

Civil Affairs Selection and Assessment - Week 1

SESSION 1 Obj: Assessment (APFT #1) Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Rest 5 Minutes 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	SESSION 2 Obj: Assessment Training: (1) Run 5 miles for Time RECORD YOUR TIME	SESSION 3 Obj: Assessment Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag RECORD FINISH TIME	SESSION 4 Obj: APFT Work Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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 CLICK HERE for Running Calculator	SESSION 5 Obj: Rest Day	SESSION 6 Obj: Ruck Assessment (1) 8 Mile Ruck Run for Time, Flat Course Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell RECORD YOUR TIME
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[CLICK HERE for Running Calculator](#)

[CLICK HERE for Ruck Calculator](#)

Civil Affairs Selection and Assessment - Week 2

SESSION 7 AM: Obj: APFT Work (Use results from SESSION 1) Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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	SESSION 8 Obj: Work Capacity/Chassis Integrity Warm up: 3 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch Training: (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag Compare finish time to Session 3 (3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EO's 60 Sec Sandbag Hold @ 60# sandbag (4) 2 Rounds 15 Second Jane Fonda 10x Hamstring Hell Shoulder Blaster (5) Foam Roll Legs/Low Back	SESSION 9 Obj: 5-Mile Run Assessment Work (Use results from SESSION 2) Warm up: 4 Rounds 100m Run 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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 CLICK HERE for Running Calculator	SESSION 10 Obj: APFT Work Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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 CLICK HERE for Running Calculator	SESSION 11 Obj: Rest Day	SESSION 12 Obj: Long Ruck Ruck 10 miles over uneven, hilly terrain Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell 2.5 Hour Time Limit
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[CLICK HERE for Running Calculator](#)

Civil Affairs Selection and Assessment - Week 3

SESSION 13 - AM Obj: APFT Work (Use results from SESSION 1)	SESSION 14 Obj: Work Capacity/Chassis Integrity	SESSION 15 AM: Obj: 5-Mile Run Assessment Work (Use results from SESSION 2)	SESSION 16 Obj: APFT Work (Use results from SESSION 1)	SESSION 17 Obj: Rest Day	SESSION 18 Obj: Long Ruck Ruck 11 miles over uneven, hilly terrain Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell 3 Hour Time Limit
Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch	Warm up: 3 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch	Warm up: 4 Rounds 100m Run 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch	Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch		
Training: (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	Training: (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag Compare finish time to Session 3 (3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EOs 70 Sec sandbag hold @ 60# sandbag (4) 2 Rounds 15 Second Jane Fonda 15x Hamstring Heel Shoulder Blaster (5) Foam Roll Legs/Low Back	Training: (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 CLICK HERE for Running Calculator	Training: (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 (4) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs/Low Back CLICK HERE for Running Calculator		
(4) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs/Low Back					
SESSION 13 PM: 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					
CLICK HERE for Running Calculator					

Civil Affairs Selection and Assessment - Week 4

SESSION 19 - AM Obj: Assessment (APFT #2) Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Rest 5 Minutes 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	SESSION 20 Obj: Assessment Training: (1) Run 5 miles for Time RECORD YOUR TIME & COMPARE TO SESSION 2	SESSION 21 Obj: Assessment Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag RECORD FINISH TIME & COMPARE TO SESSION 3	SESSION 22 Obj: APFT Work (Use results from SESSION 19) Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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 (4) 3 Rounds Lat + Pec Stretch Instep + Hip Flexor Stretch Foam Roll legs/Low Back CLICK HERE for Running Calculator	SESSION 23 Obj: Rest Day	SESSION 24 Obj: Ruck Assessment (1) 8 Mile Ruck Run for Time, Flat Course Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell RECORD YOUR TIME & COMPARE TO SESSION 6
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[CLICK HERE for Running Calculator](#)

[CLICK HERE for Ruck Calculator](#)

Civil Affairs Selection and Assessment - Week 5

SESSION 25 AM: Obj: APFT Work (Use Results from SESSION 19) Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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	SESSION 26 Obj: Work Capacity/Chassis Integrity Warm up: 3 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch Training: (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag Compare finish time to Session 21 (3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EO's 80 Sec sandbag hold @ 60# sandbag (4) 2 Rounds 20 Second Jane Fonda 20x Hamstring Hell Shoulder Blaster @ 2.5# (5) Foam Roll Legs/Low Back	SESSION 27 AM: Obj: 5-Mile Run Assessment Work (Use results from SESSION 20) Warm up: 4 Rounds 100m Run 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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 CLICK HERE for Running Calculator	SESSION 28 Obj: APFT Work (Use Results from SESSION 19) Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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 CLICK HERE for Running Calculator	SESSION 29 Rest Day	SESSION 30 Obj: Long Ruck Ruck 12 miles over uneven, hilly terrain Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell 3 Hour Time Limit
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Civil Affairs Selection and Assessment - Week 6

SESSION 31 AM: Obj: APFT Work (Use results from SESSION 19) Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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	SESSION 32 Obj: Strength, Chassis Integrity Warm up: 3 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch Training: (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag Compare finish time to Session 21 (3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EO's 90 Sec sandbag hold @ 60# sandbag (4) 2 Rounds 20 Second Jane Fonda 20x Hamstring Hell Shoulder Blaster @ 5# (5) Foam Roll Legs/Low Back	SESSION 33 AM: Obj: 5-Mile Run Assessment Work (Use results from SESSION 20) Warm up: 4 Rounds 100m Run 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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 CLICK HERE for Running Calculator	SESSION 34 Obj: APFT Work (Use results from SESSION 19) Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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 CLICK HERE for Running Calculator	SESSION 35 Rest Day	SESSION 36 Obj: Long Ruck Ruck 13 miles over uneven, hilly terrain Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell 3.15 Hour Time Limit
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Civil Affairs Selection and Assessment - Week 7

SESSION 37 Obj: APFT Work (Use results from SESSION 19) Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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	SESSION 38 Obj: Strength, Chassis Integrity Warm up: 3 Rounds 10x Squats 3x Scotty Bob @ 25# 10x Situps Instep Stretch Training: (1) 8 Rounds for Time 5x Renegade Man Makers @ 25# Dumbbells 10x Sandbag Back Squats @ 60# 15x Situps Run 200m with Sandbag Compare finish time to Session 21 (3) 4 Rounds 20/20 Standing Founder 20/20 Kneeling Founder 10x EO's 90 Sec sandbag hold @ 60# sandbag (4) 2 Rounds 20 Second Jane Fonda 20x Hamstring Hell Shoulder Blaster @ 5# (5) Foam Roll Legs/Low Back	SESSION 39 Obj: 5-Mile Run Assessment Work (Use results from SESSION 20) Warm up: 4 Rounds 100m Run 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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 CLICK HERE for Running Calculator	SESSION 40 Obj: APFT Work (Use results from SESSION 19) Warm up: 3 Rounds 3x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch Training: (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 CLICK HERE for Running Calculator	SESSION 41 Rest Day	SESSION 42 Obj: Long Ruck Ruck 14 miles over uneven, hilly terrain Load - 45# + 10 lb Rubber Rifle/Sledge/Dumbbell 3.5 Hour Time Limit
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Civil Affairs Selection and Assessment - Week 8

<p>SESSION 43 Obj: Assessment (APFT #2)</p> <p>Warm up: 3 Rounds 2x 4-Square Drill 8x Squats 8x Push-Ups 8x Sit-Ups Instep Stretch</p> <p>Rest 5 Minutes</p> <p>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)</p> <p>RECORD YOUR SCORES COMPARE TO SESSION 1 & 19</p>	<p>SESSION 44 Obj: Assessment</p> <p>Training: (1) Run 5 miles for Time</p> <p>RECORD YOUR TIME COMPARE TO SESSION 2 & 20</p>	<p>SESSION 45 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>RECORD YOUR TIME & COMPARE TO SESSION 6 & 24</p>	<p>SESSION 46 Rest Day</p>	<p>SESSION 47 Rest Day</p>	<p>SESSION 48 Rest Day</p>
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