



SPECIAL FORCES

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



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY TRAINING AND DOCTRINE COMMAND
950 JEFFERSON AVENUE
FORT EUSTIS, VIRGINIA 23604-5700

ATCS

MEMORANDUM FOR RECORD

SUBJECT: TRADOC endorsement of SFAS Preparation Handbook

1. **Summary.** This handbook serves as the guide for all Soldiers preparing for Special Forces Assessment & Selection (SFAS). It provides instruction for preparation and training to become a competitive candidate at SFAS. Information provided in the SFAS Preparation Handbook aligns with the Holistic Health & Fitness (H2F) readiness domains outlined in FM 7-22. This handbook is approved and recommended by the H2F Directorate within the Center for Initial Military Training, US Army Training and Doctrine Command.

2. **Applicability.** This handbook is applicable to all active Army and Army National Guard Soldiers attending SFAS. This handbook should be supported across FORSCOM and enabled through unit H2F Performance Teams.

3. **Purpose.** The purpose of this handbook is to prepare Soldiers for the demands of SFAS and encourage Commanders, while meeting mission requirements, to support the use and implementation of the program for their Soldiers who desire to attend SFAS. Commanders can support by providing time and resources to their Soldiers to execute the outlined training during duty hours and/or non-duty hours. Following the training program contained in this handbook will increase a Soldier's chance of success at SFAS.

4. **Proponent Authority.** The proponent for this training handbook is the Director of Human Performance & Wellness (HPW), United States Army John F. Kennedy Special Warfare Center & School (USAJFKSWCS). This is the only SFAS Preparation Handbook approved by the USAJFKSWCS Special Forces Branch Proponent.

5. **Point of Contact.** The point of contact for this memorandum is LTC Mike Handlan at (910) 396-7766 or michael.handlan@socom.mil.

DAVID J. FRANCIS
Lieutenant General, U.S. Army
Deputy Commanding General



DEPARTMENT OF THE ARMY
UNITED STATES ARMY JOHN F. KENNEDY SPECIAL WARFARE CENTER AND SCHOOL
3004 ARDENNES STREET, STOP A
FORT LIBERTY, NC 28310-9607

AOJK

MEMORANDUM FOR All Special Forces Assessment and Selection Candidates

SUBJECT: Special Forces Assessment and Selection Preparation Guide

1. PURPOSE. **First and foremost, thank you for your service and your willingness to volunteer to attend Special Forces Assessment and Selection (SFAS).** The intent of this book is to facilitate physical and mental preparation for SFAS. SFAS measures candidate abilities against the eight Army Special Operations Forces (ARSOFF) attributes through the application of physical, mental, emotional, and cognitive tasks. The intent of SFAS is to screen a candidate's suitability for success at the Special Forces Qualification Course (SFQC), and a follow-on assignment within a Special Forces Group on a Special Forces (SF) Operational Detachment-Alpha (ODA). **Our mission is for every SFAS candidate to be successful without compromising quality, character, and standards.**

2. GENERAL. **Preparation and intrinsic motivation are paramount to candidate success.** SFAS is a deliberate and thorough process. For over three decades thousands of candidates have tested their grit and perseverance against the SFAS course located on the historical grounds of Camp Mackall, NC. The SFAS environment facilitates learning, growth, and self-development to ensure a solid foundation of physical fitness, intelligence, teamwork, and motivation. Over your training and throughout the three weeks of SFAS, you will be tested physically, mentally, and emotionally. You will be expected to perform cognitive tasks under load and in high-stress environments. Preparation is key to a candidate's success. **Throughout the preparation process, you should strengthen the most important component, which is your intrinsic motivation and purpose for attending SFAS and pursuing a career in the Special Forces, earning the coveted "Green Beret."**

3. SPECIFIC. This preparation guide focuses on known standards and years of candidate data to best prepare you physically and mentally. This guide outlines the **minimum standards** for entry into training while also **prescribing recommended standards**, as well as **trends of the average select candidate**. Bottom line, meeting the minimum standards is the price of entry into training but will often not get you selected. It is recommended that you measure yourself against the average select candidate data. The sections of this guide prescribe physical preparation focusing on cardiovascular endurance and strength, power and grip strength, recovery, sleep, and performance nutrition. **In addition to physical preparation, it is recommended that candidates continually work to improve their cognitive and interpersonal skills, as well as their map reading and land navigation skills.**

4. Candidate, we wish you the best of luck in your preparation and training. For additional resources contact your local Special Operations Recruiting Battalion (SORB) office or visit the SWCS, 1st Special Warfare Training Group, 1st Bn, E Co social media page which can be found on the QR code in the back of this guide.

Assess, Select, Train, and Develop ARSOFF Leaders for the Nation
VERITAS ET LIBERTAS

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UNITED STATES ARMY SPECIAL OPERATIONS FORCES ATTRIBUTES

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. Use them as a guide to create the best version of yourself and enhance the organizational culture.

1. **Integrity:** Being trustworthy and honest; acting with honor and unwavering adherence to ethical standards.
2. **Courage:** Acting on own convictions despite consequences; willing to sacrifice for a larger cause; not being paralyzed by fear of failure.
3. **Perseverance:** Working toward an end; being committed; maintaining physical or mental resolve; being motivated; giving effort to the cause; not quitting.
4. **Personal Responsibility:** Being self-motivated and an autonomous self-starter; anticipating tasks and acting accordingly; taking accountability for their actions.
5. **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.
6. **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.
7. **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.
8. **Capability:** Maintaining physical fitness, to include strength and agility; having operational knowledge; being able to plan and communicate effectively.

SOF TRUTH #1



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 #2



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 #3



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 #4



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 #5



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.



INTRODUCTION

Successful Special Forces Assessment and Selection (SFAS) candidates far surpass the minimum standards on the Special Forces Physical Assessment (SFPA). **The average successful candidate can run a sub-13:30 2-mile, do over 38 hand-release push-ups, and perform over 12 pull-ups. Successful candidates can also ruck march at a sub-15 minute per mile pace and run at a sub-8 minute per mile pace over long distances and uneven terrain, for multiple days in a row.**

Additionally, successful candidates pass the Army Fitness Test (AFT) with a minimum of 90 points in the male 22-26 year old age group in the deadlift (310 pounds) and sprint-drag-carry (1:43) events. To ensure the best possible chance of selection, candidates should consistently meet these milestones under adverse conditions.

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

BASELINE STANDARDS

EVENT	FREQUENCY	MINIMUM	GOAL
Special Forces Physical Fitness Assessment	One week prior to Special Forces Assessment and Selection	<ul style="list-style-type: none"> • 28 Hand-Release Push-Ups • 6 Pull-Ups • 15:12 2-Mile Run 	<ul style="list-style-type: none"> • 48 Hand-Release Push-ups • 14 Pull-Ups • 13:30 2-Mile Run
Army Fitness Test	One week prior to Special Forces Assessment and Selection	400 points (80 points in each event)	473 points <ul style="list-style-type: none"> • Deadlift: 93 points / 310 lbs • Hand-Release Push-ups: 90 points / 48 reps • Sprint-Drag-Carry: 90 points / 1:43 • Plank: 100 points / 3:35 • 2-Mile Run: 100 points / 13:25
5-Mile Run	Throughout training	40 minutes or less	37:30 or less across rugged terrain
12-Mile Foot March	Throughout training	Complete in 3 hours, across a rugged terrain, while carrying the following: <ul style="list-style-type: none"> • 45 lb pack • Food and water • Uniform • Load-bearing equipment • Weapon 	Complete in 2 hours and 36 minutes or less, across a rugged terrain, while carrying the following: <ul style="list-style-type: none"> • 45 lb pack • Food and water • Uniform • Load-bearing equipment • Weapon
Pull-Ups	Throughout training	6 reps (strict)	14+ reps (strict)
Combat Focused Training	One week prior to Special Forces Assessment and Selection	Lift and carry bodyweight on shoulders for 50 meters	Lift and carry bodyweight on shoulders for 100 meters
Combat Focused Training	One week prior to Special Forces Assessment and Selection	Farmer's carry 50 lb dumbbells for 100 meters	Farmer's carry 50 lb dumbbells for 200 meters



TRAINING PLAN

Instructions: This training plan was created using Human Performance and Wellness (HPW), Special Forces Preparation and Conditioning (SFPC), and SFAS senior cadre. Phase 1 can be used prior to basic training, or to build you up for Phase 2. 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, start Phase 2. Consider the following:

- Start Phase 2 eight weeks before you start selection.
- When Phase 2 is complete you will go to selection 2 or 3 days after.

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). (www.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

“

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:

- **Phase 1:** Do not attempt to run while rucking.
- **Phase 2:** For ruck days on Tuesdays, you may jog to make pace if necessary. For ruck days on Fridays, try to extend your stride, breathe through your nose, and make pace. Jogging on Fridays should come as a last resort.





MOBILITY AND CORRECTIVE EXERCISE SCHEDULE





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

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

FOAM ROLLING

- Increases blood flow to the muscle to decrease soreness, and improve mobility short term.
- Focusing on areas of discomfort, foam roll 30-60 seconds per area.
- While foam rolling, avoid sharp pains, bony prominences, or areas that cause numbness or tingling.

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

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

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.
- No pain during exercises.

Banded Hip Mobility

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


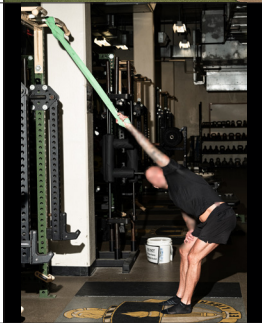


- Half kneel and secure band into hip joint with tension pulling laterally. While maintaining band position, push knee in and out.



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

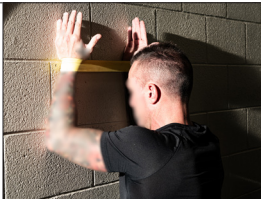


- Half kneel and secure band into hip joint with tension pulling anteriorly. Squeeze the glute on back leg to feel stretch in the front of the hip. Lunge motion rocking front to back. Do not arch your back.






<p>Banded Ankle Mobility</p>	<p><i>Banded Dorsiflexion Mobilization, 15-20 each.</i></p> <ul style="list-style-type: none"> Secure band under bony bumps on ankle, pulling down and back. Keep heel down and lunge knee forward until you feel resistance. Repeat pulses at end range. 	
<p>Banded Lat Stretch</p>	<p><i>Banded Lat Stretch, 3 x 30 seconds.</i></p> <ul style="list-style-type: none"> Hold band overhead, sit hips back, and twist under your stretching arm to feel gentle pull in your lat. 	
<p>T-Spine Mobility</p>	<p><i>Thoracic Extension on Foam Roller x3.</i></p> <ul style="list-style-type: none"> While keeping hips down, start with foam roller in mid-spine and arch your back over the roller. Move up your back and reset each level. 	
	<p><i>Open Books x8-10 each side.</i></p> <ul style="list-style-type: none"> Lie on your side with bottom leg straight and the top hip and knee bent to 90 degrees. Keep your knee touching the foam roller while you rotate the top arm, and attempt to reach the ground on the other side. Reset and repeat. 	

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.
- No pain during exercises.

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

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



SPECIAL CONSIDERATIONS

For those who are currently deployed, projected to deploy, or lack access to a fully equipped gym, alternative options are available. For guidance on utilizing low-cost, improvised gym equipment made from everyday items or basic Army gear, refer to the *Field Expedient Equipment Examples* section of the plan.

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 with a big needle and a thread. 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 ranted rope twice and leave enough space for a handle to hold

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 ranted rope twice and leave enough space for a handle to hold
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 with a big needle and a thread. 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 with a big needle and a thread. 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 ranted rope twice and leave enough space for a handle to hold onto.

WEEKS 9-16

Lift 1

Exercise	Equipment
Kettlebell swing	Army duffel bag full of sand with desired weight (do not 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



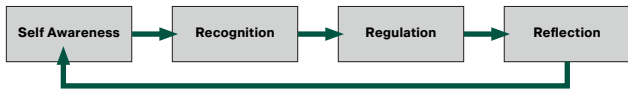


INTRODUCTION TO MENTAL PERFORMANCE

What is Mental Performance Training?

Mental performance training is the intentional training of the mind to develop mental strength, endurance, and flexibility. Grit, resilience, and mental strength aren't innate talents, they're skills you build through challenges, experiences, and training. This program is designed to help you maximize your training. Take control over one of the most valuable weapons you have at your disposal during SFAS—*your mind*.

Mental Performance Training Cycle



You can sharpen your mental performance through self-awareness and reflection. When you truly understand your strengths, weaknesses, and habits, you'll be able to recognize in the moment how your thoughts, emotions, and behaviors affect your performance. This awareness is key, as it fuels self-regulation, meaning you can adjust your actions to achieve better results and stay aligned with your goals.



Quick Facts about the Mental Performance Preparation Program

What is it? The Mental Performance Preparation Program is 24-weeks of training split between two phases. Each week of mental performance work is designed to align with the physical training program. Phase 1 (weeks 1-16) highlights one skill each week that develops or enhances resilience. Phase 2 (weeks 17-24) focuses on the connecting specific actions of distinguished Green Berets to the ARSOF Attributes.

Who designed it? A holistic team from USAJFKSWCS Human Performance and Wellness comprised of Mental Performance Coaches with decades of experience working with special operations candidates and retired Green Berets with extensive operational experience.

How should I use it? At the beginning of each week, set aside 15-30 minutes to work on the Mental Performance "Focus of the Week". Remember, the weeks of mental performance training coincide with the weeks of physical training. Some weeks will require you to do work each day, other weeks you have the choice to do the work in one sitting or break it up.

What will it require me to do? With the Mental Performance Training Cycle (above) in mind, this program leverages reflection on your previous experiences, sets specific challenges before you to enhance your training and performances.

Note: Expect to write throughout. A proven way to transform knowledge into practice is through writing.

Be honest with yourself. Honest reflection develops accurate awareness.

The more you put into this program, the more you get out of it.

Push yourself.



“

The SFAS environment facilitates **learning, growth, and self-development** to ensure a solid foundation of physical fitness, intelligence, teamwork, and motivation.



PHASE 1 WORKOUT SCHEDULE

SPECIAL FORCES ASSESSMENT AND SELECTION
PREPARATION HANDBOOK

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up Easy run • 3 miles Calisthenics • 50 Push-ups • 15 Pull-ups • 3-way plank for 60 seconds	Warm-up Lift 1 • Vertical jump and land, 3 x 3 • Squat or DL choice, 2 x 4 (5 seconds) Auxiliary circuit • 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 Walk 30 minutes	Warm-up Interval run • 4 x 400 meters Easy run • 1 mile Calisthenics • Push-ups, 4 x 30 seconds • 20 Chin-ups • 40 Alt V-ups	Warm-up Lift 2 • MB slam, 3 x 6 • Bench choice, 2 x 4 (5 seconds) Auxiliary circuit • SL glute bridge, 3 x 8 • Reverse lunge, 3 x 6 • Copenhagen, 2 x 20 seconds • Bar hang, 2 x max hold Foam roll and mobility	Warm-up Easy run 2 miles Race pace run 1 mile Foam roll and mobility

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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Intrinsic Motivation

What is Motivation?

Motivation is the spark that moves you into action. It is the fuel source that energizes, directs, and sustains effort. Intrinsic and internal motivation are some of the only sources of motivation that do not depend on circumstance, environment, or task. The drive to excel, to push through, and the willingness to be comfortable with the uncomfortable comes from within **you, your** purpose, and **your** values.

Too often Soldiers will give up the influence they have over their own drive and motivation to elements in their environment (weather, leadership, peers, etc). Internal and intrinsic sources of motivation, AKA how you connect your values, your purpose, and your why to your actions and goals.

They are yours to own, to **weaponize** in moments when everything in you is pushing you to quit.

Why is intrinsic motivation important from a retired Green Beret's perspective?

Team Dynamics: "Green Berets often operate as part of a team where collective motivation and cohesion are critical."

Resilience and Adaptability: "The nature of the job requires Green Berets to be resilient and adaptable. Green Berets must often push through challenges, dig into deep sources of motivation and purpose to fuel discipline."

This Week: Work on the Awareness of Motivation and its Impact.

Each day log your *why*. Why are you doing the workout of the day, why are you fueling your body well? What are the temptations to engage in something that is counterproductive or cheating your preparation. What is the voice that tells you it is okay to skip out or cut your workout short? What are the tasks that are easy to engage in and what are the tasks that take more convincing?

DAY	LOG
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up Easy run • 3 miles Calisthenics: • 65 Push-ups • 20 Pull-ups • 3-way plank for 60 seconds	Warm-up Lift 1 • Vertical jump and land, 3 x 4 • Squat or DL choice, 3 x 4 (5 seconds) Auxiliary circuit • 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 Walk 30 minutes	Warm-up Interval run • 4 x 400 meters Easy run • 1 mile Calisthenics • Push-ups, 4 x 30 seconds • 25 Chin-ups • 50 Alt V-ups	Warm-up Lift 2 • MB slam, 3 x 8 • Bench choice, 3 x 4 (5 seconds) Auxiliary circuit • SL glute bridge, 3 x 10 • Reverse lunge, 3 x 8 • Copenhagen, 2 x 20 seconds • Bar hang, 3 x max hold Foam roll and mobility	Warm-up Easy run 3 miles Race pace run 1 mile Foam roll and mobility

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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Values

Internal motivation is tied to values. Values are our expectations for how you yourself, other people, and the world ought to operate. Values shape your thinking and are evident through your behaviors. **What values influence your life? What values do you live by that are shaping your choice to go to SFAS?**

Below is a list of values and character strengths. Consider what makes you unique. Mark 5-7 values that you believe are evident in your daily life. If there is a value you live by, but it is not listed (for example, setting a good example for your kids) there is space below to add it to the list.

<input type="checkbox"/> Accountability	<input type="checkbox"/> Self-Regulation	<input type="checkbox"/> Knowledge	<input type="checkbox"/> Perseverance
<input type="checkbox"/> Achievement	<input type="checkbox"/> Self-Reliance	<input type="checkbox"/> Leadership	<input type="checkbox"/> Personal Courage
<input type="checkbox"/> Ambition	<input type="checkbox"/> Serenity	<input type="checkbox"/> Love of Learning	<input type="checkbox"/> Perspective
<input type="checkbox"/> Bravery	<input type="checkbox"/> Social Intelligence	<input type="checkbox"/> Strength	<input type="checkbox"/> Prosperity
<input type="checkbox"/> Caring	<input type="checkbox"/> Sportsmanship	<input type="checkbox"/> Teamwork	<input type="checkbox"/> Purpose
<input type="checkbox"/> Caution	<input type="checkbox"/> Forgiveness	<input type="checkbox"/> Tradition	<input type="checkbox"/> Respect
<input type="checkbox"/> Curiosity	<input type="checkbox"/> Friendship	<input type="checkbox"/> Trust	<input type="checkbox"/> Responsibility
<input type="checkbox"/> Collaboration	<input type="checkbox"/> Generosity	<input type="checkbox"/> Unity	<input type="checkbox"/> Sacrifice
<input type="checkbox"/> Creativity	<input type="checkbox"/> Gratitude	<input type="checkbox"/> Diligence	<input type="checkbox"/> Wisdom
<input type="checkbox"/> Compassion	<input type="checkbox"/> Hard Work	<input type="checkbox"/> Playfulness	<input type="checkbox"/> Enthusiasm
<input type="checkbox"/> Competition	<input type="checkbox"/> Honesty	<input type="checkbox"/> Learning	<input type="checkbox"/> Other:
<input type="checkbox"/> Duty	<input type="checkbox"/> Honor	<input type="checkbox"/> Love	<input type="checkbox"/> Other:
<input type="checkbox"/> Enthusiasm	<input type="checkbox"/> Hope	<input type="checkbox"/> Loyalty	<input type="checkbox"/> Other:
<input type="checkbox"/> Excellence	<input type="checkbox"/> Humility	<input type="checkbox"/> Open-mindedness	<input type="checkbox"/> Other:
<input type="checkbox"/> Fairness	<input type="checkbox"/> Innovation	<input type="checkbox"/> Originality	<input type="checkbox"/> Other:
<input type="checkbox"/> Faith	<input type="checkbox"/> Integrity	<input type="checkbox"/> Patience	
<input type="checkbox"/> Family	<input type="checkbox"/> Kindness	<input type="checkbox"/> Peace	

Consider the values that you have marked and answer the questions below.

Through your reflection you will start to tune your eyes to how your values connect to action.

1. How have these developed? Where did they come from?

2. When training gets challenging and uncomfortable, how will you use these values to help you push through?

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up Easy run <ul style="list-style-type: none"> • 4 miles Calisthenics <ul style="list-style-type: none"> • 80 Push-ups • 25 Pull-ups • 3-way plank for 60 seconds 	Warm-up Lift 1 <ul style="list-style-type: none"> • Vertical jump and land, 3 x 5 • Squat or DL choice, 2 x 4 (5 seconds) Auxiliary circuit <ul style="list-style-type: none"> • 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 Walk 40 minutes	Warm-up Interval run <ul style="list-style-type: none"> • 4 x 400 meters Easy run <ul style="list-style-type: none"> • 1 miles Calisthenics <ul style="list-style-type: none"> • Push-ups, 4 x 30 seconds • 30 Chin-ups • 60 Alt V-ups 	Warm-up Lift 2 <ul style="list-style-type: none"> • MB slam, 3 x 10 • Bench choice, 2 x 4 (5 seconds) Auxiliary circuit <ul style="list-style-type: none"> • SL glute bridge, 3 x 10 • Reverse lunge, 3 x 8 • Copenhagen, 2 x 20 seconds • Bar hang, 3 x max hold Foam roll and mobility	Warm-up Easy run <ul style="list-style-type: none"> • 2 miles Race pace run <ul style="list-style-type: none"> • 2 miles Foam roll and mobility

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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Your Values in Action

Your behaviors, what you choose to act on, what you choose not to do—everything traces back to values. Last week you spent time reflecting on what values are integrated into your everyday life. This week zoom in to your choices of action or inaction and identify what values your actions reflect.

The goal is to connect these values to observable behaviors and actions.

Every day this week, reflect on two key moments of your day and connect each of those choices to one of your values from last week. Perhaps even consider things you chose not to do and connect that choice to a possible conflict with your value.

Example:

Monday	I did not want to run after work, but I chose to go anyways.	Sense of Purpose is a value I live with daily, even though I didn't want to run—this run is connected to my higher purpose in preparing me for selection.
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Day	Action or Inaction	Reflected Value
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Consider this:

Internal motivation is having a strong understanding of who you are, your character, your values, and how they show up in your daily life so that when you are under large amounts of stress, you continue to act in line with your values and what makes you the best version of yourself.

This week have a conversation with a key leader or person in your life about what their core values are and how they show up in their life (for example, how they navigate challenges, conflict, what motivates them, how they seek mentorship and support).

WEEK 4: RECOVERY

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up Easy run <ul style="list-style-type: none"> • 2 miles Calisthenics <ul style="list-style-type: none"> • 65 Push-ups • 20 Pull-ups • 3-way plank, 2 x 60 seconds 	Warm-up Lift 1 <ul style="list-style-type: none"> • Vertical jump and land, 2 x 5 • Squat or DL choice, 2 x 4 (5 seconds) Auxiliary circuit <ul style="list-style-type: none"> • 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 Walk 30 minutes	Warm-up Interval run <ul style="list-style-type: none"> • 2 x 400 meters Easy run <ul style="list-style-type: none"> • 1.5 miles Calisthenics <ul style="list-style-type: none"> • Push-ups, 4 x 30 seconds • 25 Chin-ups • 50 Alt V-ups 	Warm-up Lift 2 <ul style="list-style-type: none"> • MB slam, 3 x 10 • Bench choice, 2 x 4 (5 seconds) Auxiliary circuit <ul style="list-style-type: none"> • SL glute bridge, 3 x 8 • Reverse lunge, 3 x 6 • Copenhagen, 2 x 20 seconds • Bar hang, 2 x max hold Foam roll and mobility	Warm-up Easy run <ul style="list-style-type: none"> • 2 miles Race pace run <ul style="list-style-type: none"> • 1 mile Foam roll and mobility

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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Reflect and Integrate

These first weeks have focused on the *commitment* component of *resilience*. This includes taking time to look at your values and your internal drive to continue to push yourself outside of your comfort zone to prepare for SFAS.

Take a moment to consider the process so far from a mental, physical, and interpersonal perspective. What are your major areas for improvement? What are your strengths? What immediate growth opportunity will you prioritize as you move into weeks 5-8?

Physical	Mental Strength (resilience and grit)
Strengths	Strengths
Areas of Improvement	Areas of Improvement
What do you want to prioritize in development?	What do you want to prioritize in development?

Reflect on your Commitment	
What does it look like and mean for you to be committed?	
What things distract you from being committed?	
What are potential costs of being over committed?	
In what ways can you be committed effectively in weeks 5-8?	

WEEK 5

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up Easy run • 4 miles, 8 x 10 second microbursts Calisthenics • 60 Push-ups • 25 Pull-ups • 3-way plank, 2 x for 60 seconds	Warm-up Lift 1 • Vertical jump and land, 3 x 2 • Squat or DL choice, 3 x 4 Auxiliary circuit • 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 Walk 35 minutes	Warm-up Easy run • 2 miles Calisthenics • Push-ups, 5 x 30 seconds • 30 Chin-ups • 60 Alt V-ups	Warm-up Lift 2 • MB rot slam, 3 x 6 • Overhead press choice, 3 x 6 Auxiliary circuit • 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 Foam roll and mobility	Warm-up 4-mile ruck • 20 lbs • Dry ruck • Road • 60 minutes Foam roll and mobility

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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Grit

Consider the definition of grit below. Circle, underline, or highlight the components or words that stand out to you the most.

Grit (n): the firmness of mind, indomitable spirit; unyielding courage in the face of hardship or danger; unwavering perseverance and sustained effort toward long term goals

1. Consider what grit means to you. What actions demonstrate your grit? How do you expect grit to show up in your preparation for SFAS?

2. What gets in the way of grit?

3. Picture land navigation at night during SFAS. You're uncomfortable, tired, hungry, and unsure of your azimuth. What will it look like to push through and leverage grit in this moment? Which actions demonstrate grit in this moment?

Grit from a Green Beret's Perspective:

SFAS is a marathon. If you take each event one at a time, it does not appear to be too difficult. However, layering and stacking events on top of each other day after day will wear down even the most seasoned and prepared candidates. Grit and perseverance are essential to being a successful candidate. Candidates will have to mentally reframe the challenge and remind themselves of their goals and their purpose. SFAS will test your strategy. You must be willing to adapt to the situation at hand or change strategies to survive and excel.

Grit is a mental attribute and is required to have a chance at being selected. Strong grit is key to pushing through pain that candidates have never felt before. SFAS will be the most difficult thing candidates have encountered in their military career.

WEEK 6

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up Easy run <ul style="list-style-type: none"> • 5 miles, *8 x :10 microbursts Calisthenics <ul style="list-style-type: none"> • 60 Push-ups • 30 Pull-ups • 3-way plank, 2 x 60 seconds 	Warm-up Lift 1 <ul style="list-style-type: none"> • Vertical jump and land, 3 x 3 • Squat or DL choice, 3 x 5 Auxiliary circuit <ul style="list-style-type: none"> • 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 Walk 40 minutes	Warm-up Easy run <ul style="list-style-type: none"> • 2 miles Calisthenics <ul style="list-style-type: none"> • Push-ups, 5 x 30 seconds • 35 Chin-ups • 60 Alt V-ups 	Warm-up Lift 2 <ul style="list-style-type: none"> • MB rot slam, 3 x 8 • Overhead press choice, 3 x 8 Auxiliary circuit <ul style="list-style-type: none"> • 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 Foam roll and mobility	Warm-up 5-mile ruck <ul style="list-style-type: none"> • 20 lbs • Dry ruck • Road • 1 hour 15 minutes Foam roll and mobility

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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Grit

Grit (n): the firmness of mind, indomitable spirit : unyielding courage in the face of hardship or danger : unwavering perseverance and sustained effort toward long term goals

Physical Endurance Challenge

SFAS requires candidates to operate with minimal sleep, carry extreme weight, navigate challenging terrain, and perform complex problem-solving tasks while physically exhausted. Grit is what allows a candidate to take one more step when every muscle screams to stop.

In those moments, the instant gratification—the instant external reward—is to stop moving. You stop moving, the muscle stops screaming.

Grit is recognizing your ultimate goal – getting selected. And seeing how this moment of choosing to continue putting one foot in front of the other, choosing to continue pushing past your comfort zone will feed into that dream.

This week, in your pushups, your pull ups, lifts, runs, and ruck, pay attention to when that voice in your head is telling you it is okay to stop or ease up. Pay attention to the times the voice in your head tells you that it is okay to skip out on training or make a decision that doesn't propel you forward toward your goal.

Those moments are decision points. You choose to lean into the discomfort, or you choose to back off. You choose to leverage grit or to practice quitting.

Reflect on those critical moments below, what choice you made, and any trends you are noticing:

WEEK 7

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up Easy run <ul style="list-style-type: none"> • 5 miles, 8 x 10 second microbursts Calisthenics <ul style="list-style-type: none"> • Push-ups, 3 x 60 seconds • 30 Pull-ups • 3-way plank, 2 x 60 seconds 	Warm-up Lift 1 <ul style="list-style-type: none"> • Vertical jump and land, 3 x 4 • Squat or DL choice, 3 x 5 Auxiliary circuit <ul style="list-style-type: none"> • 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 Walk 40 minutes	Warm-up Easy run <ul style="list-style-type: none"> • 2 miles Calisthenics <ul style="list-style-type: none"> • Push-ups, 5 x 30 seconds • 35 Chin-ups • 60 Alt V-Ups 	Warm-up Lift 2 <ul style="list-style-type: none"> • MB rot slam, 3 x 10 • Overhead press choice, 3 x 10 • Auxiliary circuit <ul style="list-style-type: none"> • 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 Foam roll and mobility	Warm-up 5-mile ruck <ul style="list-style-type: none"> • 25 lbs • Dry ruck • Road • 1 hour 15 minutes Foam roll and mobility

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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Grit

Think about the choices you've logged this past week. Every time you embrace a challenge—or even consider it—you build strength. But when you avoid opportunities or turn away from difficulty, you strengthen the habit of giving up.

Just like building muscle with exercise, your mind adapts to the choices you make. The more you face challenges, the easier they become. The more you avoid them, the easier it is to quit. Recognizing this helps you build the resilience you need to reach your goals.

The more you exercise perseverance the stronger the mental muscle for perseverance gets. And it starts with leaning into challenge.

This week: Challenge yourself daily. It could be something small – nasal breathing during a run, a cold plunge – or bigger, like a difficult conversation or pushing your pace. When you feel your mind wanting to retreat to comfort, recognize that moment and choose to persevere. Just like building any skill, consistently facing challenges builds resilience and strength.

Log the challenge you choose each day. Rate how you managed that challenge and reflect on the experience.

Keep in mind that if you consistently find a challenge easy, push your comfort zone and choose something more difficult. Recognize when your mind wants to retreat, and persevere. Consistent effort builds resilience and strength.

Day	Challenge of the Day	Scale of 1-10, how did you do in the challenge?	Reflection: What helped you or made it difficult to lean in and persevere through the challenge?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

MENTAL PERFORMANCE FOCUS OF THE WEEK

Reflect and Integrate

In weeks 1-4 you identified a strong sense of your internal motivation and commitment in pursuing SFAS, in weeks 5-7 you have developed resilience by chasing challenge and leaning into grit.

Consider the process so far from a mental and physical perspective. What are your major areas for improvement? What are your strengths? What is the next immediate growth opportunity to prioritize as you move into weeks 9-12.

Physical	Mental Strength (resilience and grit)
Strengths	Strengths
Areas of Improvement	Areas of Improvement
What do you want to prioritize in development?	What do you want to prioritize in development?

Reflect on Challenge	
What does it look like when you seek physical, mental, and interpersonal challenges?	
What themes typically get in the way of your commitment to challenges? (Consider: energy levels, beliefs, pain management, situation, motivation, environment, comfortability, confidence, etc.)	
How does seeking challenges increase your performance?	

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 6 miles, 8 x 15 second microbursts <p>Calisthenics</p> <ul style="list-style-type: none"> • Push-ups, 3 x 60 seconds • 30 Pull-ups • 3-way plank, 2 x 75 seconds 	<p>Warm-up</p> <p>Lift 1</p> <ul style="list-style-type: none"> • Kettlebell swing, 4 x 8 • BB lunge choice, 4 x 6 <p>Auxiliary circuit</p> <ul style="list-style-type: none"> • 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 <p>Walk 40 minutes</p>	<p>Warm-up.</p> <p>Easy run</p> <ul style="list-style-type: none"> • 3 miles <p>Calisthenics</p> <ul style="list-style-type: none"> • Push-ups, 5 x 30 seconds • 25 Chin-ups • 60 Alt V-ups 	<p>Warm-up</p> <p>Lift 2</p> <ul style="list-style-type: none"> • Split squat jump, 3 x 3 • Bench or OH press choice, 3 x 8 <p>Auxiliary circuit</p> <ul style="list-style-type: none"> • Reverse hyper or back extension, 3 x 8 • SL squat, 4 x 3 • Slider lateral squat 3 x 3 • Grip work <p>Foam roll and mobility</p>	<p>Warm-up</p> <p>5-mile ruck</p> <ul style="list-style-type: none"> • 25 Ibs • Dry ruck • Road • 1 hour 15 minutes <p>Foam roll and mobility</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:	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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Confidence

Confidence levels can impact thinking, attention, and physiology. To better understand the connection between confidence and quality of performance, use the Checklist of Performance States on the next page and reflect on the following:

1. Reflect on a recent training session or performance where you felt you executed your tasks extremely well.
2. Circle the appropriate rating for the performance state associated with that training session.
3. Reflect on a recent training session or performance where you felt you executed your tasks extremely poorly.
4. On the same checklist mark the performance state during that session by drawing an "X" over the appropriate ratings.

Checklist of Performance States

Performed Extremely Poorly	1	2	3	4	5	6	Performed Extremely Well
Felt Extremely Relaxed	1	2	3	4	5	6	Felt Extremely Anxious
Felt Extremely Confident	1	2	3	4	5	6	Felt Extremely Unconfident
Felt in Complete Control	1	2	3	4	5	6	Had No Control at All
Muscles were relaxed	1	2	3	4	5	6	Muscles were tense
Felt Extremely Energetic	1	2	3	4	5	6	Felt Extremely fatigued
Self-talk was Positive	1	2	3	4	5	6	Self-talk was Negative
Felt Extremely Focused	1	2	3	4	5	6	Felt extremely unfocused
Had High Energy	1	2	3	4	5	6	Had Low Energy

Consider the differences you see in the marked numbers above. How does confidence shift for a strong performance compared to a poor performance for you? How does lack of confidence impact other mental states (e.g., anxiety, feelings of control, etc.)?

Confidence is a belief that you have the resources within you to meet the demands of the task.

Return to the *Checklist of Performance States* and consider SFAS. Use a highlighter to indicate what your performance states would be if you were to go to SFAS tomorrow. In the coming weeks you will be introduced to skills and resources that help build confidence and take control of your performance state.

WEEK 10

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up Easy run • 6 miles Calisthenics • Push-ups, 4 x 60 seconds • 35 Pull-ups • 3-way plank, 2x 75 seconds	Warm-up Lift 1 • Kettlebell swing, 4 x 10 • BB lunge choice, 4 x 8 Auxiliary circuit • 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 Walk 45 minutes	Warm-up Easy run • 2 miles Calisthenics • Push-ups, 6 x 30 seconds • 30 Chin-ups • 75 Alt V-Ups	Warm-up Lift 2 • Split squat jump, 4 x 3 • Bench or OH press choice, 3 x 8 Auxiliary circuit • Reverse hyper or back extension, 3 x 8 • SL squat, 4 x 4 • Slider lateral squat, 3 x 4 • Grip work Foam roll and mobility	Warm-up 6-mile ruck • 25 Ibs • Dry ruck • Road • 1 hour 30 minutes Foam roll and mobility

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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Creating Confidence

Confidence from a Green Beret's Perspective:

We run into trouble when our confidence outruns our competence. True confidence is built on the back of competence. When you are not confident in something, that is a sign you need to spend some time with that thing. Being candid with your peers about your competency level will help inform them during team events. Being candid with yourself will reveal areas you need to improve. False confidence is not helpful, and it can rear its ugly head in critical moments.

Four Ways to Build Confidence



Personal Experience
Recall a time when you were successful with a similar task. What behaviors led to success? What lessons did you learn?



Vicarious Experience
If you don't have experience with a similar task, leverage others' experience. What led to their success? What lessons did they learn?



Internal Dialogue
"Whether you think you can or you can't, you're right." Notice your internal dialogue and its effect on your performance. Consider revisiting the challenge section of this booklet.



Physical State
How do you interpret your physiological state can impact confidence. Feeling nervous? Reinterpret those nerves as your body prepares you to perform.

Track what you do to build confidence each day this week.

WEEK 11

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up Easy run <ul style="list-style-type: none"> • 7 miles Calisthenics <ul style="list-style-type: none"> • Push-ups, 4 x 60 seconds • 35 Pull-ups • 3-way plank, 2 x 75 seconds 	Warm-up Lift 1 <ul style="list-style-type: none"> • Kettlebell swing, 4 x 10 • BB lunge choice, 4 x 8 Auxiliary circuit <ul style="list-style-type: none"> • 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 Walk 35 minutes	Warm-up Easy run <ul style="list-style-type: none"> • 3 miles Calisthenics <ul style="list-style-type: none"> • Push-ups, 6 x 30 seconds • 30 Chin-ups • 75 Alt V-Ups 	Warm-up Lift 2 <ul style="list-style-type: none"> • Split squat jump, 4 x 3 • Bench or OH press choice, 3 x 10 Auxiliary circuit <ul style="list-style-type: none"> • Reverse hyper or back extension, 3 x 10 • SL squat, 4 x 5 • Slider lateral squat, 3 x 5 • Grip work Foam roll and mobility	Warm-up 6-mile ruck <ul style="list-style-type: none"> • 30 lbs • Dry ruck • Road • 1 hour 30 minutes Foam roll and mobility

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

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: <ul style="list-style-type: none"> • Push-ups: <ul style="list-style-type: none"> • Pull-ups: <ul style="list-style-type: none"> • 3-way plank: <ul style="list-style-type: none"> • Total time:	Kettlebell swing: <ul style="list-style-type: none"> • BB lunge choice: <ul style="list-style-type: none"> • TRX or inverted row: <ul style="list-style-type: none"> • WT'd push-ups: <ul style="list-style-type: none"> • Lat pulldown: <ul style="list-style-type: none"> • Farmer's carry: <ul style="list-style-type: none"> • Total time:	Run time: <ul style="list-style-type: none"> • Push-ups: <ul style="list-style-type: none"> • Chin-ups: <ul style="list-style-type: none"> • Alt V-ups: <ul style="list-style-type: none"> • Total time:	Split squat jump: <ul style="list-style-type: none"> • Bench or OH press choice: <ul style="list-style-type: none"> • Reverse hyper or back extension: <ul style="list-style-type: none"> • SL squat: <ul style="list-style-type: none"> • Slider lateral squat: <ul style="list-style-type: none"> • Grip work: <ul style="list-style-type: none"> • Total time:	Ruck time: <ul style="list-style-type: none"> •

Body weight:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Develop Competence

Review the perspective of a Green Beret regarding confidence from last week.

Developing confidence is also about developing **COMPETENCE**.

This week, prioritize quality by setting clear intentions for your training sessions.

Reflect on lessons learned from this handbook and find opportunities to apply them. Look at every moment as an opportunity to develop physically, mentally, as a teammate, and as a leader.

Use the goal setting system below to guide your efforts.

Day	SET PRIORITIES	TARGET YOUR EFFORTS	REFLECT
	<ul style="list-style-type: none">List 2-3 priority areas (ex. nutrition, fitness, recovery, etc.) to focus on.How do these priority areas align with your end state?	<ul style="list-style-type: none">Specific action you are taking to develop the priority area.How you know you were successful in this or not.	<ul style="list-style-type: none">What went well?What can be improved?What is the next building block?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

WEEK 12: RECOVERY

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up Easy run <ul style="list-style-type: none"> • 3 miles Calisthenics <ul style="list-style-type: none"> • Push-ups, 3 x 60 seconds • 30 Pull-ups • 3-way plank, 1 x 90 seconds 	Warm-up Lift 1 <ul style="list-style-type: none"> • Kettlebell swing, 2 x 12 • BB lunge choice, 2 x 10 Auxiliary circuit <ul style="list-style-type: none"> • 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 Walk 45 minutes	Warm-up Easy run <ul style="list-style-type: none"> • 3 miles Calisthenics <ul style="list-style-type: none"> • Push-ups, 4 x 30 seconds • 25 Chin-ups • 50 Alt V-Ups 	Warm-up Lift 2 <ul style="list-style-type: none"> • Split squat jump, 2 x 3 • Bench or OH press choice, 2 x 10 Auxiliary circuit <ul style="list-style-type: none"> • Reverse hyper or back extension, 2 x 10 • SL squat, 2 x 5 • Slider lateral squat, 2 x 5 • Grip work Foam roll and mobility	Warm-up 3-mile ruck <ul style="list-style-type: none"> • 25 lbs • Dry ruck • Road • 45 minutes Foam roll and mobility

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

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: <ul style="list-style-type: none"> • Push-ups: <ul style="list-style-type: none"> • Pull-ups: <ul style="list-style-type: none"> • 3-way plank: <ul style="list-style-type: none"> • Total time:	Kettlebell swing: <ul style="list-style-type: none"> • BB lunge choice: <ul style="list-style-type: none"> • TRX or inverted row: <ul style="list-style-type: none"> • WT'd push-ups: <ul style="list-style-type: none"> • Lat pulldown: <ul style="list-style-type: none"> • Farmer's carry: <ul style="list-style-type: none"> • Total time:	Run time: <ul style="list-style-type: none"> • Push-ups: <ul style="list-style-type: none"> • Chin-ups: <ul style="list-style-type: none"> • Alt V-ups: <ul style="list-style-type: none"> • Total time:	Split squat jump: <ul style="list-style-type: none"> • Bench or OH press choice: <ul style="list-style-type: none"> • Reverse hyper or back extension: <ul style="list-style-type: none"> • SL squat: <ul style="list-style-type: none"> • Slider lateral squat: <ul style="list-style-type: none"> • Grip work: <ul style="list-style-type: none"> • Total time:	Ruck time: <ul style="list-style-type: none"> •

Body weight:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Reflect and Integrate

This program has focused on resilience through commitment and motivation, embracing challenge with grit and perseverance, and confidence.

Reflect on your performance so far from mental and physical perspective. What are your major areas for improvement? What are your strengths? What is the next immediate growth opportunity to prioritize as you move into the final weeks of phase 1?

Physical	Mental Strength (resilience and grit)
Strengths	Strengths
Areas of Improvement	Areas of Improvement
What do you want to prioritize in development?	What do you want to prioritize in development?

Reflect on your Confidence	
In what situations do you typically struggle with confidence?	
What SFAS events do you anticipate challenging your confidence and/or competence?	
Identify three specific strengths you can rely on in any circumstance that help you perform well. (Tip: Look back through the reflections and work you have done in this program)	

WEEK 13: TEST

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up Easy run <ul style="list-style-type: none"> • 7 miles Calisthenics <ul style="list-style-type: none"> • Push-ups, 2 x 75 seconds • 35 Pull-ups • 3-way plank, 1 x 90 seconds 	Warm-up Lift 1 <ul style="list-style-type: none"> • Kettlebell swing, 4 x 10 • BB lunge choice, 3 x 10 Auxiliary circuit <ul style="list-style-type: none"> • 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 Walk 30 minutes	Warm-up Easy run <ul style="list-style-type: none"> • 3 miles Calisthenics <ul style="list-style-type: none"> • Push-ups, 6 x 30 seconds • 30 Chin-ups • 75 Alt V-ups 	Warm-up Lift 2 <ul style="list-style-type: none"> • Split squat jump, 3 x 4 • Bench or OH press choice, 3 x 10 Auxiliary circuit <ul style="list-style-type: none"> • Reverse hyper or back extension, 3 x 10 • SL squat, 3 x 5 • Slider lateral squat, 3 x 6 • Grip work Foam roll and mobility	Warm-up 6-mile ruck <ul style="list-style-type: none"> • 30 lbs • Dry ruck • Road • 1 hour 30 minutes Foam roll and mobility

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

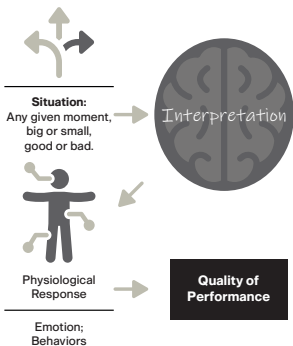
Monday	Tuesday	Wednesday	Thursday	Friday
Run time: <ul style="list-style-type: none"> • Push-ups: <ul style="list-style-type: none"> • Pull-ups: <ul style="list-style-type: none"> • 3-way plank: <ul style="list-style-type: none"> • Total time:	Kettlebell swing: <ul style="list-style-type: none"> • BB lunge choice: <ul style="list-style-type: none"> • TRX or inverted row: <ul style="list-style-type: none"> • WT'd push-ups: <ul style="list-style-type: none"> • Lat pulldown: <ul style="list-style-type: none"> • Farmer's carry: <ul style="list-style-type: none"> • Total time:	Run time: <ul style="list-style-type: none"> • Push-ups: <ul style="list-style-type: none"> • Chin-ups: <ul style="list-style-type: none"> • Alt V-ups: <ul style="list-style-type: none"> • Total time:	Split squat jump: <ul style="list-style-type: none"> • Bench or OH press choice: <ul style="list-style-type: none"> • Reverse hyper or back extension: <ul style="list-style-type: none"> • SL squat: <ul style="list-style-type: none"> • Slider lateral squat: <ul style="list-style-type: none"> • Grip work: <ul style="list-style-type: none"> • Total time:	Ruck time: <ul style="list-style-type: none"> •

Body weight:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Control the Controllables

The Performance Micro Moment Chain



Your interpretation of a moment influences your physiology, emotion, and behavior. Each of these factors influence the next moment and your overall performance.

For Example:



This could go several ways:

1. You quit because your mind is consumed with thoughts about your ankle.
2. You grind through but you tax your resources and performance drops.
3. You take control of your thoughts and physiology to set you up for success.

What is the access point to taking control?

Can you directly control what happens to you? Not really.

Can you take control of your thought process and attention? Absolutely.

Can you control your physiological response? Yes.

Can you control how you express your emotion and your actions? Yes.

Maximize control over your thinking and behavior.

Take control of the quality of your performance regardless of circumstances.

This Week: Notice your thinking going into the run or ruck. Where do your thoughts and attention go? What physiological response stands out to you, and how do you respond? Are these micro-moments an asset or a liability to your performance/training quality?

If these things are assets, sustain it. Liability? Take control and change it.

WEEK 14

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up Easy run <ul style="list-style-type: none"> • 8 miles Calisthenics <ul style="list-style-type: none"> • Push-ups, 3 x 75 seconds • 40 Pull-ups • 3-way plank, 2 x 75 seconds 	Warm-up Lift 1 <ul style="list-style-type: none"> • Kettlebell swing, 4 x 10 • BB lunge choice, 4 x 8 Auxiliary circuit <ul style="list-style-type: none"> • 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 Walk 30 minutes	Warm-up Easy run <ul style="list-style-type: none"> • 3 miles Calisthenics <ul style="list-style-type: none"> • Push-ups, 7 x 30 seconds • 35 Chin-ups • 75 Alt V-Ups 	Warm-up Lift 2 <ul style="list-style-type: none"> • Split squat jump, 4 x 4 • Bench or OH press choice, 3 x 10 Auxiliary circuit <ul style="list-style-type: none"> • Reverse hyper or back extension, 3 x 10 • SL squat, 3 x 6 • Slider lateral squat, 3 x 7 • Grip work Foam roll and mobility	Warm-up 7-mile ruck <ul style="list-style-type: none"> • 35 Ibs • Dry ruck • Road • 1 hour 45 minutes Foam roll and mobility

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

Monday	Tuesday	Wednesday	Thursday	Friday
Run time: <ul style="list-style-type: none"> • Push-ups: <ul style="list-style-type: none"> • Pull-ups: <ul style="list-style-type: none"> • 3-way plank: <ul style="list-style-type: none"> • Total time:	Kettlebell swing: <ul style="list-style-type: none"> • BB lunge choice: <ul style="list-style-type: none"> • TRX or inverted row: <ul style="list-style-type: none"> • WT'd push-ups: <ul style="list-style-type: none"> • Lat pulldown: <ul style="list-style-type: none"> • Farmer's carry: <ul style="list-style-type: none"> • Total time:	Run time: <ul style="list-style-type: none"> • Push-ups: <ul style="list-style-type: none"> • Chin-ups: <ul style="list-style-type: none"> • Alt V-ups: <ul style="list-style-type: none"> • Total time:	Split squat jump: <ul style="list-style-type: none"> • Bench or OH press choice: <ul style="list-style-type: none"> • Reverse hyper or back extension: <ul style="list-style-type: none"> • SL squat: <ul style="list-style-type: none"> • Slider lateral squat: <ul style="list-style-type: none"> • Grip work: <ul style="list-style-type: none"> • Total time:	Ruck time: <ul style="list-style-type: none"> •

Body weight:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Master the Basics of Breathing

Energy System Continuum

Rest and Digest

Purpose: Allocate energy for recovery support.

- Energy conservation. Replenish resources.
- Pain reduction. Promotes healing.
- Enhanced healing & immunity.
- Strengthen the body's defenses.

Fight or Flight

Purpose: Allocate energy for physical activity.

- Increased breathing & heart rate.
- Increases oxygen delivery to muscles.
- Faster brain-body communication.
- Enhances reaction time.
- Increased sweating. Regulates body temperature.
- Muscle tension. Prepares muscles for activity.

These two systems work to compliment each other.

Different activities demand different levels of energy for optimal performance. For instance, sprinting relies heavily on a surge of energy for powerful movement—what's often called fight or flight. Conversely, activities like productive communication require less physical energy and tap into a more relaxed rest and digest state. Some activities, like rucking, benefit from a balanced use of both energy systems.

Deliberate breathing is a tool to help you regulate these energy systems. You can use it to control your energy levels before, during, and after any activity. Explore the strategies in the table below to learn the basics of breath work.

Type of Breathing	Exercise	Reflection	Try this
Establishing Baseline Set a timer for 1 minute.	<ul style="list-style-type: none"> - Sit comfortably with good posture and your legs uncrossed. - Place one hand on your stomach and the other on your chest. - Notice which hand rises more as you breathe. 	Which hand rose more? <i>This helps establish your natural breathing depth—a baseline for comparison.</i>	Breathe deeply into your stomach, allowing your diaphragm to expand.
Body Set a timer for 2 minutes.	<ul style="list-style-type: none"> - Return to the seated posture from earlier. - Breathe slowly and deeply through your nose, feeling your stomach expand. As you inhale, allow your abdomen, sides, and lower back to expand with each breath. 	What was it like to breathe into your abdomen?	If this feels challenging, keep practicing. Imagine your lungs filling like balloons. Try using this technique during recovery periods.
Mind Set a timer for 2 minutes.	<ul style="list-style-type: none"> - Return to the seated posture from earlier. - Choose a breathing rhythm with equal inhale and exhale durations (for example, inhale for 4 seconds, exhale for 4 seconds). - Adjust the timing if the rhythm feels too fast or too slow. 	What impact did this have on energy?	During your next ruck or run, choose a mile to synchronize your breath with your steps. During transitions, use your chosen cadence to regain control of your breathing.

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

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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Master Attention

Two Facts about Attention



- The brain and body are most responsive to clear, specific targets.



- Attention is a spotlight, focused on a limited number of targets at a time.

Two Phases of Controlling Action

1. Identify Attention Thieves

- These are distractions—thoughts or sensations that pull your focus away from what matters most.
- Examples include: fatigue, pain, unfamiliarity, self-doubt, comparison, anxiety, and interesting but unrelated thoughts.

2. Cue a Mental Shift

- Direct your focus to a specific and precise target.
- Ask yourself, "What's Important Now?" (WIN).
- Concentrate on that single priority. As the situation changes, shift your focus to the next WIN.

Experiment this Week

Task	Attention Where does your attention go? Is it an asset or liability?	Cueing the Shift What's important now? Where does your attention need to be?	Recommendations As Needed Ideas where to shift your attention.
Long Easy Run			Cadence Breathing. Foot Strike/Technique. Environment.
Ruck			Pace. Breathing. Pick a location within sight and move to that mark.
Sitting still, no sound, eyes closed, locked into your breathing			Lock into your breath. If anything takes your mind away, bring it back to the breath.

WEEK 16

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

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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Reflect and Integrate

Well done! You have completed the final week of Phase One training in preparation for Special Forces Assessment and Selection.

Reflect on your progress so far. What are your key strengths? What areas need the most improvement? Review your reflections from weeks 4, 8, and 12. Where have you seen the greatest gains?

Physical	Mental Strength (resilience and grit)
Strengths	Strengths
Areas of Improvement	Areas of Improvement
What do you want to prioritize in development?	What do you want to prioritize in development?

Reflect on your Control	
Make a list of what is in your direct control at SFAS.	
What does it look like for you to lose control? What steps do you need to take to prevent this from happening?	
How can you maximize your influence over the factors you listed above?	

PHASE 2 “LIFT” PLAN: CIRCUITS

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

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 2 | Do both AMRAPs as part of this circuit.

AMRAP C – 10-15 MINUTES

EXERCISE	REPETITIONS
Kettlebell swing	10
Row	10
Toes to bar	10
Overhead lunge	5 each leg

AMRAP D – 10-15 MINUTES

EXERCISE	REPETITIONS
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 ranted rope twice. Leave enough space for a handle to hold onto
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)	Old tire with a hole drilled out, tie a rope on to it and add army duffel bag on top or 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 you can 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 ranted rope twice and leave enough space for a handle to hold onto
SA DB OH press	Gallon container of sand
SA Lat	Pull-up negatives or resistance bands
Farmer's carry	2 x Army duffel bags



“

The most important component of the preparation process is your **intrinsic motivation** and purpose for pursuing a career in Special Forces.




PHASE 2 WORKOUT SCHEDULE

SPECIAL FORCES ASSESSMENT AND SELECTION
PREPARATION HANDBOOK



WEEK 1

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

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:	Circuit 1 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: • Running Easy run: • Intervals: • • • • Easy run: •	Ruck:	

Body weight:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Welcome to Phase 2

In Phase Two, you will integrate the resilience components from Phase One—Commitment, Challenge, Confidence, and Control—with the ARSOF Attributes. You will then consider how both will inform your decisions at SFAS.

The exercises in this phase combine strength spotting (connecting your values and ideals to specific thoughts and actions) with vicarious learning about the qualities of Special Forces Soldiers through the stories of past heroes.



ARSOF Attributes

To Start: Learn the ARSOF Attributes

For each attribute below, copy the definition from the ARSOF Attributes QR code and list 3 specific observable actions that you believe are evidence of that attribute. The path to living these attributes is to understand what they look like in action.

<p>INTEGRITY</p> <p>Definition:</p> <p>Actions:</p> <ol style="list-style-type: none">1.2.3.	<p>COURAGE</p> <p>Definition:</p> <p>Actions:</p> <ol style="list-style-type: none">1.2.3.
<p>PERSEVERANCE</p> <p>Definition:</p> <p>Actions:</p> <ol style="list-style-type: none">1.2.3.	<p>PERSONAL RESPONSIBILITY</p> <p>Definition:</p> <p>Actions:</p> <ol style="list-style-type: none">1.2.3.

Continued...

<p>PROFESSIONALISM</p> <p>Definition:</p> <p>Actions:</p> <ol style="list-style-type: none"> 1. 2. 3. 	<p>ADAPTABILITY</p> <p>Definition:</p> <p>Actions:</p> <ol style="list-style-type: none"> 1. 2. 3.
<p>TEAM PLAYER</p> <p>Definition:</p> <p>Actions:</p> <ol style="list-style-type: none"> 1. 2. 3. 	<p>CAPABILITY</p> <p>Definition:</p> <p>Actions:</p> <ol style="list-style-type: none"> 1. 2. 3.
<p>Consider what you've captured above, rank order the ARSOF Attributes from strongest to weakest:</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 	

WEEK 2

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

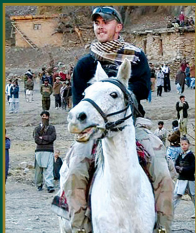
EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

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:	Circuit 1 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: • • Running Easy run: • Intervals: • • • • • Easy run: •	Ruck:	

Body weight:

MENTAL PERFORMANCE FOCUS OF WEEKS 2-6

Learn from SOF Heroes



SSG Robert J. Miller



COL Robert L. Howard



MAJ Larry Thorne



**MSG Raul Perez
"Roy" Benavidez**



COL Roger H.C. Donlon

Over the next five weeks, you will learn about different Special Forces Green Berets who have been awarded the Medal of Honor. As you study their life and service, consider the ARSOF Attributes and the Resilience Core from phase one. Identify where you see certain attributes, moments of commitment, challenge mindset, confidence, and leveraging control over controllables.



Note: There are so many more stories that deserve to be known. Please continue

studying other SOF Heroes with this QR Code to the U.S. Army Special Operations Recipients of the Medal of Honor webpage.

MENTAL PERFORMANCE FOCUS OF THE WEEK

Staff Sergeant Robert J. Miller



SSG Robert J. Miller

Born: 14 October 1983,
Harrisburg, PA

Unit: 3rd Special Forces Group
(Airborne), Detachment A-3312

Conflict: Operation ENDURING
FREEDOM— Afghanistan



Follow these QR Codes to the ARSOF
and Army webpages about the service
of SSG Miller.

Reflection

As you read about SSG Miller, use this space to capture
what stands out to you:

How do you see the ARSOF Attributes in what you read
about SSG Miller's life and service?

WEEK 3

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

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:	PT Test Hand-Release Push-Ups: • Plank: • 2-Mile Run • Pull-Ups: • <i>See PT goals test on page 2</i> Rope climb: • • •
Thursday	Friday	Notes
Circuit 1 Row: • Goblet squat: • 1-arm carry: • Isometric split squat: • Overhead press: • Cuban press: • Glute bridge walkout: • Palloff press: • Total time:	Ruck:	

Body weight:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Colonel Robert L. Howard



COL Robert L. Howard

Born: 11 July 1939, Opelika, AL

Unit: 5th, 3rd, and 6th Special Forces Group (Airborne)

Conflict: Vietnam War



Follow these QR Codes to the DOD and MACV-SOG webpages about the service of COL Howard.

Reflection

As you read about COL Howard, use this space to capture what stands out to you:

Connect COL Howard's leadership and service to the ARSOF attributes:

WEEK 4: RECOVERY

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

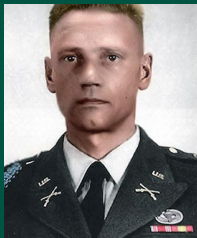
EXERCISE LOG SHEET: INCLUDE WEIGHT, REPETITIONS OR TIME, AND SETS

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:	Circuit 1 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: • • Running Easy run: • Intervals: • • • • Easy run: •	Ruck:	

Body weight:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Major Larry Thorne



MAJ Larry Thorne

Born: 28 May 1919, Viipuri,
Viipuri Province, Finland

Unit: 10th Special Forces Group
(Airborne), 5th Special Forces
Group (Airborne)

Conflict: Finnish Army (Winter
War & Continuation War); Finnish
Battalion of the Waffen-SS
(Eastern Front of WWII);
Vietnam War



*Follow this QR Code to the MACV-SOG
webpage regarding the service of MAJ Thorne.*

Reflection

As you read about MAJ Thorne, use this space to capture what stands out to you:

Which ARSOF attributes are most evident in MAJ Thorne's life?

WEEK 5

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

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:	Circuit 2 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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Master Sergeant Raul Perez “Roy” Benavidez



MSG Raul Perez “Roy” Benavidez

Born: 5 August 1935, Lindenau, TX

Unit: Detachment B-56, MACV-SOG
5th Special Forces Group (Airborne)

Conflict: Vietnam War



Follow these QR Codes to the Congressional Medal of Honor Society and National Museum of the U.S. Army webpages about the service of MSG Benavidez.

Reflection

As you read about MSG Benavidez, use this space to capture what stands out to you:

Identify specific moments where MSG Benavidez exemplifies specific ARSOF Attributes:

WEEK 6

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

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:	Circuit 2 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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Colonel Roger H. C. Donlon



COL Roger H.C. Donlon

Born: 30 January 1934;
Saugerties, NY

Unit: Detachment A-726, 7th Special
Forces Group (Airborne)

Conflict: Vietnam War



Follow these QR Codes to the Congressional Medal of Honor Society and ARSOF History webpages about the service of COL Donlon.

Reflection

As you read about COL Donlon, use this space to capture what stands out to you:

How do you see the ARSOF Attributes and elements of resilience in what you read about his life and service?

WEEK 7

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

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:	Circuit 2 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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Reflecting on SOF Heroes

Over the past few weeks, you've studied the service of five Green Berets. This week, review your notes and the Medal of Honor citations from Week 2. In the columns below, identify common themes (left) and the ARSOF attributes most evident in their stories (right). For each theme or attribute, list specific actions that demonstrated it.

In other words, where did you observe that theme or attribute, and what actions did the Green Berets take as a result?

Common Themes	Attributes

MENTAL PERFORMANCE FOCUS OF THE WEEK

SFAS Actions of Success

Consider the challenges you anticipate facing at SFAS. In the space below, list them, being as specific as possible. Instead of writing "PFA," identify specific points within the event, such as the second minute of hand-release push-ups or the final half-mile of the run.

Then, drawing on the lessons from Phases One and Two, match each challenge to the single most important skill or concept you will use to overcome it.

Challenge	Plan
<i>Example: Managing energy during unknown distance ruck.</i>	<i>Example: Cadence breathe control; inhale 3, exhale 3.</i>

WEEK 8

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

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:	PT Test: Hand-Release Push-Ups: • Plank: • 2-Mile Run: • Pull-Ups: • <i>See PT goals test on page 2</i> Rope climb: • • • •
Thursday	Friday	Notes
Circuit 2 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:

MENTAL PERFORMANCE FOCUS OF THE WEEK

Final Week of Preparation

Congratulations! This is your final week of preparation.

Special Forces Assessment and Selection will be a significant challenge. Take a moment to reflect on your preparation throughout this training.

For this final week, conduct an honest assessment of your strengths – both physical and mental. Be specific. The more self-aware you are of your capabilities, the better prepared you will be to meet the demands of SFAS.

Physical Strengths	Mental Strength/Resilience

Your WHY is Your Fuel

Look back to the very beginning of phase 1 in week 2. Remember your **why**.

Why do you want to be selected? Carry this purpose and drive into the challenges you face during SFAS and beyond.

Remember to trust your training. Good luck!



“

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

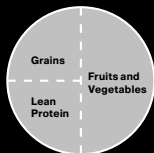


PERFORMANCE NUTRITION PLAN

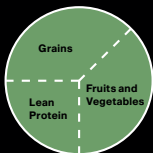
SPECIAL FORCES ASSESSMENT AND SELECTION
PREPARATION HANDBOOK

PERFORMANCE PLATES

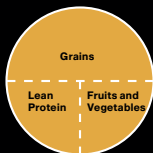
Portions of grains, lean proteins, fruits, and vegetables will change based on your training load. Carbohydrates will increase at meals on harder training days.



Easy Training



Moderate Training



Hard Training

MACRONUTRIENTS

Carbohydrates

- Primary fuel source for the body.
- Amount of carbohydrates will vary based on training.
- Simple carbohydrates are a quick source of energy:
 - Fresh and dried fruit, fruit juice, sports drinks, crackers.
 - White bread, rice, and pasta.
- Complex carbohydrates are longer lasting supply of energy:
 - Whole grains (oatmeal, brown rice, quinoa, whole wheat bread and pasta).
 - Starchy vegetables (potatoes, squash, corn).
 - Legumes (lentils, beans).

Proteins

- Acts as building blocks to repair and recover muscles.
- Aim to consume 20-40 grams, 3-5 times per day.
- High-quality protein sources: Chicken, turkey, beef, pork, eggs, fish, dairy, (yogurt, milk, cheese).

Fats

- Fuels the body, helps absorb vitamins and minerals, decreases inflammation, and supports cell growth.
- Performance fats: Avocado, walnuts, flaxseed, chia seed, olive oil, canola oil, salmon, herring, tuna, mackerel.

NUTRITION FUELING SCHEDULE

Nutrient timing, and balanced, consistent eating patterns are important.

	1 Workout Session	Recovery Day	2 Workout Sessions
0600			Pre-workout snack
0630			
0700			Workout
0730	Breakfast	Breakfast	
0800			
0830			
0900			Breakfast
0930			
1000	Snack	Snack	
1030			Snack
1100			
1130			
1200	Lunch	Snack	Snack
1230			
1300			
1330			
1400			
1430	Snack	Snack	Pre-workout snack
1500			Workout
1530			
1600	Pre-workout snack		
1630			
1700	Workout	Dinner	Dinner
1730			
1800			
1830			
1900	Dinner		
1930		Snack	Snack
2000			

FUELING AND HYDRATION FOR DAILY TRAINING AND LONG DURATION EVENTS

Optimal nutrition enhances performance and recovery from physical training.

Experiment with different fueling routines to discover what works best for you, and make those patterns habitual. It's crucial to provide your body with adequate energy and fluids before, during, and after training.

Fueling requirements will vary depending on the intensity and duration of your activity. Under-fueling can lead to decreased performance, impaired recovery, reduced cognitive function and focus, and muscle breakdown.

PRE-TRAINING OR EVENT		
3-4 hours prior	<ul style="list-style-type: none">One bagel with peanut or nut butter, one medium banana, 2-3 hardboiled eggs, and water.One cup oatmeal, 1/2 cup blueberries, 1/4 cup almonds or walnuts, 1 cup Greek yogurt, and water.4-6 oz chicken, 1 cup rice, 1/2 cup cooked vegetable, and water.Turkey and cheese sandwich, apple, low-fat chocolate milk.	Meal goal: High carbohydrate, lean protein, lower in fat and fiber, and 16-24 oz fluid/water.
30-60 minutes prior	<ul style="list-style-type: none">One large banana, apple, or other fruit, and water.16-20 oz sports drink (fluids and carbohydrates).Small granola bar.Honey, banana sandwich, and water.Handful of pretzels or graham crackers and water.	Snack goal: 30g carbohydrate, 8-12 oz fluids or water, limit in fat, fiber, and protein.
CAFFEINE <ul style="list-style-type: none">Moderate amounts of caffeine can be an effective aid during training. The amount depends on duration and intensity of the workout and individual sensitivity.Although not necessary, if you choose to use caffeine, first practice taking small amounts (50-100mg) during training to determine effectiveness, source, and correct amount needed.Before events, limit to 100-200mg, during events limit to 50mg per hour if needed.Discontinue use of caffeine if you experience GI discomfort, jitters, increased heart rate, or the caffeine interferes with your sleep.Sources: Coffee/espresso, caffeine gum, tea, caffeinated gels/chews. (Be sure to check amount of caffeine per serving).		

DURING TRAINING OR EVENT
General hourly nutrition recommendations

1-2.5 hours of training	<p>FUEL: 30-60g carbohydrates per hour.</p> <ul style="list-style-type: none"> • 3 sport gels. • 2 energy chews or waffles. • 1 sport gel and 1 waffle. • 2 fruit snacks or squeeze pouch. • 2 oz dried fruit or pretzels. • 16-24 oz electrolyte or sports beverage. • 2 small fig bars and 1 energy gel. 	Carbohydrate intake should start shortly after training begins.
> 2.5 hours of training	<p>FUEL: 60-90g carbohydrates/hour and 7-10g protein (or 20-30g protein every 2-3 hours).</p> <ul style="list-style-type: none"> • 3 sport gels and 1 chew. • 2 energy chew and 1 waffle. • 1 sports bar and 1 sports gel or chew. • 1 endurance powder, 1 sport gel, and 1 oz beef jerky. • 2 fruit snacks or squeeze pouch, 1 energy chew, and 1 oz trail mix. • 2 waffles and 1 pack protein bites or energy chews. • 2 oz dried fruit, 1 oz pretzels, 1 energy gel, and 1 oz beef jerky. • 1 peanut or nut butter and jelly sandwich, 1 sports gel, and 16-24 oz electrolyte or sports beverage. • 3-4 small fig bars, 1 energy gel, and 1 oz nut butter. • 1/2-1 cup trail mix (dried fruit, nuts, pretzels), 1 sports chew, and 16-24oz electrolyte/sports beverage. 	<p>Aim to consume foods every 20-30 minutes.</p> <p>Fluid and electrolyte intake is dependent on sweat rate and sodium losses.</p> <p>Make sure to add up all sources of carbohydrates and electrolytes.</p>
Consume every hour for all events	<p>WATER:</p> <ul style="list-style-type: none"> • Consume around 1 liter of water every hour. • Drink 4-6 gulps every 15-20 minutes as tolerated. <p>ELECTROLYTES:</p> <ul style="list-style-type: none"> • Aim for 400-800mg sodium per hour. • Salty sweaters aim for 600-800mg sodium per hour. • Sodium and other electrolytes also included in some sports beverages, powders, chews, foods, and gels. 	<p>Carry at least 1-2 bottles of water and 1 bottle of electrolytes.</p> <p>Caffeine if tolerated.</p>

POST-TRAINING OR EVENT
Recover, Refuel, Repair, Rehydrate

Consume
within
1-1.5
hours
post
training

- Turkey Sandwich: 3-4 slices turkey, 1 slice cheese + 1 fruit + 8-16oz low-fat chocolate milk
- 1 cup Greek yogurt or cottage cheese + berries + ¼ cup granola + 1-2 hardboiled eggs
- 25-40g protein shake with water or milk/milk substitute + 1 large banana or other fruit
- Spaghetti: 1-2c pasta + 4-6oz lean ground meat + red sauce + 1-2 cups sautéed vegetables
- 4-6oz chicken breast + 1 sweet/regular baked potato + 1-2 cups vegetables
- Egg Wrap: 2-3 eggs + shredded cheese + diced mixed vegetables + ½ avocado + ¾ - 1 cup Greek Yogurt
- 4-6oz lean protein + 1 cup rice + 1 cup mixed vegetables.

REFUEL: Aim for 45-100g carbohydrates

REPAIR: Aim for at 25-40g protein

REHYDRATE: Within 2-4 hrs gradually replace 16-24oz of fluids for every 1 lb of body weight lost.





Hydration for ruck marches and long duration training events

HYDRATION

- Being adequately hydrated helps to regulate body temperature, deliver nutrients and oxygen to working muscles, reduces the risk of heat-related illnesses, and aids in optimal performance.
- Many factors can affect fluid needs, including the type of training, duration and intensity of training, sweat rate, the environment (heat, cold, altitude, sub-surface), and the type of equipment worn.
- Dehydration of a body weight loss of 1-2% or greater can have negative effects on mental performance, physical performance, and heat regulation.
- Early signs of dehydration may include thirst, fatigue, headache, dizziness, nausea, vomiting, dark and/or low volume of urine.
- Maintaining adequate hydration is not only about consuming enough water, but also, a balance of electrolytes. Electrolytes include sodium, chloride, potassium, magnesium, and calcium.
- The average athlete will lose about 1-3L of sweat/ hour, with sodium losses being the highest.
- Monitor for signs of overhydrating or hyponatremia (low sodium in the blood): headache, vomiting, swollen hands and feet, confusion, and wheezy breathing.

WAYS TO PREVENT DEHYDRATION

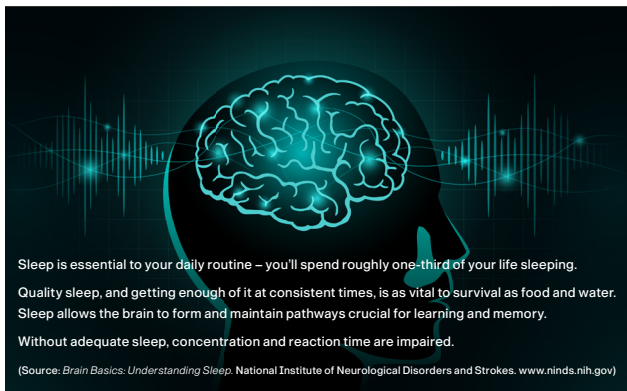
- Best markers for hydration: weight, urine, and thirst.
- Aim to drink at least 50-75% of your body weight in fluid ounces per day.
 - Fluid includes water, sports drink, 100% fruit juice (diluted), milk and milk alternatives (soy, almond)
- Monitor urine color (light yellow) and frequency (every 2-4 hours)
- Drink small, consistent amounts throughout the day.
- Add in electrolytes during or around training times.

WEEKLY MEAL PLAN: 2800-3000 CALORIES

(Individual calorie requirements may vary)

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	4 eggs with spinach or veggies, 2 slices whole grain bread, 1 orange	1 apple, 2 tbsp peanut butter, 1 cup Greek yogurt	5-7oz chicken, 1 cup rice, 1/2 cup beans, 1 cup broccoli, 1/2 avocado, 1 cup berries,	Smoothie 1 scoop protein powder, 1 banana, 1/2 cup strawberries, 1 handful of spinach, 1 tsp chia seed, 1 cup milk	Burrito 5-7oz ground turkey, 1 whole wheat tortilla, 1/2 cup beans, 1/4 cup cheese, 2 tbsp plain yogurt, 2 tbsp guacamole
Tuesday	1 cup oatmeal, 1/2 cup berries, 1 tsp honey, 3 scrambled eggs with diced veggies, 1/2 cup yogurt	Yogurt Bowl 1 cup Greek vanilla yogurt, 1/2 cup strawberries, 1 spoon chia seeds, 1/2 cup granola	Pasta 5-7oz lean ground beef with red sauce, mushrooms, onions, green peppers, 2 cup whole grain pasta, 2 tbsp grated parmesan, 1 apple	1/2 cup trail mix, 1 banana, 1 tbsp peanut butter	Tacos 3 corn tortillas, 5-7oz chicken, 1 cup cooked vegetable, 1/2 avocado, 1 cup berries
Wednesday	3 eggs with tomatoes, 2 slices whole grain bread, 1/2 avocado, 1 banana, 1/2 cup Greek yogurt	1 cup chocolate milk, 1 oz beef jerky, 1/2 cup berries	Burrito Bowl 1 cup rice, 1/2 cup beans, 5-7oz chicken, 1/4 cup cheese, 1 orange, 1 cup yogurt	1 apple, 2 tbsp peanut butter, 1 cup Greek yogurt	5-7oz shrimp, 1 cup rice, 1 cup broccoli, 1 cup milk
Thursday	3 eggs with mixed veggies, 3 whole grain waffles, 1 tablespoon syrup, 1 cup of strawberries, 1/2 cup yogurt	Smoothie 1 scoop protein powder, 1 banana, 1/2 cup strawberries, 1 handful of spinach, 1 tsp chia seed, 1 cup milk	2 slices whole grain bread, 5-7oz lunch meat, 1/2 avocado, 1 slice cheese, tomato, lettuce, onion, 1 apple, 1 tbsp peanut butter	1 packet tuna or salmon, 12 whole wheat crackers, 1/2 cup baby carrots	5-7oz salmon or cod, 1 cup quinoa, 2 cups mixed salad with oil-based dressing
Friday	3 egg ham, mushroom, pepper, tomato omelet, 1 cup roasted potatoes, 1 cup Greek yogurt, 1 cup berries	1 cup baby carrots, 1/2 cup hummus, 2 string cheeses, 1/2 cup pretzels,	Fajita Bowl 5-7oz steak, 1 cup rice, 1/2 cup beans, Grilled peppers and onions, 1/2 avocado, 1/4 cup cheese	Yogurt Bowl 1 cup Greek vanilla yogurt, 1/2 cup strawberries, 1/2 cup granola	1 cup whole wheat pasta, 5-7oz chicken breast, 1/4 cup pesto, 2 cups green leafy salad with oil-based dressing, 1 cup cantaloupe
Saturday	Smoothie 1/2 cup oatmeal, 1 cup berries, 1 banana, handful of spinach, 1/2 cup yogurt, 1/2 avocado, 1 cup milk,	1 cup cottage cheese, 1 cup raspberries, 4 graham crackers, 2 tbsp peanut butter,	1/4lb turkey burger patty, hamburger bun, 1 slice cheese, tomato, lettuce, onion, 1/2 cup baked beans, 1 corn on the cob	1 cup chocolate milk, 1/2 cup berries, 10 almonds	5-7 oz chicken, 1 cup roasted potatoes, 1 cup zucchini
Sunday	Breakfast Tacos 3-4 small tortillas, 4 eggs w/ peppers, salsa, cheese, 1 cup berries	3oz sliced turkey, 1 string cheese, 12 whole wheat crackers, 1/2 cup baby carrots	5-7oz salmon, 1 baked sweet potato, 1 cup broccoli and asparagus	Smoothie 1 protein powder, 1 banana, 1/2 cup strawberries, 1 tsp chia seed, 1 cup milk,	5-7oz ground beef meatballs with red sauce and mixed vegetables, 2 cup whole grain pasta, 2 tbsp grated parmesan, 12 cherries, 1 cup milk

NUTRITION AND SLEEP



To increase the quantity and quality of sleep, consider the following:

- Hydrate consistently throughout the day to limit excessive water or fluid intake close to bedtime.
- To avoid sleep disruptions, ensure you are consuming an adequate amount of calories throughout the day.

If necessary, 60 minutes before bed, consume a small nutrient-dense snack with protein and carbs. Aim for foods such as cottage cheese, Greek yogurt and berries, or low-fat chocolate milk. Herbal teas or a tart cherry juice is another beneficial option.

Avoid the following:

- Caffeine within 6 hours of sleep. Instead, consume caffeine earlier in the day and aim for 200mg or less of caffeine in one sitting.
- Alcohol and nicotine within 3-4 hours prior to sleep. Ideally, omit completely.
- Spicy foods, large meals, and high amounts of sugar prior to sleep. Instead, try a small nutrient-dense snack.



SLEEP HACKS

SPECIAL FORCES ASSESSMENT AND SELECTION
PREPARATION HANDBOOK

SLEEP HACKS

Healthy sleep is foundational to both physical and mental health. For most people, getting healthy sleep is one of the most impactful ways to enhance their learning, fitness, and health. A bedtime routine will help signal to your brain that it is time to wind down and get ready to sleep.

Routine

- Take a warm shower, read, meditate, or listen to soothing music.
- Maintain consistent wake and sleep times, even on weekends.
- If needed, naps should be 10-30 or 90 minutes. Naps should be done by 1500.
- Aim to start sleep routine 1 hour prior to sleep time.

Environment:

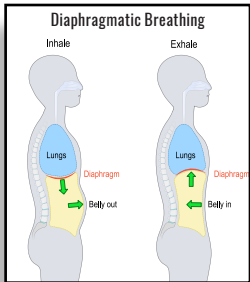
- Turn off any electronics 30 minutes prior to sleep time.
- Place phone outside of reach to avoid snoozing.
- Aim for 7-9 hours of sleep.
- Keep a cool bedroom (about 68 degrees).
- Use the bedroom only for sleep.

Skills

- Practice deep breathing (see pop-out figure).
- If an overactive mind is keeping you awake, try writing down your worrying or distracting thoughts in a journal before bedtime. This can help your brain offload its mental baggage and clear your mind for sleep.
- If you are still awake after 20 minutes of trying to asleep, try getting out of bed and doing something relaxing (e.g. reading a boring book) until you feel tired enough to go to sleep. Avoid screens.
- Try mindfulness meditation or progressive muscle relaxation to calm your body and mind.

Diaphragmatic breathing:

Diaphragmatic breathing can help you relax and fall asleep quickly. To perform, take deep, steady breaths, at an even pace (ex: 5 second inhale, 5 second exhale) for 2+ minutes. Practice nightly for best results.



SLEEP ROUTINE EXAMPLES

1-Hour Sleep Routine

2100	Eat yogurt with berries
2115	Take warm shower
2130	Set alarm and put electronics away
2135	Personal hygiene
2140	Fill out sleep journal
2150	Lights off and in bed
2200	Sleep
0600	Wake up

2-Hour Sleep Routine with Gaming

2100	Take shower
2200	Turn off gaming system
2205	Personal hygiene
2215	Set alarm and scroll social media
2230	Put phone away and fill out journal
2245	Lights off and in bed
2300	Sleep
0600	Wake up

2-Hour Sleep Routine with Reading

2000	Eat a healthy snack
2100	Turn off TV
2105	Personal hygiene and shower
2125	Set alarm and put electronics away
2130	Fill out journal and read book
2150	Lights off and in bed
2200	Sleep
0530	Wake up

SAMPLE NIGHT JOURNAL

COMPLETE BEFORE BED

Day 1

Nap time and length:

Time/Length/Type of Exercise: (Ex: 1600, weights and treadmill)

Amount of caffeine, alcohol, and/or nicotine consumed (and time):

What time did you last eat or drink? What did you eat or drink?

Describe your routine leading up to bed:

Describe your sleep environment (i.e., lights, sound, temperature):

SAMPLE DAY JOURNAL

COMPLETE AFTER WAKING

Day 1

Sleep and wake times:

Sleep:

Wake:

Total sleep time:

Rate your ability to fall asleep:

1-Easy 2-Somewhat Easy 3-Moderate 4-Somewhat Difficult 5-Difficult

How many times did you wake up throughout the night?

How many times did you snooze your alarm?

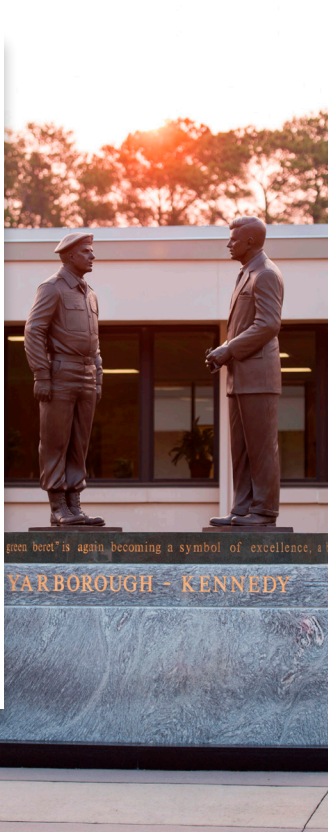
Rate how rested you feel after waking:

1-Not at all rested 2-Somewhat Rested 3-Well Rested

Sleep AAR: Describe your overall night of sleep. What are some improvements you can make? What are sustainments you would like to keep?

Terms and Definitions

AFT	Army Fitness Test
AMRAP	as many rounds as possible
BB	barbell
DB	dumbbell
DL	deadlift
Dry ruck	ruck sack without water sources included
ECC	eccentric
FFE	front foot elevated
HPW	Human Performance and Wellness
KB	kettlebell
MB	medicine ball
OH	overhead
SA	single arm
SFAS	Special Forces Assessment and Selection
SFPA	Special Forces Physical Assessment
SOF	Special Operations Forces
WT'd	weighted
SL	single leg
SORB	Special Operations Recruiting Battalion
TRX	total resistance exercises



U.S. Army Special Operations Recruiting Battalion



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