IT'S NOT A BAD MORNING COMMUTE

PREREQUISITES

APFT: 52 push-ups, 62 sit-ups
14:54 2-mile run
7 deadhang pull-ups
500m swim in ACUs
5-mile run in 40:00 on day two

VERITAS ET LIBERTAS

U.S. ARMY JOHN F. KENNEDY SPECIAL WARFARE CENTER AND SCHOOL

SPECIAL FORCES COMBAT DIVER QUALIFICATION COURSE