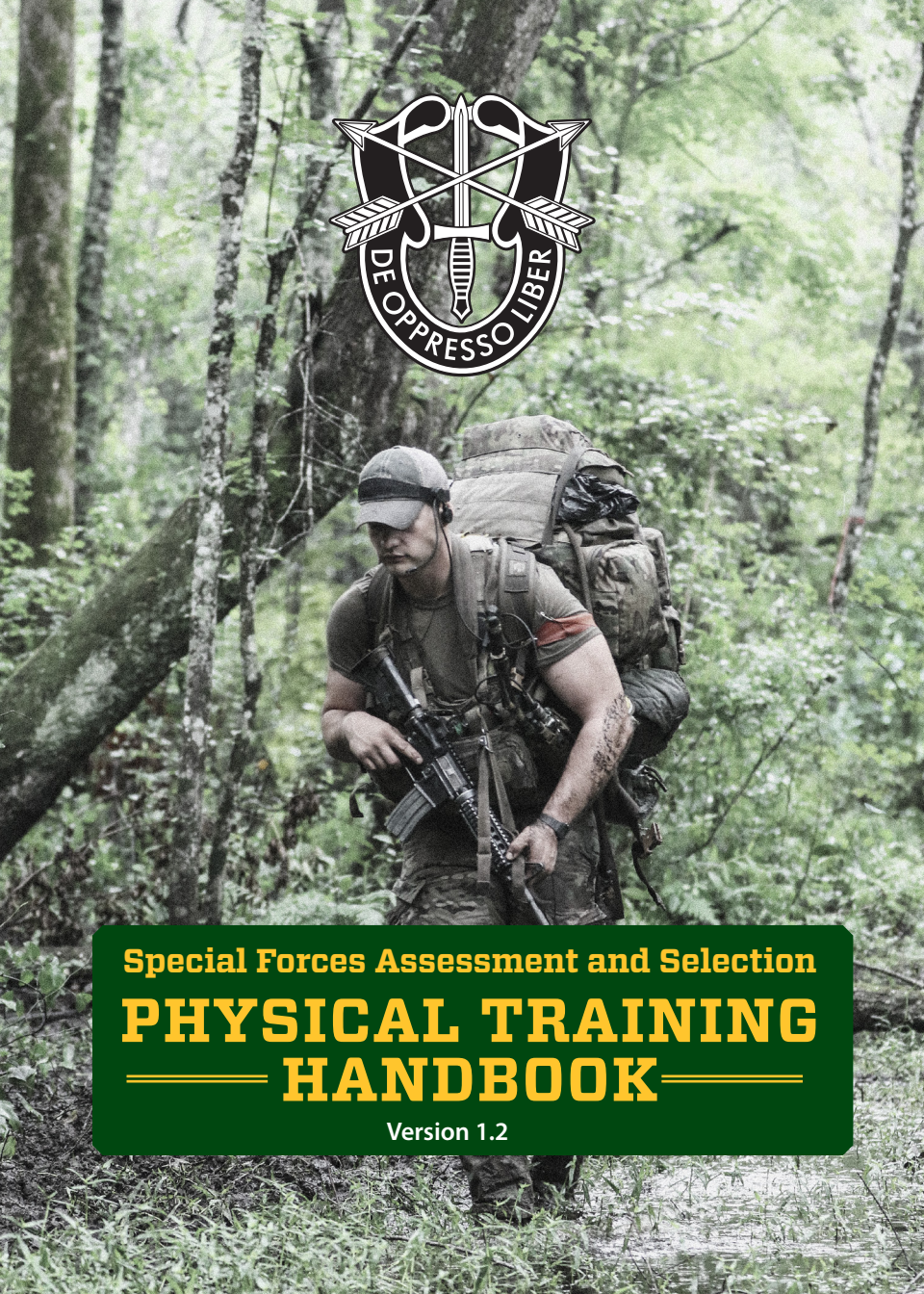

Special Forces Assessment and Selection

PHYSICAL TRAINING HANDBOOK

Version 1.2

The undersigned validates that he/she has completed this plan and has reported run/ruck times and Physical Fitness Assessment (PFA) scores to their recruiter. Bring this completed/signed handbook to SFAS for in-processing.

Signature:_____

Print Name: _____

Date received handbook: _____

Date reporting to SFAS: _____

Pre-training PFA Score:_____

Bring this handbook with you when you report to SFAS.

TIP FOR SUCCESS The APFT minimum goal prior to attending SFAS should be 240 in the male 17-21 age group. However, the most successful candidates tend to score 270 or better.

Army Special Forces represents the premier Department of Defense force designed to conduct special warfare. Special Forces Soldiers are specifically selected, trained and educated to shape foreign political and military environments by working with and through host nations, regional partners and indigenous populations. Special Forces provides the United States with a small-footprint option for influencing unfriendly regimes, addressing insurgencies and containing conflicts that could destabilize U.S. allies and partners. To accomplish these missions, SF possesses qualities and capabilities to mix nonlethal and lethal activities designed to shape the environment, deter conflict, prevail in war or successfully conduct a wide range of contingency operations.

Special Forces Soldiers are known around the world as fighters and teachers. They are highly trained and capable of missions ranging from teaching foreign soldiers Infantry tactics to building schools and treating the sick. Experts in their fields, they speak foreign languages so they can build rapport with partners and teach their skills to others. Trained to be resourceful and able to survive behind enemy lines for months if necessary, they are equally at home in the jungle or in arctic climates. They are uniquely qualified to do the jobs no one else can.

Do you really want to be a Special Forces Soldier?

The purpose of this physical training handbook is to assist prospective SFAS candidates to attain and maintain a high state of physical fitness for attendance at the United States Army John F. Kennedy Special Warfare Center and School Special Forces Assessment and Selection.

> ***USAJFKSWCS assessment and training programs are physically and mentally demanding because physical and mental toughness is required of Special Forces Soldiers.***

Attendance at SFAS will require you to perform physical tasks such as climbing obstacles, by use of rope, 20-30 feet high, swimming while wearing boots and the Army Combat Uniform, and traveling great distances cross country while carrying a rucksack with a minimum of 45 pounds. Upper and lower body strength and physical endurance are required to accomplish physically-oriented goals on a continuous basis for 24 days. You need to be in excellent shape and be able to carry a rucksack day-after-day. SFAS is an assessment of you. You will not be taught or coached to get through — you must make it on your own strengths.

This handbook outlines an 8-week physical training program based on physical requirements set by 1st Special Warfare Training Group (Airborne). ***This is the only SFAS physical training plan approved by the USAJFKSWCS Special Forces Branch Proponent.***

The program should be started nine weeks prior to your SFAS course start date and is laid out to conduct events in the morning and evenings, with deliberate rest and recovery designated. Whether you do or do not get time from your unit to complete this program, the responsibility to physically and mentally condition your body is yours and yours alone. Work out on your own time if that is all you have. If you go to the field then work on strengthening drills: push-ups, sit-ups, pull-ups, squats (with extra weight) whenever you can.

Do not delay speaking to your local Special Operations Recruiting Battalion recruiter to lock in your SFAS course date.

Go to this link:
http://www.goarmysof.com/specialforces/sfrecruiting.html
and click on "**Find a Recruiter.**"

What to expect in physical training

Attaining physical fitness is not an overnight process; the body must go through stages.

First stage: Toughening

During the first two weeks of training the body goes through a soreness and recovery period. When a muscle with a poor blood supply (such as a weak muscle) is exercised the waste products produced by the exercise collect faster than the blood can remove them. This acid waste builds up in the muscle tissue and irritates the nerve in the muscle fiber causing soreness. As the exercise continues the body is able to circulate the blood more rapidly through the muscles and removes the waste materials, which causes soreness to disappear.

Second stage: Slow Improvement

As the body passes through the toughening stage and continues into the slow improvement stage, the volume of blood circulating in the muscles increases and the body functions more efficiently. In the first few weeks improvement is rapid, but as a higher level of skill and conditioning is reached, the improvement becomes less noticeable. The body reaches its maximum level of performance between six and ten weeks. The intensity of the program and individual differences account for the variance in time.

Third stage: Sustainment

The sustaining stage is the stage during which physical fitness is maintained. Although this training plan is designed to be used leading up to your SFAS course date, it is necessary to continue exercising at approximately the same intensity to retain the condition developed. Once a high level of physical fitness is attained a maintenance workout program should begin using the hard/easy workout concept. It should be noted that any plan you decide to follow should offer a taper-off period in the last two to three weeks prior to course attendance. Tapering off affords the body some recovery time and provides a buffer to work through any type of physical issue you might be experiencing.

Special Forces Soldiers are the most physically fit in the Army. If you want to be one…GET IN SHAPE!

Getting the most out of your training

☐ **Warm-up:** Prior to each workout, 10-15 minutes should be devoted to warm-up exercises. A good warm-up consists of several minutes of cardio, movements similar to what the event calls for and range-of-motion or mobility work. Consider engaging upper and lower body muscle activation through plyometric exercises. Examples of plyometric work include squat jumps, burpees, box jumps, lateral bounds, jumping jacks, etc.

☐ **Cool down and Stretch:** Spend 10-15 minutes on stretching upon event completion. This routine can be active with movement or stationary. Use this time period to actively focus on heart rate reduction and conduct movements and exercises that will reduce lactic acid build-up and increase flexibility.

☐ **Diet and Hydration:** Maintain a well-balanced diet and increase your water intake while training. In hot weather you must stay hydrated and drink water even if you are not thirsty.

☐ **Footwear:** For forced marches, select boots that are comfortable and freshly broken-in (not worn out). Insoles specifically designed to absorb shock will reduce injuries. Army issued boots are excellent if fitted properly. See application packet and course packing list for instructions on types of boots allowed.

☐ **Clothing:** Wear lightweight fatigues and thick socks.

☐ **Multi-task:** Utilize map/compass techniques whenever possible during forced march/cross country workouts.

☐ **Weather:** Do not let bad weather interrupt your conditioning. If you can't do a ruckmarch, substitute ruck squats, running stairs, both with and without a ruck, weightlifting, etc. Remember, there is no "inclement weather" in SFAS.

☐ **Technique:** Practice proper rucksack march/walking techniques as shown on the page 10.

☐ **Overtraining:** Be aware of the signs of overtraining. This eight week preparation plan is grinding by design, learn your body and better understand where you are at physically and mentally in any given moment. For example, a significant decrease in performance or lack of improved performance, muscle soreness that does not go away, sleeping issues, an increase in injury, and/or frequent sickness are all ways in which overtraining can manifest. Should you experience any of these signs, simply back off the prescribed workouts, give yourself an extra rest day, eat some good food, and catch up on hydration.

Proper ruckmarch techniques

- Weight of body must be kept directly over feet, the sole of the shoe must be placed flat on ground by taking small steps at a steady pace.

- Knee must be locked on every step in order to rest muscles of the legs (especially when going uphill).

- When walking cross-country, step over/around obstacles; never step on them.

- When traveling up steep slopes, always traverse them; climb in zigzag pattern rather than straight up.

- When descending steep slopes, keep the back straight and knees bent to take the shock of each step. Do not lock knees.
Dig in with heels on each step.

- Practice walking as fast as you can with a rucksack. Do not run with a rucksack as you may injure yourself. When tested you may have to trot, but try not to during training.

- A good rucksack pace is accomplished by continuous movement with short breaks (5 min) every 6-8 miles, or every hour in hot weather.

- If you cannot ruckmarch then do squats with your rucksack (100 repetitions five times or until muscle failure). To avoid injury to your knees, squat only to the point where the upper and lower leg form a 90 degree bend at the knee.

Warm-up routine

Conduct no less than ten of the following exercises/stretches for 15-20 repetitions or 25-30 second holds, prior to daily events:

- ☐ Calf Raise
- ☐ Calf Stretch
- ☐ Ankle Mobilization
- ☐ Body Weight Squat
- ☐ Quad Pull
- ☐ Back Roll to "V" Sit
- ☐ Double Leg Bridge
- ☐ Pigeon Stretch
- ☐ 1st Base Stretch
- ☐ Mountain Climbers Stretch
- ☐ Bird Dogs
- ☐ Dead Bugs
- ☐ Front Plank
- ☐ Side Plank
- ☐ Quadruped Rotation
- ☐ Push Ups
- ☐ Bush Whackers
- ☐ Back Slaps
- ☐ Scap Push Ups
- ☐ Arm Circles

Conduct the following movement drills, for 10-20 meters each, prior to daily events:

- ☐ Walking Toe Touch
- ☐ Walking Lunge
- ☐ Walking Lateral Lunge
- ☐ Walking Cradle
- ☐ High Knees
- ☐ Butt Kicks

Stretch and Mobility Drills

Every week you will conduct one or more Stretch and Mobility drill routines for approximately 45-60 minutes each iteration. Each exercise should be done for 10 repetitions, every stretch held for 30 seconds. Perform entire routine 2-3 times though. Routine as follows:

- ☐ Jumping Jacks
- ☐ Seal Jacks
- ☐ Cross Jacks
- ☐ Ankle Mobilization
- ☐ Calf Stretch
- ☐ 1 Leg Knee Touch
- ☐ 1st base stretch with heel pull
- ☐ Hydrants
- ☐ Side Lying Adduction/Abduction
- ☐ Groiners
- ☐ ½ Kneeling Groin Stretch
- ☐ Pigeon Stretch
- ☐ Jumping Jacks
- ☐ Seal Jacks
- ☐ Cross Jacks
- ☐ Messier Squat
- ☐ Leg ABC's
- ☐ Front Plank
- ☐ Side Plank
- ☐ Glute Bridge
- ☐ Floor Slides
- ☐ Superman Position Y/T/L/A
- ☐ Sleeper Stretch
- ☐ Cat/Camel
- ☐ Kneeling Lat Stretch
- ☐ Partner Pec Stretch
- ☐ Jumping Jacks
- ☐ Seal Jacks
- ☐ Cross Jacks
- ☐ Mountain Climber Stretch

Week 1, Day 1

Total mileage this week: 13 miles

AM

☐ **Conduct a SF Physical Fitness Assessment (PFA);** Maximum performance in all events, see what you can do. Record your score, now get ready for the next eight weeks!

Event	Passing Min. Score (gender-neutral)	Your Score Date _____
Push-ups	49	
Sit-ups	59	
2-mile run	15:12	
Pull-ups *(from a dead hang)*	6	

PM

☐ Warm-up (page 12)

5 rounds for time:

☐ 5 x pull-ups

☐ 7 x dips

☐ 10 x burpees

☐ 1 x rope climb, 15 feet

☐ 50 meter lunge walk

☐ Stretch

Week 1, Day 2

AM

Forced 3 mile ruckmarch, 35 lb. dry (without drinking water) rucksack, along a road or cross-country. (*Wear freshly broken-in boots with thick socks and remember to practice proper ruckmarch techniques, page 10.)*

☐	Road goal: 45 minutes; Cross country goal: 1 hour

PM

☐	Warm-up (page 12)

3 rounds of:

☐	30 seconds of push-ups
☐	30 seconds of sit-ups
☐	30 seconds of pull-ups; *(Hang on the bar as you approach muscle failure, but don't feel bad taking breaks; stop the clock if you need to)*
☐	Stretch

Week 1, Day 3

AM

☐	Stretch and mobility drills, 60 minutes (page 13)

PM

☐	Rest

Week 1, Day 4

AM	☐	3 mile run, 8-9 minute per mile pace; *(This is an opportunity to break-in some new running shoes if you need to swap out your old ones.)*
	After the run, knock out three rounds for time:	
	☐	8 x air-squats
	☐	8 x burpee pull-ups; *(A single burpee repetition jumping into a single pull-up)*
	☐	25 meter lunge walk
PM	☐	Warm-up (page 12)
	☐	10 x 1 minute plank hold
	☐	100 x push-ups; *(Do this straight through and utilize authorized PFA rest position as necessary)*
	☐	Stretch

Week 1, Day 5

AM	Forced 5 mile ruckmarch, 35 lb. dry (without drinking water) rucksack, along a road or cross-country. (*Wear freshly broken-in boots with thick socks and remember to practice proper ruckmarch techniques, page 10.)*	
	☐	Road goal: 1 hour, 15 minutes; Cross country goal: 1 hour, 40 minutes
PM	☐	Stretch and mobility drills, 60 minutes (page 13)

Week 1, Day 6

AM	☐	Warm-up (page 12)
	Super set, three times through:	
	☐	8 x explosive push-ups (1-2 claps)
	☐	30 x weighted sit-ups (10-20 lbs)
	Then do:	
	☐	4 x 20 weighted lunge walk (20-40 lbs), each leg
	☐	Stretch
PM	☐	Rest

Week 1, Day 7

AM	☐	Recovery
PM	☐	Recovery

Week 2, Day 1

Total mileage this week: 16.5 miles

☐	2 mile run, easy, do not worry about your pacing, just get out there and run.

Army Combat Fitness Test Conditional Drills Day 1

1 x round for familiarization:

☐	10 x alternate staggered squat jump, four count
☐	50 meters x forward lunge
☐	10 x power jump, four count
☐	10 x tuck jump, four count
☐	10 x T push-up, eight count
☐	3 x quadraplex, 60 seconds
☐	300 meter shuttle run, 4 x 75 meter iterations
☐	3 x bent leg raise, 60 seconds
☐	10 x alternate grip pull-up

For all exercise demonstrations, reference the Army's official ACFT website at* **https://www.army.mil/acft/

☐	Stretch

Week 2, Day 2

AM	☐	800 meter warm-up
	☐	12 x 200 meter interval run, 1:2 work to rest ratio; *For example, if you run a 5 minute 1000 meter interval, you would then take 10 minutes active rest; during active rest, its best to keep moving and actively concentrate on lowering your heart rate.* Interval Pace: 1:_____ 2:_____ 3:_____ 4:_____ Heart Rate:_____
	☐	800 meter cool-down
PM	☐	3 x sets squats with 35 lb. rucksack, 50 reps per set
	☐	3 x 20 4-count flutter kicks

Week 2, Day 3

AM	☐	Stretch and mobility drills, 60 minutes (page 13)
PM	☐	Rest

Week 2, Day 4

AM

☐ 4 mile run, 8-9 minute per mile pace

Pace:

Mile 1:_____ Mile 2:_____

Mile 3:_____ Mile 4:_____

Heart Rate:_____

Keep track of your mile paces from here through the remainder of the preparation plan and compare as you go. Also, keep track of your heart rates upon completion of runs to better gauge your progression and physical exertion.

For some examples of pacing and setting goals, use the McMillan Running Calculator at **https://www.mcmillanrunning.com/**. *Simply type in your end state goal and your current status and it will provide pacing goals to meet.*

PM

☐ Warm-up

3 rounds of:

☐ 35 seconds of push-ups

☐ 35 seconds of sit-ups

☐ 35 seconds of pull-ups

*Rest as needed in between sets

☐ Stretch

Week 2, Day 5

AM		Forced 8 mile ruckmarch, 45 lb. dry (without drinking water) rucksack, along a road or cross-country. (*Wear freshly broken-in boots with thick socks and remember to practice proper ruckmarch techniques, page 10.)*
	☐	Road goal: 2 hours; Cross country goal: 2 hours, 40 minutes
PM	☐	Stretch and mobility drills, 60 minutes (Page 13)

Week 2, Day 6

AM	☐	Recovery
PM	☐	Recovery

Week 2, Day 7

AM	☐	Recovery
PM	☐	Recovery

Week 3, Day 1

Total mileage this week: 23 miles

AM	☐	3 mile run, easy, do not worry about your pacing, just get out there and run.
PM	☐	Warm-up (page 12)
	☐	3 x sets of squats with 45 lb. rucksack, 50 reps per set
	3 rounds of:	
	☐	30 x flutter kicks, four count
	☐	30 x mountain climbers
	☐	30 x reverse lunge, 15 each leg
	☐	Stretch

Week 3, Day 2

AM

- ☐ 800 meter warm-up
- ☐ 6 x 800 meter interval runs; *(#1, 3, and 5 – rest for 3 minutes in between; #2 and 4 – rest 90 seconds in between)*

Interval Pace:	*Rest period:*
1:_____	*3 minutes*
2:_____	*90 seconds*
3:_____	*3 minutes*
4:_____	*90 seconds*
5:_____	*3 minutes*

Heart Rate:_____

- ☐ 800 meter cool-down

PM

- ☐ Warm-up (page 12)

4 rounds of:

- ☐ 40 seconds of push-ups
- ☐ 40 seconds of sit-ups
- ☐ 40 seconds of pull-ups

**Rest as needed in between sets*

- ☐ Stretch

Week 3, Day 3

AM	☐	Stretch and mobility drills, 60 minutes (page 13)
PM	☐	Rest

Week 3, Day 4

AM	☐	5 mile run, 7-8 minute per mile pace Heart Rate:_____
PM	☐	Warm-up (page 12)

4 rounds for time:

☐	25 x pull-ups
☐	25 x sit-ups
☐	25 x push-ups
☐	25 x air squats
☐	25 meter lunge walk
☐	Stretch

Week 3, Day 5

AM

Forced 10 mile ruckmarch, 45 lb. dry (without drinking water) rucksack, along a road or cross-country. (*Wear freshly broken-in boots with thick socks and remember to practice proper ruckmarch techniques, page 10.)*

☐	Road goal: 2 hours, 30 minutes; Cross-country goal: 3 hours, 20 minutes

PM

☐	Stretch and mobility drills, 60 minutes (page 13)

Week 3, Day 6

AM

☐	Warm-up (page 12)

6 rounds for time:

☐	1 x rope climb, 15 feet
☐	10 x dips
☐	10 x box jumps, use 24" box
☐	20 meter bear crawl, 10 meters out/10 meters back
☐	Stretch

PM

☐	Recovery

Week 3, Day 7

AM	☐	Recovery
PM	☐	Recovery

Week 4, Day 1 Total mileage this week: 24.5 miles

AM	☐	6 mile run, 7-8 minute per mile pace Heart Rate:_____
PM	☐	Warm-up (page 12)

5 rounds for time:

☐	10 x pull-ups
☐	10 x dips
☐	15 x burpees
☐	1 x rope climb, 15 feet
☐	50 meter lunge walk
☐	Stretch

Week 4, Day 2

AM	☐	800 meter warm-up
	☐	4 x 1000 meter interval run, 1:2 work to rest ratio; *For example, if you run a 5 minute 1000 meter interval, you would then take 10 minutes active rest; during active rest, its best to keep moving and actively concentrate on lowering your heart rate.* Interval Pace: 1:_____ 2:_____ 3:_____ 4:_____ Heart Rate:_____
	☐	800 meter cool-down

PM		***Army Combat Fitness Test Conditional Drills Day 2*** 1 x round for familiarization:
	☐	10 x alternate staggered squat jump, four count
	☐	50 meters x forward lunge
	☐	10 x power jump, four count
	☐	10 x tuck jump, four count
	☐	10 x T push-up, eight count
	☐	3x quadraplex, 60 seconds
	☐	300 meter shuttle run, 4 x 75 meter iterations
	☐	3 x bent leg raise, 60 seconds
	☐	10 x alternate grip pull-up
	☐	Stretch

Week 4, Day 3

AM	☐	Stretch and mobility drills, 60 minutes (page 13)
PM	☐	Rest

Week 4, Day 4

AM	☐	3 mile run, 7-8 minute per mile pace Heart Rate:_____
PM	☐	Warm-up

4 rounds of:

☐	45 seconds of push-ups
☐	45 seconds of sit-ups
☐	45 seconds of pull-ups

**Rest as needed in between sets*

☐	Stretch

Week 4, Day 5

AM		Forced 12 mile ruckmarch, 55 lb. dry (without drinking water) rucksack, along a road or cross-country. (*Practice proper ruckmarch techniques, page 10.)*
	☐	Road goal: 3 hours; Cross-country goal: 4 hours
PM	☐	Stretch and mobility drills, 60 minutes (page 13)

Week 4, Day 6

AM	☐	Recovery
PM	☐	Recovery

Week 4, Day 7

AM	☐	Recovery
PM	☐	Recovery

Week 5, Day 1

Total mileage this week: 24 miles

AM

☐ **Conduct a SF Physical Fitness Assessment (PFA);** Maximum performance in all events, see what you can do. Compare your score against the first PFA you took ***Week 1***, ***Day 1***, but remember you are fairly broken down at this point — this PFA should be a painful one where it sets in the training plan.

Event	Passing Min. Score (gender-neutral)	Your Score Date _____
Push-ups	49	
Sit-ups	59	
2-mile run	15:12	
Pull-ups *(from a dead hang)*	6	

PM

☐ 3 x sets of squats with 55 lb. rucksack, 50 reps per set

☐ 3 x sets, 40 x flutter kicks, four count

TIP FOR SUCCESS The APFT minimum goal prior to attending SFAS should be 240 in the male 17-21 age group. However, the most successful candidates tend to score 270 or better.

Week 5, Day 2

AM	☐	4 mile run, 7-8 minute per mile pace Heart Rate:_____
PM	☐	Warm-up

4 rounds of:

☐	60 seconds of push-ups
☐	60 seconds of sit-ups
☐	60 seconds of pull-ups

**Rest as needed in between sets*

☐	Stretch

Week 5, Day 3

AM	☐	Stretch and mobility drills, 60 minutes (page 13)
PM	☐	Rest

Week 5, Day 4

AM	☐	800 meter warm-up
	☐	3 x 1 mile intervals, actively rest 5 minutes in between, concentrate on breathing and reducing heart rate. Interval Pace: Heart Rate: 1:_____ _____ 2:_____ _____ 3:_____ _____
	☐	800 meter cool-down
	☐	Stretch
PM	☐	Warm-up (page 12)
	As many rounds as possible in 20 minutes:	
	☐	5 x pull-ups
	☐	10 x push-ups
	☐	15 x sit-ups
	☐	20 x air squats
	☐	Stretch

Week 5, Day 5

AM		Forced 14 mile ruckmarch, 55 lb. dry (without drinking water) rucksack, along a road or cross-country. (*Practice proper ruckmarch techniques, page 10.)*
	☐	Road goal: 3 hours, 30 minutes; Cross-country goal: 4 hours, 40 minutes
PM	☐	Stretch and mobility drills, 60 minutes (page 13)

Week 5, Day 6

AM	☐	Warm-up (page 12)
		Ascending and descending rep scheme. *First round = 10 burpees and 1 pull-up, second round = 9 burpees and 2 pull-ups, etc… Do this with as little rest as possible between rounds.*
	☐	Burpees: 10-9-8-7-6-5-4-3-2-1
	☐	Pull-ups: 1-2-3-4-5-6-7-8-9-10
PM	☐	Rest

Week 5, Day 7

AM	☐	Recovery
PM	☐	Recovery

Week 6, Day 1

Total mileage this week: 28 miles

AM	☐	6 mile run, 7-8 minute per mile pace Heart Rate:_____
PM	☐	Rest

Week 6, Day 2

AM	☐	Stretch and mobility drills, 60 minutes

PM

Army Combat Fitness Test Conditional Drills Day 3

1 x round for familiarization:

☐	10 x alternate staggered squat jump, four count
☐	50 meters x forward lunge
☐	10 x power jump, four count
☐	10 x tuck jump, four count
☐	10 x T push-up, eight count
☐	3 x quadraplex, 60 seconds
☐	300 meter shuttle run, 4 x 75 meter iterations
☐	3 x bent leg raise, 60 seconds
☐	10 x alternate grip pull-up
☐	Stretch

Week 6, Day 3

AM	☐	4 mile run, 7-8 minute per mile pace Heart Rate:_____
PM	☐	Rest

Week 6, Day 4

AM	☐	Stretch and mobility drills, 60 minutes (page 13)
PM	☐	Warm-up (page 12)
	☐	3 x sets of squats with 55 lb. rucksack, 50 reps per set

4 x sets:

☐	30 x flutter kicks, four count
☐	30 x mountain climbers
☐	30 x reverse lunge, 15 each leg
☐	30 x leg raises
☐	30 x raised leg splits
☐	Stretch

Week 6, Day 5

AM	☐	Rest
PM	☐	Stretch and mobility drills, 60 minutes (page 13)

Week 6, Day 6

AM		Forced 18 mile ruckmarch, 55 lb. dry (without drinking water) rucksack, along a road or cross-country. (*Practice proper ruckmarch techniques, page 10.)*
	☐	Road goal: 4 hours, 30 minutes; Cross-country goal: 6 hours
PM	☐	Rest

Week 6, Day 7

AM	☐	Recovery
PM	☐	Recovery

Week 7, Day 1

Total mileage this week: 15 miles

AM	☐	3 mile run, 7-8 minute per mile pace Heart Rate:_____
PM	☐	Rest

Week 7, Day 2

AM	☐	Stretch and mobility drills, 60 minutes (page 13)
PM	☐	Warm-up (page 12)
	☐	3 x sets of squats with 55 lb. rucksack, 50 reps per set
	☐	5 x sets, 30 x flutter kicks, four count
	Then do 3 rounds of::	
	☐	30 x mountain climbers
	☐	30 x reverse lunge, 15 each leg
	☐	30 x crunches
	☐	30 x leg raises
	☐	Stretch

Week 7, Day 3

AM	☐	800 meter warm-up
	☐	12 x 200 meter interval, 1:2 work to rest ratio Interval Pace: _____ Heart Rate: _____
	☐	800 meter cool-down
PM	☐	Rest

Week 7, Day 4

AM	☐	Stretch and mobility drills, 60 minutes (page 13)
PM	☐	Warm-up
	3 rounds for time:	
	☐	800 meter run
	☐	20 x pull-ups
	☐	Stretch

Week 7, Day 5

AM		Forced 8 mile ruckmarch, 55 lb. dry (without drinking water) rucksack, along a road or cross-country. (*Practice proper ruckmarch techniques, page 10.)*
	☐	Road goal: 2 hours; Cross country goal: 2 hours, 40 minutes
PM	☐	Stretch and mobility drills, 60 minutes (page 13)

Week 7, Day 6

AM	☐	Warm-up (page 12)
	☐	Using a 20 pound wall-ball (any type), alternate wall balls and running, for time: 10 x wall-balls > 100 meter run 9 x wall-balls > 100 meter run 8 x wall-balls > 100 meter run 7 x wall-balls > 100 meter run 6 x wall-balls > 100 meter run 5 x wall-balls > 100 meter run 4 x wall-balls > 100 meter run 3 x wall-balls > 100 meter run 2 x wall-balls > 100 meter run 1 x wall-walls > 100 meter run
	☐	Stretch
PM	☐	Rest

Week 7, Day 7

AM	☐	Recovery
PM	☐	Recovery

Week 8, Day 1

Total mileage this week: 11 miles

AM	☐	4 mile run, 7-8 minute per mile pace Heart Rate:_____
PM	☐	Rest

Week 8, Day 2

AM	☐	Stretch and mobility drills, 60 minutes (page 13)
PM	***Army Combat Fitness Test Conditional Drills Day 3*** 1 x round for familiarization:	
	☐	10 x alternate staggered squat jump, four count
	☐	50 meters x forward lunge
	☐	10 x power jump, four count
	☐	10 x tuck jump, four count
	☐	10 x T push-up, eight count
	☐	3 x quadraplex, 60 seconds
	☐	300 meter shuttle run, 4 x 75 meter iterations
	☐	3 x bent leg raise, 60 seconds
	☐	10 x alternate grip pull-up
	☐	Stretch
PM	☐	Rest

Week 8, Day 3

AM		Forced 5 mile ruckmarch, 55 lb. dry (without drinking water) rucksack, along a road or cross-country. (*Practice proper ruckmarch techniques, page 10.)*
	☐	Road goal: 1 hour, 15 minutes; Cross country goal: 1 hour
PM	☐	Rest

Week 8, Day 4

AM	☐	Stretch and mobility drills, 60 minutes (page 13)
PM	☐	Rest

Week 8, Day 5

AM ☐

Conduct a SF Physical Fitness Assessment (PFA); Maximum performance in all events, see what you can do). Compare your score against the first PFAs you took ***Week 1*** and ***Week 5***. Your scoring during this PFA should mark a dramatic improvement. It should be noted, data correlation has proven a higher PFA score equals a higher chance of success at SFAS.

A lack of physical preparation is the #1 eliminator of SFAS candidates!

Event	Passing Min. Score (gender-neutral)	Your Score Date _____
Push-ups	49	
Sit-ups	59	
2-mile run	15:12	
Pull-ups *(from a dead hang)*	6	

PM ☐

Stretch and mobility drills, 60 minutes (page 13)

This is the end of the eight week plan, you should relax next week before your SFAS start date. If you are not headed to SFAS yet, for any reason, do not stop now. Continue to develop and follow a sustainment program grounded in this preparation plan's core of running, rucking, and PFA events.

~ De Oppresso Liber ~

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

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