



USAJFKSWCS
ASSESSMENT AND SELECTION
PREPARATION PROGRAM
6 WEEK

WEEK 1

DAY 1

APFT
PUSH-UPS: AMRAP IN 2 MINUTES
SIT-UPS: AMRAP IN 2 MINUTES
RUN: 2 MILES FOR TIME

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2

RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 4 MILES
PACE: FAST

DAY 3

BIKE:
80% OF MAX RPM X 20 SEC
40-50% MAX RPM X 40 SEC
REPEAT FOR 15 MINUTES

OR

JACOBS LADDER
2 X 250 FT
2 X 500 FT
WORK:REST = 1:1

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 4

RUN:
5 MILE TIME TRIAL

DAY 5

REST

DAY 6

RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 8 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 2

DAY 1

RUN:
6 X 400 METERS
3 MIN REST BETWEEN REPS

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2

RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: FAST

DAY 3

BIKE:
TABATA INTERVALS
3 ROUNDS
20 SECONDS MAXIMUM INTENSITY
10 SECONDS REST
REST 3 MINUTES

OR

JACOBS LADDER
2X 250 FT
2 X 500 FT
1 X 750 FT
WORK:REST = 1:1

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 4

RUN:
5 MILE TEMPO
(RUN AT A PACE 45 SEC – 1 MINUTE SLOWER /MILE THAN TIME TRIAL PACE OR USE MCMILLAN
CALCULATOR TO DETERMINE PACE BASED ON PREVIOUS TIME TRIAL)
[HTTP://WWW.MCMILLANRUNNING.COM/INDEX.PHP/CALCUSAGE/CALCULATE](http://www.mcmillanrunning.com/index.php/calculusage/calculate)

DAY 5

REST

DAY 6

RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 10 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 3

DAY 1

RUN:
8 X 400 METERS
3 MIN REST BETWEEN REPS

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2

RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: FAST

DAY 3

CONCEPT 2 ROWER:
3 ROUNDS
10 SECOND MAXIMUM INTENSITY
6 MEDBALL SLAMS
10 X
REST 3 MINUTES

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 4

RUN:
8 MILE TIME TRIAL

DAY 5

REST

DAY 6

RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 10 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 4

DAY 1

APFT
PUSH-UPS: AMRAP IN 2 MINUTES
SIT-UPS: AMRAP IN 2 MINUTES
RUN: 2 MILES FOR TIME

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2

RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 6 MILES
PACE: FAST

DAY 3

CONCEPT 2 ROWER:
500M INTERVALS
TARGET TIME SUB 1:42
2 MINS RECOVERY BETWEEN REPS
AS MANY REPS AS POSSIBLE UNTIL TARGET TIME IS NOT MET

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 4

RUN:
8 MILE TEMPO
(RUN AT A PACE 45 SEC – 1 MINUTE SLOWER /MILE THAN TIME TRIAL PACE OR USE MCMILLAN CALCULATOR TO DETERMINE PACE BASED ON PREVIOUS TIME TRIAL)
[HTTP://WWW.MCMILLANRUNNING.COM/INDEX.PHP/CALCUSAGE/CALCULATE](http://www.mcmillanrunning.com/index.php/calcusage/calculate)

DAY 5

REST

DAY 6

RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 12 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 5

DAY 1

RUN:
4 X 800 METERS
3 MIN REST BETWEEN REPS

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2

RUN:
45 MINUTES (EASY)

DAY 3

REST

DAY 4

6 X 500M INTERVALS (REST 2 MINUTES BETWEEN INTERVALS)
4 X 250M INTERVALS (REST 1 MINUTE BETWEEN INTERVALS)
500M TARGET TIME < 2 MIN ALL 6
250M TARGET TIME < 1 MIN ALL 4
ADDITIONAL TARGET - MAINTAIN A DROP OFF OF LESS THAN 10S FOR BOTH 500M & 250M

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 8 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 6

DAY 1

RUN:
6 X 800 METERS
3 MIN REST BETWEEN REPS

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2

RUN:
30 MINUTES (EASY)

DAY 3

REST

DAY 4

CONCEPT 2 ROWER:
INTERVALS OF 50M UP TO 500M, INCREASING 50M PER INTERVAL, AND BACK DOWN
MAXIMAL PACE THROUGHOUT
WORK:REST = 1:1 FOR EACH REP (I.E. - 60 SECONDS WORK, 60 SECONDS REST)

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

REST

DAY 7

REST

WEEK 7

SELECTION