

USAF SPECIAL WARFARE BASIC MILITARY TRAINING PREPARATION MANUAL

Body Weight - Strength and Conditioning



Physical Training Program

OBJECTIVE: To educate Special Warfare (SW) candidates on foundational physical fitness principles and to achievement of passing score on initial Physical Ability Stamina Test (PAST) test.

Introduction

This program is designed for SW candidates to begin the transition from the civilian world to the Special Warfare military culture of continual physical readiness. If candidates faithfully follow this program – to the best of their ability – in its entirety – they should be able to navigate the turbulence of basic training and develop the ability to fly over the physical bench marks as well as withstand the rigors of the pipeline preparation program. You should report to Basic Military Training (BMT) with the ability to excel on the PAST, be an adequate swimmer (being able to swim 500m in 15:00) as well as, have the ability to ruck for two (2) hours with twenty (20) pounds in your ruck sack (back pack). It is of high importance to complete the swim and ruck training in this program as these events prepare you for test standards and add an extra layer of protection from injuries. Trust the process. Follow the process. The more fit you are, the easier it is to focus on the task at hand. The workouts and the additional education materials provided will assist in preparing you mentally and physically to withstand the training pipeline.

How to Use This Manual

This introduction section will teach candidates how to properly read, understand and implement the information. Though not mandatory, it is recommended that candidates read and follow this manual to adequately prepare for the SW career field.

The intent of this manual is to guide candidates through physical preparation for Basic Training, Special Warfare Indoctrination course, and Assessment and Selection while decreasing the likelihood of overtraining and injury before selection begins.

Start with week one – day one. In order to be optimally prepared, we recommend candidates have a minimum of 8 – 12 weeks of preparation. Our experience has shown that less preparation leads to increased chances of injury and setbacks. Candidates will be asked about their physical preparation for the course. Candidates should be prepared to honestly answer questions about their physical preparation history.

Section 1: Warm-Up or Preparation for Exercise:

Warm-up is critical. Candidates must warm-up to prepare for workout preparation, injury prevention and muscle activation. The dynamic warm-ups in this program use a dynamic stretch, mostly in a walking or ballistic manner where you move the limb dynamically through the range of motion to prepare the muscle for exercise. It is recommended to complete dynamic stretching in the warm-up, while static stretching is preferred in cool-down post workout. Static stretching is when you hold a stretch for a longer period of time, 20-30 seconds or more.

This “Warm-Up” - The exercises are listed on the left and the repetitions (reps) or distance (Reps/Distance) is listed on right. Start at the top of the exercise list and perform the exercise for the prescribed time, distance, or a number of repetitions. Warm-up 1 is to be completed in weeks 1-4 and again during weeks 9-12. Warm-up 2 is to be completed in weeks 5-8 and weeks 13-16.

Warm-up 1

Weeks 1-4 and Weeks 9-12	
Exercise	Reps/Distance
Glute Bridges (hold for 3 seconds)	10
Y's	10
T's	10
W's	10
Front Plank	30 sec
Side Plank (Left and Right)	30 sec each
Quadruped	10 each
Quadruped Forward Knee Circles	10 each
Leg Cradle	10 yds
Lunge with Twist	10 yds
Lateral Lunge	10 yds
Forward Skip	10 each
Lateral Shuffle (Left and Right)	10 yds each
2" Runs	3x3 sec

Warm-up 2

Weeks 5-8 and Weeks 13-16	
Exercise	Reps/Distance
Foot on Bench Quad Stretch 1/2 Kn	30 Sec each
Scap Push-Ups	10
Arm Circles	20 sec
Front Plank	20 sec
Side Plank (Left and Right)	20 sec each
Knee Hug	10 yds
Lunge and Reach	10 yds
Air Squat Body Weight	10
High Knees	10 yds
Lateral Bounds	5 each
Falling Starts	3x5 yds

Strength & Conditioning I			Run Warm Ups		
Med Ball		REPS	In Place Movements		REPS
1	RDL + Press	8	1	BW Squat	8
2	Behind Head Good Morning	8	2	Reverse Lunge & Reach	6e
3	Overhead Curtsey Lunge	4e	3	Lateral Lunge	6e
4	Hug or Straight Arm Squat	8	4	Worlds Greatest Stretch	5e
5	Squat & Overhead Raise	8	5	Side Plank + Top Leg Lift	8e
6	Single Leg RDL	6e	6	Side to Side SQ	8e
7	Glute Bride (On Ball)	16	Dynamic Movements		Distance
8	Single Leg Glute Bridge	8e	1	Knee Hugs	15 yds
9	Overhead Split Squat	4e	2	Hip Tugs	15 yds
10	Wide Stance Squat	8e	3	Hamstring Sweeps	15 yds
11	Diagonal Chop & Lift	5e	4	Quad March	15 yds
12	Trunk Twist	8e	5	Reverse Airplane	15 yds
13	Chest Press Outs	8	6	Drum Major March	15 yds
14	Chest Overhead Press Ups	8	7	Skips	15 yds
15	Bentover Pull to Chest	4e	8	Heel to Butt Kicks	15 yds
16	Toe Out Heel Raise	8	9	Backward Run	15 yds
17	Toe In Heel Raise	8	10	Tall Shuffle	15 yds
18	Scapular W's Against Gravity	8	11	High Knee Carioca	15 yds

*** Warm up menus that can be substituted for warm-up exercises in Warm-up 1 or 2**

Section 2: Weight Room Workout

Day 1	Exercise	Sets	Reps	wt/reps
1	Squat	4	8	
Rest 1 Min Between Squat Sets				
2a	Good Morning or RDL's	3	8	
2b	Leg Curls	3	8	
Rest 1 Min Between Combo Sets				
3a	Dumbbell Overhead Shoulder Press	4	8	
3b	Alt Grip Pull Ups Use Bands if needed	4	10	
Rest 1 Min Between Combo Sets				
4a	Dips	3	12	
4b	Alt Dumbbell Curls	3	12	
Rest 1 Min Between Combo Sets				
5a	Mountain Climbers	3	20	
5b	Lying Leg Lifts	3	20	
6	Energy System Development	Reps	Distance	Time
	6 reps 80 yd Tempo Runs	6	80	

All workouts should focus on the proper form and technique before ever increasing weight. The key is posture first, pattern of movement second and then power/load when learning new movements.

The example above is for a “Day 1” workout of Week 1. To the right of this program there is an area to record the weight used for each exercise. On the left side of the sheet there are numbers and letters (1A, 1B, 2A, 2B...). These numbers group the exercises in the order they should be completed.

Day 1	Exercise	Sets	Reps	wt/reps
1	Squat	4	8	
Rest 1 Min Between Squat Sets				
2a	Good Morning or RDL's	3	8	
2b	Leg Curls	3	8	
Rest 1 Min Between Combo Sets				
3a	Dumbbell Overhead Shoulder Press	4	8	
3b	Alt Grip Pull Ups Use Bands if needed	4	10	
Rest 1 Min Between Combo Sets				
4a	Dips	3	12	
4b	Alt Dumbbell Curls	3	12	
Rest 1 Min Between Combo Sets				
5a	Mountain Climbers	3	20	
5b	Lying Leg Lifts	3	20	
6	Energy System Development	Reps	Distance	Time
	6 reps 80 yd Tempo Runs	6	80	

For the above example candidates will complete 1A “Squat” for 10 repetitions, rest 1 min then complete 1 set of 2a “Good Morning’s or RDL” for 8 repetitions followed immediately by 2b “Leg Curls” for 8 repetitions. At this point candidates will rest one (1) minute before repeating the same combo set two more times – for a total of 3 sets. After the third set of this combo set they will move to the next section of the workout.

Record the weight in the chart to include increases in weight. Dumb bell weights should be written as single dumb bell weight even if both are used.

The other main format used for weight room sessions is the circuit theme. Below is an example:

Day 1	Exercise	Sets/Time	Reps
	Perform both exercises in the grouping (1a,1b) for the prescribed amount of reps, do as many rounds of the exercises as you can in the allotted time (4 min in this case). When that time is up move to the activity between 1 and 2 / rest then move to next grouping. Repeat until workout is completed.		
1a	Pull Ups	4 min	4-8
1b	Push Ups		10
	Perform 25 eight count Body Builders / rest 3 min / move to next group		
2a	Forward Lunge/Lateral Lunge (Alternate)	4 min	8e
2b	DBL Leg Glute Bridge (hold at top 3 count)		12
	Bear Crawl forward 30 yds / rest 3 min / move to next group		
3a	Butterfly Sit Ups	4 min	20
3b	Single Leg RDL's		8e

The intent of circuit training is to increase the amount of work performed with limited rest time. With the circuit example above, candidates will perform exercises 1a pull-ups for 4-8 reps immediately followed by 10 pushups, and they will start all over again at exercise 1a without rest BUT maintaining strict form/technique. Candidates will continue this cycle for 4 minutes before moving on to the next exercises. In this example with will then complete 25-8 count body builders rest 3 minutes and move on to the next circuit. If form/technique breakdown begins to occur, rest or slow down as needed. If unable to complete the set number of reps, take a quick break and start again with strict form. Upon completion, record the number of rounds completed in each section. In the Day 1 example below your round will consist of exercises 1-14 for the prescribed number of reps, rest 3 minutes and then complete exercises 1-14 for 2 more rounds.

Day 1	Exercise circuit	Sets	Reps
✓	1 Alt Lunge Forward	3	6e
✓	2 Mountain Climber (Wide)	3	20e
✓	3 Push Ups (4 sec down, 4 sec hold, 4 sec u	3	5
✓	4 Bicycle Crunch	3	20e
✓	5 Body Wt Squats (4 sec, down, up)	3	20
✓	6 8 count Body Builders	3	15
✓	7 Close Grip Push Ups	3	12
✓	8 Butterfly Sit Ups	3	20
✓	9 Single Leg Glute Bridge	3	10e
✓	10 Backward Lunge	3	10e
✓	11 Wall Run	3	30 sec
✓	12 Side Plank ISO Holds	3	30 sec
✓	13 Extended Glute Bridge	3	12
✓	14 Super Man Seal Ups	3	12
	3 min rest between rounds of circuit (1-14), hydrate, recover, repeat x 3		

Section 3: Regeneration/Cool Down

Recovery/regeneration is important to achieve optimal performance and mitigate injury. All exercise reps in the regeneration/cool down are for a MINIMUM number of repetitions or time. The more tissue is tight, or in the case of the foam roller, the more it is uncomfortable --- the more pertinent it becomes to be doing these exercises

Section 4: Energy Systems Development / RUCK

Energy System Development (ESD) is all-inclusive of activities with a fitness or work capacity focus, like running, biking or rowing. For running events, wear appropriate running shoes to improve efficiency, mechanics, and minimize the risk of injury.

The human body has three energy systems. The difference in the systems is the power output. The shorter the time, the higher power output, the longer the time the less power. A 40 yard sprint will be very fast but only last a few seconds. An 800 yard sprint (two times around a track) would take about 3:00 minutes or more to complete. A mile (4 laps around a track) would take about 7:00 minutes or more for a successful candidate. The higher the intensity you are working the shorter amount of time you can work. In this program you will train all three energy systems.

Rucking- The definition can be as simple as walking around with a backpack on a hike or as difficult as moving fast while wearing with all your military gear over rugged terrain. The verb “to ruck” means getting your gear from A to B in a backpack.” You will train with a ruck walking briskly with a light load of 15-25 pounds.

RUCK TECHNIQUE

- Weight of body must be kept directly over feet, the sole of the shoe must be placed flat on ground by taking reduced strides at a steady pace. Do not over stride.
- 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.
- Practice walking at a quick, but manageable pace. Do not run with a rucksack as injuries may occur.

** If rucking cannot be achieved, do squats with a rucksack (100 repetitions five times or until muscle failure). To avoid knee injury, squat only to the point where the upper and lower leg form a 90 degree bend at the knee.*

Section 6: Exercise and Activity Descriptions

The movements and exercises are simple and extremely basic – but quite effective. If you are still confused be sure to ask a qualified professional, strength and conditioning coach at your high school, job or your Special Warfare Field Developer for assistance.

Warm-up 1

Weeks 1-4 and Weeks 9-12	
Exercise	Reps/Distance
Glute Bridges (hold for 3 seconds)	10
Y's - shoulders	10
T's - shoulders	10
W's - shoulders	10
Front Plank	30 sec
Side Plank (Left and Right)	30 sec each
Quadruped	10 each
Quadruped Forward Knee Circles	10 each
Leg Cradle	10 yds
Lunge with Twiist	10 yds
Lateral Lunge	10 yds
Forward Skip	10 each
Lateral Shuffle (Left and Right)	10 yds each
Carioca (Left and Right)	10 yds each

Warm-up 2

Weeks 5-8 and Weeks 13-16	
Exercise	Reps/Distance
Foot on Bench Quad Stretch 1/2 Kr	30 Sec each
Scap Push-Ups	10
Arm Circles	20 sec
Front Plank	20 sec
Side Plank (Left and Right)	20 sec each
Knee Hug	10 yds
Lunge and Reach	10 yds
Air Squat Body Weight	10
High Knees	10 yds
Side Shuffle Right & Left	10 yds
Carioca Right & Left	10 yds

Warm Up Menus

Strength & Conditioning I			Run Warm Ups		
Med Ball		REPS	In Place Movements		REPS
1	RDL + Press	8	1	BW Squat	8
2	Behind Head Good Morning	8	2	Reverse Lunge & Reach	6e
3	Overhead Curtsey Lunge	4e	3	Lateral Lunge	6e
4	Hug or Straight Arm Squat	8	4	Worlds Greatest Stretch	5e
5	Squat & Overhead Raise	8	5	Side Plank + Top Leg Lift	8e
6	Single Leg RDL	6e	6	Side to Side SQ	8e
7	Glute Bride (On Ball)	16	Dynamic Movements		Distance
8	Single Leg Glute Bridge	8e	1	Knee Hugs	15 yds
9	Overhead Split Squat	4e	2	Hip Tugs	15 yds
10	Wide Stance Squat	8e	3	Hamstring Sweeps	15 yds
11	Diagonal Chop & Lift	5e	4	Quad March	15 yds
12	Trunk Twist	8e	5	Reverse Airplane	15 yds
13	Chest Press Outs	8	6	Drum Major March	15 yds
14	Chest Overhead Press Ups	8	7	Skips	15 yds
15	Bentover Pull to Chest	4e	8	Heel to Butt Kicks	15 yds
16	Toe Out Heel Raise	8	9	Backward Run	15 yds
17	Toe In Heel Raise	8	10	Tall Shuffle	15 yds
18	Scapular W's Against Gravity	8	11	High Knee Carioca	15 yds

Post Work-Out Regeneration/Cool-Down

All Time/Reps are a Minimum Standard

Foam Roll/Stick/Trigger Point	REPS	In Place Movements	REPS
Tennis Ball to Bottom of Foot	30 sec each	Toe Pull	30 sec each
Foam Roll Calves	30 sec each	Wal Calf Stretch	30 sec each
Stick or Barbell to Hamstring	30 sec each	Band Hamstring Stretch	30 sec each
Foam Roll Quadriceps	30 sec each	Figure 4 Crossover Stretch	30 sec each
Foam Roll IT Band	30 sec each	IT Band Stretch	30 sec each
Foam Roll Glutes	30 sec each	Foot on Bench Quad Stretch 1/2 Kneeling	30 sec each
Tennis Ball to TFL	30 sec each	Prayer Stretch	30 sec
Foam Roll T-Spine	30 sec	Hurdler Stretch	30 sec each
T-Spine Fulcrum with Foam Roller	x12	Sleeper Stretch	30 sec each
Foam Roll Lats	30 sec each		
Tennis Ball to Pec Minor	30 sec each		
Tennis Ball to Posterior Shoulder	30 sec each		
Hydro			
Contrast Hot/Cold Shower or Bath	2 Min Hot 2 Min Cold		
Ice Bath	5 Min		
Hot Tub	5 Min		

SW Pre Accession Adaptation Training

Weeks 1-2

Day 1		Exercise circuit	Sets	Reps
	1	Alt Lunge Forward	3	6e
	2	Mountain Climber (Wide)	3	20e
	3	Push Ups (4 sec down, 4 sec hold, 4 sec up)	3	5
	4	Bicycle Crunch	3	20e
	5	Body Wt Squats (4 sec, down, up)	3	20
	6	8 count Body Builders	3	15
	7	Close Grip Push Ups	3	12
	8	Butterfly Sit Ups	3	20
	9	Single Leg Glute Bridge	3	10e
	10	Backward Lunge	3	10e
	11	Wall Run	3	30 sec
	12	Side Plank ISO Holds	3	30 sec
	13	Extended Glute Bridge	3	12
	14	Super Man Seal Ups	3	12
3 min rest between rounds of circuit (1-14), hydrate, recover, repeat x 3				

Day 2 Swim 1 /Swim 3

Day 3		Exercise	Sets	Reps
1a		Split Squats	3	12e
1b		Plank ISO Holds	3	45 sec
1c		Single Leg Glute Bridge	3	12e
1d		Hand Release Push Ups	3	12
Run 200m / 3 min recovery, hydration, and set up for next circuit				
2a		Lateral Lunge	3	12e
2b		Dead Bug	3	24
2c		DBL Leg Glute Bridge	3	12
2d		Push Ups	3	15
Run 200m / 3 min recovery, hydration, and set up for next circuit				
3a		Body Wt Squats	3	20
3b		BW Single Leg RDL	3	10e
3c		Close Grip Push Ups	3	12
3d		Straight Leg V ups	3	15
Run 200m / 3 min recovery, hydration, and set up for next circuit				
4a		Split Squat ISO Holds	3	30 sec e
4b		Squat Jumps	3	10
4c		Eight Count Body Builders	3	10
4d		Flutter Kicks	3	30
4e		Reverse Flutter Kicks (on stomach)	3	60

Day 4 Swim 2 / Swim 4

SW Pre Accession Adaptation Training

Weeks 1-2 - continued

Day 5	Exercise	Sets	Reps
1a	BW Squats	1	20
1b	Run 50 meters / rest 30 sec and perform next exercise		
2a	Push Ups	1	15
2b	Run 50 meters / rest 30 sec and perform next exercise		
3a	Single Leg Glute Bridge	1	12e
3b	Run 50 meters / rest 30 sec and perform next exercise		
4a	Hand Release Push Ups	1	12
4b	Run 50 meters / rest 30 sec and perform next exercise		
5a	Lateral Lunge	1	8e
5b	Run 50 meters / rest 30 sec and perform next exercise		
6a	Dead Bug	1	20
6b	Run 50 meters / rest 30 sec and perform next exercise		
7a	DBL Leg Glute Bridge March	1	12e
7b	Run 50 meters / rest 30 sec and perform next exercise		
8a	Butterfly Sit Ups	1	20
8b	Run 50 meters / rest 30 sec and perform next exercise		
9a	Forward Lunge	1	8e
9b	Run 50 meters / rest 30 sec and perform next exercise		
10a	BW Single Leg RDL	1	8e
10b	Run 50 meters / rest 30 sec and perform next exercise		
11a	Close Grip Push Ups	1	8
11b	Run 50 meters / rest 30 sec and perform next exercise		
12a	Straight Leg V ups	1	12
12b	Run 50 meters / rest 30 sec and perform next exercise		
13a	Squat Jumps	1	8
13b	Run 50 meters / rest 30 sec and perform next exercise		
14a	Flutter Kicks	1	30
14b	Run 50 meters / rest 30 sec and perform next exercise		
15a	Reverse Flutter Kicks (on stomach)	1	30
15b	Run 50 meters / rest 30 sec and perform next exercise		
16	Side Plank Hip Lifts	1	10e

Day 6	Ruck 1 / Ruck 2
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SW Pre Accession Recovery I Week - 5

Day 1

Rest and Recover

Day 2

	Exercise	Sets	Reps	Goal
	Past Test +			
	Perform the PAST, after 1.5 mile run repeat the cal's			
1	Pull Ups (Max effort in 2:00)	1		8 reps
2	Push Ups (Max effort in 2:00)	1		40 reps
3	Sit Ups (Max effort in 2:00)	1		50 reps
4	1.5 Mile Timed Run	1		10:20
	Rest 5 min after the run, repeat the max cal's			
5	Pull Ups (Max effort in 2:00)	1		8 reps
6	Push Ups (Max effort in 2:00)	1		40 reps
7	Sit Ups (Max effort in 2:00)	1		50 reps
8	500 meter swim	1	500	15:00

Day 3

Swim 9

Day 4

Work Capacity Circuit

Day 4 is a work capacity circuit using a stationary bike or a 50-60 meter run between exercises. Perform the number of reps for an exercise and then get on the bike for a 30 sec high tempo bout of riding. Once the 30 sec is up rest for 1 min and move to the next exercise and repeat the process.

	Metabolic Circuit 1 time through	Sets	Reps	wt/reps
1a	Body Wt Squats	1	20	
1b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
2a	Push Ups	1	20	
2b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
3a	Plank Knees to elbows	1	20	
3b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
4a	Pull Ups	1	8-12	
4b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
5a	Reverse Lunge	1	10	
5b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
6a	Single Leg Glute Bridge (BW)	1	12	
6b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
7a	Close Grip Push Ups	1	15	
7b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
8a	Squat Jumps	1	12	
8b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
9a	Fluterkicks	2	30	
9b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
10a	Mountain Climbers	1	30	
10b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			

Day 5

Ruck 6

SW Pre Accession Adaptation Training

Weeks 3-4

Day 1		Exercise circuit	Sets	Reps
✓	1	Alt Lunge Forward	4	6e
✓	2	Mountain Climber (Wide)	4	20e
✓	3	Push Ups (4 sec down, 4 sec hold, 4 sec up)	4	5
✓	4	Bicycle Crunch	4	20e
✓	5	Body Wt Squats (4 sec, down, up)	4	20
✓	6	8 count Body Builders	4	15
✓	7	Close Grip Push Ups	4	12
✓	8	Butterfly Sit Ups	4	20
✓	9	Single Leg Glute Bridge	4	10e
✓	10	Backward Lunge	4	10e
✓	11	Wall Run	4	30 sec
✓	12	Side Plank ISO Holds	4	30 sec
✓	13	Extended Glute Bridge	4	12
✓	14	Super Man Seal Ups	4	12
3 min rest between rounds of circuit, hydrate, recover, repeat x 4				
25 Min timed run at conversation pace				

Day 2 Swim 5 / Swim 7

Day 3		Exercise	Sets	Reps
1a		Split Squats	4	15e
1b		Plank ISO Holds	4	60 sec
1c		Single Leg Glute Bridge	4	16e
1d		Hand Release Push Ups	4	15
Run 200m / 3 min recovery, hydration, and set up for next circuit				
2a		Lateral Lunge	4	12e
2b		Dead Bug	4	24
2c		DBL Leg Glute Bridge	4	20
2d		Push Ups	4	20
Run 200m / 3 min recovery, hydration, and set up for next circuit				
3a		Body Wt Squats	4	25
3b		BW Single Leg RDL	4	12e
3c		Close Grip Push Ups	4	15
3d		Straight Leg V ups	4	20
Run 200m / 3 min recovery, hydration, and set up for next circuit				
4a		Split Squat ISO Holds	4	45 sec
4b		Squat Jumps	4	15
4c		Eight Count Body Builders	4	20
4d		Flutter Kicks	4	45
4e		Reverse Flutter Kicks (on stomach)	4	60
3 min rest between rounds of circuit, hydrate, recover, repeat x 4				
25 Min timed run at conversation pace				

Day 4 Swim 6 / Swim 8

SW Pre Accession Adaptation Training

Weeks 3-4 - continued

Day 5		Exercise	Sets	Reps
1a		BW Squats	1	20
1b		Run 50 meters / rest 30 sec and perform next exercise		
2a		Push Ups	1	20
2b		Run 50 meters / rest 30 sec and perform next exercise		
3a		Single Leg Glute Bridge	1	15e
3b		Run 50 meters / rest 30 sec and perform next exercise		
4a		Hand Release Push Ups	1	15
4b		Run 50 meters / rest 30 sec and perform next exercise		
5a		Lateral Lunge	1	10e
5b		Run 50 meters / rest 30 sec and perform next exercise		
6a		Dead Bug	1	20
6b		Run 50 meters / rest 30 sec and perform next exercise		
7a		DBL Leg Glute Bridge March	1	15e
7b		Run 50 meters / rest 30 sec and perform next exercise		
8a		Butterfly Sit Ups	1	25
8b		Run 50 meters / rest 30 sec and perform next exercise		
9a		Forward Lunge	1	10e
9b		Run 50 meters / rest 30 sec and perform next exercise		
10a		BW Single Leg RDL	1	10e
10b		Run 50 meters / rest 30 sec and perform next exercise		
11a		Close Grip Push Ups	1	12
11b		Run 50 meters / rest 30 sec and perform next exercise		
12a		Straight Leg V ups	1	15
12b		Run 50 meters / rest 30 sec and perform next exercise		
13a		Squat Jumps	1	10
13b		Run 50 meters / rest 30 sec and perform next exercise		
14a		Flutter Kicks	1	40
14b		Run 50 meters / rest 30 sec and perform next exercise		
15a		Reverse Flutter Kicks (on stomach)	1	60
15b		Run 50 meters / rest 30 sec and perform next exercise		
16		Side Plank Hip Lifts	1	15e

Day 6	Ruck 3 / Ruck 4
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Pre Accession Body Wt Training - Week 6

Day 1	Exercise	Sets/Time	Reps
Perform both exercises in the grouping (1a,1b) for the prescribed amount of reps, do as many rounds of the exercises as you can in the allotted time (4 min in this case). When that time is up move to the activity between 1 and 2 / rest then move to next grouping. Repeat until workout is completed.			
1a	Pull Ups	4 min	4-8
1b	Push Ups		10
Perform 25 eight count Body Builders / rest 3 min / move to next group			
2a	Forward Lunge/Lateral Lunge (Alternate)	4 min	8e
2b	DBL Leg Glute Bridge (hold at top 3 count)		12
Bear Crawl forward 30 yds / rest 3 min / move to next group			
3a	Butterfly Sit Ups	4 min	20
3b	Single Leg RDL's		8e
Run 200 m / rest 3 min / move to next group			
4a	BW Squat Jumps	4 min	10
4b	Side Planks (20 sec each side)		20 sec
Run 200 m / rest 3 min / move to next group			
5a	Split Squats	4 min	8e
5b	DBL Leg Extended Glute Bridge		15
200 m run @ 42-45 sec, 90 Sec Rest between reps (3 min rest between sets)		2	4

Day 2 Swim 10

Day 3	Exercise	Sets/Time	Reps
	Perform the exercises in each grouping for the allotted time, get as many sets completed as you can. When finished recovery and move to next grouping.		
1a	Pull Ups	6 min	4-6
1b	Sit Ups		20
1c	Push Ups		12
	3 min recovery, hydration and set up for next giant set		
2a	Reverse Lunge	6 min	6e
2b	Dead Bug		15
2c	Glute Bridge March		16
	3 min recovery, hydration and set up for next giant set		
3a	Eccentric Push Ups (6 sec down)	6 min	5e
3b	Eccentric Horizontal Pull Ups (6 sec down)		6 steps
3c	Prisoner Good Mornings		12
	3 min recovery, hydration and set up for next giant set		
4a	Superman Opposite Arm and Leg	6 min	20 e
4b	Bicycle Crunch		20
4c	Super Man Seal Ups		10
	Run Long Slow Distance / Individual pace	24 min	

Day 4 Swim 11

Pre Accession Body Wt Training Week 6 - continued

Day 5	Exercise	Sets/Time	Reps
	Perform the four exercises in each grouping for the allotted time, get as many sets completed as possible they run the 400m / rest and move to next grouping.		
1a	Pause Squats (Hold bottom Position 3 counts)	8 min	12
1b	Chin Ups (Palm of hands facing you)		5-8
1c	Single Leg Glute Bridges		8
1d	Seated Russian Twist		8e
	run 400m / rest 4-5 min / move to next group		
2a	Walking Lunge	8 min	10e
2b	Pause Push Ups (Hold Bottom Position 3 count)		10
2c	Walking Single Leg RDL's		10e
2d	Eccentric Pull Ups (Lower body slowly (4 count)		4
	run 400m / rest 4-5 min / move to next group		
3a	Plank Knee to Elbow Marches	8 min	8e
3b	Wind Mill Push Ups		10
3c	Extended DBL Leg Glute Bridge		12
3d	Horizontal Pull Ups		8
	run 800m / Hydrate / stretch / recover		

Day 6

Pre Accession Body Wt Training Week 7

Day 1	Exercise	Sets/Time	Reps
	Perform both exercises in the grouping (1a,1b) for the prescribed amount of reps, do as many rounds of the exercises as you can in the allotted time (5 min in this case). When that time is up move to the activity between 1 and 2 / rest then move to next grouping. Repeat until workout is completed.		
1a	Pull Ups	5 min	4-8
1b	Push Ups		10
Perform 25 eight count Body Builders / rest 3 min / move to next group			
2a	Forward Lunge/Lateral Lunge (Alternate)	5 min	8e
2b	DBL Leg Glute Bridge (hold at top 3 count)		12
Bear Crawl forward 30 yds / rest 3 min / move to next group			
3a	Butterfly Sit Ups	5 min	20
3b	Single Leg RDL's		8e
Run 200 m / rest 3 min / move to next group			
4a	BW Squat Jumps	5 min	10
4b	Side Planks (20 sec each side)		20 sec
Run 200 m / rest 3 min / move to next group			
5a	Split Squats	5 min	8e
5b	DBL Leg Extended Glute Bridge		15
300 m run @ 55-60 sec, 3:00 rest between reps (5 min rest between sets)		2	4

Day 2 Swim 12

Day 3	Exercise	Sets/Time	Reps
	Perform the exercises in each grouping for the allotted time, get as many sets completed as you can. When finished recovery and move to next grouping.		
1a	Pull Ups	7 min	4-6
1b	Sit Ups		20
1c	Push Ups		12
	3 min recovery, hydration and set up for next giant set		
2a	Reverse Lunge	7 min	6e
2b	Dead Bug		15
2c	Glute Bridge March		16
	3 min recovery, hydration and set up for next giant set		
3a	Eccentric Push Ups (6 sec down)	7 min	5e
3b	Eccentric Horizontal Pull Ups (6 sec down)		6 steps
3c	Prisoner Good Mornings		12
	3 min recovery, hydration and set up for next giant set		
4a	Superman Opposite Arm and Leg	7 min	20 e
4b	Bicycle Crunch		20
4c	Super Man Seal Ups		10
	Run Long Slow Distance / Individual pace	32 min	

Day 4 Ruck 7

Pre Accession Body Wt Training Week 7 - continued

Day 5	Exercise	Sets/Time	Reps
	Perform the four exercises in each grouping for the allotted time, get as many sets completed as possible they run the 400m / rest and move to next grouping.		
1a	Pause Squats (Hold bottom Position 3 counts)	9 min	12
1b	Chin Ups (Palm of hands facing you)		5-8
1c	Single Leg Glute Bridges		8
1d	Seated Russian Twist		8e
	run 400m / rest 4-5 min / move to next group		
2a	Walking Lunge	9 min	10e
2b	Pause Push Ups (Hold Bottom Position 3 count)		10
2c	Walking Single Leg RDL's		10e
2d	Eccentric Pull Ups (Lower body slowly (4 count)		4
	run 400m / rest 4-5 min / move to next group		
3a	Plank Knee to Elbow Marches	9 min	8e
3b	Wind Mill Push Ups		10
3c	Extended DBL Leg Glute Bridge		12
3d	Horizontal Pull Ups		8
	run 800m / Hydrate / stretch / recover		

Day 6

Pre Accession Body Wt Training Week 8

Day 1	Exercise	Sets/Time	Reps
	Perform both exercises in the grouping (1a,1b) for the prescribed amount of reps, do as many rounds of the exercises as you can in the allotted time (6 min in this case). When that time is up move to the activity between 1 and 2 / rest then move to next grouping. Repeat until workout is completed.		
1a	Pull Ups	6 min	4-8
1b	Push Ups		10
	Perform 25 eight count Body Builders / rest 3 min / move to next group		
2a	Forward Lunge/Lateral Lunge (Alternate)	6 min	8e
2b	DBL Leg Glute Bridge (hold at top 3 count)		12
	Bear Crawl forward 30 yds / rest 3 min / move to next group		
3a	Butterfly Sit Ups	6 min	20
3b	Single Leg RDL's		8e
	Run 200 m / rest 3 min / move to next group		
4a	BW Squat Jumps	6 min	10
4b	Side Planks (20 sec each side)		20 sec
	Run 200 m / rest 3 min / move to next group		
5a	Split Squats	6 min	8e
5b	DBL Leg Extended Glute Bridge		15
	300 m run @ 55-60 sec, 3:00 rest between reps (5 min rest between sets)	2	4

Day 2 Swim 13

Day 3	Exercise	Sets/Time	Reps
	Perform the exercises in each grouping for the allotted time, get as many sets completed as you can. When finished recovery and move to next grouping.		
1a	Pull Ups	8 min	4-6
1b	Sit Ups		20
1c	Push Ups		12
	3 min recovery, hydration and set up for next giant set		
2a	Reverse Lunge	8 min	6e
2b	Dead Bug		15
2c	Glute Bridge March		16
	3 min recovery, hydration and set up for next giant set		
3a	Eccentric Push Ups (6 sec down)	8 min	5e
3b	Eccentric Horizontal Pull Ups (6 sec down)		6 steps
3c	Prisoner Good Mornings		12
	3 min recovery, hydration and set up for next giant set		
4a	Superman Opposite Arm and Leg	8 min	20 e
4b	Bicycle Crunch		20
4c	Super Man Seal Ups		10
	Run Long Slow Distance / Individual pace	40 min	

Day 4 Swim 14

Pre Accession Body Wt Training Week 8 - continued

Day 5	Exercise	Sets/Time	Reps
	Perform the four exercises in each grouping for the allotted time, get as many sets completed as possible they run the 400m / rest and move to next grouping.		
1a	Pause Squats (Hold bottom Position 3 counts)	10 min	12
1b	Chin Ups (Palm of hands facing you)		5-8
1c	Single Leg Glute Bridges		8
1d	Seated Russian Twist		8e
	run 400m / rest 4-5 min / move to next group		
2a	Walking Lunge	10 min	10e
2b	Pause Push Ups (Hold Bottom Position 3 count)		10
2c	Walking Single Leg RDL's		10e
2d	Eccentric Pull Ups (Lower body slowly (4 count)		4
	run 400m / rest 4-5 min / move to next group		
3a	Plank Knee to Elbow Marches	10 min	8e
3b	Wind Mill Push Ups		10
3c	Extended DBL Leg Glute Bridge		12
3d	Horizontal Pull Ups		8
	run 1200m / Hydrate / stretch / recover		

Day 6

Pre Accession Body Wt Training - Week 9

Day 1	Exercise	Sets/Time	Reps
	Perform both exercises in the grouping (1a,1b) for the prescribed amount of reps, do as many rounds of the exercises as you can in the allotted time (4 min in this case). When that time is up move to the activity between 1 and 2 / rest then move to next grouping. Repeat until workout is completed.		
1a	Pull Ups	4 min	4-8
1b	Push Ups		10
	Perform 25 eight count Body Builders / rest 3 min / move to next group		
2a	Forward Lunge/Lateral Lunge (Alternate)	4 min	8e
2b	DBL Leg Glute Bridge (hold at top 3 count)		12
	Bear Crawl forward 30 yds / rest 3 min / move to next group		
3a	Butterfly Sit Ups	4 min	20
3b	Single Leg RDL's		8e
	Run 200 m / rest 3 min / move to next group		
4a	BW Squat Jumps	4 min	10
4b	Side Planks (20 sec each side)		20 sec
	Run 200 m / rest 3 min / move to next group		
5a	Split Squats	4 min	8e
5b	DBL Leg Extended Glute Bridge		15
	200 m run @ 42-45 sec, 90 Sec Rest between reps (3 min rest between sets)	2	4

Day 2 Swim 15

Day 3	Exercise	Sets/Time	Reps
	Perform the exercises in each grouping for the allotted time, get as many sets completed as you can. When finished recovery and move to next grouping.		
1a	Pull Ups	6 min	4-6
1b	Sit Ups		20
1c	Push Ups		12
	3 min recovery, hydration and set up for next giant set		
2a	Reverse Lunge	6 min	6e
2b	Dead Bug		15
2c	Glute Bridge March		16
	3 min recovery, hydration and set up for next giant set		
3a	Eccentric Push Ups (6 sec down)	6 min	5e
3b	Eccentric Horizontal Pull Ups (6 sec down)		6 steps
3c	Prisoner Good Mornings		12
	3 min recovery, hydration and set up for next giant set		
4a	Superman Opposite Arm and Leg	6 min	20 e
4b	Bicycle Crunch		20
4c	Super Man Seal Ups		10
	Run Long Slow Distance / Individual pace	30 min	

Day 4 Ruck 8

Pre Accession Body Wt Training - Week 9 - continued

Day 5	Exercise	Sets/Time	Reps
Perform the four exercises in each grouping for the allotted time, get as many sets completed as possible they run the 400m / rest and move to next grouping.			
1a	Pause Squats (Hold bottom Position 3 counts)	8 min	12
1b	Chin Ups (Palm of hands facing you)		5-8
1c	Single Leg Glute Bridges		8
1d	Seated Russian Twist		8e
run 400m / rest 4-5 min / move to next group			
2a	Walking Lunge	8 min	10e
2b	Pause Push Ups (Hold Bottom Position 3 count)		10
2c	Walking Single Leg RDL's		10e
2d	Eccentric Pull Ups (Lower body slowly (4 count)		4
run 400m / rest 4-5 min / move to next group			
3a	Plank Knee to Elbow Marches	8 min	8e
3b	Wind Mill Push Ups		10
3c	Extended DBL Leg Glute Bridge		12
3d	Horizontal Pull Ups		8
run 800m / Hydrate / stretch / recover			

Day 6

SW Pre Accession Recovery II Week - 10

Day 1

Rest and Recover

Day 2

	Exercise	Sets	Reps	Goal
	Past Test +			
	Perform the PAST, after 1.5 mile run repeat the cal's			
1	Pull Ups (Max effort in 2:00)	1		8 reps
2	Push Ups (Max effort in 2:00)	1		40 reps
3	Sit Ups (Max effort in 2:00)	1		50 reps
4	1.5 Mile Timed Run	1		10:20
	Rest 5 min after the run, repeat the max cal's			
5	Pull Ups (Max effort in 2:00)	1		8 reps
6	Push Ups (Max effort in 2:00)	1		40 reps
7	Sit Ups (Max effort in 2:00)	1		50 reps
8	500 meter swim	1	500	15:00

Day 3

Swim 16

Day 4

Work Capacity Circuit

Day 4 is a work capacity circuit using a stationary bike or a 50-60 meter run between exercises. Perform the number of reps for an exercise and then get on the bike for a 30 sec high tempo bout of riding. Once the 30 sec is up rest for 1 min and move to the next exercise and repeat the process.

	Metabolic Circuit 1 time through	Sets	Reps	wt/reps
1a	Body Wt Squats	1	20	
1b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
2a	Push Ups	1	20	
2b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
3a	Plank Knees to elbows	1	20	
3b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
4a	Pull Ups	1	8-12	
4b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
5a	Reverse Lunge	1	10	
5b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
6a	Single Leg Glute Bridge (BW)	1	12	
6b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
7a	Close Grip Push Ups	1	15	
7b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
8a	Squat Jumps	1	12	
8b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
9a	Flutterkicks	2	30	
9b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
10a	Mountain Climbers	1	30	
10b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			

Day 5

Ruck 9

Pre Accession Body Wt Training Week 11

Day 1	Exercise	Sets/Time	Reps
	Perform both exercises in the grouping (1a,1b) for the prescribed amount of reps, do as many rounds of the exercises as you can in the allotted time (6 min in this case). When that time is up move to the activity between 1 and 2 / rest then move to next grouping. Repeat until workout is completed.		
1a	Pull Ups	6 min	4-8
1b	Push Ups		10
	Perform 25 eight count Body Builders / rest 2 min / move to next group		
2a	Forward Lunge/Lateral Lunge (Alternate)	6 min	8e
2b	DBL Leg Glute Bridge (hold at top 3 count)		12
	Bear Crawl forward 40 yds / rest 2 min / move to next group		
3a	Butterfly Sit Ups	6 min	20
3b	Single Leg RDL's		8e
	Bear Crawl Backward 40 yds / rest 2 min move to next group		
4a	BW Squat Jumps	6 min	10
4b	Side Planks (20 sec each side)		20 sec
	Perform 25 eight count Body Builders / rest 2 min / move to next group		
5a	Split Squats	6 min	8e
5b	DBL Leg Extended Glute Bridge		15
	300 m run @ 55-60 sec, 3:00 rest between reps (5 min rest between sets)	2	4

Day 2 Swim 17

Day 3	Exercise	Sets/Time	Reps
	Perform the exercises in each grouping for the allotted time, get as many sets completed as you can. When finished recovery and move to next grouping.		
1a	Pull Ups	8 min	4-6
1b	Sit Ups		20
1c	Push Ups		12
	Run 400 meters /3 min recovery, hydration and set up for next giant set		
2a	Reverse Lunge	8 min	6e
2b	Dead Bug		15
2c	Glute Bridge March		16
	Run 400 meters /3 min recovery, hydration and set up for next giant set		
3a	Eccentric Push Ups (6 sec down)	8 min	5e
3b	Eccentric Horizontal Pull Ups (6 sec down)		6 steps
3c	Prisoner Good Mornings		12
	Run 400 meters /3 min recovery, hydration and set up for next giant set		
4a	Superman Opposite Arm and Leg	8 min	20 e
4b	Bicycle Crunch		20
4c	Super Man Seal Ups		10
	Run Long Slow Distance / Individual pace	40 min	

Day 4 Swim 18

Pre Accession Body Wt Training Week 11 - continued

Day 5	Exercise	Sets/Time	Reps
	Perform the four exercises in each grouping for the allotted time, get as many sets completed as possible they run the 400m / rest and move to next grouping.		
1a	Pause Squats (Hold bottom Position 3 counts)	10 min	12
1b	Chin Ups (Palm of hands facing you)		5-8
1c	Single Leg Glute Bridges		8e
1d	Seated Russian Twist		8e
	run 800m / rest 4-5 min / move to next group		
2a	Walking Lunge	10 min	10e
2b	Pause Push Ups (Hold Bottom Position 3 count)		10
2c	Walking Single Leg RDL's		10e
2d	Eccentric Pull Ups (Lower body slowly (4 count)		4
	run 800m / rest 4-5 min / move to next group		
3a	Plank Knee to Elbow Marches	10 min	8e
3b	Wind Mill Push Ups		10
3c	Extended DBL Leg Glute Bridge		12
3d	Horizontal Pull Ups		8
	run 1600m / Hydrate / stretch / recover		

Day 6

Pre Accession Body Wt Training Week 12

Day 1	Exercise	Sets/Time	Reps
Perform both exercises in the grouping (1a,1b) for the prescribed amount of reps, do as many rounds of the exercises as you can in the allotted time (7 min in this case). When that time is up move to the activity between 1 and 2 / rest then move to next grouping. Repeat until workout is completed.			
1a	Pull Ups	7 min	4-8
1b	Push Ups		10
Perform 25 eight count Body Builders / rest 2 min / move to next group			
2a	Forward Lunge/Lateral Lunge (Alternate)	7 min	8e
2b	DBL Leg Glute Bridge (hold at top 3 count)		12
Bear Crawl forward 40 yds / rest 2 min / move to next group			
3a	Butterfly Sit Ups	7 min	20
3b	Single Leg RDL's		8e
Bear Crawl Backward 40 yds / rest 2 min move to next group			
4a	BW Squat Jumps	7 min	10
4b	Side Planks (20 sec each side)		20 sec
Perform 25 eight count Body Builders / rest 2 min / move to next group			
5a	Split Squats	7 min	8e
5b	DBL Leg Extended Glute Bridge		15
300 m run @ 55-60 sec, 3:00 rest between reps (5 min rest between sets)		2	4

Day 2 Swim 19

Day 3	Exercise	Sets/Time	Reps
	Perform the exercises in each grouping for the allotted time, get as many sets completed as you can. When finished recovery and move to next grouping.		
1a	Pull Ups	9 min	4-6
1b	Sit Ups		20
1c	Push Ups		12
	Run 400 meters /3 min recovery, hydration and set up for next giant set		
2a	Reverse Lunge	9 min	6e
2b	Dead Bug		15
2c	Glute Bridge March		16
	Run 400 meters /3 min recovery, hydration and set up for next giant set		
3a	Eccentric Push Ups (6 sec down)	9 min	5e
3b	Eccentric Horizontal Pull Ups (6 sec down)		6 steps
3c	Prisoner Good Mornings		12
	Run 400 meters /3 min recovery, hydration and set up for next giant set		
4a	Superman Opposite Arm and Leg	9 min	20 e
4b	Bicycle Crunch		20
4c	Super Man Seal Ups		10
	Run Long Slow Distance / Individual pace	45 min	

Day 4 Ruck 10

Pre Accession Body Wt Training Week 12 - continued

Day 5	Exercise	Sets/Time	Reps
	Perform the four exercises in each grouping for the allotted time, get as many sets completed as possible they run the 400m / rest and move to next grouping.		
1a	Pause Squats (Hold bottom Position 3 counts)	11 min	12
1b	Chin Ups (Palm of hands facing you)		5-8
1c	Single Leg Glute Bridges		8
1d	Seated Russian Twist		8e
	run 800m / rest 4-5 min / move to next group		
2a	Walking Lunge	11 min	10e
2b	Pause Push Ups (Hold Bottom Position 3 count)		10
2c	Walking Single Leg RDL's		10e
2d	Eccentric Pull Ups (Lower body slowly (4 count)		4
	run 800m / rest 4-5 min / move to next group		
3a	Plank Knee to Elbow Marches	11 min	8e
3b	Wind Mill Push Ups		10
3c	Extended DBL Leg Glute Bridge		12
3d	Horizontal Pull Ups		8
	run 1600m / Hydrate / stretch / recover		

Day 6

Pre Accession Body Wt Training Week 13

Day 1	Exercise	Sets/Time	Reps
Perform both exercises in the grouping (1a,1b) for the prescribed amount of reps, do as many rounds of the exercises as you can in the allotted time (8 min in this case). When that time is up move to the activity between 1 and 2 / rest then move to next grouping. Repeat until workout is completed.			
1a	Pull Ups	8 min	4-8
1b	Push Ups		10
Perform 25 eight count Body Builders / rest 2 min / move to next group			
2a	Forward Lunge/Lateral Lunge (Alternate)	8 min	8e
2b	DBL Leg Glute Bridge (hold at top 3 count)		12
Bear Crawl forward 40 yds / rest 2 min / move to next group			
3a	Butterfly Sit Ups	8 min	20
3b	Single Leg RDL's		8e
Bear Crawl Backward 40 yds / rest 2 min move to next group			
4a	BW Squat Jumps	8 min	10
4b	Side Planks (20 sec each side)		20 sec
Perform 25 eight count Body Builders / rest 2 min / move to next group			
5a	Split Squats	8 min	8e
5b	DBL Leg Extended Glute Bridge		15
300 m run @ 55-60 sec, 3:00 rest between reps (5 min rest between sets)		2	4

Day 2 Swim 20

Day 3	Exercise	Sets/Time	Reps
	Perform the exercises in each grouping for the allotted time, get as many sets completed as you can. When finished recovery and move to next grouping.		
1a	Pull Ups	10 min	4-6
1b	Sit Ups		20
1c	Push Ups		12
	Run 400 meters /3 min recovery, hydration and set up for next giant set		
2a	Reverse Lunge	10 min	6e
2b	Dead Bug		15
2c	Glute Bridge March		16
	Run 400 meters /3 min recovery, hydration and set up for next giant set		
3a	Eccentric Push Ups (6 sec down)	10 min	5e
3b	Eccentric Horizontal Pull Ups (6 sec down)		6 steps
3c	Prisoner Good Mornings		12
	Run 400 meters /3 min recovery, hydration and set up for next giant set		
4a	Superman Opposite Arm and Leg	10 min	20 e
4b	Bicycle Crunch		20
4c	Super Man Seal Ups		10
	Run Long Slow Distance / Individual pace	45 min	

Day 4 Ruck 11

Pre Accession Body Wt Training Week 13 - continued

Day 5	Exercise	Sets/Time	Reps
	Perform the four exercises in each grouping for the allotted time, get as many sets completed as possible they run the 800m / rest and move to next grouping.		
1a	Pause Squats (Hold bottom Position 3 counts)	12 min	12
1b	Chin Ups (Palm of hands facing you)		5-8
1c	Single Leg Glute Bridges		8
1d	Seated Russian Twist		8e
	run 800m / rest 4-5 min / move to next group		
2a	Walking Lunge	12 min	10e
2b	Pause Push Ups (Hold Bottom Position 3 count)		10
2c	Walking Single Leg RDL's		10e
2d	Eccentric Pull Ups (Lower body slowly (4 count)		4
	run 800m / rest 4-5 min / move to next group		
3a	Plank Knee to Elbow Marches	12 min	8e
3b	Wind Mill Push Ups		10
3c	Extended DBL Leg Glute Bridge		12
3d	Horizontal Pull Ups		8
	run 1600m / Hydrate / stretch / recover		

Day 6

Pre Accession Body Wt Training - Week 14

Day 1	Exercise	Sets/Time	Reps
	Perform both exercises in the grouping (1a,1b) for the prescribed amount of reps, do as many rounds of the exercises as you can in the allotted time (6 min in this case). When that time is up move to the activity between 1 and 2 / rest then move to next grouping. Repeat until workout is completed.		
1a	Pull Ups	6 min	4-8
1b	Push Ups		10
	Perform 25 eight count Body Builders / rest 2 min / move to next group		
2a	Forward Lunge/Lateral Lunge (Alternate)	6 min	8e
2b	DBL Leg Glute Bridge (hold at top 3 count)		12
	Bear Crawl forward 40 yds / rest 2 min / move to next group		
3a	Butterfly Sit Ups	6 min	20
3b	Single Leg RDL's		8e
	Bear Crawl Backward 40 yds / rest 2 min move to next group		
4a	BW Squat Jumps	6 min	10
4b	Side Planks (20 sec each side)		20 sec
	Perform 25 eight count Body Builders / rest 2 min / move to next group		
5a	Split Squats	6 min	8e
5b	DBL Leg Extended Glute Bridge		15
	300 m run @ 55-60 sec, 3:00 rest between reps (5 min rest between sets)	2	4

Day 2 Swim 21

Day 3	Exercise	Sets/Time	Reps
	Perform the exercises in each grouping for the allotted time, get as many sets completed as you can. When finished recovery and move to next grouping.		
1a	Pull Ups	8 min	4-6
1b	Sit Ups		20
1c	Push Ups		12
	Run 400 meters /3 min recovery, hydration and set up for next giant set		
2a	Reverse Lunge	8 min	6e
2b	Dead Bug		15
2c	Glute Bridge March		16
	Run 400 meters /3 min recovery, hydration and set up for next giant set		
3a	Eccentric Push Ups (6 sec down)	8 min	5e
3b	Eccentric Horizontal Pull Ups (6 sec down)		6 steps
3c	Prisoner Good Mornings		12
	Run 400 meters /3 min recovery, hydration and set up for next giant set		
4a	Superman Opposite Arm and Leg	8 min	20 e
4b	Bicycle Crunch		20
4c	Super Man Seal Ups		10
	Run Long Slow Distance / Individual pace	40 min	

Day 4 Swim 22

Pre Accession Body Wt Training Week 14 - continued

Day 5	Exercise	Sets/Time	Reps
	Perform the four exercises in each grouping for the allotted time, get as many sets completed as possible they run the 400m / rest and move to next grouping.		
1a	Pause Squats (Hold bottom Position 3 counts)	10 min	12
1b	Chin Ups (Palm of hands facing you)	10 min	5-8
1c	Single Leg Glute Bridges	10 min	8
1d	Seated Russian Twist	10 min	8e
	run 800m / rest 4-5 min / move to next group		
2a	Walking Lunge	10 min	10e
2b	Pause Push Ups (Hold Bottom Position 3 count)	10 min	10
2c	Walking Single Leg RDL's	10 min	10e
2d	Eccentric Pull Ups (Lower body slowly (4 count)	10 min	4
	run 800m / rest 4-5 min / move to next group		
3a	Plank Knee to Elbow Marches	10 min	8e
3b	Wind Mill Push Ups	10 min	10
3c	Extended DBL Leg Glute Bridge	10 min	12
3d	Horizontal Pull Ups	10 min	8
	run 1600m / Hydrate / stretch / recover		

Day 6	Ruck 12
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SW Pre Accession Recovery III - Week 15

Day 1

Rest and Recover

Day 2

	Exercise	Sets	Reps	Goal
	Past Test +			
	Perform the PAST, after 1.5 mile run repeat the cal's			
✓	1 Pull Ups (Max effort in 2:00)	✓ 1		8 reps
✓	2 Push Ups (Max effort in 2:00)	✓ 1		40 reps
✓	3 Sit Ups (Max effort in 2:00)	✓ 1		50 reps
✓	4 1.5 Mile Timed Run	✓ 1		10:20
	Rest 5 min after the run, repeat the max cal's			
✓	5 Pull Ups (Max effort in 2:00)	✓ 1		8 reps
✓	6 Push Ups (Max effort in 2:00)	✓ 1		40 reps
✓	7 Sit Ups (Max effort in 2:00)	✓ 1		50 reps
✓	9 500 meter swim	✓ 1	500	15:00

Day 3

Swim 23

Day 4

Work Capacity Circuit

Day 4 is a work capacity circuit using a stationary bike or a 50-60 meter run between exercises. Perform the number of reps for an exercise and then get on the bike for a 30 sec high tempo bout of riding. Once the 30 sec is up rest for 1 min and move to the next exercise and repeat the process.

	Metabolic Circuit 1 time through	Sets	Reps	wt/reps
1a	Body Wt Squats	✓ 1	✓ 20	
1b	Bike sprint 30 sec or run 50-60 meters	✓ 1	30 sec	
	Rest 1 Min Between Sets			
2a	Push Ups	✓ 1	✓ 20	
2b	Bike sprint 30 sec or run 50-60 meters	✓ 1	30 sec	
	Rest 1 Min Between Sets			
3a	Plank Knees to elbows	✓ 1	✓ 20	
3b	Bike sprint 30 sec or run 50-60 meters	✓ 1	30 sec	
	Rest 1 Min Between Sets			
4a	Pull Ups	✓ 1	8-12	
4b	Bike sprint 30 sec or run 50-60 meters	✓ 1	30 sec	
	Rest 1 Min Between Sets			
5a	Reverse Lunge	✓ 1	✓ 10	
5b	Bike sprint 30 sec or run 50-60 meters	✓ 1	30 sec	
	Rest 1 Min Between Sets			
6a	Single Leg Glute Bridge (BW)	✓ 1	✓ 12	
6b	Bike sprint 30 sec or run 50-60 meters	✓ 1	30 sec	
	Rest 1 Min Between Sets			
7a	Close Grip Push Ups	✓ 1	✓ 15	
7b	Bike sprint 30 sec or run 50-60 meters	✓ 1	30 sec	
	Rest 1 Min Between Sets			
8a	Squat Jumps	✓ 1	✓ 12	

Pre – Accession Recovery III – Week 16

Congratulations. You have almost completed a basic preparation program for the United States Air Force Special Warfare Candidate Course. By this time you should feel comfortable in the water and under a ruck. This week is a celebration of your work.

Day of Training 1 Ruck 13

Day of Training 3 Swim 24

Day of Training 5 Ruck 14

These components – the swim and the ruck – are the essential core physical abilities of a Special Warfare warrior. You must be able to get on target and to the rally point, be it land or water. Understand it is the process of training and education, like iron sharpens iron that creates the person worthy of donning the beret.

SW Pre Accession Developmental Swim Training

Swim Workout - Pool Intervals refer to the amount of time from the start of one repetition to the start of the next repetition. For example in pool session 1, 25 meter mixed drills. If you complete the first 25 m swim in 45 seconds, then you get 45 seconds of rest before beginning the next repetition. If the next repetition takes you 60 seconds to complete you only get 30 seconds of rest.

* If the intervals are too difficult you may add additional rest time at a rate of :15 seconds/100m.

1	Exercise	Reps	Interval/Time
	25 meter (m) Mixed Drills	16	1:30
	50 m Freestyle - focus on good technique	2	3:00
2	Exercise	Sets	Interval/Time
	25 m Mixed Drills	8	1:30
	50 m Freestyle - good technique	8	2:30
	50 m Freestyle - Max Effort	1	
3	Exercise	Sets	Interval/Time
	25 m Mixed Drills	6	1:30
	25 m Freestyle	24	1:00
	50 m Freestyle - good technique	1	
4	Exercise	Sets	Interval/Time
	25 m Mixed Drills	8	1:30
	75 m Freestyle	6	4:00
	50 m Freestyle - focus on good technique	1	
5	Exercise	Sets	Interval/Time
	25 m Mixed Drills	6	1:30
	75 m Freestyle	8	3:30
	50 m Freestyle - good technique	1	
6	Exercise	Sets	Interval/Time
	25 m Mixed Drills	4	1:30
	50 m Freestyle	12	2:00
	50 m Freestyle - good technique	1	
7	Exercise	Sets	Interval/Time
	25 m Mixed Drills	4	1:30
	75 m Freestyle	8	3:00
	50 m Freestyle - good technique	1	
8	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	250 m Freestyle	2	8:00
	50 m Freestyle focus on good technique	1	
9	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	100 m Freestyle	5	3:30
	25 m Freestyle focus on good technique	4	
10	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	75 m Freestyle	12	2:30
	25 m Freestyle focus on good technique	4	
11	Exercise	Sets	Interval/Time
	50 m Freestyle	4	
	100 m Freestyle	8	2:30
	25 m Mixed Drills	4	
12	Exercise	Sets	Interval/Time
	50 m Freestyle	4	1:30
	150 Freestyle	5	4:00
	25 m Freestyle focus on good technique	4	
13	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	100 m Freestyle	8	2:30
	25 m Freestyle focus on good technique	4	

SW Pre Accession Developmental Swim Training- continued

14	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	300 m Freestyle	2	6:30
	25 m Freestyle focus on good technique	8	
15	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	100 m Freestyle	4	2:30
	5 Min rest		
	100 m Freestyle	4	2:15
	25 m Freestyle focus on good technique	8	
16	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	500 m Freestyle	1	13:00
	25 m Freestyle	8	1:00
17	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	300 m Freestyle	2	6:30
	25 m Freestyle focus on good technique	8	
18	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	200 m Freestyle	2	4:00
	25 m Freestyle	8	1:00
19	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	150 m Freestyle	5	3:00
	25 m Freestyle	8	1:00
20	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	100 m Freestyle	1	30 sec rest
	200 m Freestyle	1	30 sec rest
	300 m Freestyle	1	30 sec rest
	200 m Freestyle	1	30 sec rest
	100 m Freestyle - FAST	1	
	25 m Freestyle	8	1:00
21	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	200 m Freestyle	5	4:00
	25 m Mixed Drills	8	1:00
22	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	100 m Freestyle	8	1:50
	25 m Freestyle focus on good technique	8	
23	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	100 m Freestyle	2	2:30
	25 m Freestyle focus on good technique	8	
24	Exercise	Sets	Interval/Time
	SWIM TEST		
	50 m Freestyle	2	
	500 m Freestyle (as fast as possible)	8	15:00 Max
	25 m Freestyle focus on good technique	8	

Ruck Program

SW Pre Accession Developmental Ruck Training

Ruck Workout - Use this if you need to load yourself more than walk fast			
Week	Ruck Workout		
	<i>Distance</i>	Load/lbs	Pace/Mile
1	3 mile	10	16:00
2	3 mile	10	16:00
3	3 mile	15	16:00
4	3 mile	15	16:00
RECOVERY WEEK			
6	3 mile	20	15:00
7	3 mile	20	15:00
8	3 mile	20	15:00
9	3 mile	25	16:00
RECOVERY WEEK			
11	4 Mile	25	15:00
12	4 Mile	25	15:00
13	4 Mile	30	15:00
14	4 Mile	30	15:00

Ruck Workout - Use this is you need to walk faster and load is not an issue			
Week	Ruck Workout		
	<i>Distance</i>	Load/lbs	Pace/Mile
1	3 mile	10	16:00
2	4 Mile	10	16:00
3	3 mile	15	16:00
4	4 Mile	15	16:00
RECOVERY WEEK			
6	3 mile	20	15:00
7	4 Mile	20	15:00
8	4 Mile	20	15:00
9	4 Mile	20	16:00
RECOVERY WEEK			
11	5 Mile	20	15:00
12	5 Mile	20	15:00
13	5 Mile	20	15:00
14	6 Mile	20	15:00

Appendix A

Bike Ride - 45 Min

You need a bike that can change gears, has a timer on it and will tell you how fast you are riding. Most commercial stationary bikes will have this on the computer readout.

RPM: How fast your legs are moving per minute.

50 RPM means your leg will make 50 complete circles in 1 minute. This is relatively slow

100 RPM means your legs will make 100 complete circles in 1 minute. This is faster.

Pace	RPM
Ride	50 RPM
Sprint	100 RPM

Adjust Levels as Needed
RPM has Precedence to Level
Maintain RPM, Decrease Level if needed

Pace	Time	Gear Level	Running Time
Ride	5:00	12	0-5:00
Sprint	2:00	12	5-7:00
Ride	3:00	12	7-10:00
Sprint	2:00	12	10-12:00
Ride	3:00	12	12-15:00
Sprint	2:00	12	15-17:00
Ride	1:00	14	17-18:00
Sprint	2:00	14	18-20:00
Ride	2:00	14	20-22:00
Sprint	2:00	14	22-24:00
Ride	2:00	14	24-26:00
Sprint	2:00	14	26-28:00
Ride	1:00	14	28-29:00
Sprint	1:00	14	29-30:00
Ride	2:00	16	30-32:00
Sprint	1:00	16	32-33:00
Ride	2:00	16	33-35:00
Sprint	1:00	16	35-36:00
Ride	2:00	16	36-38:00
Sprint	1:00	16	38-39:00
Ride	1:00	16	39-40:00

Appendix B

Bike Ride - 25 Min

Pace	RPM
Ride	50 RPM
Sprint	100 RPM

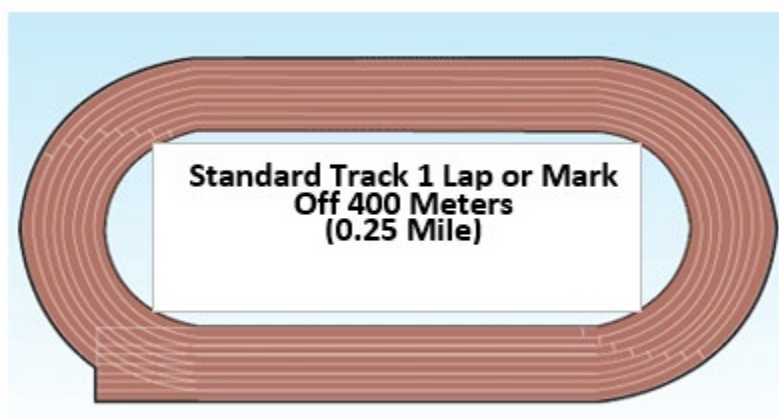
Adjust Levels as Needed
RPM has Precedence to Level Maintain RPM, Decrease Level if needed

Pace	Time	Gear Level	Running Time
Ride	2:00	12	0-2:00
Sprint	1:00	12	2-3:00
Ride	3:00	12	3-6:00
Sprint	1:00	12	6-7:00
Ride	3:00	14	7-10:00
Sprint	1:00	14	10-11:00
Ride	3:00	14	11-14:00
Sprint	1:00	14	14-15:00
Ride	2:00	16	15-17:00
Sprint	1:00	16	17-18:00
Ride	2:00	16	18-20:00
Sprint	1:00	16	20-21:00
Ride	1:00	16	21-22:00

Appendix C

400 M Intervals

6 x 400 Meters



Distance	Rest
400 M	5 Mins
400 M	5 Mins
400 M	5 Mins
400 M	5 Mins
400 M	5 Mins
400 M	5 Mins

Target Time
1:30 - 2:00

Goal
Try to maintain time for all repetitions

Record Time to Complete All 6 Laps					
Lap 1:	Lap 2:	Lap 3:	Lap 4:	Lap 5:	Lap 6:

Standing on the start line of the track, you will run 1 lap (400 m). You are trying to get the lap in 1:30- 2:00.

You will wait 5 minutes. (rest) Then run the next lap. You will do this 6 times.

If your first lap is run in 1:45 then you are trying to maintain this pace for all your laps.

Record all laps.

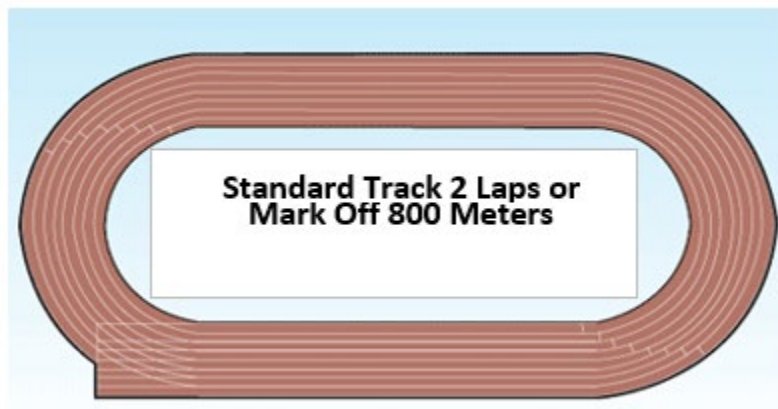
Example

- 1) 1:45
- 2) 1:45
- 3) 1:45
- 4) 1:45
- 5) 1:45

Appendix D

800 M Intervals

4 x 800 Meters



Distance	Rest
800 m	6 Mins
800 m	6 Mins
800 m	6 Mins
800 m	6 Mins

Target Time
3:30 - 4:00

Rest
Rest is a slower pace Jogging or fast Walking

Record Time to Complete All 4 Laps					
Lap 1:	Lap 2:	Lap 3:	Lap 4:		

Standing on the start line of the track, you will run 1 lap (400 m). You are trying to get the lap in 3:30 – 4:00.

You will wait 6 minutes. (rest) Then run the next lap. You will do this 6 times.

If your first lap is run in 3:50 then you are trying to maintain this pace for all your laps.

Record all laps.

Example

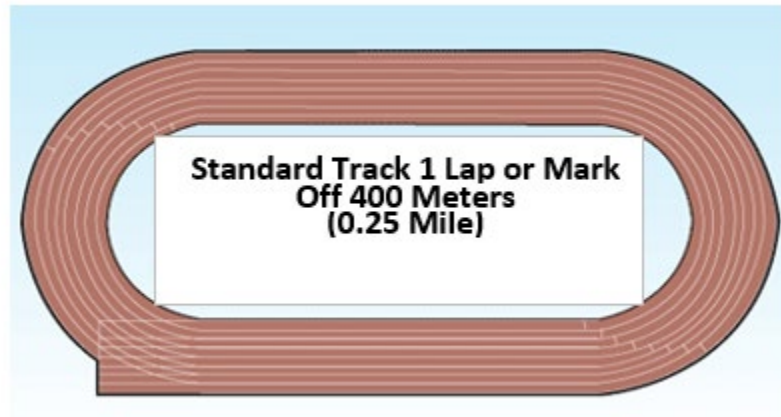
- 1) 3:50
- 2) 3:20
- 3) 4:00
- 4) 3:50
- 5) 3:50
- 6) 3:50

In this example the airman ran his second lap much faster which caused his 3 lap to be slower than average. This is why we are having you run a consistent time for all laps.

Appendix E

Ruck Pace

4 x 400 Meters



Distance	Per Lap
400 m	3:45
400 m	3:45
400 m	3:45
400 m	3:45

Target Time
3:30 - 4:00

This is a fast walk which means one foot has to be in contact with the ground at all times.
Running has a flight phase which means both feet are off the ground at one time.

Record Time to Complete All 4 Laps					
Lap 1:	Lap 2:	Lap 3:	Lap 4:		

The goal of the RUCK is to walk around the track (1/4 mile) in 3:45 so that a mile will take 15:00 minutes.
The second & third week it will increase to 1 ½ mile in 22:30 minutes.
The third & four week it will increase to 2 miles in 30:00 minutes.
The fifth week it will increase to 2 ½ miles in 37:30.

Appendix F

Definitions

Set – a group of reps or repetitions

Rep – an execution of one complete movement of an exercise

Volume – the combination of sets and reps, generally expressed as reps, time and/or distance

Load – This is the intensity in total weight, distance, speed and/or time of an exercise or work bout

Intensity – This is expressed in percentages, speed, time under tension, overall time and/or distance.

BPM – Beats Per Minute of your heart

HR - Heart Rate

RHR – Resting Heart Rate – usually noted first thing upon waking up

Ruck – Ruck is a military back pack used to carry all your kit

Kit – all the equipment you need to do your job

RM – Repetition Maximum – the total number of properly executed repetitions in one set with max effort

Endurance – “The ability to withstand hardship or adversity especially: the ability to sustain a prolonged stressful effort or activity” usually associated with a specific ability such as muscular, running, rowing, etc.