground and  
build an impenetrable fortress around it.

Do no harm—build nothing that is not immediately absorbed and exploited by the indigenous government and its people to ensure political dominance and the preeminence of civil society.

Leave nothing to memory—plan and use all devices necessary to document the environment and operations.

Decide whom to trust by understanding what you have to lose.

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## PREPARATION

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Successful CAAS candidates must be physically and mentally prepared and conditioned in all five domains of the Army's H2F to include physical, nutritional, mental, spiritual, and sleep readiness. Additionally, successful candidates pass the Army Combat Fitness Test (ACFT) with a minimum of 80 points in each event. To ensure the best possible chance of selection, candidates should consistently meet these milestones under adverse conditions. Additionally, successful candidates pass the ACFT with a minimum of 80 points in each event. To ensure the best possible chance of selection, candidates should consistently meet these milestones under adverse conditions.



Our mission is  
for every  
candidate to be  
successful without  
compromising  
**quality,**  
**character,**  
and **standards.**

# FITNESS STANDARDS

EVENT	MALE GOAL	FEMALE GOAL
Amy Combat Fitness Test	540 points with a minimum of 80 points in each event.	540 points with a minimum of 80 points in each event.
Civil Affairs Physical Fitness Assessment	<ul style="list-style-type: none"> <li>• 48 Hand-Release Push-ups</li> <li>• 3:05 Plank</li> <li>• 13:30 2-Mile Run</li> </ul>	<ul style="list-style-type: none"> <li>• 33 Hand-Release Push-ups</li> <li>• 3:05 Plank</li> <li>• 15:30 2-mile run</li> </ul>
5-Mile Run	40 minutes or less across rugged terrain	40 minutes or less across rugged terrain
12-Mile Foot March	Complete in 2 hours and 40 minutes or less while carrying the following: <ul style="list-style-type: none"> <li>• 45 lb pack</li> <li>• Weapon</li> </ul>	Complete in 2 hours and 40 minutes or less while carrying the following: <ul style="list-style-type: none"> <li>• 45 lb pack</li> <li>• Weapon</li> </ul>



## TRAINING PLAN

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**Instructions:** This training plan was created using Human Performance and Wellness, CAPC, and CAAS senior cadre. The aforementioned standards are the goals you should strive for. To determine which phase you should start with, complete all fitness events and determine the following:

- If you are close to these standards, start Phase 2.
- If you are not within the range of standards, start Phase 1.
- If you are on a condensed timeline and completion of both plans is not feasible, start Phase 1 at week 9.


At the end of Phase 1, begin Phase 2. Keep the following in mind:

- Start Phase 2 approximately eight weeks before your selection date.
- Two to three days after the completion of Phase 2 you should be ready to attend selection.

**Phase 1:** The first part of the plan is focused on building up an aerobic base and gradual conditioning to move under load. This plan will focus on endurance athletics, with an emphasis on zone 2 and 3. Ruck with lighter weights and shorter distances, and gradually build up to phase 2.

**Phase 2:** In Phase 2, you will see circuits 1 or 2. On the bottom of the plan you will see what the exercises are and how many reps of each.

## HEART RATE ZONES

Zone	% HR Max	Fitness component	Level of effort
5	90-100	 Anaerobic explosive speed	Maximum
4	80-90	 Anaerobic endurance	Very hard
3	70-80	 Aerobic endurance	Hard
2	60-70	 Aerobic endurance	Moderate
1	50-60	 Active recovery	Easy

**Maximum Heart Rate:** To estimate your maximum age-related heart rate, subtract your age from 220. For example, for a 24-year-old person, the estimated maximum age-related heart rate would be calculated as  $220 - 24 \text{ years} = 196$  beats per minute (bpm). The 70% and 80% levels would be:  $196 \times .70 = 137$  (70% MHR) and  $196 \times .80 = 157$  (80% MHR). (cdc.gov)

**Zone 2 Heart Rate:** It is important that you train in zone 2. When not using a heart monitor, the markers for readiness in zone 2 include the ability to breathe through your nose or have a continuous conversation without difficulty. **CAUTION:** Zone 2 is more than likely going to be slow. Do not make excuses to not breathe through your nose. World class endurance athletes train predominantly in zone 2.

**Zone 3 Heart Rate:** This zone is best monitored with a heart monitor. You can only speak a few words at a time. You are not gasping for air. However, maintaining a conversation is challenging in this zone.

## RUNNING AND RUCKING

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**Preparation and intrinsic motivation** are paramount to candidate success.



**Mini Intervals:** Complete short bursts beginning in the second mile of your run. Mini intervals should cap out in intensity once you are unable to breathe through your nose. Then, back off, rest for 3-minutes (continue running), and repeat. Rest means slowing down until breathing through your nose is easy again, while continuing to run.

**Tempo Runs:** Tempo runs work best with a heart rate monitor. Start in zone 2 for one mile. After the first mile, or once you feel warmed up, increase your speed to zone 3 for 25 to 30-minutes. Then, slow down to zone 2.

**Rucking:** Be familiar and comfortable with assembly, packing, and use of standard Army equipment to include the large molle ruck and load bearing vest system.

**Phase 1:** Do not attempt to run while rucking. **Phase 2:** For rucks during weeks 1 through 4, try to extend your stride, breathe through your nose, and make pace. For ruck days weeks 4 through 8, you may jog to make pace if necessary.

# MOBILITY AND CORRECTIVE EXERCISE SCHEDULE

Phase 1	
THURSDAY	FRIDAY
<b>Foam roll:</b> <ul style="list-style-type: none"> <li>• Pectoral</li> <li>• Latissimus Dorsi</li> </ul>	<b>Foam roll:</b> <ul style="list-style-type: none"> <li>• Glute</li> <li>• Hamstring</li> <li>• Quad</li> <li>• Iliotibial band</li> <li>• Adductor (inner thigh)</li> <li>• Calf</li> </ul>
<b>Mobility and corrective exercises:</b> <ul style="list-style-type: none"> <li>• Banded lat stretch</li> <li>• T-spine mobility</li> <li>• Shoulder strength and stability</li> </ul>	<b>Mobility and corrective exercises:</b> <ul style="list-style-type: none"> <li>• Banded hip mobility</li> <li>• Banded ankle mobility</li> <li>• Hip and glute strength</li> <li>• Core strength and mobility</li> </ul>

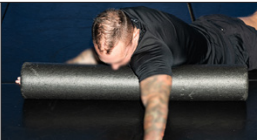



Phase 2	
WEDNESDAY	
<b>Foam roll:</b> <ul style="list-style-type: none"> <li>• Pectoral</li> <li>• Latissimus Dorsi</li> <li>• Glute</li> <li>• Hamstring</li> <li>• Quad</li> <li>• Iliotibial band</li> <li>• Adductor (inner thigh)</li> <li>• Calf</li> </ul>	<b>Mobility and corrective exercises:</b> <ul style="list-style-type: none"> <li>• Banded lat stretch</li> <li>• T-spine mobility</li> <li>• Shoulder strength and stability</li> <li>• Banded hip mobility</li> <li>• Banded ankle mobility</li> <li>• Hip and glute strength</li> <li>• Core strength and mobility</li> </ul>







## FOAM ROLLING

Foam rolling increases blood flow to the muscles, decreases soreness and improves short-term mobility. Focusing on areas of discomfort, foam roll 30-60

seconds per area. While foam rolling, avoid sharp pains, bony prominences, and areas that cause numbness and tingling.

Pectoral	<ul style="list-style-type: none"><li>• Lie on stomach with arm outstretched and palm down with foam roller at 45 degrees in armpit.</li><li>• Roll along chest muscle and avoid bony prominence at front of shoulder (coracoid process).</li></ul>	
Latissimus Dorsi (Lat)	<ul style="list-style-type: none"><li>• Lie on your side, place arm over the head with thumb pointing toward ceiling, and place foam roller under armpit.</li><li>• Roll along muscle from armpit to middle of rib cage.</li></ul>	
Glute	<ul style="list-style-type: none"><li>• Sit on foam roller with arms behind you for support.</li><li>• Cross the foot of the leg you want to target over your other knee to achieve a figure-4 position.</li><li>• Shift weight onto that glute and roll along muscle.</li></ul>	
Hamstrings	<ul style="list-style-type: none"><li>• Sit on foam roller, place arms behind you for support, and extend legs in front of your body.</li><li>• Roll along muscle starting at the hip and stop just above the knee.</li><li>• Target one leg at a time to increase intensity.</li></ul>	

<p>Quad</p>	<ul style="list-style-type: none"> <li>• Lie face down on foam roller with it just below your hips.</li> <li>• Using your arms as leverage, roll down the muscle and stop just below the knee (avoid knee cap and hip bones).</li> <li>• Target one leg at a time to increase intensity.</li> </ul>	
<p>IT Band</p>	<ul style="list-style-type: none"> <li>• Lie on your side, place the foam roller under the straight extended bottom leg, and ensure the top leg is planted in front of your body for leverage.</li> <li>• Roll along length of the upper leg, avoiding bony prominence in lateral hip (greater trochanter).</li> <li>• Shift weight forward to target lateral quad.</li> </ul>	
<p>Adductor (inner thigh)</p>	<ul style="list-style-type: none"> <li>• While lying on your stomach, place the foam roller under the leg placed 45 degrees to the side.</li> <li>• Roll along inner thigh from groin to just above knee.</li> </ul>	
<p>Calf</p>	<ul style="list-style-type: none"> <li>• Sit with legs extended and foam roll under calves.</li> <li>• Roll from just below knee to just above ankle.</li> <li>• Increase intensity by crossing legs to target one leg.</li> </ul>	

## JOINT MOBILIZATIONS AND CORRECTIVE EXERCISES

- Address common impairments seen in individuals throughout the course.
- Incorporate into warm-up prior to lifting and/or running, or on recovery days.
- Decrease pain during exercises.

### Banded Hip Mobility


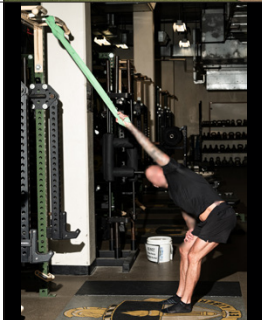


*Banded Hip Mobilization with IR/ER, 15-20 each.*

- Half kneel and secure band into hip joint with tension pulling laterally.
- While maintaining band position, push knee in and out.

*Banded Anterior Hip Glide, 15-20 each.*




- Half kneel and secure band into hip joint with tension pulling anteriorly.
- Squeeze the glute on back leg to feel stretch in the front of the hip.
- Lunge motion rocking front to back. Do not arch your back.






<p>Banded Ankle Mobility</p>	<p><i>Banded Dorsiflexion Mobilization, 15-20 each.</i></p> <ul style="list-style-type: none"> <li>• Secure band under bony bumps on ankle, pulling down and back.</li> <li>• Keep heel down and lunge knee forward until you feel resistance.</li> <li>• Repeat pulses at end range.</li> </ul>	
<p>Banded Lat Stretch</p>	<p><i>Banded Lat Stretch, 3 x 30 seconds.</i></p> <ul style="list-style-type: none"> <li>• Hold band overhead, sit hips back, and twist under your stretching arm to feel gentle pull in your lat.</li> </ul>	
<p>T-Spine Mobility</p>	<p><i>Thoracic Extension on Foam Roller x3.</i></p> <ul style="list-style-type: none"> <li>• While keeping hips down, start with foam roller in mid-spine and arch your back over the roller.</li> <li>• Move up your back and reset each level.</li> </ul>	
	<p><i>Open Books x8-10 each side.</i></p> <ul style="list-style-type: none"> <li>• Lay on your side with bottom leg straight and top leg bent with knee touching floor.</li> <li>• Keep knee down, rotate top arm, and attempt to reach the ground on the other side.</li> <li>• Reset and repeat.</li> </ul>	

## CORRECTIVE EXERCISES

- Address common impairments seen in individuals throughout the course.
- Incorporate into warm-up prior to lifting and/or running, or on recovery days.
- Decrease pain during exercises.

<p>Shoulder Strength and Stability</p>	<p><i>Scapular slides, 2-3 x 8-10.</i></p> <ul style="list-style-type: none"> <li>• Standing parallel against the wall, loop band around wrists and forearms.</li> <li>• Tuck elbows in to feel engagement in outer shoulder.</li> <li>• Maintain this alignment while sliding up and down wall.</li> </ul>	
	<p><i>Plank taps, 2-3 x 15-20.</i></p> <ul style="list-style-type: none"> <li>• Assume plank position.</li> <li>• Without excessive rotation in hips/core, lift arm to tap opposite shoulder then switch.</li> </ul>	
<p>Hip and Glute Strength</p>	<p><i>Single Leg Bridge Hold, 2 x 10 x 5 seconds.</i></p> <ul style="list-style-type: none"> <li>• Gently pull one knee to chest. Squeeze glute on down leg to lift hips from ground.</li> <li>• Hold and repeat.</li> <li>• Should only feel glute active, not lower back.</li> </ul>	

<p>Hip and Glute Strength</p>	<p><i>Side Stepping With Band, 3 x 10-15.</i></p> <ul style="list-style-type: none"> <li>• Place band around midfoot.</li> <li>• Sit back in a mini squat and start walking sideways.</li> <li>• Focus on keeping tension on band and avoiding sway in your trunk.</li> </ul>	
<p>Core Strength and Stability</p>	<p><i>Dead Bugs, 3 x 10-12.</i></p> <ul style="list-style-type: none"> <li>• With arms reaching to ceiling and legs in 90/90 position, engage core.</li> <li>• Slowly extend opposite arm and leg while maintaining core engagement.</li> <li>• If you feel your low back, you lost your core or moved too far.</li> </ul>	
	<p><i>Hip Airplanes 2 x 8.</i></p> <ul style="list-style-type: none"> <li>• Standing on one leg, hinge forward and extend free leg out.</li> <li>• Rotate to open hips, then return to start.</li> </ul>	



## SPECIAL CONSIDERATIONS

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If you are currently deployed, projected to deploy, or are in an environment that lacks the proper gym equipment required to complete the plan, read the following field expedient section. The following section provides options for low cost gym equipment using everyday items or basic Army gear.

### Field expedient equipment ideas:

- Army duffel bag full of sand (fill to desired weight).
- Sandbag (1/2 to 2/3 full is around 35-40 lbs).
- Half gallon jug (filled).
- 1 gallon jug (filled with sand weighs 20 lbs).
- Gas cans filled with sand (fill to desired weight). Use shirts tied to handles to make a soft handle.



## PHASE 1 FIELD EXPEDIENT EQUIPMENT EXAMPLES

### WEEKS 1-4

#### Lift 1

Exercise	Equipment
Vertical jump and land	No equipment needed.
Choice of squat or dead lift	Army duffel bag (filled at desired weight) on shoulder, or Army duffel bag on ground (filled at desired weight).

#### Auxiliary circuit

Exercise	Equipment
TRX or inverted row	On a strong low hanging tree branch, securely tie a strong ranted rope twice. Leave enough space for a handle to hold onto.
SA DB OH press	Two-gallon jug filled with sand.
Single arm lats or pull-up negatives	Resistance bands.
Farmer's carry	Two Army duffel bags or two sandbags.

#### Lift 2

Exercise	Equipment
Medicine ball slam	Safely cut a 2.5-inch hole in a soccer ball or basketball, fill with sand, and sew closed. Super glue the seam of the hole and cover using duct tape. Search the internet for homemade medicine ball.
Choice of bench press	Army duffel bag (filled at desired weight), or two gallons of sand and place a metal bar between the handles.

#### Auxiliary circuit

Exercise	Equipment
Single leg glute bridge	No equipment needed.



Reverse lunge	Two-gallon container filled with sand or Army duffel bag (filled at desired weight) held on your chest, or two gallons of sand and place a metal bar between the handles.
Copenhagen	Chair.
Bar hang	On a strong, low-hanging tree branch, securely tie a strong rope twice, leaving enough space for a handle.

## WEEKS 5-8

### Lift 1

Exercise	Equipment
Vertical jump and land	No equipment needed.
Choice of squat	Army duffel bag (filled at desired weight) on shoulder, or Army duffel bag (filled at desired weight).

### Auxiliary circuit

Exercise	Equipment
TRX or inverted row	On a strong, low-hanging tree branch, securely tie a strong rope twice, leaving enough space for a handle.
Choice of dumbbell bench	Army duffel bag (filled at desired weight), or two gallons of sand and place a metal bar between the handles
Lat pulldown	Resistance bands.
1-arm farmer's carry	Army duffel bag (filled at desired weight).

### Lift 2

Exercise	Equipment
MB rot slam	Safely cut a 2.5-inch hole in a soccer ball or basketball, fill with sand, and sew close. Super glue the seam of the hole and cover using duct tape. Search the internet for homemade medicine ball.
Overhead press choice	Two gallons of sand with a metal bar between the handles, or Army duffel bags (filled at desired weight).

## Auxiliary circuit

Exercise	Equipment
DB Glute bridge	No equipment needed.
Overhead press choice	Sandbag, gallon of sand, or an Army duffel bag.
FFE split squat	2 x gallon of sand.
Seated MB Squeeze	Safely cut a 2.5 inch hole in a soccer ball or basketball, fill with sand, and sew close. Super glue the seam of the hole and cover using duct tape. Search the internet for homemade medicine ball.
Bar hang	On a strong, low-hanging tree branch, securely tie a strong rope twice, leaving enough space for a handle.

## WEEKS 9-16

### Lift 1

Exercise	Equipment
Kettlebell swing	Army duffel bag full of sand with desired weight ( <b>do not</b> hold by handle).
Choice of BB lunge	Army duffel bag (filled at desired weight) on shoulders.
FFE split squat	2 x gallon of sand.
WT'd push-ups	Army duffel bag (filled at desired weight) on shoulders.
Lat pulldown	Resistance bands.
Farmer's carry	Army duffel bags (filled at desired weight).

### Lift 2

Exercise	Equipment
Split squat jump	No equipment needed.
Choice of bench or OH press	2 x using a gallon of sand, or 2 x using a gas can of sand. Place a metal bar between the handles or Army duffel bags (filled at desired weight).

## Auxiliary circuit:

Exercise	Equipment
Reverse hyper or back extension	No equipment needed.
SL squat	No equipment needed.
Slider lateral	No equipment needed.
Grip work	No equipment needed.





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To succeed, **they train not only their bodies but also their minds**—to be warriors of compassion, architects of stability.



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# PHASE 1 WORKOUT SCHEDULE

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## WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm-up</b>  <b>Easy run</b> • 3 miles  <b>Calisthenics</b> • 50 Push-ups • 15 Pull-ups • 3-way plank for 60 seconds	<b>Warm-up</b>  <b>Lift 1</b> • Vertical jump and land, 3 x 3 • Squat or DL choice, 2 x 4 (5 seconds)  <b>Auxiliary circuit</b> • TRX or inverted row, 3 x 10 • SA DB OH press, 3 x 8 • SA lat pulldown, 3 x 8 • Farmer's carry, 3 x 50 yards  <b>Walk 30 minutes</b>	<b>Warm-up</b>  <b>Interval run</b> • 4 x 400 meters  <b>Easy run</b> • 1 mile  <b>Calisthenics</b> • Push-ups, 4 x 30 seconds • 20 Chin-ups • 40 Alt V-ups	<b>Warm-up</b>  <b>Lift 2</b> • MB slam, 3 x 6 • Bench choice, 2 x 4 (5 seconds)  <b>Auxiliary circuit</b> • SL glute bridge, 3 x 8 • Reverse lunge, 3 x 6 • Copenhagen, 2 x 20 seconds • Bar hang, 2 x max hold  <b>Foam roll and mobility</b>	<b>Warm-up</b>  <b>Easy run</b> 2 miles  <b>Race pace run</b> 1 mile  <b>Foam roll and mobility</b>
<b>EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
Run time: • Push-ups: • Pull-ups: • 3-way plank: • Total time:	Vertical jump and land: • Squat or DL: • TRX or inverted row: • SA DB OH press: • SA lat pulldown: • Farmer's carry: • Total time:	4 x 400 meters: • • • • Run time: • Push-ups: • Chin-ups: • Alt V-ups: • Total time:	MB slam: • Bench: • SL glute bridge: • Reverse lunge: • Copenhagen: • Bar hang: • Total time:	Easy run: • Race pace run: • Total time:

**Body weight:**

## WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm-up</b>  <b>Easy run</b> • 3 miles  <b>Calisthenics:</b> • 65 Push-ups • 20 Pull-ups • 3-way plank for 60 seconds	<b>Warm-up</b>  <b>Lift 1</b> • Vertical jump and land, 3 x 4 • Squat or DL choice, 3 x 4 (5 seconds)  <b>Auxiliary circuit</b> • TRX or inverted row, 3 x 12 • SA DB OH press, 3 x 10 • SA Lat pulldown, 3 x 10 • Farmer's carry, 3 x 50 yards  <b>Walk 30 minutes</b>	<b>Warm-up</b>  <b>Interval run</b> • 4 x 400 meters  <b>Easy run</b> • 1 mile  <b>Calisthenics</b> • Push-ups, 4 x 30 seconds • 25 Chin-ups • 50 Alt V-ups	<b>Warm-up</b>  <b>Lift 2</b> • MB slam, 3 x 8 • Bench choice, 3 x 4 (5 seconds)  <b>Auxiliary circuit</b> • SL glute bridge, 3 x 10 • Reverse lunge, 3 x 8 • Copenhagen, 2 x 20 seconds • Bar hang, 3 x max hold  <b>Foam roll and mobility</b>	<b>Warm-up</b>  <b>Easy run</b> 3 miles  <b>Race pace run</b> 1 mile  <b>Foam roll and mobility</b>
EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS				
Monday	Tuesday	Wednesday	Thursday	Friday
Run time: • Push-ups: • Pull-ups: • 3-way plank: • Total time:	Vertical jump and land: • Squat or DL: • TRX or inverted row: • SA DB OH press: • SA lat pulldown: • Farmer's carry: • Total time:	4 x 400 meters: • • • • Run time: • Push-ups: • Chin-ups: • Alt V-ups: • Total time:	MB slam: • Bench: • SL glute bridge: • Reverse lunge: • Copenhagen: • Bar hang: • Total time:	Easy run: • Race pace run: • Total time:

**Body weight:**

## WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm-up</b>  <b>Easy run</b> • 4 miles  <b>Calisthenics</b> • 80 Push-ups • 25 Pull-ups • 3-way plank for 60 seconds	<b>Warm-up</b>  <b>Lift 1</b> • Vertical jump and land, 3 x 5 • Squat or DL choice, 2 x 4 (5 seconds)  <b>Auxiliary circuit</b> • TRX or inverted row, 3 x 15 • SA DB OH press, 3 x 12 • SA Lat pulldown, 3 x 12 • Farmer's carry, 3 x 50 yards  <b>Walk 40 minutes</b>	<b>Warm-up</b>  <b>Interval run</b> • 4 x 400 meters  <b>Easy run</b> • 1 miles  <b>Calisthenics</b> • Push-ups, 4 x 30 seconds • 30 Chin-ups • 60 Alt V-ups	<b>Warm-up</b>  <b>Lift 2</b> • MB slam, 3 x 10 • Bench choice, 2 x 4 (5 seconds)  <b>Auxiliary circuit</b> • SL glute bridge, 3 x 10 • Reverse lunge, 3 x 8 • Copenhagen, 2 x 20 seconds • Bar hang, 3 x max hold  <b>Foam roll and mobility</b>	<b>Warm-up</b>  <b>Easy run</b> • 2 miles  <b>Race pace run</b> • 2 miles  <b>Foam roll and mobility</b>

### EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: • Push-ups: • Pull-ups: • 3-way plank: • Total time:	Vertical jump and land: • Squat or DL: • TRX or inverted row: • SA DB OH press: • SA lat pulldown: • Farmer's carry: • Total time:	4 x 400 meters: • • • • Run time: • Push-ups: • Chin-ups: • Alt V-ups: • Total time:	MB slam: • Bench: • SL glute bridge: • Reverse lunge: • Copenhagen: • Bar hang: • Total time:	Easy run: • Race pace run: • Total time:

**Body weight:**



## WEEK 4: RECOVERY

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm-up</b>  <b>Easy run</b> • 2 miles  <b>Calisthenics</b> • 65 Push-ups • 20 Pull-ups • 3-way plank, 2 x 60 seconds	<b>Warm-up</b>  <b>Lift 1</b> • Vertical jump and land, 2 x 5 • Squat or DL choice, 2 x 4(5 seconds)  <b>Auxiliary circuit</b> • TRX or inverted row, 3 x 12 • SA DB OH press, 3 x 8 • SA Lat pulldown, 3 x 8 • Farmer's carry, 3 x 50 yards  <b>Walk 30 minutes</b>	<b>Warm-up</b>  <b>Interval run</b> • 2 x 400 meters  <b>Easy run</b> • 1.5 miles  <b>Calisthenics</b> • Push-ups, 4 x 30 seconds • 25 Chin-ups • 50 Alt V-ups	<b>Warm-up</b>  <b>Lift 2</b> • MB slam, 3 x 10 • Bench choice, 2 x 4 (5 seconds)  <b>Auxiliary circuit</b> • SL glute bridge, 3 x 8 • Reverse lunge, 3 x 6 • Copenhagen, 2 x 20 seconds • Bar hang, 2 x max hold  <b>Foam roll and mobility</b>	<b>Warm-up</b>  <b>Easy run</b> • 2 miles  <b>Race pace run</b> • 1 mile  <b>Foam roll and mobility</b>

### EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: • Push-ups: • Pull-ups: • 3-way plank: • Total time:	Vertical jump and land: • Squat or DL: • TRX or inverted row: • SA DB OH press: • SA lat pulldown: • Farmer's carry: • Total time:	2 x 400 meters: • • Run time: • Push-ups: • Chin-ups: • Alt V-ups: • Total time:	MB slam: • Bench: • SL glute bridge: • Reverse lunge: • Copenhagen: • Bar hang: • Total time:	Easy run: • Race pace run: • Total time:

**Body weight:**

## WEEK 5

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm-up</b>  <b>Easy run</b> • 4 miles, 8 x 10 second microbursts  <b>Calisthenics</b> • 60 Push-ups • 25 Pull-ups • 3-way plank, 2 x for 60 seconds	<b>Warm-up</b>  <b>Lift 1</b> • Vertical jump and land, 3 x 2 • Squat or DL choice, 3 x 4  <b>Auxiliary circuit</b> • TRX or inverted row, 3 x 12 • DB bench choice, 3 x 10 • Lat pulldown, 3 x 10 • 1-arm farmer's carry, 3 x 50 yards  <b>Walk 35 minutes</b>	<b>Warm-up</b>  <b>Easy run</b> • 2 miles  <b>Calisthenics</b> • Push-ups, 5 x 30 seconds • 30 Chin-ups • 60 Alt V-ups	<b>Warm-up</b>  <b>Lift 2</b> • MB rot slam, 3 x 6 • Overhead press choice, 3 x 6  <b>Auxiliary circuit</b> • DB glute bridge, 3 x 8 • FFE split squat, 3 x 5 • Seated MB squeeze, 3 x 5 (5 seconds) • Bar hang, 2 x max hold  <b>Foam roll            and mobility</b>	<b>Warm-up</b>  <b>4-mile ruck</b> • 20 lbs • Dry ruck • Road • 60 minutes  <b>Foam roll            and mobility</b>
EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS				
Monday	Tuesday	Wednesday	Thursday	Friday
Run time: • Push-ups: • Pull-ups: • 3-way plank: • Total time:	Vertical jump and land: • Squat or DL: • TRX or inverted row: • DB bench choice: • Lat pulldown: • 1-arm farmer's carry: • Total time:	Run time: • Push-ups: • Chin-ups: • Alt V-ups: • Total time:	MB rot slam: • Overhead press: • DB glute bridge: • FFE split squat: • Seated MB squeeze: • Bar hang: • Total time:	Ruck time:

**Body weight:**

## WEEK 6

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm-up</b>  <b>Easy run</b> • 5 miles, *8 x :10 microbursts  <b>Calisthenics</b> • 60 Push-ups • 30 Pull-ups • 3-way plank, 2 x 60 seconds	<b>Warm-up</b>  <b>Lift 1</b> • Vertical jump and land, 3 x 3 • Squat or DL choice, 3 x 5  <b>Auxiliary circuit</b> • TRX or inverted row, 3 x 12 • DB bench choice, 3 x 10 • Lat pulldown, 3 x 10 • 1-arm farmer's carry, 3 x 50 yards  <b>Walk 40 minutes</b>	<b>Warm-up</b>  <b>Easy run</b> • 2 miles  <b>Calisthenics</b> • Push-ups, 5 x 30 seconds • 35 Chin-ups • 60 Alt V-ups	<b>Warm-up</b>  <b>Lift 2</b> • MB rot slam, 3 x 8 • Overhead press choice, 3 x 8  <b>Auxiliary circuit</b> • DB glute bridge, 3 x 10 • FFE split squat, 3 x 6 • Seated MB Squeeze, 3 x 5 (5 seconds) • Bar Hang, 2 x max hold  <b>Foam roll and mobility</b>	<b>Warm-up</b>  <b>5-mile ruck</b> • 20 lbs • Dry ruck • Road • 1 hour 15 minutes  <b>Foam roll and mobility</b>
EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS				
Monday	Tuesday	Wednesday	Thursday	Friday
Run time: • Push-ups: • Pull-ups: • 3-way plank: • Total time:	Vertical jump and land: • Squat or DL: • TRX or inverted row: • DB bench choice: • Lat pulldown: • 1-arm farmer's carry: • Total time:	Run time: • Push-ups: • Chin-ups: • Alt V-ups: • Total time:	MB rot slam: • Overhead press: • DB glute bridge: • FFE split squat: • Seated MB squeeze: • Bar hang: • Total time:	Ruck time:

**Body weight:**

## WEEK 7

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm-up</b>  <b>Easy run</b> • 5 miles, 8 x 10 second microbursts  <b>Calisthenics</b> • Push-ups, 3 x 60 seconds • 30 Pull-ups • 3-way plank, 2 x 60 seconds	<b>Warm-up</b>  <b>Lift 1</b> • Vertical jump and land, 3 x 4 • Squat or DL choice, 3 x 5  <b>Auxiliary circuit</b> • TRX or inverted row, 3 x 15 • DB bench choice, 3 x 12 • Lat pulldown, 3 x 12 • 1-arm farmer's carry, 3 x 50 yards  <b>Walk 40 minutes</b>	<b>Warm-up</b>  <b>Easy run</b> • 2 miles  <b>Calisthenics</b> • Push-ups, 5 x 30 seconds • 35 Chin-ups • 60 Alt V-Ups	<b>Warm-up</b>  <b>Lift 2</b> • MB rot slam, 3 x 10 • Overhead press choice, 3 x 10 •  <b>Auxiliary circuit</b> • DB Glute bridge, 3 x 10 • FFE split squat, 3 x 6 • Seated MB squeeze, 3 x 5 (5 seconds) • Bar hang, 3 x max hold  <b>Foam roll            and mobility</b>	<b>Warm-up</b>  <b>5-mile ruck</b> • 25 lbs • Dry ruck • Road • 1 hour 15 minutes  <b>Foam roll            and mobility</b>
EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS				
Monday	Tuesday	Wednesday	Thursday	Friday
Run time: • Push-ups: • Pull-ups: • 3-way plank: • Total time:	Vertical jump and land: • Squat or DL: • TRX or inverted row: • DB bench choice: • Lat pulldown: • 1-arm farmer's carry: • Total time:	Run time: • Push-ups: • Chin-ups: • Alt V-ups: • Total time:	MB rot slam: • Overhead press: • DB glute bridge: • FFE split squat: • Seated MB squeeze: • Bar hang: • Total time:	Ruck time:

**Body weight:**

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Warm-up</b></p> <p><b>Easy run</b></p> <ul style="list-style-type: none"> <li>• 3 miles</li> </ul> <p><b>Calisthenics</b></p> <ul style="list-style-type: none"> <li>• Push-ups, 3 x 60 seconds</li> <li>• 25 Pull-ups</li> <li>• 3-way plank, 1 x 60 seconds</li> </ul>	<p><b>Warm-up</b></p> <p><b>Lift 1</b></p> <ul style="list-style-type: none"> <li>• Vertical jump and land, 2 x 4</li> <li>• Squat or DL choice, 3 x 6</li> </ul> <p><b>Auxiliary circuit</b></p> <ul style="list-style-type: none"> <li>• TRX or inverted row, 3 x 15</li> <li>• DB bench choice, 3 x 12</li> <li>• Lat pulldown, 3 x 12</li> <li>• 1-arm farmer's carry, 3 x 50 yards</li> </ul> <p><b>Walk 30 minutes</b></p>	<p><b>Warm-up</b></p> <p><b>Easy run</b></p> <ul style="list-style-type: none"> <li>• 3 miles</li> </ul> <p><b>Calisthenics</b></p> <ul style="list-style-type: none"> <li>• Push-ups, 3 x 30 seconds</li> <li>• 30 Chin-ups</li> <li>• 50 Alt V-Ups</li> </ul>	<p><b>Warm-up</b></p> <p><b>Lift 2</b></p> <ul style="list-style-type: none"> <li>• MB rot slam, 3 x 10</li> <li>• Overhead press choice, 3 x 10</li> </ul> <p><b>Auxiliary circuit</b></p> <ul style="list-style-type: none"> <li>• DB Glute bridge, 3 x 12</li> <li>• FFE split squat, 3 x 8</li> <li>• Seated MB squeeze, 3x5 (5 seconds)</li> <li>• Bar hang, 3 x max hold</li> </ul> <p><b>Foam roll and mobility</b></p>	<p><b>Warm-up</b></p> <p><b>2.5-mile ruck</b></p> <ul style="list-style-type: none"> <li>• 20 lbs</li> <li>• Dry ruck</li> <li>• Road</li> <li>• 38 minutes</li> </ul> <p><b>Foam roll and mobility</b></p>

## EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: • Push-ups: • Pull-ups: • 3-way plank: • Total time:	Vertical jump and land: • Squat or DL: • TRX or inverted row: • DB bench choice: • Lat pulldown: • 1-arm farmer's carry: • Total time:	Run time: • Push-ups: • Chin-ups: • Alt V-ups: • Total time:	MB rot slam: • Overhead press: • DB glute bridge: • FFE split squat: • Seated MB squeeze: • Bar hang: • Total time:	Ruck time:

**Body weight:**

## WEEK 9

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm-up</b>  <b>Easy run</b> • 6 miles, 8 x 15 second microbursts  <b>Calisthenics</b> • Push-ups, 3 x 60 seconds • 30 Pull-ups • 3-way plank, 2 x 75 seconds	<b>Warm-up</b>  <b>Lift 1</b> • Kettlebell swing, 4 x 8 • BB lunge choice, 4 x 6  <b>Auxiliary circuit</b> • TRX or inverted row, 3 x 15 • WT'd push-ups, 4 x 8 • Lat pulldown, 3 x 10 • Farmer's carry, 3 x 50 yards  <b>Walk 40 minutes</b>	<b>Warm-up.</b>  <b>Easy run</b> • 3 miles  <b>Calisthenics</b> • Push-ups, 5 x 30 seconds • 25 Chin-ups • 60 Alt V-ups	<b>Warm-up</b>  <b>Lift 2</b> • Split squat jump, 3 x 3 • Bench or OH press choice, 3 x 8  <b>Auxiliary circuit</b> • Reverse hyper or back extension, 3 x 8 • SL squat, 4 x 3 • Slider lateral squat 3 x 3 • Grip work  <b>Foam roll and mobility</b>	<b>Warm-up</b>  <b>5-mile ruck</b> • 25 lbs • Dry ruck • Road • 1 hour 15 minutes  <b>Foam roll and mobility</b>

**EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS**

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: • Push-ups: • Pull-ups: • 3-way plank: • Total time:	Kettlebell swing: • BB lunge choice: • TRX or inverted row: • WT'd push-ups: • Lat pulldown: • Farmer's carry: • Total time:	Run time: • Push-ups: • Chin-ups: • Alt V-ups: • Total time:	Split squat jump: • Bench or OH press choice: • Reverse hyper or back extension: • SL squat: • Slider lateral squat: • Grip work: • Total time:	Ruck time:

**Body weight:**

WEEK 10					
	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Warm-up</b>  <b>Easy run</b> • 6 miles  <b>Calisthenics</b> • Push-ups, 4 x 60 seconds • 35 Pull-ups • 3-way plank, 2x75 seconds	<b>Warm-up</b>  <b>Lift 1</b> • Kettlebell swing, 4 x 10 • BB lunge choice, 4 x 8  <b>Auxiliary circuit</b> • TRX or inverted row, 3 x 15 • WT'd push-ups, 4 x 10 • Lat pulldown, 3 x 10 • Farmer's carry, 2 x 100 yards  <b>Walk 45 minutes</b>	<b>Warm-up</b>  <b>Easy run</b> • 2 miles  <b>Calisthenics</b> • Push-ups, 6 x 30 seconds • 30 Chin-ups • 75 Alt V-Ups	<b>Warm-up</b>  <b>Lift 2</b> • Split squat jump, 4 x 3 • Bench or OH press choice, 3 x 8  <b>Auxiliary circuit</b> • Reverse hyper or back extension, 3 x 8 • SL squat, 4 x 4 • Slider lateral squat, 3 x 4 • Grip work  <b>Foam roll and mobility</b>	<b>Warm-up</b>  <b>6-mile ruck</b> • 25 lbs • Dry ruck • Road • 1 hour 30 minutes  <b>Foam roll and mobility</b>

EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: • Push-ups: • Pull-ups: • 3-way plank: • Total time:	Kettlebell swing: • BB lunge choice: • TRX or inverted row: • WT'd push-ups: • Lat pulldown: • Farmer's carry: • Total time:	Run time: • Push-ups: • Chin-ups: • Alt V-ups: • Total time:	Split squat jump: • Bench or OH press choice: • Reverse hyper or back extension: • SL squat: • Slider lateral squat: • Grip work: • Total time:	Ruck time:

**Body weight:**

## WEEK 11

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm-up</b>	<b>Warm-up</b>	<b>Warm-up</b>	<b>Warm-up</b>	<b>Warm-up</b>
<b>Easy run</b> • 7 miles	<b>Lift 1</b> • Kettlebell swing, 4 x 10 • BB lunge choice, 4 x 8	<b>Easy run</b> • 3 miles	<b>Lift 2</b> • Split squat jump, 4 x 3 • Bench or OH press choice, 3 x 10	<b>6-mile ruck</b> • 30 lbs • Dry ruck • Road • 1 hour 30 minutes
<b>Calisthenics</b> • Push-ups, 4 x 60 seconds • 35 Pull-ups • 3-way plank, 2 x 75 seconds	<b>Auxiliary circuit</b> • TRX or inverted row, 3 x 15 • WT'd push-ups, 4 x 10 • Lat pulldown, 3 x 12 • Farmer's carry, 2 x 100 yards	<b>Calisthenics</b> • Push-ups, 6 x 30 seconds • 30 Chin-ups • 75 Alt V-Ups	<b>Auxiliary circuit</b> • Reverse hyper or back extension, 3 x 10 • SL squat, 4 x 5 • Slider lateral squat, 3 x 5 • Grip work	<b>Foam roll and mobility</b>
	<b>Walk 35 minutes</b>		<b>Foam roll and mobility</b>	

**EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS**

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: • Push-ups: • Pull-ups: • 3-way plank: • Total time:	Kettlebell swing: • BB lunge choice: • TRX or inverted row: • WT'd push-ups: • Lat pulldown: • Farmer's carry: • Total time:	Run time: • Push-ups: • Chin-ups: • Alt V-ups: • Total time:	Split squat jump: • Bench or OH press choice: • Reverse hyper or back extension: • SL squat: • Slider lateral squat: • Grip work: • Total time:	Ruck time:

**Body weight:**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm-up</b>	<b>Warm-up</b>	<b>Warm-up</b>	<b>Warm-up</b>	<b>Warm-up</b>
<b>Easy run</b> • 3 miles	<b>Lift 1</b> • Kettlebell swing, 2 x 12 • BB lunge choice, 2 x 10	<b>Easy run</b> • 3 miles	<b>Lift 2</b> • Split squat jump, 2 x 3 • Bench or OH press choice, 2 x 10	<b>3-mile ruck</b> • 25 lbs • Dry ruck • Road • 45 minutes
<b>Calisthenics</b> • Push-ups, 3 x 60 seconds • 30 Pull-ups • 3-way plank, 1 x 90 seconds	<b>Auxiliary circuit</b> • TRX or inverted row, 2 x 15 • WT'd push-ups, 4 x 10 • Lat pulldown, 2 x 12 • Farmer's carry, 2 x 50 yards	<b>Calisthenics</b> • Push-ups, 4 x 30 seconds • 25 Chin-ups • 50 Alt V-Ups	<b>Auxiliary circuit</b> • Reverse hyper or back extension, 2 x 10 • SL squat, 2 x 5 • Slider lateral squat, 2 x 5 • Grip work	<b>Foam roll and mobility</b>
	<b>Walk 45 minutes</b>		<b>Foam roll and mobility</b>	

**EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS**

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: •	Kettlebell swing: •	Run time: •	Split squat jump: •	Ruck time:
Push-ups: •	BB lunge choice: •	Push-ups: •	Bench or OH press choice: •	
Pull-ups: •	TRX or inverted row: •	Chin-ups: •	Reverse hyper or back extension: •	
3-way plank: •	WT'd push-ups: •	Alt V-ups: •	SL squat: •	
Total time:	Lat pulldown: •	Total time:	Slider lateral squat: •	
	Farmer's carry: •		Grip work: •	
	Total time:		Total time:	

**Body weight:**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm-up</b>  <b>Easy run</b> • 7 miles  <b>Calisthenics</b> • Push-ups, 2 x 75 seconds • 35 Pull-ups • 3-way plank, 1 x 90 seconds	<b>Warm-up</b>  <b>Lift 1</b> • Kettlebell swing, 4 x 10 • BB lunge choice, 3 x 10  <b>Auxiliary circuit</b> • TRX or inverted row, 3 x 15 • WT'd push-ups, 2 x 12 • Lat pulldown, 3 x 12 • Farmer's carry, 2 x 60 seconds  <b>Walk 30 minutes</b>	<b>Warm-up</b>  <b>Easy run</b> • 3 miles  <b>Calisthenics</b> • Push-ups, 6 x 30 seconds • 30 Chin-ups • 75 Alt V-ups	<b>Warm-up</b>  <b>Lift 2</b> • Split squat jump, 3 x 4 • Bench or OH press choice, 3 x 10  <b>Auxiliary circuit</b> • Reverse hyper or back extension, 3 x 10 • SL squat, 3 x 5 • Slider lateral squat, 3 x 6 • Grip work  <b>Foam roll and mobility</b>	<b>Warm-up</b>  <b>6-mile ruck</b> • 30 lbs • Dry ruck • Road • 1 hour 30 minutes  <b>Foam roll and mobility</b>

**EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS**

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: •	Kettlebell swing: •	Run time: •	Split squat jump: •	Ruck time:
Push-ups: •	BB lunge choice: •	Push-ups: •	Bench or OH press choice: •	
Pull-ups: •	TRX or inverted row: •	Chin-ups: •	Reverse hyper or back extension: •	
3-way plank: •	WT'd push-ups: •	Alt V-ups: •	SL squat: •	
Total time:	Lat pulldown: •	Total time:	Slider lateral squat: •	
	Farmer's carry: •		Grip work: •	
	Total time:		Total time:	

**Body weight:**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm-up</b>  <b>Easy run</b> • 8 miles  <b>Calisthenics</b> • Push-ups, 3 x 75 seconds • 40 Pull-ups • 3-way plank, 2 x 75 seconds	<b>Warm-up</b>  <b>Lift 1</b> • Kettlebell swing, 4 x 10 • BB lunge choice, 4 x 8  <b>Auxiliary circuit</b> • TRX or inverted row, 4 x 15 • WT'd push-ups, 3 x 12 • Lat pulldown, 3 x 12 • Farmer's carry, 2 x 60 seconds  <b>Walk 30 minutes</b>	<b>Warm-up</b>  <b>Easy run</b> • 3 miles  <b>Calisthenics</b> • Push-ups, 7 x 30 seconds • 35 Chin-ups • 75 Alt V-Ups	<b>Warm-up</b>  <b>Lift 2</b> • Split squat jump, 4 x 4 • Bench or OH press choice, 3 x 10  <b>Auxiliary circuit</b> • Reverse hyper or back extension, 3 x 10 • SL squat, 3 x 6 • Slider lateral squat, 3 x 7 • Grip work  <b>Foam roll and mobility</b>	<b>Warm-up</b>  <b>7-mile ruck</b> • 35 lbs • Dry ruck • Road • 1 hour 45 minutes  <b>Foam roll and mobility</b>

**EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS**

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: •	Kettlebell swing: •	Run time: •	Split squat jump: •	Ruck time:
Push-ups: •	BB lunge choice: •	Push-ups: •	Bench or OH press choice: •	
Pull-ups: •	TRX or inverted row: •	Chin-ups: •	Reverse hyper or back extension: •	
3-way plank: •	WT'd push-ups: •	Alt V-ups: •	SL squat: •	
Total time:	Lat pulldown: •	Total time:	Slider lateral squat: •	
	Farmer's carry: •		Grip work: •	
	Total time:		Total time:	

**Body weight:**

WEEK 15					
	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Warm-up</b>  <b>Easy run</b> • 8 miles  <b>Calisthenics</b> • Push-ups, 2 x 90 seconds • 40 Pull-ups • 3-way plank, 2 x 75 seconds	<b>Warm-up</b>  <b>Lift 1</b> • Kettlebell swing, 4 x 12 • BB lunge choice, 4 x 10  <b>Auxiliary circuit</b> • TRX or inverted row, 4 x 15 • WT'd push-ups, 3 x 15 • Lat pulldown, 3 x 15 • Farmer's carry, 3 x 60 seconds  <b>Walk 30 minutes</b>	<b>Warm-up</b>  <b>Easy run</b> • 3 miles  <b>Calisthenics</b> • Push-ups, 7 x 30 seconds • 35 Chin-ups • 60 Alt V-ups	<b>Warm-up</b>  <b>Lift 2</b> • Split squat jump, 4 x 4 • Bench or OH press choice, 3 x 12  <b>Auxiliary circuit</b> • Reverse hyper or back extension, 3 x 12 • SL squat, 3 x 8 • Slider lateral squat, 3 x 8 • Grip work  <b>Foam roll and mobility</b>	<b>Warm-up</b>  <b>8-mile ruck</b> • 35 lbs • Dry ruck • Road • 2 hours  <b>Foam roll and mobility</b>

EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: • Push-ups: • Pull-ups: • 3-way plank: • Total time:	Kettlebell swing: • BB lunge choice: • TRX or inverted row: • WT'd push-ups: • Lat pulldown: • Farmer's carry: • Total time:	Run time: • Push-ups: • Chin-ups: • Alt V-ups: • Total time:	Split squat jump: • Bench or OH press choice: • Reverse hyper or back extension: • SL squat: • Slider lateral squat: • Grip work: • Total time:	Ruck time:

**Body weight:**

WEEK 16					
	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Warm-up</b>  <b>Easy run</b> 3 miles  <b>Calisthenics</b> <ul style="list-style-type: none"> <li>• Push-ups, 2 x 90 seconds</li> <li>• 30 Pull-ups</li> <li>• 3-way plank for 90 seconds</li> </ul>	<b>Warm-up</b>  <b>Lift 1</b> <ul style="list-style-type: none"> <li>• Kettlebell swing, 2 x 12</li> <li>• BB lunge choice, 2 x 10</li> </ul> <b>Auxiliary circuit</b> <ul style="list-style-type: none"> <li>• TRX or inverted row, 2 x 15</li> <li>• WT'd push-ups, 2 x 10</li> <li>• Lat pulldown, 2 x 10</li> <li>• Farmer's carry, 2 x 60 seconds</li> </ul> <b>Walk 45 minutes</b>	<b>Warm-up</b>  <b>Easy run</b> <ul style="list-style-type: none"> <li>• 3 miles</li> </ul> <b>Calisthenics</b> <ul style="list-style-type: none"> <li>• Push-ups, 4 x 30 seconds</li> <li>• 25 Chin-ups</li> <li>• 50 Alt V-Ups</li> </ul>	<b>Warm-up</b>  <b>Lift 2</b> <ul style="list-style-type: none"> <li>• Split squat jump, 2 x 4</li> <li>• Bench or OH press choice, 2 x 10</li> </ul> <b>Auxiliary circuit</b> <ul style="list-style-type: none"> <li>• Reverse hyper or back extension, 2 x 10</li> <li>• SL squat, 2 x 8</li> <li>• Slider lateral squat, 2 x 6</li> <li>• Grip work</li> </ul> <b>Foam roll and mobility</b>	<b>Warm-up</b>  <b>4 mile ruck</b> <ul style="list-style-type: none"> <li>• 35 lbs</li> <li>• Dry ruck</li> <li>• Road</li> <li>• 1 hour</li> </ul> <b>Foam roll and mobility</b>

EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: • Push-ups: • Pull-ups: • 3-way plank: • Total time:	Kettlebell swing: • BB lunge choice: • TRX or inverted row: • WT'd push-ups: • Lat pulldown: • Farmer's carry: • Total time:	Run time: • Push-ups: • Chin-ups: • Alt V-ups: • Total time:	Split squat jump: • Bench or OH press choice: • Reverse hyper or back extension: • SL squat: • Slider lateral squat: • Grip work: • Total time:	Ruck time:

**Body weight:**

## PHASE 2 “LIFT” PLAN: CIRCUITS

### What is AMRAP?

AMRAP stands for *as many rounds as possible*. **The intention is to move continuously for the duration of the circuit at near maximum effort (80%-90%).** Choose a pace where each round of exercises takes roughly the same amount of time, and continue to cycle through the progression for 15 minutes. Select a weight that will enable you to complete 5-9 rounds in 15 minutes. As you progress through the program, add weight each week and strive to complete the same number of rounds.

#### CIRCUIT 1 | Do both AMRAPs as part of this circuit.

##### AMRAP A – 10-15 MINUTES

EXERCISE	REPETITIONS
Row	10
Goblet squat	10
1-arm carry	50 yards or 30 seconds each
Isometric split squat	30 seconds each

##### AMRAP B – 10-15 MINUTES

EXERCISE	REPETITIONS
Overhead press	10
Cuban press	10
Glute bridge walkout	6
Palloff press	10



## **CIRCUIT 2** | Do both AMRAPs as part of this circuit.

### **AMRAP C – 10-15 MINUTES**

<b>EXERCISE</b>	<b>REPETITIONS</b>
Kettlebell swing	10
Row	10
Toes to bar	10
Overhead lunge	5 each leg

### **AMRAP D – 10-15 MINUTES**

<b>EXERCISE</b>	<b>REPETITIONS</b>
Squat to press	10
3-way plank	30 seconds per position
Step ups	10
Sled push and pull	25 yards each

## PHASE 2 FIELD EXPEDIENT EQUIPMENT EXAMPLES

### Circuit 1 | AMRAP A

Exercise	Equipment
Row	2 x gallon of sand or Army duffel bag.
Goblet squat	Sandbag or Army duffel bag held on chest.
1-arm carry	Army duffel bags (filled at desired weight).
Isometric split squat	No equipment needed.

### Circuit 1 | AMRAP B

Exercise	Equipment
Overhead press	1/2 gallon sand or 2 x gallon of sand and place a metal bar between the handles.
Cuban press	2 x 1/2 gallon of sand (filled halfway).
Glute bridge walkout	No equipment needed.
Pallof press	Resistance bands.

### Field expedient equipment ideas:

- Army duffel bag full of sand (fill to desired weight).
- Sandbag (1/2 to 2/3 full is around 35-40 lbs).
- Half gallon jug (filled).
- 1 gallon jug (filled with sand weighs 20 lbs).
- Gas cans filled with sand (fill to desired weight). Use shirts tied to handles to make a soft handle.



## Circuit 2 | AMRAP C

Exercise	Equipment
Kettlebell swing	Army duffel bag full of sand add desired weight (do not hold by handle).
Row	2 x gallon of sand or Army duffel bag.
Toes to bar	On a strong, low-hanging tree branch, securely tie a strong rope twice, leaving enough space for a handle.
Overhead lunge	1/2 gallon sand or 2 x gallon of sand and place a metal bar between the handles.

## Circuit 2 | AMRAP D

Exercise	Equipment
Squat to press	Army duffel bag full of sand (add desired weight).
3-way plank	Bleachers at a stadium, or a two-foot-high ledge.
Sled push or pull (heavy weight)	Using an old tire with a hole drilled out, tie a rope on to it and add army duffel bag on top. Or using an old tire with a rim, tie a rope on to the rim and add army duffel bag on top. Search the internet for "sled push without a sled." Or use a wooden pallet.
Isometric Split Squat	No equipment needed.

## Other Exercises

Exercise	Equipment
Vertical jump and land	No equipment needed.
Choice of squat or dead lift	Army duffel bag (filled at desired weight) on shoulder, or Army duffel bag on ground (filled at desired weight).

## Auxiliary Circuit

Exercise	Equipment
TRX or inverted row	On a strong, low-hanging tree branch, securely tie a strong rope twice, leaving enough space for a handle.
SA DB OH press	Gallon container of sand.
SA Lat	Pull-up negatives or resistance bands.
Farmer's carry	2 x Army duffel bags.



“

In the intricate web of cultures, **understanding the human terrain is our greatest asset.**

Study history, immerse yourself in languages, and embrace the unpredictable.




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# PHASE 2 WORKOUT SCHEDULE

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CIVIL AFFAIRS  
ASSESSMENT AND SELECTION  
PREPARATION HANDBOOK

## WEEK 1

Monday	Tuesday	Wednesday
<p><b>AM</b></p> <p><b>Strength</b></p> <ul style="list-style-type: none"> <li>Vertical jump and land, 3 x 3</li> <li>Squat, 2 x 4 (5 seconds)</li> </ul> <p><b>Auxiliary circuit</b></p> <ul style="list-style-type: none"> <li>TRX or inverted row, 3 x 10</li> <li>SA DB OH press, 3 x 8</li> <li>SA Lat pulldown, 3 x 8</li> <li>Farmer's carry, 3 x 50 yards</li> </ul> <p><b>PM</b></p> <p><b>Easy run</b></p> <ul style="list-style-type: none"> <li>3 miles</li> </ul>	<p><b>Ruck</b></p> <ul style="list-style-type: none"> <li>4-miles</li> <li>35 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 1 hour</li> </ul> <p><b>Calisthenics</b></p> <ul style="list-style-type: none"> <li>Wt'd push-ups, x 40</li> <li>Push-ups, x 60</li> <li>Ecc Pull-ups, x 25</li> <li>Band pull apart, x 80</li> <li>Alt V-ups, x 60</li> </ul>	<p><b>Foam roll and mobility</b></p> <p><b>Rest</b></p>
Thursday	Friday	Saturday
<p><b>Circuit 1</b></p> <p><b>Rope climb</b></p> <ul style="list-style-type: none"> <li>15 minute rope climb technique work</li> </ul> <p><b>Easy run</b></p> <ul style="list-style-type: none"> <li>1 mile</li> </ul> <p><b>Intervals</b></p> <ul style="list-style-type: none"> <li>4 x 400 meters</li> </ul> <p><b>Easy run</b></p> <ul style="list-style-type: none"> <li>1 mile</li> </ul> <p><i>For rope climb technique, scan this QR code:</i></p> 	<p><b>Ruck</b></p> <ul style="list-style-type: none"> <li>6-miles</li> <li>35 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 1 hour and 30 minutes</li> </ul>	<p><b>Recovery</b></p> <ul style="list-style-type: none"> <li>Land navigation with only necessities in ruck (water, food)</li> </ul>

# EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Thursday
Vertical jump and land: • Squat: • TRX or inverted row: • SA DB OH press: • SA lat pulldown • Farmer's carry: • Easy run: • Total time:	Ruck: • Wt'd push-ups: • Push-ups: • Ecc Pull-ups: • Band pull apart: • Alt V-ups: • Total time:	<b>Circuit 1</b> Row: • Goblet squat: • 1-arm carry: • Isometric split squat: • Overhead press: • Cuban press: • Glute bridge walkout: • Palloff press: • Total time:
Thursday	Friday	Notes
Rope climb: • <b>Running</b> Easy run: • Intervals: • • • • Easy run: •	Ruck:	

**Body weight:**

## WEEK 2

Monday	Tuesday	Wednesday
<b>AM</b> <b>Strength</b> <ul style="list-style-type: none"> <li>Vertical jump and land, 3 x 4</li> <li>Deadlift, 3 x 4 (5 seconds)</li> </ul> <b>Auxiliary circuit</b> <ul style="list-style-type: none"> <li>TRX or inverted row, 3 x 12</li> <li>SA DB OH press, 3 x 10</li> <li>SA lat pulldown, 3 x 10</li> <li>Farmer's carry, 3 x 50 yards</li> </ul> <b>PM</b> <b>Easy run</b> <ul style="list-style-type: none"> <li>3 miles</li> </ul>	<b>Ruck</b> <ul style="list-style-type: none"> <li>6-miles</li> <li>40 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 1 hour 28 minutes</li> </ul> <b>Calisthenics</b> <ul style="list-style-type: none"> <li>Wt'd push-ups, x 45</li> <li>Push-ups, x 60</li> <li>Ecc pull-ups, x 25</li> <li>Band pull apart, x 90</li> <li>Alt V-ups, x 60</li> </ul>	<b>Foam roll and mobility</b>  <b>Rest</b>
Thursday	Friday	Saturday
<b>Circuit 1</b>  <b>Rope climb</b> <ul style="list-style-type: none"> <li>2 rope climbs (15 feet) in 4 minutes</li> </ul> <b>Easy run</b> <ul style="list-style-type: none"> <li>1 mile</li> </ul> <b>Intervals</b> <ul style="list-style-type: none"> <li>5 x 400 meters</li> </ul> <b>Easy run</b> <ul style="list-style-type: none"> <li>1 mile</li> </ul>	<b>Ruck</b> <ul style="list-style-type: none"> <li>8-miles</li> <li>40 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 2 hours</li> <li><b>Cross country:</b> 2 hours and 49 minutes</li> </ul>	<b>Recovery</b> <ul style="list-style-type: none"> <li>Land navigation with only necessities in ruck (water, food)</li> </ul>

# EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Thursday
Vertical jump and land: • Squat: • TRX or inverted row: • SA DB OH press: • SA lat pulldown • Farmer's carry: • Run: • Total time:	Ruck: • Wt'd push-ups: • Push-ups: • Ecc Pull-ups: • Band pull apart: • Alt V-ups: • Total time:	<b>Circuit 1</b> Row: • Goblet squat: • 1-arm carry: • Isometric split squat: • Overhead press: • Cuban press: • Glute bridge walkout: • Palloff press: • Total time:
Thursday	Friday	Notes
Rope climb: • • <b>Running</b> Easy run: • Intervals: • • • • • Easy run: •	Ruck:	

**Body weight:**

## WEEK 3

Monday	Tuesday	Wednesday
<b>AM</b> <b>Strength</b> <ul style="list-style-type: none"> <li>Vertical jump and land, 3 x 5</li> <li>Squat, 2 x 4(5 seconds)</li> </ul> <b>Auxiliary circuit</b> <ul style="list-style-type: none"> <li>TRX or inverted row, 3 x 15</li> <li>SA DB OH press, 3 x 12</li> <li>SA Lat pulldown, 3 x 12</li> <li>Farmer's carry, 3 x 50 yards</li> </ul> <b>PM</b> <b>Easy run</b> <ul style="list-style-type: none"> <li>4 miles</li> </ul>	<b>Ruck</b> <ul style="list-style-type: none"> <li>6-miles</li> <li>45 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 1 hour 26 minutes</li> </ul> <b>Calisthenics</b> <ul style="list-style-type: none"> <li>Wt'd push-ups, x 45</li> <li>Push-ups, x 65</li> <li>Ecc pull-ups, x 25</li> <li>Band pull-apart, x 100</li> <li>Alt V-ups, x 60</li> </ul>	<b>Foam roll and mobility</b>  <b>Rest</b>
Thursday	Friday	Saturday
<b>AM</b> <b>PT test</b> <ul style="list-style-type: none"> <li>Hand-Release Push-Ups</li> <li>Plank</li> <li>2-Mile Run</li> <li>Pull-ups</li> </ul> <p><i>See PT goals test on page 2.</i></p> <b>Rope climb</b> <ul style="list-style-type: none"> <li>3 rope climbs (15 feet) in 4 minutes</li> </ul> <b>PM</b> <b>Circuit 1</b>	<b>Ruck</b> <ul style="list-style-type: none"> <li>10-miles</li> <li>45 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 2 hours and 30 minutes</li> <li><b>Cross country:</b> 3 hours and 32 minutes</li> </ul>	<b>Recovery</b> <ul style="list-style-type: none"> <li>Land navigation with only necessities in ruck (water, food)</li> </ul>



# EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Thursday
Vertical jump and land: • Squat: • TRX or inverted row: • SA DB OH press: • SA lat pulldown: • Farmer's carry: • Run: • Total time:	Ruck: • Wt'd push-ups: • Push-ups: • Ecc Pull-ups: • Band pull apart: • Alt V-ups: • Total time:	<b>PT Test</b> Hand-Release Push-Ups: • Plank: • 2-Mile Run • Pull-Ups: •  <i>See PT goals test on page 2</i> Rope climb: • • •
Thursday	Friday	Notes
<b>Circuit 1</b> Row: • Goblet squat: • 1-arm carry: • Isometric split squat: • Overhead press: • Cuban press: • Glute bridge walkout: • Palloff press: • Total time:	Ruck:	

**Body weight:**

## WEEK 4: RECOVERY

Monday	Tuesday	Wednesday
<b>AM</b> <b>Strength</b> <ul style="list-style-type: none"> <li>Vertical jump and land, 2 x 5</li> <li>Dead Lift 2 x 4 (5 seconds)</li> </ul> <b>Auxiliary circuit</b> <ul style="list-style-type: none"> <li>TRX or inverted row, 3 x 12</li> <li>SA DB OH press, 3 x 8</li> <li>SA Lat pulldown, 3 x 8</li> <li>Farmer's carry, 3 x 50 yards</li> </ul> <b>PM</b> <b>Easy run</b> <ul style="list-style-type: none"> <li>4 miles</li> </ul>	<b>Ruck</b> <ul style="list-style-type: none"> <li>6-mile ruck</li> <li>45 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 1 hour and 30 minutes</li> </ul> <b>Calisthenics</b> <ul style="list-style-type: none"> <li>Wt'd push-ups, x 50</li> <li>Push-ups, x 60</li> <li>Ecc pull-ups, x 25</li> <li>Band pull apart, x 100</li> <li>Alt V-ups, x 60</li> </ul>	<b>Foam roll and mobility</b>  <b>Rest</b>
Thursday	Friday	Saturday
<b>Circuit 1</b>  <b>Rope climb</b> <ul style="list-style-type: none"> <li>2 rope climbs (15 feet) in 4 minutes</li> </ul> <b>Easy run</b> <ul style="list-style-type: none"> <li>1 mile</li> </ul> <b>Intervals</b> <ul style="list-style-type: none"> <li>4 x 400 meters</li> </ul> <b>Easy run</b> <ul style="list-style-type: none"> <li>1 mile</li> </ul>	<b>Ruck</b> <ul style="list-style-type: none"> <li>5-mile ruck</li> <li>45 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 1 hour and 15 minutes</li> <li><b>Cross country:</b> 1 hour and 45 minutes</li> </ul>	<b>Recovery</b> <ul style="list-style-type: none"> <li>Land navigation with only necessities in ruck (water, food)</li> </ul>

# EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Thursday
Vertical jump and land: • Dead Lift: • TRX or inverted row: • SA DB OH press: • SA lat pulldown • Farmer's carry: • Run: • Total time:	Ruck: • Wt'd push-ups: • Push-ups: • Ecc Pull-ups: • Band pull apart: • Alt V-ups: • Total time:	<b>Circuit 1</b> Row: • Goblet squat: • 1-arm carry: • Isometric split squat: • Overhead press: • Cuban press: • Glute bridge walkout: • Palloff press: • Total time:
Thursday	Friday	Notes
Rope climb: • • <b>Running</b> Easy run: • Intervals: • • • • Easy run: •	Ruck:	

**Body weight:**

## WEEK 5

Monday	Tuesday	Wednesday
<b>AM</b> <b>Strength</b> <ul style="list-style-type: none"> <li>Vertical jump and land, 3 x 2</li> <li>Squat, 3 x 4</li> </ul> <b>Auxiliary circuit</b> <ul style="list-style-type: none"> <li>TRX or inverted row, 3 x 12</li> <li>DB bench choice, 3 x 10</li> <li>Lat pulldown, 3 x 10</li> <li>1-arm farmer's carry, 3 x 50 yards</li> </ul> <b>PM</b> <b>Easy run</b> <ul style="list-style-type: none"> <li>4 miles</li> </ul>	<b>Ruck</b> <ul style="list-style-type: none"> <li>6-miles</li> <li>50 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 1 hour and 24 minutes</li> </ul> <b>Calisthenics</b> <ul style="list-style-type: none"> <li>Push-ups, 3 x 60</li> <li>Pull-ups, x 35</li> <li>Band pull apart, x 100</li> <li>Sit-ups, x 50</li> </ul>	<b>Foam roll and mobility</b>  <b>Rest</b>
Thursday	Friday	Saturday
<b>Circuit 2</b>  <b>Rope climb</b> <ul style="list-style-type: none"> <li>4 rope climbs (15 feet) in 4 minutes</li> </ul> <b>Easy run</b> <ul style="list-style-type: none"> <li>1 mile</li> </ul> <b>Intervals</b> <ul style="list-style-type: none"> <li>3 x 400 meters</li> <li>1 x 800 meters</li> </ul> <b>Easy run</b> <ul style="list-style-type: none"> <li>1 mile</li> </ul>	<b>Ruck</b> <ul style="list-style-type: none"> <li>10-miles</li> <li>50 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 2 hours and 30 minutes</li> <li><b>Cross country:</b> 3 hours and 32 minutes</li> </ul>	<b>Recovery</b> <ul style="list-style-type: none"> <li>Land navigation with only necessities in ruck (water, food)</li> </ul>

# EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Thursday
Vertical jump and land: • Squat: • TRX or inverted row: • DB bench choice: • Lat pulldown: • 1-arm farmer's carry: • Run: • Total time:	Ruck: • Push-ups: • Pull-ups: • Band pull apart: • Sit-ups: • Total time:	<b>Circuit 2</b> Kettlebell Swing: • Row: • Toes-to-bar: • Overhead lunge: • Squat to press: • 3-way plank: • Step-ups: • Sled push and pull: • Total time:
Thursday	Friday	Notes
Rope climb: • • • • Easy run: • Intervals: • • • • Easy run: •	Ruck:	

**Body weight:**

## WEEK 6

Monday	Tuesday	Wednesday
<p><b>AM</b></p> <p><b>Strength</b></p> <ul style="list-style-type: none"> <li>Vertical jump and land, 3 x 3</li> <li>Deadlift, 3 x 5</li> </ul> <p><b>Auxiliary circuit</b></p> <ul style="list-style-type: none"> <li>TRX or inverted row, 3 x 12</li> <li>DB bench choice, 3 x 10</li> <li>Lat pulldown, 3 x 10</li> <li>1-arm farmer's carry, 3 x 50 yards</li> </ul> <p><b>PM</b></p> <p><b>Easy run</b></p> <ul style="list-style-type: none"> <li>4 miles</li> </ul>	<p><b>Ruck</b></p> <ul style="list-style-type: none"> <li>6-miles ruck</li> <li>55 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 1 hour and 24 minutes</li> </ul> <p><b>Calisthenics</b></p> <ul style="list-style-type: none"> <li>Push-ups, 4 x 60</li> <li>Pull-ups x 40</li> <li>Band pull apart, x 100</li> <li>Sit-ups, x 60</li> </ul>	<p><b>Foam roll and mobility</b></p> <p><b>Rest</b></p>
Thursday	Friday	Saturday
<p><b>Circuit 2</b></p> <p><b>Rope climb</b></p> <ul style="list-style-type: none"> <li>Every 2 minutes for 2 rounds: 100 meter sprint and 1 rope climb (15 Feet). Rest in remaining time.</li> </ul> <p><b>Easy run</b></p> <ul style="list-style-type: none"> <li>1 mile</li> </ul> <p><b>Intervals</b></p> <ul style="list-style-type: none"> <li>4 x 400 meters</li> <li>1 x 800 meters</li> </ul> <p><b>Easy run</b></p> <ul style="list-style-type: none"> <li>1 mile</li> </ul>	<p><b>Ruck</b></p> <ul style="list-style-type: none"> <li>12-miles</li> <li>55 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 3 hours</li> <li><b>Cross country:</b> 4 hours and 13 minutes</li> </ul>	<p><b>Recovery</b></p> <ul style="list-style-type: none"> <li>Land navigation with only necessities in ruck (water, food)</li> </ul>

# EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Thursday
Vertical jump and land: • Deadlift: • TRX or inverted row: • DB bench choice: • Lat pulldown: • 1-arm farmer's carry: • Run: • Total time:	Ruck: • Push-ups: • Pull-ups: • Band pull apart: • Sit-ups: • Total time:	<b>Circuit 2</b> Kettlebell Swing: • Row: • Toes-to-bar: • Overhead lunge: • Squat to press: • 3-way plank: • Step-ups: • Sled push and pull: • Total time:
Thursday	Friday	Notes
Rope climb: • • Easy run: • Intervals: • • • • • Easy run: •	Ruck:	

**Body weight:**

## WEEK 7

Monday	Tuesday	Wednesday
<p><b>AM</b></p> <p><b>Strength</b></p> <ul style="list-style-type: none"> <li>Vertical jump and land, 3 x 4</li> <li>Squat, 3 x 5</li> </ul> <p><b>Auxiliary circuit</b></p> <ul style="list-style-type: none"> <li>TRX or inverted row, 3 x 15</li> <li>DB bench choice, 3 x 12</li> <li>Lat pulldown, 3 x 12</li> <li>1-arm farmer's carry, 3 x 50 yards</li> </ul> <p><b>PM</b></p> <p><b>Easy run</b></p> <ul style="list-style-type: none"> <li>5 miles</li> </ul>	<p><b>Ruck</b></p> <ul style="list-style-type: none"> <li>6-miles</li> <li>55 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 1 hour and 22 minutes</li> </ul> <p><b>Calisthenics</b></p> <ul style="list-style-type: none"> <li>Push-ups, 5 x 60</li> <li>Pull-ups, x 40</li> <li>Band pull apart, x 100</li> <li>Sit ups, x 60</li> </ul>	<p><b>Foam roll and mobility</b></p> <p><b>Rest</b></p>
Thursday	Friday	Saturday
<p><b>Circuit 2</b></p> <p><b>Rope climb</b></p> <ul style="list-style-type: none"> <li>Every 2 minutes for 3 rounds: 100 meter sprint and 1 rope climb (15 Feet). Rest in remaining time.</li> </ul> <p><b>Easy run</b></p> <ul style="list-style-type: none"> <li>1 mile</li> </ul> <p><b>Intervals</b></p> <ul style="list-style-type: none"> <li>4 x 400 meters</li> <li>2 x 800 meters</li> </ul> <p><b>Easy run</b></p> <ul style="list-style-type: none"> <li>1 mile</li> </ul>	<p><b>Ruck</b></p> <ul style="list-style-type: none"> <li>14-miles</li> <li>55 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 3 hours and 30 minutes</li> <li><b>Cross country:</b> 4 hours and 55 minutes</li> </ul>	<p><b>Recovery</b></p> <ul style="list-style-type: none"> <li>Land navigation with only necessities in ruck (water, food)</li> </ul>



# EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Thursday
Vertical jump and land: • Squat: • TRX or inverted row: • DB bench choice: • Lat pulldown: • 1-arm farmer's carry: • Run: • Total time:	Ruck: • Push-ups: • Pull-ups: • Band pull apart: • Sit-ups: • Total time:	<b>Circuit 2</b> Kettlebell Swing: • Row: • Toes-to-bar: • Overhead lunge: • Squat to press: • 3-way plank: • Step-ups: • Sled push and pull: • Total time:
Thursday	Friday	Notes
Rope climb: • • • Easy run: • Intervals: • • • • • • Easy run: •	Ruck:	

**Body weight:**

## WEEK 8

Monday	Tuesday	Wednesday
<b>AM</b> <b>Strength</b> <ul style="list-style-type: none"> <li>Vertical jump and land, 2 x 4</li> <li>Deadlift, 3 x 6</li> </ul> <b>Auxiliary circuit</b> <ul style="list-style-type: none"> <li>TRX or inverted row, 3 x 15</li> <li>DB bench choice, 3 x 12</li> <li>Lat pulldown, 3 x 12</li> <li>1-arm farmer's carry, 3 x 50 yards</li> </ul> <b>PM</b> <b>Easy run</b> <ul style="list-style-type: none"> <li>4 miles</li> </ul>	<b>Ruck</b> <ul style="list-style-type: none"> <li>5-miles</li> <li>40 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 1 hour and 15 minutes</li> </ul> <b>Calisthenics</b> <ul style="list-style-type: none"> <li>Push-ups, 4 x 60</li> <li>Pull-ups, x 35</li> <li>Band pull apart, x 100</li> <li>Sit-ups, x 50</li> </ul>	<b>Foam roll and mobility</b>  <b>Rest</b>
Thursday	Friday	Saturday
<b>AM</b> <b>PT test</b> <ul style="list-style-type: none"> <li>Hand-Release Push-Ups</li> <li>Plank</li> <li>2-Mile Run</li> <li>Pull-ups</li> </ul> <p><i>See PT goals test on page 2</i></p> <b>Rope climb</b> <ul style="list-style-type: none"> <li>Every 2 minutes for 4 rounds: 100 meter sprint and 1 rope climb (15 Feet). Rest in remaining time.</li> </ul> <b>PM</b> <b>Circuit 2</b>	<b>Ruck</b> <ul style="list-style-type: none"> <li>8-miles</li> <li>40 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs sledgehammer</li> <li><b>Road:</b> 2 hours</li> <li><b>Cross country:</b> 2 hours and 49 minutes</li> </ul>	<b>Recovery</b> <ul style="list-style-type: none"> <li>Land navigation with only necessities in ruck (water, food)</li> </ul>

# EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

Monday	Tuesday	Thursday
Vertical jump and land: • Dead lift: • TRX or inverted row: • DB bench choice: • Lat pulldown: • 1-arm farmer's carry: • Run: • Total time:	Ruck: • Push-ups: • Pull-ups: • Band pull apart: • Sit-ups: • Total time:	<b>PT Test:</b> Hand-Release Push-Ups: • Plank: • 2-Mile Run: • Pull-Ups: • <i>See PT goals test on page 2</i> Rope climb: • • • •
Thursday	Friday	Notes
<b>Circuit 2</b> Kettlebell Swing: • Row: • Toes-to-bar: • Overhead lunge: • Squat to press: • 3-way plank: • Step-ups: • Sled push and pull: • Total time:	Ruck:	

**Body weight:**



“

**Character is the fuel that drives talent to greatness.** Performance nutrition ensures optimal performance, longevity, and overall health.



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# NUTRITION PLAN

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CIVIL AFFAIRS  
ASSESSMENT AND SELECTION  
PREPARATION HANDBOOK

## ENERGY SOURCES



### Carbohydrates:

- Primary fuel source for the body.
- Simple carbohydrates are a quick source of energy. Examples:
  - Fruits
  - Candy
  - Dairy
  - Refined products
- Complex carbohydrates are longer lasting supply of energy. Examples:
  - Whole grain products
  - Breads
  - Pastas
  - Rice

### Proteins:

- Act as building blocks to repair, recover, and recondition muscles. Consume 20-35 grams, 5-6 times a day. Examples of high quality protein:
  - Chicken
  - Turkey
  - Eggs
  - Pork
  - Fish
  - Dairy (yogurt, milk, cheese)



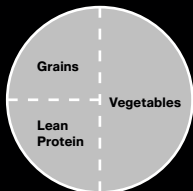
### Fats:

- Fuels the body, supports extra energy expenditure, decreases inflammation, and supports cell growth. Examples of healthy fats:
  - Avocado
  - Walnuts
  - Flax or chia seeds
  - Olive, canola, or peanut oils
  - Salmon
  - Herring
  - Tuna
  - Mackerel

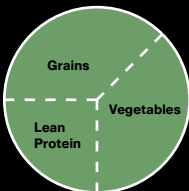


## MEAL PROPORTIONS

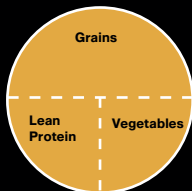
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Easy Training

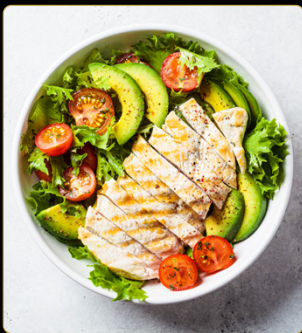


Moderate Training



Hard Training

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- **Portion appropriately:** The size portions for breakfast, lunch, and dinner should be the same. Increase carbohydrates on intense training days.
- **Carb load:** Consume 30g of carbohydrates before your workout. For workouts longer than 60 minutes, increase 30-60g of carbohydrates per hour.
- **Hydrate:** Drink 1/2 your body weight in liquid (water) throughout the day. During workouts, drink 16-24 oz for each hour of exercise.

## SAMPLE WORKOUT AND NUTRITION PLAN SCHEDULE

	1 Workout Session	Off Day	2 Workout Sessions
0700			BREAKFAST
0730	BREAKFAST	BREAKFAST	
0800			
0830			
0900			WORKOUT
0930			
1000			SNACK
1030	SNACK	SNACK	
1100			
1130			
1200	LUNCH	LUNCH	LUNCH
1230			
1300			
1330			
1400			
1430	SNACK	SNACK	PRE-WORKOUT SNACK
1500			
1530			
1600	PRE-WORKOUT SNACK		WORKOUT
1630			
1700			
1730	WORKOUT	DINNER	DINNER
1800			
1830			
1900	DINNER		
1930			
2000			
2030		SNACK	SNACK
2100			
2130			



# SAMPLE MENU

	Breakfast	Snack	Lunch	Snack	Dinner
<b>Monday</b>	<ul style="list-style-type: none"> <li>• 2 pieces of whole grain bread</li> <li>• 1 orange</li> <li>• 4 eggs with spinach</li> </ul>	<ul style="list-style-type: none"> <li>• 1 apple</li> <li>• 2 tsp peanut butter</li> <li>• 1 cup Greek yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup rice</li> <li>• 1/2 cup beans</li> <li>• 1 berries</li> <li>• 5-7 oz chicken (meat)</li> <li>• 1 cup broccoli</li> <li>• 1/2 avocado</li> </ul>	<b>Smoothie</b> <ul style="list-style-type: none"> <li>• 1 scoop protein powder</li> <li>• 1 banana</li> <li>• 1/2 cup strawberries</li> <li>• 1 handful of spinach</li> <li>• 1 tsp chia seed</li> </ul>	<b>Burrito</b> <ul style="list-style-type: none"> <li>• 1 whole wheat tortilla</li> <li>• 1/2 cup beans</li> <li>• 5-7 oz ground turkey</li> <li>• 1/4 cup cheese</li> <li>• 1 cup yogurt (can add later)</li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>• 1 cup oatmeal</li> <li>• 1/2 cup berries</li> <li>• 1 tsp honey</li> <li>• 3 eggs</li> <li>• 1/2 cup peppers</li> <li>• 1/2 cup yogurt</li> </ul>	<b>Yogurt bowl</b> <ul style="list-style-type: none"> <li>• 1 cup Greek vanilla yogurt</li> <li>• 1/2 cup strawberries</li> <li>• 1 spoon chia seed</li> <li>• 1/2 cup granola</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cup whole grain pasta</li> <li>• 1 apple</li> <li>• 1 cup milk</li> <li>• 5-7 oz ground turkey with red sauce</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup trail mix</li> <li>• 1 banana</li> <li>• 1 tsp peanut butter</li> </ul>	<b>Tacos</b> <ul style="list-style-type: none"> <li>• 3 corn tortillas</li> <li>• 5-7 oz chicken</li> <li>• Cooked vegetables</li> <li>• 1/2 avocado</li> <li>• 1 cup berries</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>• 2 pieces of whole grain bread with 1/2 avocado</li> <li>• 1 banana</li> <li>• 3 eggs with tomatoes</li> <li>• 1/2 cup Greek yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup chocolate milk</li> <li>• 1 oz beef jerky</li> <li>• 1/2 cup berries</li> </ul>	<b>Burrito</b> <ul style="list-style-type: none"> <li>• 1 whole wheat tortilla</li> <li>• 1/2 cup beans.</li> <li>• 1 orange</li> <li>• 1 yogurt</li> <li>• 5-7 oz chicken</li> <li>• 1/4 cup cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1 apple</li> <li>• 2 tsp peanut butter</li> <li>• 1 cup Greek yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 5-7 oz shrimp</li> <li>• 1/2 cup rice</li> <li>• 1 cup broccoli</li> <li>• 6-8 oz glass of milk</li> </ul>

# SAMPLE MENU

	Breakfast	Snack	Lunch	Snack	Dinner
Thursday	<ul style="list-style-type: none"> <li>• 3 whole grain waffles</li> <li>• 1 tsp syrup</li> <li>• 1 cup of strawberries</li> <li>• 3 eggs</li> <li>• Vegetables</li> <li>• 1/2 cup yogurt</li> </ul>	<b>Smoothie</b> <ul style="list-style-type: none"> <li>• 1 protein powder</li> <li>• 1 banana</li> <li>• 1/2 cup strawberries</li> <li>• 1 handful of spinach</li> <li>• 1 tsp chia seed</li> <li>• 1 cup milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices whole grainbread</li> <li>• 5-7 oz lunch meat</li> <li>• 1/2 avocado</li> <li>• 2 slices cheese</li> <li>• 2 tomato slice</li> <li>• 1 apple with 1 tsp peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• 1-2 packet tuna</li> <li>• 12 whole wheat crackers</li> <li>• 1/2 cup baby carrots</li> </ul>	<ul style="list-style-type: none"> <li>• 5-7 oz salmon or cod</li> <li>• 1 cup quinoa</li> <li>• 2 cups salad with oil-based vinegar on side</li> </ul>
Friday	<ul style="list-style-type: none"> <li>• 1 whole grain tortilla</li> <li>• 1 banana</li> <li>• 3 eggs, 4 oz turkey sausage, spinach</li> <li>• 1/4 cup cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup baby carrots</li> <li>• 1/2 cup hummus</li> <li>• 2 string cheeses</li> </ul>	<b>Fajita Bowl</b> <ul style="list-style-type: none"> <li>• 1 cup rice</li> <li>• 1/2 cup beans</li> <li>• Grilled peppers and onions</li> <li>• 1 piece of fruit</li> <li>• 5-7 oz steak</li> <li>• 1/2 avocado</li> <li>• 1/4 cup cheese</li> </ul>	<b>Yogurt Bowl</b> <ul style="list-style-type: none"> <li>• 1 cup Greek vanilla yogurt</li> <li>• 1/2 cup strawberries</li> <li>• 1 tsp chia seeds</li> <li>• 1/2 cup granola</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup whole wheat pasta</li> <li>• 5-7 oz chicken breast</li> <li>• 1/4 cup pesto</li> <li>• 1 piece of fruit</li> <li>• 1 cup of yogurt</li> </ul>
Saturday	<b>Smoothie</b> <ul style="list-style-type: none"> <li>• 1/2 cup oatmeal</li> <li>• 1 cup berries</li> <li>• 1 banana</li> <li>• Handful of spinach</li> <li>• 1/2 cup yogurt</li> <li>• 1/2 avocado</li> <li>• 1 cup milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 apple</li> <li>• 2 tsp peanut butter</li> <li>• 1 cup Greek yogurt.</li> </ul>	<ul style="list-style-type: none"> <li>• Hamburger bun (White or wheat)</li> <li>• 1/4 lb turkey burger patty</li> <li>• 1 slice cheese</li> <li>• Tomatoes</li> <li>• Lettuce</li> <li>• Salad with oil-based dressing on side</li> <li>• 1 banana</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup chocolate milk</li> <li>• 1/2 cup berries</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cup whole grain pasta</li> <li>• 1 apple</li> <li>• 6-8 oz glass of milk</li> <li>• 5-7 oz ground beef meatballs with red sauce</li> </ul>

# SAMPLE MENU

	Breakfast	Snack	Lunch	Snack	Dinner
Sunday	<b>Breakfast tacos</b> <ul style="list-style-type: none"> <li>• 3 corn tortillas</li> <li>• 1 cup berries</li> <li>• 4 eggs with peppers</li> <li>• 1/4 cup cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1 packet tuna</li> <li>• 12 whole wheat crackers</li> <li>• 1/2 cup baby carrots</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup whole wheat pasta</li> <li>• 5-7 oz chicken breast</li> <li>• 1/4 cup pesto</li> <li>• 1 piece of fruit</li> <li>• 1 cup of yogurt</li> </ul>	<b>Smoothie</b> <ul style="list-style-type: none"> <li>• 1 protein powder</li> <li>• 1 banana</li> <li>• 1/2 cup strawberries</li> <li>• 1 handful of spinach</li> <li>• 1 tsp chia seed</li> <li>• 6-8 oz glass of milk</li> </ul>	<ul style="list-style-type: none"> <li>• 5-7 oz chicken</li> <li>• 1 cup roasted potatoes</li> <li>• 1 cup zucchini</li> </ul>





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# SLEEP HACKS

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CIVIL AFFAIRS  
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**PREPARATION HANDBOOK**

## SLEEP HACKS



### PRIORITIZE SLEEP

Recognize that sleep is essential for overall well-being. Sacrificing sleep for other activities accumulates sleep debt. Aim for 7-9 hours of sleep.



### NAP BEFORE 1500

If you have an upcoming event (like CAAS), short naps help you recharge without affecting nighttime sleep patterns—even if only 20-30 minutes. Avoid naps longer than 90 minutes.



### BE MINDFUL OF NUTRITION

Caffeine disrupts sleep quality, especially if consumed close to bedtime. Limit caffeine, alcohol, nicotine, and large servings of spicy food, especially within 3-4 hours prior to sleep time. If necessary, consume a small, nutrient-dense snack with protein and carbohydrates. Hydrate consistently throughout the day to limit excessive fluid intake close to bedtime.



### KEEP YOUR COOL

Your bedroom should be cool—about 68 degrees.

## SLEEP HACKS



### SET A ROUTINE

Establish a consistent sleep and wake time, even on weekends. Ensure your sleep environment is dark and quiet, and reserve your bedroom for sleeping only, if possible. Consistency reinforces your body's internal clock, and going to bed and waking up at the same time each day helps regulate sleep patterns.



### TURN YOUR DEVICES OFF

Turn off any electronics 30 minutes prior to sleep time. Place your phone out of reach.



### USE SLEEP AIDS

If needed, use black-out curtains, sound machines, and earplugs to avoid sleep debt. Take a warm shower, read, meditate, or listen to soothing music one hour prior to sleep time.



### COMFORT COUNTS

Invest in a comfortable mattress and supportive pillows.



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# MENTAL READINESS

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CIVIL AFFAIRS  
ASSESSMENT AND SELECTION  
PREPARATION HANDBOOK

# MENTAL READINESS



## 1. Establish Consistency with a Routine

- Pre, during, and post-performance routines help create structure and consistency.
- Follow the 4 Laws of Behavior Change (James Clear, Atomic Habits):
  - *Make it Easy*: Start small (2-minute tasks).
  - *Make it Obvious*: Set reminders or visual cues.
  - *Make it Attractive*: Reward yourself (buy new gear).
  - *Make it Satisfying*: Track progress and results.

## 2. Embrace Coachability

- Reflect regularly on your performance:
  - What went well?
  - What can improve?
  - How will you improve?
- Seek feedback from peers and mentors to grow.

## 3. Know Your 'Why'

- Identify your motivation and establish personal values to sustain focus during challenges.
- *Practice with Purpose*: Connect daily tasks to long-term goals.

## 4. Active Listening

- Stay present and listen to understand, not just to respond.
- Daily mindfulness can improve attention and memory retention.



## 5. Self-Regulation Techniques

- Focus Strategies:
  - LTPR: Listen → Think → Pause → Respond.
  - WIN: What's Important Now?
  - NBA: Next Best Action.
- Relaxation and Stress Reduction:
  - Progressive Muscle Relaxation (PMR): Alternate muscle tension and relaxation to build awareness of stress.
  - Diaphragmatic Breathing: Deep breathing improves core strength, reduces heart rate, and enhances adaptability.

## 6. Core Beliefs Reflection

- Values Inventory: List core values (such as integrity or compassion) and reflect on how they guide decisions.
- Journaling: Write about challenges that tested your beliefs and what you learned.  
*How did you adapt? What did you learn?*

## 7. Meaning-Making Practices

- Spend time in nature to foster reflection and purpose.
- Connect with your values and build perspective.

## 8. Identity Alignment

- Purpose Statement: Define your mission and how it aligns with your personal or spiritual identity. *What drives you? How does it align with your spiritual identity?*
- Community Engagement: Participate in service or volunteer work to reinforce purpose.





## MENTAL PERFORMANCE WEEKLY TASKS

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**Week 1:** Develop routines and reflect on past performance.

**Week 2:** Practice Progressive Muscle Relaxation (PMR).

**Week 3:** Use diaphragmatic breathing for stress management.

**Week 4:** Seek feedback and apply improvements.

**Week 5:** Self-reflection check-in: *What's working? What can I improve?*

**Week 6:** Develop a mission statement tied to personal values.

Example: A Civil Affairs soldier builds healthy community by bringing people together: Spread the power of optimism.

**Week 7:** 12-minute mindfulness exercise (focus on breath, body scan, or open monitoring). *Note:* If 12 minutes a day seems challenging, start with 2 minutes a day and gradually increase.

**Week 8:** Implement focus-regaining techniques (e.g., LTPR/WIN) in training.

## RECOMMENDED TASKS

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### Current Events

- Read one article daily (300-500 words) on a country in AFRICOM, CENTCOM, EUCOM, INDOPACOM, or SOUTHCOM.
- **Why:** Stay informed on global politics, cultures, and threats.

### 1,000-Word Summary

- Read a long article (2,500-4,500 words), take notes, then write a 1,000-word summary without looking at the article.
- **Why:** Boost writing skills and knowledge retention.

### Talk to Strangers

- Talk to three new people each day and learn 1-3 things about them.
- **Why:** Build rapport and communication skills.

### Connect Four

- Reconnect with four people from your old messages daily.
- **Why:** Expand your network and discover new opportunities.

### Teach 20

- Teach a class to 20 people with a question and answer portion.
- **Why:** Improve public speaking and confidence. For guidance on public speaking, watch Simon Sinek's TED Talk, *How Great Leaders Inspire Action*.

## ADDITIONAL RESOURCES

- Headspace: Meditation and mindfulness app.
- Spotify Podcast: Listen to episodes on mindfulness and performance.



**Strong Mind,  
Stronger Body**  
Andy Puddicombe  
Spotify Podcast



## RECOMMENDED READING

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### **Mindset and Self-Awareness**

*The 48 Laws of Power*, by Robert Greene

*The Book of Five Rings*, by Miyamoto Musashi

*Talking to Strangers*, by Malcolm Gladwell

### **Interpersonal Skills, Influence, and Communication**

*How to Win Friends & Influence People*, by Dale Carnegie

*Confidential: Business Secrets—Gettings Theirs, Keeping Yours*, by John Nolan

*Never Split the Difference*, by Chris Voss

### **International Relations**

*Prisoners of Geography*, by Tim Marshall

*Counter Insurgency Warfare*, by David Galula

*The Ugly American*, by William J. Lederer

### **Assessment and Selection**

*Get Selected for Special Forces*, by Joe Martin

*Fixing Your Feet: Injury Prevention & Treatments for Athletes*, by Jon Vonhof

Field Manual 3-57, *Civil Affairs Operations*, 28 July 2021



## RECOMMENDED LISTENING

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### SPECIAL OPERATIONS



#### **Pineland Underground Podcast**

The official podcast of the U.S. Army John F. Kennedy Special Warfare Center and School. Episode 73: Soldiers Become Governors Civil Affairs Assessment and Selection



#### **The Indigenous Approach Podcast**

The official podcast of 1st Special Warfare Command (Airborne). Episode 10: Tactical Level Operations, Strategic Level Implications

## FOREIGN POLICY



### **Irregular Warfare Podcast**

This podcast is a collaboration between the Modern War Institute at West Point and Princeton University's Empirical Studies of Conflict Project.



### **Net Assessment Podcast**

One of several podcasts from the War on the Rocks foreign policy platform for analysis, commentary, and debate.

## SOCIAL SCIENCES



### **Freakonomics Radio**

Freakonomics co-author Steven Dubner uncovers the hidden side of everything. Wide-ranging and well-cited research on the unexpected forces influencing society.

## Terms and Definitions

<b>ACFT</b>	Army Combat Fitness Test
<b>AMRAP</b>	as many rounds as possible
<b>BB</b>	barbell
<b>CAAS</b>	Civil Affairs Assessment and Selection
<b>CAPA</b>	Civil Affairs Physical Assessment
<b>DB</b>	Dumbbell
<b>DL</b>	deadlift
<b>ECC</b>	eccentric
<b>FFE</b>	front foot elevated
<b>HPW</b>	Human Performance and Wellness
<b>JFK</b>	John F. Kennedy
<b>KB</b>	kettlebell
<b>MB</b>	medicine ball
<b>OH</b>	overhead
<b>SA</b>	single arm
<b>SL</b>	single leg
<b>SOF</b>	special operations forces
<b>SORB</b>	Special Operations Recruiting Battalion
<b>TRX</b>	total-resistance exercises
<b>WT'd</b>	weighted
<b>W/U</b>	warm up

## U.S. Army Special Operations Recruiting Battalion



**CONNECT WITH A SORB RECRUITER TODAY**

**Phone:** 877-874-5544 | **Text:** ARSOF to 462-769 (GOARMY)

**Email:** [usarmy.knox.usarec.mbx.sorb-recruiting@mail.mil](mailto:usarmy.knox.usarec.mbx.sorb-recruiting@mail.mil)



## U.S. Army Special Operations Recruiting Battalion



**GET STARTED  
DOCUMENTS**



**RECRUITER  
DIRECTORY**

**Phone:** 877-874-5544 | **Text:** ARSOF to 462-769 (GOARMY)  
**Email:** usarmy.knox.usarec.mbx.sorb-recruiting@mail.mil

# JFK SPECIAL WARFARE MUSEUM



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