

**Civil Affairs Assessment and Selection - Week 1**

<p><b>SESSION 1</b> Obj: Assessment (APFT #1)</p> <p><b>Warm up:</b> 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</p> <p>Rest 5 Minutes</p> <p><b>Training:</b> (1) 2 min. Max Push-Ups Rest 5-10 Minutes</p> <p>(2) 2 min. Max Sit-Ups Rest 5-10 Minutes</p> <p>(3) 2 Mile Run (timed)</p> <p><b>RECORD YOUR SCORES</b></p>	<p><b>SESSION 2</b> Obj: Assessment</p> <p><b>Training:</b> (1) Run 5 miles for Time</p> <p><b>RECORD YOUR TIME</b></p>	<p><b>SESSION 3</b> Obj: Assessment</p> <p><b>Warm up:</b> 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</p> <p><b>Training:</b> (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag</p> <p><b>RECORD FINISH TIME</b></p>	<p><b>SESSION 4</b> Obj: APFT Work</p> <p><b>Warm up:</b> 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</p> <p><b>Training:</b> (1) 6 Rounds, every 75 sec 30% of max reps Push-ups  (2) 6 Rounds, every 75 sec 30% of max reps Sit-ups  (3) 8 Rounds Run 400m at Interval Pace based on SESSION 1 2-mile Run Time using the MTI Running Calculator Rest 2 Minutes between runs  (4) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs/Low Back</p>	<p><b>SESSION 5</b> Obj: Rest Day</p>	<p><b>SESSION 6</b> Obj: Ruck Assessment</p> <p>(1) 8 Mile Ruck Run for Time, Flat Course</p> <p>Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell</p> <p><b>RECORD YOUR TIME</b></p>
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**Civil Affairs Assessment and Selection - Week 2**

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

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

<p><b>SESSION 19 - AM</b> Obj: Assessment (APFT #2)</p> <p><b>Warm up:</b> 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</p> <p>Rest 5 Minutes</p> <p><b>Training:</b> (1) 2 min. Max Push-Ups Rest 5-10 Minutes</p> <p>(2) 2 min. Max Sit-Ups Rest 5-10 Minutes</p> <p>(3) 2 Mile Run (timed)</p> <p><b>RECORD YOUR SCORES &amp; COMPARE TO SESSION 1</b></p>	<p><b>SESSION 20</b> Obj: Assessment</p> <p><b>Training:</b> (1) Run 5 miles for Time</p> <p><b>RECORD YOUR TIME &amp; COMPARE TO SESSION 2</b></p>	<p><b>SESSION 21</b> Obj: Assessment</p> <p><b>Warm up:</b> 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</p> <p><b>Training:</b> (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag</p> <p><b>RECORD FINISH TIME &amp; COMPARE TO SESSION 3</b></p>	<p><b>SESSION 22</b> Obj: APFT Work (Use results from SESSION 19)</p> <p><b>Warm up:</b> 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</p> <p><b>Training:</b> (1) 6 Rounds, every 75 sec 30% of max reps Push-ups</p> <p>(2) 6 Rounds, every 75 sec 30% of max reps Sit-ups</p> <p>(3) 8 Rounds Run 400m at Interval Pace based on SESSION 19 2-mile Run Time using the MTI Running Calculator Rest 2 Minutes between runs</p> <p>(4) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs/Low Back</p>	<p><b>SESSION 23</b> Obj: Rest Day</p>	<p><b>SESSION 24</b> Obj: Ruck Assessment</p> <p>(1) 8 Mile Ruck Run for Time, Flat Course</p> <p>Load - 45# + 10lb Rubber Rifle/Sledge/Dumbbell</p> <p><b>RECORD YOUR TIME &amp; COMPARE TO SESSION 6</b></p>
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**Civil Affairs Assessment and Selection- Week 5**

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

<p><b>SESSION 31 AM:</b> Obj: APFT Work (Use results from SESSION 19)</p> <p><b>Warm up:</b> 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</p> <p><b>Training:</b> (1) 6 Rounds, every 75 sec 35% of max reps Push-ups  (2) 6 Rounds, every 75 sec 35% of max reps Sit-ups  (3) 4 Rounds Run 800m at Interval Pace based on SESSION 19 2-mile Run Time using the MTI Running Calculator Rest 3 Minutes between runs  (5) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs/Low Back</p> <p><b>SESSION 31 PM:</b> Obj: Ruck Work (1) 3 Rounds 2 Mile Ruck at Interval Pace 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</p>	<p><b>SESSION 32</b> Obj: Strength. Chassis Integrity</p> <p><b>Warm up:</b> 3 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch</p> <p><b>Training:</b> (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag</p> <p><b>Compare finish time to Session 21</b></p> <p>(3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EO's 90 Sec sandbag hold @ 60# sandbag</p> <p>(4) 2 Rounds 20 Second Jane Fonda 20x Hamstring Hell Shoulder Blaster @ 5#</p> <p>(5) Foam Roll Legs/Low Back</p>	<p><b>SESSION 33 AM:</b> Obj: 5-Mile Run Assessment Work (Use results from SESSION 20)</p> <p><b>Warm up:</b> 4 Rounds 100m Run 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</p> <p><b>Training:</b> (1) 3 Rounds Run 2 Miles at Interval Pace based on SESSION 20 5-mile Run Time using the MTI Running Calculator Rest 8 Minutes between runs</p> <p>(2) 3 Rounds Hip Flexor + Instep + Pigeon Foam Roll Legs/Low Back</p>	<p><b>SESSION 34</b> Obj: APFT Work (Use results from SESSION 19)</p> <p><b>Warm up:</b> 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</p> <p><b>Training:</b> (1) 6 Rounds, every 75 sec 40% of max reps Push-ups  (2) 6 Rounds, every 75 sec 40% of max reps Sit-ups  (3) 4 Rounds Run 800m at Interval Pace based on SESSION 19 2-mile Run Time using the MTI Running Calculator Rest 3 Minutes between runs  (5) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs/Low Back</p>	<p><b>SESSION 35</b> Rest Day</p>	<p><b>SESSION 36</b> Obj: Long Ruck</p> <p>Ruck 13 miles over uneven, hilly terrain</p> <p>Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell</p> <p>3:15 Hour Time Limit</p>
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**Civil Affairs Assessment and Selection - Week 7**

<p><b>SESSION 37</b> Obj: APFT Work (Use results from SESSION 19)</p> <p><b>Warm up:</b> 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</p> <p><b>Training:</b> (1) 6 Rounds, every 75 sec 40% of max reps Push-ups  (2) 6 Rounds, every 75 sec 40% of max reps Sit-ups  (3) 2 Rounds Run 1-mile at Interval Pace based on SESSION 19 2-mile Run Time using the MTI Running Calculator Rest 3 Minutes between runs  (5) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs/Low Back</p> <p><b>SESSION 31 PM:</b> Obj: Ruck Work (1) 3 Rounds 2 Mile Ruck at Interval Pace 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</p>	<p><b>SESSION 38</b> Obj: Strength, Chassis Integrity</p> <p><b>Warm up:</b> 3 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch</p> <p><b>Training:</b> (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag</p> <p><b>Compare finish time to Session 21</b></p> <p>(3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EO's 90 Sec sandbag hold @ 60# sandbag</p> <p>(4) 2 Rounds 20 Second Jane Fonda 20x Hamstring Hell Shoulder Blaster @ 5#</p> <p>(5) Foam Roll Legs/Low Back</p>	<p><b>SESSION 39</b> Obj: 5-Mile Run Assessment Work (Use results from SESSION 20)</p> <p><b>Warm up:</b> 4 Rounds 100m Run 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</p> <p><b>Training:</b> (1) 3 Rounds Run 2 Miles at Interval Pace based on SESSION 20 5-mile Run Time using the MTI Running Calculator Rest 8 Minutes between runs  (2) 3 Rounds Hip Flexor + Instep + Pigeon Foam Roll Legs/Low Back</p>	<p><b>SESSION 40</b> Obj: APFT Work (Use results from SESSION 19)</p> <p><b>Warm up:</b> 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</p> <p><b>Training:</b> (1) 6 Rounds, every 75 sec 40% of max reps Push-ups  (2) 6 Rounds, every 75 sec 40% of max reps Sit-ups  (3) 2 Rounds Run 1-mile at Interval Pace based on SESSION 19 2-mile Run Time using the MTI Running Calculator Rest 3 Minutes between runs  (5) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs/Low Back</p>	<p><b>SESSION 41</b> Rest Day</p>	<p><b>SESSION 42</b> Obj: Long Ruck</p> <p>Ruck 14 miles over uneven, hilly terrain</p> <p>Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell</p> <p>3.5 Hour Time Limit</p>
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**Civil Affairs Assessment and Selection - Week 8**

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