

**USAJFKSWCS
SPECIAL FORCES ASSESSMENT AND SELECTION
PREPARATION PROGRAM**



**Tactical Human Optimization, Rapid Rehabilitation and Reconditioning
(THOR3)**

14 WEEK PROGRAM



Performance Nutrition: How to Optimize Performance

SOF Operators often seek out their SOF Performance Dietitians for guidance on how to enhance performance during training and missions. More often than not, many Operators are using only water during physical events lasting more than 60 minutes, and the amounts consumed tend to still be inadequate to mitigate performance deficits caused by dehydration. Many Operators also do not carry adequate carbohydrate, electrolyte or protein sources, if they pack them at all. Studies show that fueling appropriately during physical events lasting over 60 minutes, will increase endurance potential and time to exhaustion, maintain desired pace longer (especially during events longer than 90 minutes), as well as help maintain a higher intensity for longer durations.

Consuming carbohydrates during events lasting >1 hour will extend endurance performance, but the physiologic mechanisms for processing carbohydrates will change as the event intensity and duration change. Most forms of carbohydrate can be tolerated up to the 2 hour mark; after that time focusing on the type of carbohydrate can be important. Utilizing easily digested carbohydrate sources, like glucose, glucose plus fructose, other simple sugars and maltodextrin seem effective. However, when event duration is 2-3 hours, focusing on glucose or maltodextrin, which are rapidly digested, optimizes the absorption of dietary carbohydrates during the event. When event duration is expected to extend beyond 2.5 hours, consuming carbohydrates in the form of glucose plus fructose versus glucose alone can enhance your carbohydrate digestion as well as aid in tolerating the higher ingestion rates of carbohydrates needed for these durations. Subsequently, the glucose plus fructose combination will aid in enhancing fluid absorption, may reduce gastrointestinal stress and can even enhance performance more than when ingesting glucose alone. Mixing and matching carbohydrate sources via bars, gels, or fluids can also be done as the carbohydrates contained within these forms are all digested similarly. Be cautious of consuming fructose alone as a carbohydrate source, this may adversely cause diarrhea issues.

Ensuring adequate, but not excessive, hydration and maintaining an appropriate electrolyte balance can further optimize performance. Performance deficits can begin with as little as a 2-3% loss of body weight due to sweat. On a hot humid day, an Operator might sweat 1-2 liters per hour with some Operators sweating as much as 2-3 liters per hour. Additionally, the sodium lost through sweat can range from 575-1725 milligrams per liter. Including a sodium source during events aids in reducing electrolyte imbalances and preventing hyponatremia. Combining sodium appropriately with fluids during events, can also aid in preventing both hypo- and hypernatremia. It may not be practical to test for sodium losses in sweat, therefore Operators experiencing muscle cramps, white residue on their clothes, stinging eyes from sweat during training or whose skin is gritty after training most likely are "salty sweaters". These Operators should ensure adequate salt intake throughout the day by consuming high sodium foods or by lightly salting their foods during meals and snacks. Additionally, "salty sweaters" may want to aim for 800mg sodium per liter of fluid per hour during events lasting >60 minutes. In general, most Operators should aim for 400mg sodium per liter of fluid per hour for events lasting 1-3 hours, increasing to 800mg sodium per liter of fluid per hour when event duration is expected to exceed 3 hours.

Because many SOF Operators carry kit and/or ruck loads during training and missions, it is important to consume protein during prolonged events to prevent or minimize lean mass losses. Total event duration is not always known in advance, therefore when it becomes apparent that events will exceed 3 hours, it is recommended to consume no more than 0.2g protein/Kg/hour, (i.e. ~ 15-20g protein per hour for both males and females, however Operators weighing >200 lbs may need more). Consuming a protein source that contains 20-25g protein every 2-3 hours is also sufficient.

Lastly, within the 60 minutes immediately following training or missions, it is recommended to consume 20-25g protein in a liquid form that is high in leucine (i.e. milk or whey) to optimize muscle synthesis. Coupling post-training/mission protein with carbohydrate will also accelerate the replacement of muscle carbohydrate stores and can spare ingested protein for use in muscle recovery, repair and building. Nutrition is a powerful performance enhancer, exploit this performance edge. See chart provided for summary of recommendations to optimize performance with nutrition.



Performance Nutrition: Fueling Requirements

Day to Day

Timing	Fluid Needs	Electrolyte Needs	Carbohydrate Needs	Protein Needs	Fat Needs
Everyday Nutrition	Drink to prevent dry mouth	Lightly salt foods or consume sodium containing foods throughout the day	Aim for 3-8g/kg daily	1.5-2g/Kg daily	0.7-1g/Kg daily

Before, During and After Training/Missions

Timing	Fluid Needs	Electrolyte Needs	Carbohydrate Needs	Protein Needs	Fat Needs
During the 24-72 hours before endurance events lasting >90	Drink to prevent dry mouth	Lightly salt foods or consume sodium containing foods throughout the day	Aim for 10g/Kg/day	20g protein spaced 5-6x daily	~20-30% of total daily energy intake
2+ hours before event	16-24oz fluid	N/A	Consume a meal that provides carbohydrates, proteins and fats.		
30 min before event	5-10oz fluid	N/A	30g	N/A	N/A
<30 minute events	5-10oz every 15 minutes	N/A	N/A	N/A	N/A
<30-75 minute Events	5-10oz every 15 minutes	N/A	Rinse mouth with sports drink or use a hard candy. Most forms of carbs are tolerated.	N/A	N/A
1-2 hour events	5-10oz every 15 minutes	400-800mg sodium/liter of fluid/hour	Up to 30g/hour. Most forms of carbs are tolerated.	N/A	N/A
2-3 hour events	5-10oz every 15 minutes	400-800mg sodium/liter of fluid/hour	30 to 60g/hour. Focus on rapidly digested carbs (i.e. glucose, maltodextrin, or glucose + fructose).	20-25g	If fat is consumed, ensure <10% saturated and trans fats.
3+ hour events	5-10oz every 15 minutes	800mg sodium/Liter of fluid/hour	60-90g/hour. Focus on rapidly transportable carbs (i.e. glucose + fructose).	20-25g every 3 hrs	If fat is consumed, ensure <10% saturated and trans fats.
Within 60 minutes post event	During the 2-4 hours post-physical activity, replace 24oz fluid for every pound of weight lost during event.	Ensure ~400mg sodium/liter of fluids or salt your foods to optimize retention of post-training fluids.	Consume 1g/Kg. (i.e. ~60-90g carbs) Particularly important when recovery period is <8 hours.	20-25g	If fat is consumed, ensure <10% saturated and trans fats.



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14 WEEK

WEEK 1

DAY 1

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

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN:
5 MINUTE WARM-UP (EASY)

RUN: 2 MINUTES
JOG: 1 MINUTE
REPEAT 4X

5 MINUTE COOLDOWN (EASY)

DAY 4

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

RUN: 3 MILE TIME TRIAL
(AS FAST AS POSSIBLE)

DAY 6

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 7

REST



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14 WEEK

WEEK 2

DAY 1

RUN:
4 X 400 METERS
3 MIN REST BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN:
5 MINUTE WARM-UP (EASY)

RUN: 3 MINUTES
JOG: 1 MINUTE
REPEAT 4X

5 MINUTE COOLDOWN (EASY)

DAY 4

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

RUN: 3 MILE TEMPO
(RUN AT A PACE 60-90 SECONDS 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>

DAY 6

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 7

REST



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WEEK 3

DAY 1

RUN:
6 X 400 METERS
3 MIN REST BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN:
5 MINUTE WARM-UP (EASY)

RUN: 2 MINUTES
JOG: 1 MINUTE
REPEAT 6X

5 MINUTE COOLDOWN (EASY)

DAY 4

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

RUN: 5 MILE TIME TRIAL
(AS FAST AS POSSIBLE)

DAY 6

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 7

REST



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14 WEEK

WEEK 4

DAY 1

RUN:
3 X 400 METERS
3 MIN REST BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN:
5 MINUTE WARM-UP (EASY)

RUN: 3 MINUTES
JOG: 1 MINUTE
REPEAT 6X

5 MINUTE COOLDOWN (EASY)

DAY 4

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

RUN: 5 MILE TEMPO
(RUN AT A PACE 60-90 SECONDS 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>

DAY 6

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 7

REST



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WEEK 5

DAY 1

RUN:
4 X 800 METERS

REST:
4 MINUTES BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN: 10 Km TIME TRIAL

DAY 4

SESSION 1

NON-IMPACT CONDITIONING
(ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
3 X 5 MINUTES
REST 5 MINUTES BETWEEN SETS

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 20% OF BODYWEIGHT (DRY)
DISTANCE: 3 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 6

DAY 1

RUN:
6 X 800 METERS

REST:
4 MINUTES BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN: 10 Km TEMPO
(RUN AT A PACE 60-90 SECONDS 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>

DAY 4

SESSION 1

NON-IMPACT CONDITIONING
(ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
3 X 8 MINUTES
REST 5 MINUTES BETWEEN SETS

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 20% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 7

DAY 1

RUN:
8 X 800 METERS

REST:
4 MINUTES BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN: 12 Km TIME TRIAL
(AS FAST AS POSSIBLE)

DAY 4

SESSION 1

NON-IMPACT CONDITIONING
(ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
3 X 12 MINUTES
REST 5 MINUTES BETWEEN SETS

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 25% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 8

DAY 1

RUN:
5 X 800 METERS

REST:
4 MINUTES BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN: 12 Km TEMPO
(RUN AT A PACE 60-90 SECONDS 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>

DAY 4

SESSION 1

NON-IMPACT CONDITIONING
(ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
3 X 10 MINUTES
REST 5 MINUTES BETWEEN SETS

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 25% OF BODYWEIGHT (DRY)
DISTANCE: 7 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 9

DAY 1

WALK:
2 MILES

DAY 2

RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 3.5 MILES
PACE: FAST

DAY 3

NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
5 x 5 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4

SESSION 1

RUN: 5 MIN WARM-UP (EASY)

1600 METERS (HARD)
400 METER RECOVERY JOG
1200 METERS (HARD)
400 METER RECOVERY JOG
800 METERS (HARD)
400 METER RECOVERY JOG
400 METERS (HARD)

5 MINUTE COOLDOWN (EASY)

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 7 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 10

DAY 1

WALK:
3 MILES

DAY 2

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

DAY 3

NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
5 x 8 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4

SESSION 1

RUN: 5 MINUTE WARM-UP (EASY)

75 SEC (HARD)
150 SEC (EASY)
60 SEC (HARD)
120 SEC (EASY)
REPEAT 3X

5 MINUTE COOLDOWN (EASY)

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 11

DAY 1

WALK:
4 MILES

DAY 2

RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 4 MILES
PACE: FAST

DAY 3

NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
5 x 12 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4

SESSION 1

RUN: 5 MINUTE WARM-UP (EASY)

5 X
1 MINUTE (HARD),
1 MINUTE (EASY)

5 MINUTES (EASY)

5 X
1 MINUTE (HARD),
1 MINUTE (EASY)

5 MINUTE COOL-DOWN (EASY)

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 8 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 12

DAY 1

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

DAY 2

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

DAY 3

NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
5 X 10 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4

SESSION 1

RUN: 20 MINUTES

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

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

DAY 7

REST



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WEEK 13

DAY 1

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2

RUN:
30 MINUTES (EASY)

DAY 3

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 4

BIKE:
3 ROUNDS X 10 MINUTES AT THRESHOLD PACE
2 MINUTES REST BETWEEN ROUNDS

DAY 5

REST

DAY 6

RUCK:
LOAD: 25% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: MODERATE

DAY 7

REST



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14 WEEK

WEEK 14

DAY 1

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2

RUN:
20 MINUTES (EASY)

DAY 3

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 4

BIKE:
3 ROUNDS X 5 MINUTES AT THRESHOLD PACE
2 MINUTES REST BETWEEN ROUNDS

DAY 5

REST

DAY 6

REST

DAY 7

REST

WEEK 15

SELECTION

NAME: _____



USAJFKSWCS

14 WEEK

SFAS PREPARATION PROGRAM

SFAS 14 Week Program

DAY 1

A Dynamic Warm-Up

A <i>Dynamic Warm-Up</i>		Week 1		Week 2		Week 3		Week 4		
	<i>Exercise</i>	<i>Rest</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>
B	<i>Front Squat</i>		15		12		10		8	
			15		12		10		8	
			15		12		10		8	
			15		12		10		8	
B	<i>Lat Pulldown</i>	1:30	15		12		10		8	
			15		12		10		8	
			15		12		10		8	
			15		12		10		8	
C	<i>Barbell Split Squat</i>		12 ea		12 ea		10 ea		10 ea	
			12 ea		12 ea		10 ea		10 ea	
			12 ea		12 ea		10 ea		10 ea	
C	<i>Barbell Bent-Over Row</i>		12		12		10		10	
			12		12		10		10	
			12		12		10		10	
C	<i>Seated Medball Side to Side Twists</i>	1:00	12 ea		12 ea		12 ea		12 ea	
			12 ea		12 ea		12 ea		12 ea	
			12 ea		12 ea		12 ea		12 ea	
D	<i>Single Leg Piston Squats to Bench</i>		10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
D	<i>Pull-Ups</i>		5+		5+		5+		5+	
			5+		5+		5+		5+	
			MAX		MAX		MAX		MAX	
D	<i>Push-Ups</i>	0:30	20+		20+		20+		20+	
			20+		20+		20+		20+	
			MAX		MAX		MAX		MAX	
E	<i>Back Extension</i>		10		12		12		15	
			10		12		12		15	
			10		12		12		15	
E	<i>DB Combo Raise</i>		5		5		5		5	
			5		5		5		5	
			5		5		5		5	
E	<i>Planks (Front, Left Side, Right Side)</i>	0:30	0:30		0:40		0:50		1:00	
			0:30		0:40		0:50		1:00	
			0:30		0:40		0:50		1:00	
F										
	<i>FOAM ROLLING & STRETCHING</i>		10:00		10:00		10:00		10:00	

NAME: _____



DAY 2

A Dynamic Warm-Up

A <i>Dynamic Warm-Up</i>		Week 1		Week 2		Week 3		Week 4		
<i>Exercise</i>		<i>Rest</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>
B <i>Kettle Bell Deadlift</i>			15		12		10		8	
			15		12		10		8	
			15		12		10		8	
			15		12		10		8	
B <i>DB Flat Bench Press</i>	1:30	15		12		10		8		
		15		12		10		8		
		15		12		10		8		
		15		12		10		8		
C <i>Hamstring Curls</i>		12		12		10		10		
		12		12		10		10		
		12		12		10		10		
C <i>Single Arm DB Incline Bench Press</i>		12 ea		12 ea		10 ea		10 ea		
		12 ea		12 ea		10 ea		10 ea		
		12 ea		12 ea		10 ea		10 ea		
C <i>Standing Oblique DB Crunch</i>	1:00	12 ea		12 ea		10 ea		10 ea		
		12 ea		12 ea		10 ea		10 ea		
		12 ea		12 ea		10 ea		10 ea		
D <i>DB Single Arm Shoulder Press</i>		10 ea		10 ea		10 ea		10 ea		
		10 ea		10 ea		10 ea		10 ea		
		10 ea		10 ea		10 ea		10 ea		
D <i>Hanging Knee Tucks to Chest</i>		10		10		10		10		
		10		10		10		10		
		10		10		10		10		
D <i>Glute Hip Bridges</i> <i>w/3 second holds</i>	0:30	10		10		10		10		
		10		10		10		10		
		10		10		10		10		
E <i>Sit-Ups</i>		20		20		20		20		
		20		20		20		20		
		Max		Max		Max		Max		
E <i>Chin-Ups</i>		10		10		10		10		
		10		10		10		10		
		Max		Max		Max		Max		
E <i>Dips</i>	0:30	10		10		10		10		
		10		10		10		10		
		Max		Max		Max		Max		
F										
<i>FOAM ROLLING & STRETCHING</i>			10:00		10:00		10:00		10:00	

NAME: _____



USAJFKSWCS

14 WEEK

SFAS PREPARATION PROGRAM

Day 3

A Dynamic Warm-Up

		Week 1		Week 2		Week 3		Week 4	
Work Capacity Circuit		Reps		Reps		Reps		Reps	
B Rowing/Burpee Ladder	None	100m	1 Burp	100m	4 Burp	500m	5 Burp	1000m	10 Burp
		200m	2 Burp	200m	4 Burp	250m	5 Burp	900m	9 Burp
		300m	3 Burp	300m	4 Burp	500m	5 Burp	800m	8 Burp
		400m	4 Burp	400m	4 Burp	250m	5 Burp	700m	7 Burp
		500m	5 Burp	500m	4 Burp	500m	5 Burp	600m	6 Burp
		500m	5 Burp	500m	4 Burp	250m	5 Burp	500m	5 Burp
		400m	4 Burp	400m	4 Burp	500m	5 Burp	400m	4 Burp
		300m	3 Burp	300m	4 Burp	250m	5 Burp	300m	3 Burp
		200m	2 Burp	200m	4 Burp	500m	5 Burp	200m	2 Burp
	None	100m	1 Burp	100m	4 Burp	250m	5 Burp	100m	1 Burp
F									
FOAM ROLLING & STRETCHING		10:00		10:00		10:00		10:00	

NAME: _____



DAY 1

A Dynamic Warm-Up

A <i>Dynamic Warm-Up</i>		Week 5		Week 6		Week 7		Week 8		
	<i>Exercise</i>	<i>Rest</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>
B	<i>Back Squat</i>		15		12		10		8	
			15		12		10		8	
			15		12		10		8	
			15		12		10		8	
B	<i>Squat Jump (BODYWEIGHT)</i>	1:30	5		5		5		5	
			5		5		5		5	
			5		5		5		5	
			5		5		5		5	
C	<i>Pull-Ups</i>		MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
C	<i>DB Step-Ups</i>	1:00	12 ea		10 ea		10 ea		8 ea	
			12 ea		10 ea		10 ea		8 ea	
			12 ea		10 ea		10 ea		8 ea	
			12 ea		10 ea		10 ea		8 ea	
D	<i>Inverted Rows</i>		10		12		12		15	
			10		12		12		15	
			MAX		MAX		MAX		MAX	
D	<i>Lunges</i>		8 ea		8 ea		8 ea		8 ea	
			8 ea		8 ea		8 ea		8 ea	
			8 ea		8 ea		8 ea		8 ea	
D	<i>Push-Ups</i>	0:30	MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
E	<i>DB Single Arm Bent-Over Row</i>		10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
E	<i>DB Shoulder Circuit</i>		10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
E	<i>Planks (Front, Right Side, Left Side)</i>	0:30	0:30 ea		0:40 ea		0:50 ea		1:00 ea	
			0:30 ea		0:40 ea		0:50 ea		1:00 ea	
			0:30 ea		0:40 ea		0:50 ea		1:00 ea	
F	<i>FOAM ROLLING & STRETCHING</i>		10:00		10:00		10:00		10:00	

NAME: _____



USAJFKSWCS

14 WEEK

SFAS PREPARATION PROGRAM

DAY 2

A Dynamic Warm-Up

A <i>Dynamic Warm-Up</i>		Week 5		Week 6		Week 7		Week 8		
	<i>Exercise</i>	<i>Rest</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>
B	<i>Deadlift</i>		15		12		10		8	
			15		12		10		8	
			15		12		10		8	
			15		12		10		8	
B	<i>Medicine Ball Overhead Slam</i>	1:30	8		8		10		10	
			8		8		10		10	
			8		8		10		10	
			8		8		10		10	
C	<i>Barbell or Dumbbell Bench Press</i>		12		10		10		8	
			12		10		10		8	
			12		10		10		8	
			12		10		10		8	
C	<i>Plyometric Push-Up (CLAPPING)</i>	1:00	5		5		5		5	
			5		5		5		5	
			5		5		5		5	
			5		5		5		5	
D	<i>Dumbbell Incline Bench</i>		10		12		12		15	
			10		12		12		15	
			10		12		12		15	
			10		12		12		15	
D	<i>Glute-Ham Raises</i>		10		12		12		15	
			10		12		12		15	
			10		12		12		15	
			10		12		12		15	
D	<i>Sit-Ups</i>	0:30	MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
E	<i>DB Shoulder Press</i>		10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
E	<i>DB Lateral Lunges</i>		8 ea		8 ea		8 ea		8 ea	
			8 ea		8 ea		8 ea		8 ea	
			8 ea		8 ea		8 ea		8 ea	
			8 ea		8 ea		8 ea		8 ea	
E	<i>Hanging Leg Lowers</i>		10		10		10		10	
			10		10		10		10	
			10		10		10		10	
			10		10		10		10	
E	<i>Dips</i>	0:30	MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
F	<i>FOAM ROLLING & STRETCHING</i>		10:00		10:00		10:00		10:00	

NAME: _____



DAY 1

A Dynamic Warm-Up

A <i>Dynamic Warm-Up</i>		Week 9		Week 10		Week 11		Week 12		
<i>Exercise</i>		<i>Rest</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>
B	<i>Bulgarian Split Squat</i>		15 ea		12 ea		10 ea		8 ea	
			15 ea		12 ea		10 ea		8 ea	
			15 ea		12 ea		10 ea		8 ea	
			15 ea		12 ea		10 ea		8 ea	
B	<i>Weighted Pull-Ups</i> <i>(or Weighted Negatives)</i>	1:30	4		5		6		7	
			4		5		6		7	
			4		5		6		7	
			4		5		6		7	
C	<i>Walking Lunges</i>		10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
C	<i>DB 2 Arm Bent-Over Row</i>		10		10		10		10	
			10		10		10		10	
			10		10		10		10	
C	<i>Pallof Press</i>	1:00	10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
D	<i>Back Extension</i>		10		10		10		10	
			10		10		10		10	
			10		10		10		10	
D	<i>Burpees</i>		10		10		10		10	
			10		10		10		10	
			10		10		10		10	
D	<i>Planks</i> <i>(w/Leg and Arm Lifts)</i>	0:30	5 ea		5 ea		5 ea		5 ea	
			5 ea		5 ea		5 ea		5 ea	
			5 ea		5 ea		5 ea		5 ea	
F	<i>FOAM ROLLING & STRETCHING</i>		10:00		10:00		10:00		10:00	

NAME: _____



DAY 2

A *Dynamic Warm-Up*

A <i>Dynamic Warm-Up</i>		Week 9		Week 10		Week 11		Week 12	
Exercise	Rest	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
B <i>Reverse Hypers</i>		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
B <i>Single Arm DB Bench Press</i>	1:30	15 ea		12 ea		12 ea		10 ea	
		15 ea		12 ea		12 ea		10 ea	
		15 ea		12 ea		12 ea		10 ea	
		15 ea		12 ea		12 ea		10 ea	
C <i>Single Leg Hamstring Curls</i> <i>(on Exercise Ball or Machine)</i>		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
C <i>DB Single Arm Shoulder Press</i>		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
C <i>Hanging Oblique Crunches</i>	1:00	10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
D <i>Sit-Ups</i>		30+		30+		30+		30+	
		30+		30+		30+		30+	
		MAX		MAX		MAX		MAX	
D <i>Pull-Ups</i>		5+		5+		5+		5+	
		5+		5+		5+		5+	
		MAX		MAX		MAX		MAX	
D <i>Push-Ups</i>	0:30	20+		20+		20+		20+	
		20+		20+		20+		20+	
		MAX		MAX		MAX		MAX	
F <i>FOAM ROLLING & STRETCHING</i>		10:00		10:00		10:00		10:00	

NAME: _____



DAY 1

A	Dynamic Warm-Up	Week 13		Week 14		
	Dumbbell Circuit Day	Reps	Wt	Reps	Wt	
B	DB Upright Row	10		10		
	DB Step-Ups	10 ea		10 ea		
	DB Lateral Shoulder Raise	10		10		
	DB Alternate PushUp/Row	10		10		
	DB Alternate Lunges	10 ea		10 ea		
	DB Squats	10		10		
	DB Bent-Over Rows	10		10		
	DB Single Leg RDL's	10 ea		10 ea		
	DB Lateral Step-Ups	10 ea		10 ea		
	DB Alt. Curl to Press	10 ea		10 ea		
	DB X-Over Step-Ups	10 ea		10 ea		
	DB Overhead Tricep Extension	10		10		
	DB Lateral Lunges	10 ea		10 ea		
	*Rest 2-3 mins Between Rounds		3 Rounds		2 Rounds	
C	PLANKS (Front, Left Side, Right Side)	0:45 ea		0:45 ea		
		0:45 ea		0:45 ea		
		0:45 ea		0:45 ea		
		0:45 ea		0:45 ea		
D	FOAM ROLLING & STRETCHING	10:00		10:00		

*USE Dumbbells that are 10% of your Body Weight in each hand.

NAME: _____



Day 2

A <i>Dynamic Warm-Up</i>		<i>Week 13</i>		<i>Week 14</i>	
<i>PULL/PUSH/SIT Circuit</i>		<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>
B	Pull-Ups	3		3	
	Push-Ups	10		10	
	Sit-Ups	15		15	
	<i>*No Rest Between Exercises or Rounds</i>	10 Rounds		10 Rounds	
C <i>FOAM ROLLING & STRETCHING</i>		10:00		10:00	

<i>Dynamic Warm-Up (perform movements over 10-15 yards)</i>	
<i>Walking Lunge w/Twist</i>	
<i>Walking Lunge w/Overhead Reach</i>	
<i>Lateral Lunge</i>	
<i>Walking Lunge>Elbow to Instep>Twisting Overhead Reach</i>	
<i>Knee Pull to Chest</i>	
<i>Heel Pull to Butt</i>	
<i>Leg Cradle</i>	
<i>Frankensteins</i>	
<i>Lateral Shuffle</i>	
<i>Carioca</i>	
<i>High Knee Run</i>	
<i>Power Skipping</i>	
<i>T, Y, W & L's x 10 each</i>	

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