



USAJFKSWCS  
SPECIAL FORCES ASSESSMENT AND SELECTION  
PREPARATION PROGRAM  
6 WEEK

**WEEK 1**

DAY 1

**SESSION 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

RUN: 5 MILE TIME TRIAL

DAY 3

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

DAY 4

**SESSION 1**

RUN:  
5 MINUTE WARM-UP (EASY)

RUN: 2 MINUTES  
JOG: 1 MINUTE  
REPEAT 4X

5 MINUTE COOLDOWN (EASY)

**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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6 WEEK

WEEK 2

DAY 1

**SESSION 1**

RUN:  
6 X 400 METERS  
3 MIN REST BETWEEN REPS

**SESSION 2**

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 2

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 3

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

DAY 4

**SESSION 1**

RUN:  
5 MINUTE WARM-UP (EASY)

RUN: 3 MINUTES  
JOG: 1 MINUTE  
REPEAT 4X

5 MINUTE COOLDOWN (EASY)

**SESSION 2**

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5

REST

DAY 6

RUCK:  
LOAD: 20% OF BODYWEIGHT (DRY)  
DISTANCE: 7 MILES  
PACE: MODERATE

DAY 7

REST



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**WEEK 3**

DAY 1

**SESSION 1**

RUN:  
8 X 400 METERS  
3 MIN REST BETWEEN REPS

**SESSION 2**

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

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 4

DAY 1

**SESSION 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: 5 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: 10 MILES  
PACE: MODERATE

DAY 7

REST



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6 WEEK

WEEK 5

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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6 WEEK

**WEEK 6**

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 7**

\*\*\*SELECTION\*\*\*

NAME: \_\_\_\_\_



USAJFKSWCS

6 WEEK

SFAS PREPARATION PROGRAM

SFAS 6 Week Program

DAY 1

A Dynamic Warm-Up		Week 1		Week 2		Week 2		Week 4	
Exercise	Rest	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
B Back Squat		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
B Squat Jump (BODYWEIGHT)	1:30	5		5		5		5	
		5		5		5		5	
		5		5		5		5	
		5		5		5		5	
C Pull-Ups		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
C DB Step-Ups	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 Inverted Rows		10		12		12		15	
		10		12		12		15	
		MAX		MAX		MAX		MAX	
D Lunges		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 Push-Ups	0:30	MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
E DB Single Arm Bent-Over Row		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 DB Shoulder Circuit		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 Planks (Front, Left Side, Right Side)	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 FOAM ROLLING & STRETCHING		10:00		10:00		10:00		10:00	

NAME: \_\_\_\_\_



**DAY 2**

<i>A Dynamic Warm-Up</i>		<i>Week 1</i>		<i>Week 2</i>		<i>Week 2</i>		<i>Week 4</i>	
<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>
<i>B Deadlift</i>		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
<i>B Medicine Ball Overhead Slam</i>	1:30	8		8		10		10	
		8		8		10		10	
		8		8		10		10	
		8		8		10		10	
<i>C Barbell or Dumbbell Bench Press</i>		12		10		10		8	
		12		10		10		8	
		12		10		10		8	
		12		10		10		8	
<i>C Plyometric Push-Up (CLAPPING)</i>	1:00	5		5		5		5	
		5		5		5		5	
		5		5		5		5	
		5		5		5		5	
<i>D Dumbbell Incline Bench</i>		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
<i>D Glute-Ham Raises</i>		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
<i>D Sit-Ups</i>	0:30	MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
<i>E 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	
<i>E 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	
<i>E Hanging Leg Lowers</i>		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
<i>E Dips</i>	0:30	MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
<i>F FOAM ROLLING &amp; STRETCHING</i>		10:00		10:00		10:00		10:00	



NAME: \_\_\_\_\_



**DAY 1**

		Week 5		Week 6		
		Reps	Wt	Reps	Wt	
<b>Dumbbell Circuit Day</b>						
B	<b>DB Upright Row</b>	10		10		
	<b>DB Step-Ups</b>	10 ea		10 ea		
	<b>DB Lateral Shoulder Raise</b>	10		10		
	<b>DB Alternate PushUp/Row</b>	10		10		
	<b>DB Alternate Lunges</b>	10 ea		10 ea		
	<b>DB Squats</b>	10		10		
	<b>DB Bent-Over Rows</b>	10		10		
	<b>DB Single Leg RDL's</b>	10 ea		10 ea		
	<b>DB Lateral Step-Ups</b>	10 ea		10 ea		
	<b>DB Alt. Curl to Press</b>	10 ea		10 ea		
	<b>DB X-Over Step-Ups</b>	10 ea		10 ea		
	<b>DB Overhead Tricep Extension</b>	10		10		
	<b>DB Lateral Lunges</b>	10 ea		10 ea		
	<b>*Rest 2-3 mins Between Rounds</b>		3 Rounds		2 Rounds	
	C	<b>PLANKS (Front, Left Side, Right Side)</b>	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	<b>FOAM ROLLING &amp; STRETCHING</b>	10:00		10:00		

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

NAME: \_\_\_\_\_



**Day 2**

		Week 5		Week 6	
		Reps	Wt	Reps	Wt
<b>A Dynamic Warm-Up</b>					
<b>PULL/PUSH/SIT Circuit</b>		<b>Reps</b>	<b>Wt</b>	<b>Reps</b>	<b>Wt</b>
<b>B</b>	Pull-Ups	3		3	
	Push-Ups	10		10	
	Sit-Ups	10		10	
	<i>*No Rest Between Exercises or Rounds</i>	10 Rounds		10 Rounds	
<b>C FOAM ROLLING &amp; STRETCHING</b>					
		10:00		10:00	

<b>Dynamic Warm-Up (perform movements over 10-15 yards)</b>	
<i>Walking Lunge w/Twist</i>	
<i>Walking Lunge w/Overhead Reach</i>	
<i>Lateral Lunge</i>	
<i>Walking Lunge&gt;Elbow to Instep&gt;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 &amp; L's x 10 each</i>	