SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 6	SESSION 6
Obj: Assessment (APFT #1)	Obj: Assessment	Obj: Assessment	Obj: APFT Work	Obj: Rest Day	Obj: Ruck Assessment
Warm up:	Training:	Warm up:	Wann up:		(1) 8 Mile Ruck Run for Time,
3 Rounds	(1) Run 5 miles for Time	3 Rounds	3 Rounds		Flat Course
2x 4-Square Drill		2x 4-Square Drill	3x 4-Square Drill		
8x Squats		8x Squats	8x Squats		Load - 45# + 10 lb Rubber
8x Push-Ups	RECORD YOUR TIME	8x Push-Ups	8x Push-Ups		Rifle/Sledge/Dumbbell
8x Sit-Ups		8x Sit-Ups	8x Sit-Ups		
Instep Stretch		Instep Stretch	Instep Stretch		RECORD YOUR TIME
Rest 5 Minutes		Teslalas	Technica		
indica		Training:	Training:		
Training:		(1) 8 Rounds for Time	(1) 6 Rounds, every 75 sec		
(1) 2 min. Max Push-Ups		5x Renegade Man Makers @ 25# Dumbbells	30% of max reps Push-ups		
Rest 5-10 Minutes					
Rest 5-10 Minutes		10x Sandbag Back Squats @	(2) 6 Rounds, every 75 sec		
(2) 2 min. Max Sit-Ups		60#	30% of max reps Sit-ups		
Rest 5-10 Minutes		15x Situps			1
Rest 5-10 Millutes		Run 200m with Sandbag	(3) 8 Rounds		
(2) 2 Mile Due (fimed)			Run 400m at Interval Pace		
(3) 2 Mile Run (timed)		RECORD FINISH TIME	based on SESSION 1 2-mile		
RECORD YOUR SCORES			Run Time using the MTI		
RECORD TOUR SCORES			Running Calculator		
			Rest 2 Minutes between runs		
			(4) 3 Rounds		
			Lat + Pec Stretch		
			Instep + Hip Flexor Stretch		
			Foam Roll legs/Low Back		
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<b>Civil Affairs Assessment an</b>	d Selection - Week 2
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SESSION 7 AM:	SESSION 8	SESSION 9	SESSION 10	SESSION 11	SESSION 12
Obj: APFT Work (Use results	Obj: Work Capacity/Chassis	Obj 5-Mile Run Assessment	Obj: APFT Work	Obj: Rest Day	Obj: Long Ruck
from SESSION 1)	Integrity	Work (Use results from			
		SESSION 2)	Warm up:		Ruck 10 miles over uneven, hill
Warm up:	Warm up:		3 Rounds		terrain
3 Rounds	3 Rounds	Warm up:	3x 4-Square Drill		
3x 4-Square Drill	10x Squats	4 Rounds	8x Squats		Load - 45# + 10 lb Rubber
8x Squats	3x Scotty Bob @ 25#	100m Run	8x Push-Ups		Rifle/Sledge/Dumbbell
8x Push-Ups	10x Situps	8x Squats	8x Sit-Ups		
8x Sit-Ups	Instep Stretch	8x Push-Ups	Instep Stretch		2.5 Hour Time Limit
Instep Stretch		8x Sit-Ups			
	Training:	Instep Stretch	Training:		
Training:	(1) 8 Rounds for Time		(1) 6 Rounds, every 75 sec		
(1) 6 Rounds, every 75 sec	5x Renegade Man Makers @	Training:	35% of max reps Push-ups		
30% of max reps Push-ups	25# Dumbbells	(1) 2 Rounds			
	10x Sandbag Back Squats @	Run 2 Miles at Interval Pace	(2) 6 Rounds, every 75 sec		
(2) 6 Rounds, every 75 sec	60#	based on SESSION 2 5-mile	35% of max reps Sit-ups		
30% of max reps Sit-ups	15x Situps	Run Time using the MTI			
	Run 200m with Sandbag	Running Calculator	(3) 4 Rounds		
(3) 8 Rounds		Rest 8 Minutes between runs	Run 800m at Interval Pace		
Run 400m at Interval Pace	Compare finish time to		based on SESSION 1 2-mile		
based on SESSION 1 2-mile	Session 3	(2) 3 Rounds	Run Time using the MTI		
Run Time using the MTI		Hip Flexor + Instep + Pigeon	Running Calculator		
Running Calculator	(3) 4 Rounds	Foam Roll Legs/Low Back	Rest 3 Minutes between runs		
Rest 2 Minutes between runs	20/20 Standing Founder				
	20/20 Kneeling Founder	120.01.000	(4) 3 Rounds		
(4) 3 Rounds	10x EO's	15 Dates	Lat + Pec Stretch		
Lat + Pec Stretch	60 Sec Sandbag Hold @ 60#		Instep + Hip Flexor Stretch		
Instep + Hip Flexor Stretch	sandbag		Foam Roll legs/Low Back		
Foam Roll legs/Low Back					
	(4) 2 Rounds		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		
Monday PM:	15 Second Jane Fonda	1	See Sector		
Obj: Ruck Work	10x Hamstring Hell				
(1) 3 Rounds	Shoulder Blaster				
2 Mile Ruck at Interval Pace					
based on SESSION 6 Ruck	(5)Foam Roll Legs/Low Back				
Run time using the MTI Ruck					
Calculator, Flat Course					
Rest 6 Minutes between Rucks,					
Load - 45# + 10 lb Rubber					
Rifle/Sledge/Dumbbell					

SESSION 13 - AM	SESSION 14	SESSION 15 AM:	SESSION 16	SESSION 17	SESSION 18
Obj: APFT Work	Obj: Work Capacity/Chassis	Obj: 5-Mile Run Assessment	Obj: APFT Work	Obj: Rest Day	Obj: Long Ruck
(Use results from SESSION 1)	Integrity	Work (Use results from	(Use results from SESSION 1)		
		SESSION 2)			Ruck 11 miles over uneven, hi
Warm up:	Warm up:		Warm up:		terrain
3 Rounds	3 Rounds	Warm up:	3 Rounds		
3x 4-Square Drill	10x Squats	4 Rounds	3x 4-Square Drill		Load - 45# + 10 lb Rubber
8x Squats	3x Scotty Bob @ 25#	100m Run	8x Squats		Rifle/Sledge/Dumbbell
8x Push-Ups	10x Situps	8x Squats	8x Push-Ups		
8x Sit-Ups	Instep Stretch	8x Push-Ups	8x Sit-Ups		3 Hour Time Limit
Instep Stretch		8x Sit-Ups	Instep Stretch		
	Training:	Instep Stretch			
Training:	(1) 8 Rounds for Time		Training:		
(1) 6 Rounds, every 75 sec	5x Renegade Man Makers @	Training:	(1) 6 Rounds, every 75 sec		
35% of max reps Push-ups	25# Dumbbells	(1) 2 Rounds	40% of max reps Push-ups		
	10x Sandbag Back Squats @	Run 2 Miles at Interval Pace			
(2) 6 Rounds, every 75 sec	60#	based on SESSION 2 5-mile	(2) 6 Rounds, every 75 sec		
35% of max reps Sit-ups	15x Situps	Run Time using the MTI	40% of max reps Sit-ups		
	Run 200m with Sandbag	Running Calculator			
(3) 4 Rounds		Rest 8 Minutes between runs	(3) 2 Rounds		3
Run 800m at Interval Pace	Compare finish time to		Run 1-mile at per mile Interval		
based on SESSION 1 2-mile	Session 3	(2) 3 Rounds	Pace based on SESSION 1		
Run Time using the MTI	(3) 4 Rounds	Hip Flexor + Instep + Pigeon	2-mile Run Time using the MTI		
Running Calculator	20/20 Standing Founder	Foam Roll Legs/Low Back	Running Calculator		1
Rest 3 Minutes between runs	20/20 Kneeling Founder		Rest 5 Minutes between runs		
	10x EOs	Street, white Art.			
(4) 3 Rounds	70 Sec sandbag hold @ 60#		(4) 3 Rounds		
Lat + Pec Stretch	sandbag		Lat + Pec Stretch		
Instep + Hip Flexor Stretch			Instep + Hip Flexor Stretch		
Foam Roll legs/Low Back	(4) 2 Rounds		Foam Roll legs/Low Back		
	15 Second Jane Fonda				
SESSION 13 PM:	15x Hamstring Hell		All the standard states		
Obj: Ruck Work	Shoulder Blaster		1.555.65		
(1) 3 Rounds					
2 Mile Ruck at Interval Pace	(5) Foam Roll Legs/Low Back				
based on SESSION 6 Ruck					
Run time using the MTI Ruck	1				
Calculator, Flat Course	1				
Rest 6 Minutes between Rucks,	1				
Load - 45# + 10 lb Rubber	1				
Rifle/Sledge/Dumbbel					
	1				
		1			

SESSION 19 - AM	SESSION 20	SESSION 21	SESSION 22	SESSION 23	SESSION 24
Obj: Assessment (APFT #2)	Obj: Assessment	Obj: Assessment	Obj: APFT Work (Use results	Obj: Rest Day	Obj: Ruck Assessment
			from SESSION 19)		
Warm up:	Training:	Warm up:			(1) 8 Mile Ruck Run for Time,
3 Rounds	(1) Run 5 miles for Time	3 Rounds	Warm up:		Flat Course
2x 4-Square Drill		2x 4-Square Drill	3 Rounds		
8x Squats	RECORD YOUR TIME &	8x Squats	3x 4-Square Drill		Load - 45# + 10 lb Rubber
8x Push-Ups	COMPARE TO SESSION 2	8x Push-Ups	8x Squats		Rifle/Sledge/Dumbbell
8x Sit-Ups		8x Sit-Ups	8x Push-Ups		
Instep Stretch		Instep Stretch	8x Sit-Ups		RECORD YOUR TIME &
			Instep Stretch		COMPARE TO SESSION 6
Rest 5 Minutes		Training:			
		(1) 8 Rounds for Time	Training:		
Training:		5x Renegade Man Makers @	(1) 6 Rounds, every 75 sec		
(1) 2 min. Max Push-Ups		25# Dumbbells	30% of max reps Push-ups		
Rest 5-10 Minutes		10x Sandbag Back Squats @			
		60#	(2) 6 Rounds, every 75 sec		
(2) 2 min. Max Sit-Ups		15x Situps	30% of max reps Sit-ups		
Rest 5-10 Minutes		Run 200m with Sandbag			
			(3) 8 Rounds		
(3) 2 Mile Run (timed)		RECORD FINISH TIME &	Run 400m at Interval Pace		
		COMPARE TO SESSION 3	based on SESSION 19 2-mile		
RECORD YOUR SCORES &			Run Time using the MTI		
COMPARE TO SESSION 1			Running Calculator		
			Rest 2 Minutes between runs		
			(4) 3 Rounds		
			Lat + Pec Stretch		
	1		Instep + Hip Flexor Stretch		
			Foam Roll legs/Low Back		
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SESSION 25 AM:	SESSION 26	SESSION 27 AM:	SESSION 28	SESSION 29	SESSION 30
Obj: APFT Work (Use Results	Obj: Work Capacity/Chassis	Obj: 5-Mile Run Assessment	Obj: APFT Work (Use Results	Rest Day	Obj: Long Ruck
from SESSION 19)	Integrity	Work (Use results from	from SESSION 19)		
		SESSION 20)			Ruck 12 miles over uneven, hi
Warm up:	Warm up:		Warm up:		terrain
3 Rounds	3 Rounds	Warm up:	3 Rounds		
3x 4-Square Drill	10x Squats	4 Rounds	3x 4-Square Drill		Load - 45# + 10 lb Rubber
8x Squats	3x Scotty Bob @ 25#	100m Run	8x Squats		Rifle/Sledge/Dumbbell
8x Push-Ups	10x Situps	8x Squats	8x Push-Ups		5
8x Sit-Ups	Instep Stretch	8x Push-Ups	8x Sit-Ups		3 Hour Time Limit
Instep Stretch		8x Sit-Ups	Instep Stretch		
	Training:	Instep Stretch			
Training:	(1) 8 Rounds for Time		Training:		
(1) 6 Rounds, every 75 sec	5x Renegade Man Makers @	Training:	(1) 6 Rounds, every 75 sec		
30% of max reps Push-ups	25# Dumbbells	(1) 2 Rounds	35% of max reps Push-ups		
	10x Sandbag Back Squats @	Run 2 Miles at Interval Pace			
(2) 6 Rounds, every 75 sec	60#	based on SESSION 20 5-mile	(2) 6 Rounds, every 75 sec		
30% of max reps Sit-ups	15x Situps	Run Time using the MTI	35% of max reps Sit-ups		
	Run 200m with Sandbag	Running Calculator			6
(3) 8 Rounds		Rest 8 Minutes between runs	(3) 4 Rounds		
Run 400m at Interval Pace	Compare finish time to		Run 800m at Interval Pace		
based on SESSION 19 2-mile	Session 21	(2) 3 Rounds	based on SESSION 19 2-mile		
Run Time using the MTI		Hip Flexor + Instep + Pigeon	Run Time using the MTI		
Running Calculator	(3) 4 Rounds	Foam Roll Legs/Low Back	Running Calculator		
Rest 2 Minutes between runs	20/20 Standing Founder		Rest 3 Minutes between runs		
	20/20 Kneeling Founder	A CONTRACTOR OF A CONTRACTOR O			
(5) 3 Rounds	10x EO's		(5) 3 Rounds		
Lat + Pec Stretch	80 Sec sandbag hold @ 60#		Lat + Pec Stretch		
Instep + Hip Flexor Stretch	sandbag		Instep + Hip Flexor Stretch		
Foam Roll legs/Low Back			Foam Roll legs/Low Back		
	(4) 2 Rounds				
SESSION 25 PM:	20 Second Jane Fonda		A DECK TRANSFORME		
Obj: Ruck Work	20x Hamstring Hell		2 2 2 4 4		
(1) 3 Rounds	Shoulder Blaster @ 2.5#				
2 Mile Ruck at Interval Pace					
based on SESSION 24 Ruck	(5) Foam Roll Legs/Low Back				
Run time using the MTI Ruck					
Calculator, Flat Course					
Rest 6 Minutes between Rucks,					
Load - 45# + 10 lb Rubber					
Rifle/Sledge/Dumbbell					

SESSION 31 AM:	SESSION 32	SESSION 33 AM:	SESSION 34	SESSION 35	SESSION 36
Obj: APFT Work (Use results	Obj: Strength, Chassis Integrity	Obj: 5-Mile Run Assessment	Obj: APFT Work (Use results	Rest Day	Obj: Long Ruck
from SESSION 19)		Work (Use results from	from SESSION 19)		
	Warm up:	SESSION 20)			Ruck 13 miles over uneven, hill
Wann up:	3 Rounds		Warm up:		terrain
3 Rounds	10x Squats	Warm up:	3 Rounds		terrain.
3x 4-Square Drill	3x Scotty Bob @ 25#	4 Rounds	3x 4-Square Drill		Load - 45# + 101b Rubber
8x Squats	10x Situps	100m Run	8x Squats		Rifle/Sledge/Dumbbell
8x Push-Ups	Instep Stretch	8x Squats	8x Push-Ups		Kille/Sledge/Dullibbell
8x Sit-Ups		8x Push-Ups	8x Sit-Ups		3:15 Hour Time Limit
Instep Stretch	Training:	8x Sit-Ups	Instep Stretch		S. 15 Hour Time Limit
	(1) 8 Rounds for Time	Instep Stretch	matep of diatem		
Training:	5x Renegade Man Makers @	matep Stretch	Training:		
(1) 6 Rounds, every 75 sec	25# Dumbbells	Training:	-		
35% of max reps Push-ups	10x Sandbag Back Squats @	(1) 3 Rounds	(1) 6 Rounds, every 75 sec		
55 % OF max reps Pusil-ups	60#	Run 2 Miles at Interval Pace	40% of max reps Push-ups		
(a) c Bounda over 75 and	15x Situps		10.0.0		
(2) 6 Rounds, every 75 sec 35% of max reps Sit-ups		based on SESSION 20 5-mile	(2) 6 Rounds, every 75 sec		
35% of max reps Sil-ups	Run 200m with Sandbag	Run Time using the MTI Running Calculator	40% of max reps Sit-ups		
(3) 4 Rounds	Compare finish time to	Rest 8 Minutes between runs	(3) 4 Rounds		
Run 800m at Interval Pace	Session 21		Run 800m at Interval Pace		
based on SESSION 19 2-mile		(2) 3 Rounds	based on SESSION 19 2-mile		
Run Time using the MTI	(3) 4 Rounds	Hip Flexor + Instep + Pigeon	Run Time using the MTI		
Running Calculator	20/20 Standing Founder	Foam Roll Legs/Low Back	Running Calculator		
Rest 3 Minutes between runs	20/20 Kneeling Founder		Rest 3 Minutes between runs		
	10x EO's	A RECT DURING THE			
(5) 3 Rounds	90 Sec sandbag hold @ 60#	1.1.2.2	(5) 3 Rounds		
Lat + Pec Stretch	sandbag		Lat + Pec Stretch		
Instep + Hip Flexor Stretch			Instep + Hip Flexor Stretch		
Foam Roll legs/Low Back	(4) 2 Rounds		Foam Roll legs/Low Back		
	20 Second Jane Fonda				
SESSION 31 PM:	20x Hamstring Hell		A second first the		
Obj: Ruck Work	Shoulder Blaster @ 5#				
(1) 3 Rounds					
2 Mile Ruck at Interval Pace	(5) Foam Roll Legs/Low Back				
based on SESSION 24 Ruck					
Run time using the MTI Ruck					
Calculator, Flat Course					
Rest 6 Minutes between Rucks,					
Load - 45# + 10 lb Rubber					
Rifle/Sledge/Dumbbell					

SESSION 37	SESSION 38	SESSION 39	SESSION 40	SESSION 41	SESSION 42
Obj: APFT Work (Use results	Obj: Strength, Chassis Integrity	Obj: 5-Mile Run Assessment	Ob: APFT Work (Use results	Rest Day	Obj: Long Ruck
from SESSION 19)		Work (Use results from	from SESSION 19)		
	Warm up:	SESSION 20)			Ruck 14 miles over uneven, hil
Warm up:	3 Rounds		Warm up:		terrain
3 Rounds	10x Squats	Warm up:	3 Rounds		
3x 4-Square Drill	3x Scotty Bob @ 25#	4 Rounds	3x 4-Square Drill		Load - 45# + 10 lb Rubber
8x Squats	10x Situps	100m Run	8x Squats		Rifle/Sledge/Dumbbell
8x Push-Ups	Instep Stretch	6x Squats	8x Push-Ups		This of bug of build build
8x Sit-Ups		8x Push-Ups	8x Sit-Ups		3.5 Hour Time Limit
Instep Stretch	Training:	8x Sit-Ups	Instep Stretch		
	(1) 8 Rounds for Time	Instep Stretch			1
Training:	5x Renegade Man Makers @		Training:		1
(1) 6 Rounds, every 75 sec	25# Dumbbells	Training:	(1) 6 Rounds, every 75 sec		
40% of max reps Push-ups	10x Sandbag Back Squats @	(1) 3 Rounds	40% of max reps Push-ups		
	60#	Run 2 Miles at Interval Pace	to to or max repair dantapa		
(2) 6 Rounds, every 75 sec	15x Situps	based on SESSION 20 5-mile	(2) 6 Rounds, every 75 sec		
40% of max reps Sit-ups	Run 200m with Sandbag	Run Time using the MTI	40% of max reps Sit-ups	1	
	Kun zoom war bandbag	Running Calculator	40 % of max reps on-ups		
(3) 2 Rounds	Compare finish time to	Rest 8 Minutes between runs	(3) 2 Rounds		
Run 1-mile at Interval Pace	Session 21	Reat o Minutes between runs	Run 1-mile at Interval Pace		
based on SESSION 19 2-mile		(2) 3 Rounds	based on SESSION 19 2-mile		
Run Time using the MTI	(3) 4 Rounds	Hip Flexor + Instep + Pigeon			
Running Calculator	20/20 Standing Founder	Foam Roll Legs/Low Back	Run Time using the MTI		
Rest 3 Minutes between runs	20/20 Kneeling Founder	Foam Kon Legs/Low Back	Running Calculator		
rear 5 windles between funs	10x EO's	and the second second second second	Rest 3 Minutes between runs		
(5) 3 Rounds	90 Sec sandbag hold @ 60#	and the second states			
Lat + Pec Stretch		38.	(5) 3 Rounds		
Instep + Hip Flexor Stretch	sandbag		Lat + Pec Stretch		
	(A) 2 Devede		Instep + Hip Flexor Stretch		
Foam Roll legs/Low Back	(4) 2 Rounds 20 Second Jane Fonda		Foam Roll legs/Low Back		
SESSION 31 PM:	20x Hamstring Hell				
Obj: Ruck Work	Shoulder Blaster @ 5#		1.2		
(1) 3 Rounds					
2 Mile Ruck at Interval Pace	(5) Foam Roll Legs/Low Back				
based on SESSION 24 Ruck					
Run time using the MTI Ruck					
Calculator, Flat Course					
Rest 6 Minutes between Rucks,					
Load - 45# + 10 lb Rubber					
Rifle/Sledge/Dumbbell					

SESSION 43	SESSION 44	SESSION 45	SESSION 46	SESSION 47	SESSION 48
Obj: Assessment (APFT #2)	Obj: Assessment	Obj: Ruck Assessment	Rest Day	Rest Day	Rest Day
Warm up:	Training:	(1) 8 Mite Ruck Run for Time,			
3 Rounds	(1) Run 5 miles for Time	Flat Course			
2x 4-Square Drill					
8x Squats	RECORD YOUR TIME	Load - 45# + 10 lb Rubber			
8x Push-Ups	COMPARE TO SESSION 2 & 20	Rifle/Sledge/Dumbbell			
8x Sit-Ups					
Instep Stretch		RECORD YOUR TIME & COMPARE TO SESSION 6 &			
Rest 5 Minutes		24			
Training:					
(1) 2 min. Max Push-Ups					
Rest 5-10 Minutes					
(2) 2 min. Max Sit-Ups					
Rest 5-10 Minutes					
(3) 2 Mile Run (timed)					
RECORD YOUR SCORES					
COMPARE TO SESSION 1 &					
19					