



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



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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 (ARSOF) 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 ARSOF 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 and recognizing diversity.
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 Combat Fitness Test (ACFT) 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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THE 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 Combat Fitness Test	One week prior to Special Forces Assessment and Selection	360 points (60 in each event)	570 points (90 points in Deadlift and Sprint-Drag-Carry, 100 points in 2-Mile Run)
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
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), 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
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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.

<p>Pec</p>	<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). 	
<p>Lat</p>	<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. 	
<p>Glute</p>	<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. 	
<p>Hamstrings</p>	<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 leverage. • Roll along length of the upper leg, avoiding bony prominence in lateral hip (greater trochanter). • Shift weight forward to target 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.

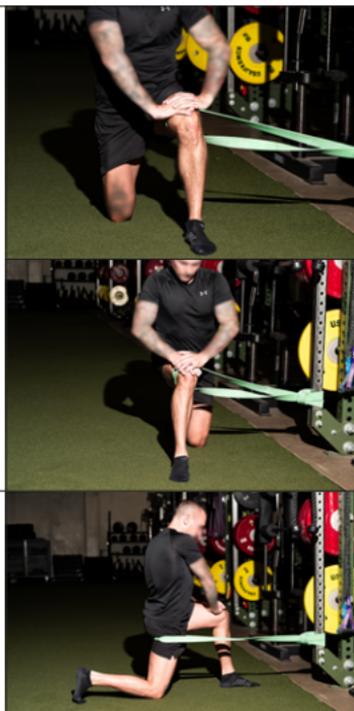
Banded Hip Mobility

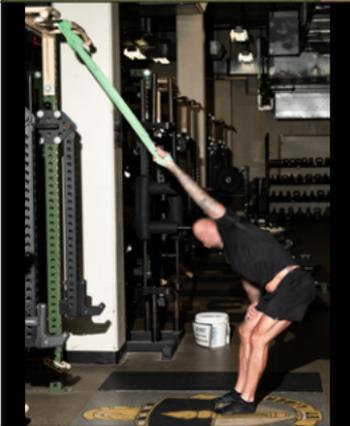
Banded Hip Mobilization with IR/ER 15-20 each.

- 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.

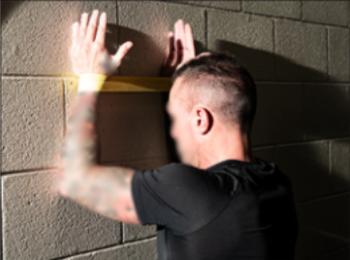
- Half kneel and secure band into hip joint with tension pulling anteriorly. Squeeze the glute on back leg to feel stretch in the front of the hip. Lunge motion rocking front to back. Do not arch your back.



<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"> Lay on your side with bottom leg straight and top leg bent with knee touching floor. Keep knee down, rotate 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><i>Hip Airplanes 2 x 8.</i></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

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

Field expedient equipment ideas:

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

PHASE 1 FIELD EXPEDIENT EQUIPMENT EXAMPLES

WEEKS 1-4

Lift 1

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

Auxiliary circuit

Exercise	Equipment
TRX or inverted row	On a strong low hanging tree branch, securely tie a strong rated 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





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
<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"> • 50 Push-ups • 15 Pull-ups • 3-way plank for 60 seconds 	<p>Warm-up</p> <p>Lift 1</p> <ul style="list-style-type: none"> • Vertical jump and land, 3 x 3 • Squat or DL choice, 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>Walk 30 minutes</p>	<p>Warm-up</p> <p>Interval run</p> <ul style="list-style-type: none"> • 4 x 400 meters <p>Easy run</p> <ul style="list-style-type: none"> • 1 mile <p>Calisthenics</p> <ul style="list-style-type: none"> • Push-ups, 4 x 30 seconds • 20 Chin-ups • 40 Alt V-ups 	<p>Warm-up</p> <p>Lift 2</p> <ul style="list-style-type: none"> • MB slam, 3 x 6 • Bench choice, 2 x 4 (5 seconds) <p>Auxiliary circuit</p> <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 <p>Foam roll and mobility</p>	<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 2 miles <p>Race pace run</p> <ul style="list-style-type: none"> • 1 mile <p>Foam roll and mobility</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Pull-ups:</p> <ul style="list-style-type: none"> • <p>3-way plank:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Vertical jump and land:</p> <ul style="list-style-type: none"> • <p>Squat or DL:</p> <ul style="list-style-type: none"> • <p>TRX or inverted row:</p> <ul style="list-style-type: none"> • <p>SA DB OH press:</p> <ul style="list-style-type: none"> • <p>SA lat pulldown:</p> <ul style="list-style-type: none"> • <p>Farmer's carry:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>4 x 400 meters:</p> <ul style="list-style-type: none"> • • • <p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Chin-ups:</p> <ul style="list-style-type: none"> • <p>Alt V-ups:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>MB slam:</p> <ul style="list-style-type: none"> • <p>Bench:</p> <ul style="list-style-type: none"> • <p>SL glute bridge:</p> <ul style="list-style-type: none"> • <p>Reverse lunge:</p> <ul style="list-style-type: none"> • <p>Copenhagen:</p> <ul style="list-style-type: none"> • <p>Bar hang:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Easy run:</p> <ul style="list-style-type: none"> • <p>Race pace run:</p> <ul style="list-style-type: none"> • <p>Total time:</p>

Body weight:

WEEK 2

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Pull-ups:</p> <ul style="list-style-type: none"> • <p>3-way plank:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Vertical jump and land:</p> <ul style="list-style-type: none"> • <p>Squat or DL:</p> <ul style="list-style-type: none"> • <p>TRX or inverted row:</p> <ul style="list-style-type: none"> • <p>SA DB OH press:</p> <ul style="list-style-type: none"> • <p>SA lat pulldown:</p> <ul style="list-style-type: none"> • <p>Farmer's carry:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>4 x 400 meters:</p> <ul style="list-style-type: none"> • • • <p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Chin-ups:</p> <ul style="list-style-type: none"> • <p>Alt V-ups:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>MB slam:</p> <ul style="list-style-type: none"> • <p>Bench:</p> <ul style="list-style-type: none"> • <p>SL glute bridge:</p> <ul style="list-style-type: none"> • <p>Reverse lunge:</p> <ul style="list-style-type: none"> • <p>Copenhagen:</p> <ul style="list-style-type: none"> • <p>Bar hang:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Easy run:</p> <ul style="list-style-type: none"> • <p>Race pace run:</p> <ul style="list-style-type: none"> • <p>Total time:</p>

Body weight:

WEEK 3

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Pull-ups:</p> <ul style="list-style-type: none"> • <p>3-way plank:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Vertical jump and land:</p> <ul style="list-style-type: none"> • <p>Squat or DL:</p> <ul style="list-style-type: none"> • <p>TRX or inverted row:</p> <ul style="list-style-type: none"> • <p>SA DB OH press:</p> <ul style="list-style-type: none"> • <p>SA lat pulldown:</p> <ul style="list-style-type: none"> • <p>Farmer's carry:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>4 x 400 meters:</p> <ul style="list-style-type: none"> • • • <p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Chin-ups:</p> <ul style="list-style-type: none"> • <p>Alt V-ups:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>MB slam:</p> <ul style="list-style-type: none"> • <p>Bench:</p> <ul style="list-style-type: none"> • <p>SL glute bridge:</p> <ul style="list-style-type: none"> • <p>Reverse lunge:</p> <ul style="list-style-type: none"> • <p>Copenhagen:</p> <ul style="list-style-type: none"> • <p>Bar hang:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Easy run:</p> <ul style="list-style-type: none"> • <p>Race pace run:</p> <ul style="list-style-type: none"> • <p>Total time:</p>

Body weight:

WEEK 4: RECOVERY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 2 miles <p>Calisthenics</p> <ul style="list-style-type: none"> • 65 Push-ups • 20 Pull-ups • 3-way plank, 2 x 60 seconds 	<p>Warm-up</p> <p>Lift 1</p> <ul style="list-style-type: none"> • Vertical jump and land, 2 x 5 • Squat or DL choice, 2 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 8 • SA Lat pulldown, 3 x 8 • Farmer's carry, 3 x 50 yards <p>Walk 30 minutes</p>	<p>Warm-up</p> <p>Interval run</p> <ul style="list-style-type: none"> • 2 x 400 meters <p>Easy run</p> <ul style="list-style-type: none"> • 1.5 miles <p>Calisthenics</p> <ul style="list-style-type: none"> • Push-ups, 4 x 30 seconds • 25 Chin-ups • 50 Alt V-ups 	<p>Warm-up</p> <p>Lift 2</p> <ul style="list-style-type: none"> • MB slam, 3 x 10 • Bench choice, 2 x 4 (5 seconds) <p>Auxiliary circuit</p> <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 <p>Foam roll and mobility</p>	<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 2 miles <p>Race pace run</p> <ul style="list-style-type: none"> • 1 mile <p>Foam roll and mobility</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Pull-ups:</p> <ul style="list-style-type: none"> • <p>3-way plank:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Vertical jump and land:</p> <ul style="list-style-type: none"> • <p>Squat or DL:</p> <ul style="list-style-type: none"> • <p>TRX or inverted row:</p> <ul style="list-style-type: none"> • <p>SA DB OH press:</p> <ul style="list-style-type: none"> • <p>SA lat pulldown:</p> <ul style="list-style-type: none"> • <p>Farmer's carry:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>2 x 400 meters:</p> <ul style="list-style-type: none"> • <p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Chin-ups:</p> <ul style="list-style-type: none"> • <p>Alt V-ups:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>MB slam:</p> <ul style="list-style-type: none"> • <p>Bench:</p> <ul style="list-style-type: none"> • <p>SL glute bridge:</p> <ul style="list-style-type: none"> • <p>Reverse lunge:</p> <ul style="list-style-type: none"> • <p>Copenhagen:</p> <ul style="list-style-type: none"> • <p>Bar hang:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Easy run:</p> <ul style="list-style-type: none"> • <p>Race pace run:</p> <ul style="list-style-type: none"> • <p>Total time:</p>

Body weight:

WEEK 5

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 4 miles, 8 x 10 second microbursts <p>Calisthenics</p> <ul style="list-style-type: none"> • 60 Push-ups • 25 Pull-ups • 3-way plank, 2 x for 60 seconds 	<p>Warm-up</p> <p>Lift 1</p> <ul style="list-style-type: none"> • Vertical jump and land, 3 x 2 • Squat or DL choice, 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>Walk 35 minutes</p>	<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 2 miles <p>Calisthenics</p> <ul style="list-style-type: none"> • Push-ups, 5 x 30 seconds • 30 Chin-ups • 60 Alt V-ups 	<p>Warm-up</p> <p>Lift 2</p> <ul style="list-style-type: none"> • MB rot slam, 3 x 6 • Overhead press choice, 3 x 6 <p>Auxiliary circuit</p> <ul style="list-style-type: none"> • 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 <p>Foam roll and mobility</p>	<p>Warm-up</p> <p>4-mile ruck</p> <ul style="list-style-type: none"> • 20 lbs • Dry ruck • Road • 60 minutes <p>Foam roll and mobility</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Pull-ups:</p> <ul style="list-style-type: none"> • <p>3-way plank:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Vertical jump and land:</p> <ul style="list-style-type: none"> • <p>Squat or DL:</p> <ul style="list-style-type: none"> • <p>TRX or inverted row:</p> <ul style="list-style-type: none"> • <p>DB bench choice:</p> <ul style="list-style-type: none"> • <p>Lat pulldown:</p> <ul style="list-style-type: none"> • <p>1-arm farmer's carry:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Chin-ups:</p> <ul style="list-style-type: none"> • <p>Alt V-ups:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>MB rot slam:</p> <ul style="list-style-type: none"> • <p>Overhead press:</p> <ul style="list-style-type: none"> • <p>DB glute bridge:</p> <ul style="list-style-type: none"> • <p>FFE split squat:</p> <ul style="list-style-type: none"> • <p>Seated MB squeeze:</p> <ul style="list-style-type: none"> • <p>Bar hang:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Ruck time:</p>

Body weight:

WEEK 6

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 5 miles, *8 x :10 microbursts <p>Calisthenics</p> <ul style="list-style-type: none"> • 60 Push-ups • 30 Pull-ups • 3-way plank, 2 x 60 seconds 	<p>Warm-up</p> <p>Lift 1</p> <ul style="list-style-type: none"> • Vertical jump and land, 3 x 3 • Squat or DL choice, 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>Walk 40 minutes</p>	<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 2 miles <p>Calisthenics</p> <ul style="list-style-type: none"> • Push-ups, 5 x 30 seconds • 35 Chin-ups • 60 Alt V-ups 	<p>Warm-up</p> <p>Lift 2</p> <ul style="list-style-type: none"> • MB rot slam, 3 x 8 • Overhead press choice, 3 x 8 <p>Auxiliary circuit</p> <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 <p>Foam roll and mobility</p>	<p>Warm-up</p> <p>5-mile ruck</p> <ul style="list-style-type: none"> • 20 lbs • 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
<p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Pull-ups:</p> <ul style="list-style-type: none"> • <p>3-way plank:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Vertical jump and land:</p> <ul style="list-style-type: none"> • <p>Squat or DL:</p> <ul style="list-style-type: none"> • <p>TRX or inverted row:</p> <ul style="list-style-type: none"> • <p>DB bench choice:</p> <ul style="list-style-type: none"> • <p>Lat pulldown:</p> <ul style="list-style-type: none"> • <p>1-arm farmer's carry:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Chin-ups:</p> <ul style="list-style-type: none"> • <p>Alt V-ups:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>MB rot slam:</p> <ul style="list-style-type: none"> • <p>Overhead press:</p> <ul style="list-style-type: none"> • <p>DB glute bridge:</p> <ul style="list-style-type: none"> • <p>FFE split squat:</p> <ul style="list-style-type: none"> • <p>Seated MB squeeze:</p> <ul style="list-style-type: none"> • <p>Bar hang:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Ruck time:</p>

Body weight:

WEEK 7

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 5 miles, 8 x 10 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 60 seconds 	<p>Warm-up</p> <p>Lift 1</p> <ul style="list-style-type: none"> • Vertical jump and land, 3 x 4 • Squat or DL choice, 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>Walk 40 minutes</p>	<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 2 miles <p>Calisthenics</p> <ul style="list-style-type: none"> • Push-ups, 5 x 30 seconds • 35 Chin-ups • 60 Alt V-Ups 	<p>Warm-up</p> <p>Lift 2</p> <ul style="list-style-type: none"> • MB rot slam, 3 x 10 • Overhead press choice, 3 x 10 <p>Auxiliary circuit</p> <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 <p>Foam roll and mobility</p>	<p>Warm-up</p> <p>5-mile ruck</p> <ul style="list-style-type: none"> • 25 lbs • 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
<p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Pull-ups:</p> <ul style="list-style-type: none"> • <p>3-way plank:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Vertical jump and land:</p> <ul style="list-style-type: none"> • <p>Squat or DL:</p> <ul style="list-style-type: none"> • <p>TRX or inverted row:</p> <ul style="list-style-type: none"> • <p>DB bench choice:</p> <ul style="list-style-type: none"> • <p>Lat pulldown:</p> <ul style="list-style-type: none"> • <p>1-arm farmer's carry:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Chin-ups:</p> <ul style="list-style-type: none"> • <p>Alt V-ups:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>MB rot slam:</p> <ul style="list-style-type: none"> • <p>Overhead press:</p> <ul style="list-style-type: none"> • <p>DB glute bridge:</p> <ul style="list-style-type: none"> • <p>FFE split squat:</p> <ul style="list-style-type: none"> • <p>Seated MB squeeze:</p> <ul style="list-style-type: none"> • <p>Bar hang:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Ruck time:</p>

Body weight:

WEEK 8: RECOVERY

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Pull-ups:</p> <ul style="list-style-type: none"> • <p>3-way plank:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Vertical jump and land:</p> <ul style="list-style-type: none"> • <p>Squat or DL:</p> <ul style="list-style-type: none"> • <p>TRX or inverted row:</p> <ul style="list-style-type: none"> • <p>DB bench choice:</p> <ul style="list-style-type: none"> • <p>Lat pulldown:</p> <ul style="list-style-type: none"> • <p>1-arm farmer's carry:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Run time:</p> <ul style="list-style-type: none"> • <p>Push-ups:</p> <ul style="list-style-type: none"> • <p>Chin-ups:</p> <ul style="list-style-type: none"> • <p>Alt V-ups:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>MB rot slam:</p> <ul style="list-style-type: none"> • <p>Overhead press:</p> <ul style="list-style-type: none"> • <p>DB glute bridge:</p> <ul style="list-style-type: none"> • <p>FFE split squat:</p> <ul style="list-style-type: none"> • <p>Seated MB squeeze:</p> <ul style="list-style-type: none"> • <p>Bar hang:</p> <ul style="list-style-type: none"> • <p>Total time:</p>	<p>Ruck time:</p>

Body weight:

WEEK 9

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

Body weight:

WEEK 10

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 6 miles <p>Calisthenics</p> <ul style="list-style-type: none"> • Push-ups, 4 x 60 seconds • 35 Pull-ups • 3-way plank, 2x 75 seconds 	<p>Warm-up</p> <p>Lift 1</p> <ul style="list-style-type: none"> • Kettlebell swing, 4 x 10 • BB lunge choice, 4 x 8 <p>Auxiliary circuit</p> <ul style="list-style-type: none"> • 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 <p>Walk 45 minutes</p>	<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 2 miles <p>Calisthenics</p> <ul style="list-style-type: none"> • Push-ups, 6 x 30 seconds • 30 Chin-ups • 75 Alt V-Ups 	<p>Warm-up</p> <p>Lift 2</p> <ul style="list-style-type: none"> • Split squat jump, 4 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 4 • Slider lateral squat, 3 x 4 • Grip work <p>Foam roll and mobility</p>	<p>Warm-up</p> <p>6-mile ruck</p> <ul style="list-style-type: none"> • 25 lbs • Dry ruck • Road • 1 hour 30 minutes <p>Foam roll and mobility</p>

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

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

Body weight:

WEEK 11

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

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

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

Body weight:

WEEK 12: RECOVERY

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

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

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

Body weight:

WEEK 13: TEST

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

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

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

Body weight:

WEEK 14

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 8 miles <p>Calisthenics</p> <ul style="list-style-type: none"> • Push-ups, 3 x 75 seconds • 40 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 10 • BB lunge choice, 4 x 8 <p>Auxiliary circuit</p> <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 <p>Walk 30 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, 7 x 30 seconds • 35 Chin-ups • 75 Alt V-Ups 	<p>Warm-up</p> <p>Lift 2</p> <ul style="list-style-type: none"> • Split squat jump, 4 x 4 • Bench or OH press choice, 3 x 10 <p>Auxiliary circuit</p> <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 <p>Foam roll and mobility</p>	<p>Warm-up</p> <p>7-mile ruck</p> <ul style="list-style-type: none"> • 35 lbs • Dry ruck • Road • 1 hour 45 minutes <p>Foam roll and mobility</p>

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

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

Body weight:

WEEK 15

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Warm-up</p> <p>Easy run</p> <ul style="list-style-type: none"> • 8 miles <p>Calisthenics</p> <ul style="list-style-type: none"> • Push-ups, 2 x 90 seconds • 40 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 12 • BB lunge choice, 4 x 10 <p>Auxiliary circuit</p> <ul style="list-style-type: none"> • 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 <p>Walk 30 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, 7 x 30 seconds • 35 Chin-ups • 60 Alt V-ups 	<p>Warm-up</p> <p>Lift 2</p> <ul style="list-style-type: none"> • Split squat jump, 4 x 4 • Bench or OH press choice, 3 x 12 <p>Auxiliary circuit</p> <ul style="list-style-type: none"> • Reverse hyper or back extension, 3 x 12 • SL squat, 3 x 8 • Slider lateral squat, 3 x 8 • Grip work <p>Foam roll and mobility</p>	<p>Warm-up</p> <p>8-mile ruck</p> <ul style="list-style-type: none"> • 35 lbs • Dry ruck • Road • 2 hours <p>Foam roll and mobility</p>

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

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

Body weight:

WEEK 16

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Warm-up</p> <p>Easy run 3 miles</p> <p>Calisthenics</p> <ul style="list-style-type: none"> • Push-ups, 2 x 90 seconds • 30 Pull-ups • 3-way plank for 90 seconds 	<p>Warm-up</p> <p>Lift 1</p> <ul style="list-style-type: none"> • Kettlebell swing, 2 x 12 • BB lunge choice, 2 x 10 <p>Auxiliary circuit</p> <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 <p>Walk 45 minutes</p>	<p>Warm-up</p> <p>Easy run • 3 miles</p> <p>Calisthenics</p> <ul style="list-style-type: none"> • Push-ups, 4 x 30 seconds • 25 Chin-ups • 50 Alt V-Ups 	<p>Warm-up</p> <p>Lift 2</p> <ul style="list-style-type: none"> • Split squat jump, 2 x 4 • Bench or OH press choice, 2 x 10 <p>Auxiliary circuit</p> <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 <p>Foam roll and mobility</p>	<p>Warm-up</p> <p>4 mile ruck</p> <ul style="list-style-type: none"> • 35 lbs • Dry ruck • Road • 1 hour <p>Foam roll and mobility</p>

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

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

Body weight:

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</p> <p>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</p> <p>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:

WEEK 2

Monday	Tuesday	Wednesday
<p>AM</p> <p>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</p> <p>Easy run</p> <ul style="list-style-type: none"> 3 miles 	<p>Ruck</p> <ul style="list-style-type: none"> 6-miles 40 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs 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 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs 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:

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:

WEEK 4: RECOVERY

Monday	Tuesday	Wednesday
<p>AM</p> <p>Strength</p> <ul style="list-style-type: none"> Vertical jump and land, 2 x 5 Dead Lift 2 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 8 SA Lat pulldown, 3 x 8 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-mile ruck 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 and 30 minutes <p>Calisthenics</p> <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 	<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"> 4 x 400 meters <p>Easy run</p> <ul style="list-style-type: none"> 1 mile 	<p>Ruck</p> <ul style="list-style-type: none"> 5-mile ruck 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 and 15 minutes Cross country: 1 hour and 45 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: • 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:

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 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 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 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: • 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:

WEEK 6

Monday	Tuesday	Wednesday
<p>AM</p> <p>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</p> <p>Easy run</p> <ul style="list-style-type: none"> 4 miles 	<p>Ruck</p> <ul style="list-style-type: none"> 6-miles ruck 55 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 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 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs 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:

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 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 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 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs 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:

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 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 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 lbs dry ruck with a non-functional training weapon resembling an M4A1 or M16 (rubber duck), or a 10 lbs 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:



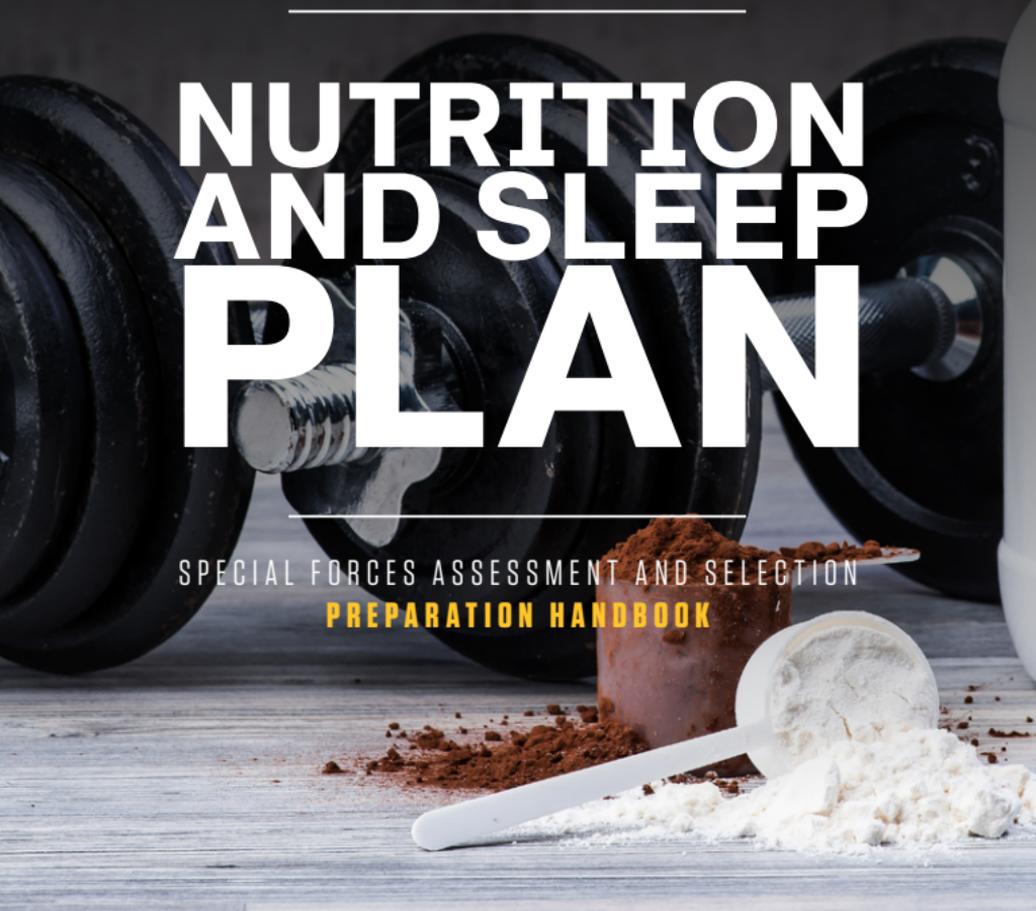
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Character is the fuel that drives talent to greatness. Performance nutrition ensures optimal performance, longevity, and overall health.



NUTRITION AND SLEEP PLAN

SPECIAL FORCES ASSESSMENT AND SELECTION
PREPARATION HANDBOOK



ENERGY SOURCES



Carbohydrates:

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

Proteins:

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

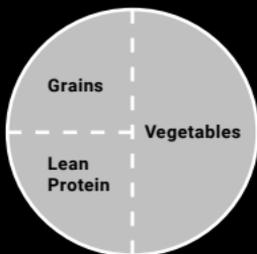


Fats:

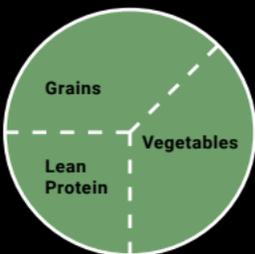
- Fuels the body, supports extra energy expenditure, decreases inflammation, and supports cell growth. Examples of healthy fats:
 - Avocado
 - Walnuts
 - Flax or chia seeds
 - Olive, canola, or peanut oils
 - Salmon
 - Herring
 - Tuna
 - Mackerel



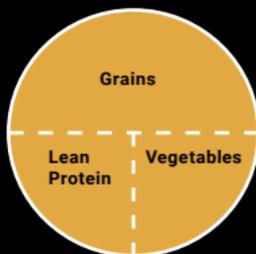
MEAL PROPORTIONS



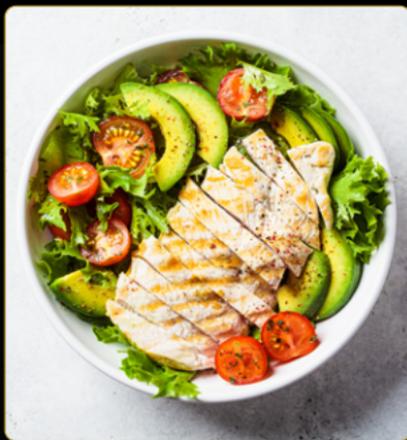
Easy Training



Moderate Training



Hard Training



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

SAMPLE WORKOUT AND NUTRITION PLAN SCHEDULE

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

SAMPLE MENU

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

SAMPLE MENU

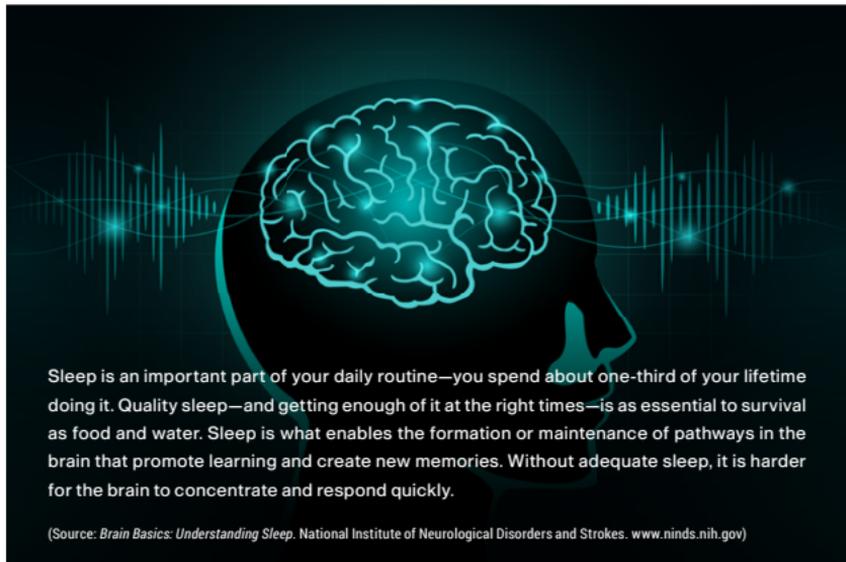
	Breakfast	Snack	Lunch	Snack	Dinner
Thursday	<ul style="list-style-type: none"> • 3 whole grain waffles • 1 tsp syrup • 1 cup of strawberries • 3 eggs • Vegetables • 1/2 cup yogurt 	Smoothie <ul style="list-style-type: none"> • 1 protein powder • 1 banana • 1/2 cup strawberries • 1 handful of spinach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

SAMPLE MENU

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



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.
- Spicy foods, large meals, and high amounts of sugar prior to sleep.



SLEEP HACKS

Environment:

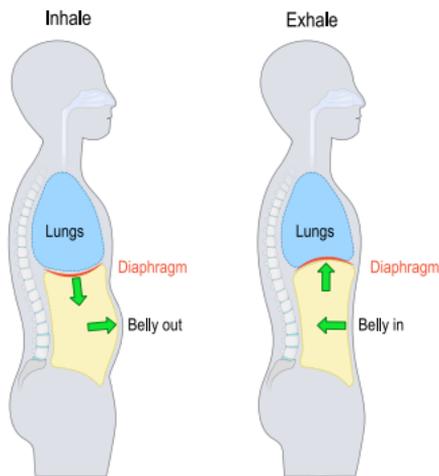
- Turn off any electronics 30 minutes prior to sleep time.
- Place phone outside of reach to avoid snoozing.
- Aim for 7-9 hours of sleep.
- Keep a cool bedroom (about 68 degrees).
- Use the bedroom only for sleep.

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.

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?

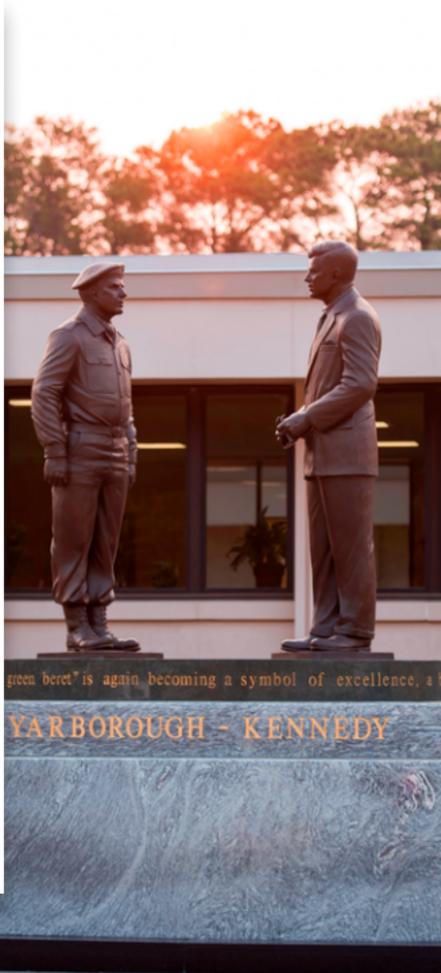
Rate how rested you feel after waking:

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

ACFT	Army Combat 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



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